




SHORT GUIDE ON HOW TO HEAL PCOS NATURALLY

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"They ask me 'Why so Emotional?' I tell them: PCOS step in my shoes for a month and then you would stop asking me "

11 years ago I was diagnosed with thyroid disease. Soon after my diagnosis, I started levothyroxine.

I was so happy when I started the treatment, up until all my symptoms came back and they were more aggressive this time 😞

In addition to that, out of blue, I started to have acne and painful periods 😞

My endocrinologist sent me to the gynecologist. It was the WORST day of my life... even worse than when I started levothyroxine!

Why? I still remember her telling me 'you have PCOS, but do not worry, it is just going to be difficult to have children but with your thyroid, it would be difficult anyway.. '!

As she said this, I focused only on keeping my tears from falling. I thought 'why is my body doing all of this to me?!' 😞

Before going home I passed by the pharmacy to get the med she prescribed: 3g of metformin a day.

The next day, my eyes were red & puffy as I could not sleep as I was going over the appointment.

As planned I started metformin & Levothyroxine.

After 2 weeks as I was leaving home for University, I fainted.

My parents were angry, I was scared, my doctor did not even bother picking up the phone or answer my texts.

It was such a let down that I decided to quit all drugs. They were not helping me anyway...

So what did I do next???

I met Adrian and together we started to apply our medical knowledge to functional medicine to find out why we even develop these problems with our health.

In fact, it was not until we started to dig down and heal the real cause of my PCOS & thyroid that finally my symptoms **disappeared!** ☐☐☐

My energy was coming back.

My skin got much better and no more acne.

My glucose & insulin levels went back to normal.

My Hair was healthier & my period became regular.

What worked for me can also work for you...

How?

Here are some tips that helped me:

- Intermittent fasting was a gamechanger (if you are lost, just enroll in our FREE intermittent fasting challenges)
- Myo inositol 2g a day after meal
- Bone broth (find our Free recipe)
- Carnivore diet
- Cut sugar for a month (yes even fruits)
- Liver detox (get our Free guide)
- Choose healthy fats (like avocados)
- Get an anti-inflammatory formula like our Turmeric Formula (contains all the herbs that made me feel better again: [Click here](#))