
BODY • MIND • WELLNESS : PCOS

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Lifestyle Checklist for PCOS & Metabolic Balance

“Small Daily Wins Create Lasting Hormonal Harmony”

Instructions

Check all the habits you're already practicing.

Circle ✨ any 1–2 you'd like to improve this month.

DAILY FOUNDATIONS

- ☐ 1. Balanced Nutrition — Eat real, whole foods: protein, fiber, and healthy fats. Avoid processed carbs and refined sugars.
 - ☐ 2. Intermittent Fasting (12–14 hrs) — Finish your last meal 2–3 hours before bedtime.
 - ☐ 3. Strength Training 3×/week — Build lean muscle for metabolic balance and insulin sensitivity.
 - ☐ 4. Movement Goal — Walk 8,000–10,000 steps or do 30 minutes of moderate activity daily.
 - ☐ 5. Deep, Restorative Sleep (7–8 hrs) — Create a calm bedtime routine; no screens after 10 PM.
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MIND • HORMONE • STRESS

- ☐ 6. Mindfulness & Stress Regulation — Prayer, journaling, or breathwork to reduce cortisol and emotional cravings.
 - ☐ 7. Cycle Awareness — Track your periods, symptoms, and energy for insight into hormonal patterns.
 - ☐ 8. Gut Health Routine — Add prebiotics (onions, greens) and fermented foods (yogurt, kimchi) for digestion and hormone detox.
 - ☐ 9. Hydration — Drink at least 2–2.5 L water daily; consider electrolytes during workouts or fasting.
 - ☐ 10. Avoid Endocrine Disruptors — Limit plastics, scented products, and non-stick cookware that can affect estrogen balance.
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Progress Reflection

How many did you check today?

- ☐ 1–3 (Getting started)
 - ☐ 4–6 (Building consistency)
 - ☐ 7–10 (On your way to hormonal balance 🌸)
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PCOS • Weight & Hormone Balance Protocol

“Restore Balance • Regulate Metabolism • Renew Confidence”

Do you experience any of the following?

- ☐ Persistent weight gain, especially around the waist
- ☐ Irregular or skipped menstrual cycles
- ☐ Acne, oily skin, or unwanted facial hair
- ☐ Cravings for sugar or carbohydrates
- ☐ Fatigue, brain fog, or mood swings

- ☐ Bloating or digestive discomfort
 - ☐ Low libido or hair thinning
 - ☐ Persistent overthinking, low mood, or subtle underlying anxiety
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Recommended Protocols

Metabolic Reset

- MOTS-C peptide — activates AMPK, improves insulin sensitivity, supports fat loss
- AOD-9604 or Tesamorelin + Ipamorelin — boosts lipolysis and lean body composition
- Myo-Inositol + D-Chiro-Inositol (40:1) — enhances ovarian and insulin function
- Berberine / Alpha-Lipoic Acid / Chromium — natural insulin mimetics

Hormonal Balance

- Bioidentical Progesterone — supports cycle regularity and emotional stability
- Low-dose Bi-Est (E2/E3) — increases SHBG, reduces androgen impact
- Optional: Spironolactone 25–100 mg/day — helps reduce acne and hair growth

Gut & Inflammatory Reset

- Zinc-Carnosine + L-Glutamine — supports gut lining and hormone detox
 - Probiotic blend + Omega-3s + Curcumin / Quercetin — anti-inflammatory support
 - Magnesium Glycinate + Ashwagandha — stress resilience and cortisol balance
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Functional Lab Screen (Baseline)

- DUTCH Test or Serum: Estradiol (E2), Progesterone (P4), Testosterone, DHEA-S

- Metabolic: Fasting Insulin, Glucose, HbA1c, HOMA-IR
 - Inflammatory: hs-CRP, IL-6, Leptin/Adiponectin Ratio
 - Thyroid + Vitamin D
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Professional Disclosure

Peptide and bioidentical hormone therapies are research-grade or compounded formulations, not FDA-approved for PCOS treatment in the United States.

They should be used under clinician guidance to support metabolic and hormonal balance as part of a Body • Mind • Wellness