

FREE GUIDE

BOSS YOUR

PCOS

AN INTRODUCTORY GUIDE TO
POLYCYSTIC OVARY SYNDROME



HELLO & INTRODUCTION

1 IN 5 FEMALES IN THE UK HAVE PCOS...

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Photo by **CANVA**



PCOS affects 1 in 5 females in the UK and starts from as young as 8 years old according to NHS sources.

Polycystic Ovary Syndrome is one of the most complex endocrine disorders in the world but is still not widely publicised - but it is time for change.

A formal diagnosis can be scary because all we hear during a medical consultation are the words possible infertility, cancer, weight gain and heart conditions.

If you have PCOS you can be skinny, medium or larger in build. There are common symptoms. See illustration below for a more detailed view of the symptoms.

My aim with this guide to PCOS is to keep it light. To focus on how the condition might impact you and most importantly, how you can make small changes to your lifestyle and boss the symptoms.

LIVE YOUR LIFE WELL WITH PCOS LIFESTYLE CHOICES

I am not a doctor, or an official sufferer of PCOS, although, I do have some of the symptoms. I have given birth to three wonderful children and one, my daughter, Minnie and some of her friends, have PCOS,

During the course of my work as a therapist and wellness coach, I treat many clients with this condition. - sadly, often undiagnosed.

PCOS SYMPTOMS VARY

Not all PCOS people have the same symptoms or develop the condition at the same time. Some girls have symptoms from puberty, others in their 20's. Some women do not present symptoms until after the birth of a first child but might struggle with symptoms.

The common symptoms are: unwanted facial hair, irregular period cycles, adult facial acne, anxiety and depression, IBS and bloating, insomnia & sleep apnea and general lethargy, weight gain in some and insulin resistance..

PCOS will not go away completely for everybody but the symptoms can be managed.

BODY



PCOS

SYMPTOMS

LOOKS LIKE

PCOS

25% OF WOMEN WITH PCOS DON'T HAVE CYSTS. IF YOU'RE ALREADY TAKING BIRTH CONTROL, THIS MIGHT REDUCE ANDROGEN LEVELS, MAKING A DIAGNOSIS CHALLENGING.

WHY?



AND WHAT TO DO...

WHY DOES PCOS HAPPEN?

The actual cause of PCOS is unknown. It was first discovered in 1937.

Genetics can play a part in having PCOS as can lifestyle. Look back into your family history and see if there's a maternal or paternal relative who had irregular periods/infertility issues.

Diagnosis is usually around the age of 16. Women in their 30's trying for a second child can develop PCOS symptoms. Some find they no longer struggle after giving birth. There is no defined path for PCOS..

WHY IS PCOS SUCH A PROBLEM?

PCOS is the leading cause of infertility in women and a precursor for other serious

conditions including cardiovascular diseases, diabetes, obesity and cancer.

Women with PCOS are the largest group of females at risk of developing cardiovascular diseases and Type 2 Diabetes.

There is no actual cure for PCOS. But there are many changes you can make to your lifestyle to manage the symptoms.

DIAGNOSIS

Despite affecting millions of women worldwide and the serious health consequences, PCOS is relatively unknown.

According to US statistics, a shocking 50% of women who have PCOS are undiagnosed.

Visit your doctor if you have any of the symptoms: to seek a diagnosis.

Unwanted excessive body and facial hair, heavy and irregular menstrual cycle, acne, depression and anxiety, IBS and bloating, insomnia and sleep apnea.

Often poor sleeping patterns, constant feelings of stress and anxiety can lead to weight gain, lethargy as stress hormones kick-in.

Getting a diagnosis can be a postcode lottery and dependent on your local medical practitioner. Blood tests are taken when there are physical signs of high androgens (elevated testosterone - male hormone levels), excessive hair growth, balding or acne. An ultra-sound is used for detecting cysts around the ovary area.

OPTIONS

PCOS MEDICATION

MEDICATION AND TREATMENT

A medical practitioner will focus on the goals of regulating your menstrual cycle and trying to restore the metabolic levels of PCOS, decreasing insulin and androgens. They'll be addressing potential cardiovascular risks and hopefully improving reproductive levels.

This guide will not address this area as our individual transformation programmes are not generalist.

However, it is worth addressing oral contraceptives which regulates menstruation and brings relief eg. The Yasmin contraceptive pill.

The only associated risk factors associated with oral contraceptives is the side effect of increasing insulin resistance (diabetes and metabolism) in some brands. I suggest you have a chat with your doctor or medical practitioner to discuss the long-term impact or get in touch with us for a chat.

Some women will be prescribed Metformin[®] which can cause bloating, gas, nausea, and diarrhoea but this usually subsides after a few weeks.

There are positives to taking Metformin which is also issued to people who have diabetes. It lowers cholesterol and manages insulin, glucose and testosterone and helps with weight management. As always, you should seek



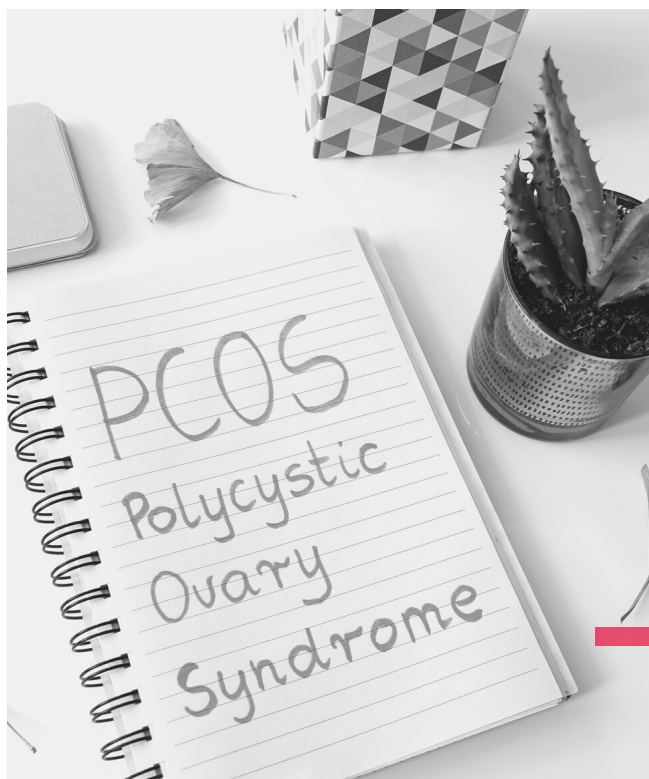
advice from a medical professional. There are lots of other alternatives including natural ones.

Our personalised transformation programme include access to resources to help make more informed choices.

There is no magic wand to wave but you have started on your positive journey of change - find out as much as possible and what works best for you.

MAKING CHANGES

SMALL CHANGES EQUALS BIG DIFFERENCES...



If you have a formal diagnosis or, if you don't, the outcome is the same. Treat PCOS as a whole condition and not just as one isolated symptom.

The condition can be overwhelming at times but take each day as it comes.

Look at your overall wellness:
Body | Mind | Diet | Stress | Lifestyle | Exercise

In other words taking a holistic approach and most importantly, **CONSISTENTLY** will deliver results.

In the following pages we'll guide you through the lifestyle areas to consider making changes.

Think about what areas of your overall wellness and make a list.

EXPLORING POSSIBLE INTOLERANCES WITHIN YOUR BODY SIGNPOSTS HOW YOUR BODY REACTS TO PROCESSED FOOD AND INGREDIENTS. THINK ABOUT WHAT YOU ARE PUTTING INTO YOUR BODY...

DIET

WHAT MAKES PCOS SUCH A BALANCING ACT?

Feeling tired, food cravings and uneven moods can be challenging at any age, particularly 14-25 years old when hormones are raging and life is about finding out who you are, within a backdrop of bitchiness. I know I suggested this would be a positive read but this is also about keeping it real.

A lot of the healthy food choices we are encouraged to make contain carbohydrates such as fruit, vegetables, whole grains, beans, lentils and milk.

With PCOS managing insulin levels is key to effective weight management and balancing insulin resistance to avoid developing diabetes later in life.

Although foods containing protein and fat will impact insulin levels, carbs are the biggest sinners for PCOS girls and how your body processes these is dependent on your stress levels.

Therefore, making the right choices is key to insulin and weight management. There are various approaches for eating lifestyle: Keto, Blood Sugar Diets, Calorie Counting. Research what eating approach is best for you however, be prepared to put some effort in and make changes. The only person who can change your life is YOU - no surprises there!

Take a look at the list of easy swaps you can make to manage your PCOS food balance.
www.bluebicycletherapies

THINK PURE AND KEEP YOUR FOOD CLEAN AND SIMPLE

Remember making small changes to daily habits reap big changes.

Food lifestyle is an area we explore in great detail in the personalised transformation programmes.

Make a start and swap sugary, starchy and carb foods for lower release types. Start researching - every body is unique in PCOS - celebrate yours.



STRESS

"YOU GOT THIS GIRL" ...



PCOS girls struggle with stress. This is because of the chemical interchange happening internally and spiking hormone production. This further increases stress levels - feeling like an ever decreasing cycle.

If you have self diagnosed or received confirmation from a medical practitioner you might be feeling overwhelmed and stressed.

The good news and simply fantastic news is you can lead a balanced and well life with PCOS if you manage your general health, stress levels and PCOS symptoms consistently. This in turn will reduce stress levels and increase your sense of well-being..

I could write a whole download on PCOS and the impact of stress on the mind and body. Here we are just touching on the subject.

STRESS AWARENESS.

If you are aware of your own stress levels - you can take action. If you put your head in the sand and ignore it, you'll probably make poor food choices ie. processed and sugary foods. Potentially triggering internal chemical reactions, leading to mood swings and skin flare-ups and slowing down weight-loss. This in turn leads to further hormone spikes and mood issues and so the perpetual circle continues.

Further information regarding how to manage your stress forms quite a large part of our unique personal transformation programmes

There are medically oriented stresses impacted by PCOS and also mental stresses. Without knowing your individual stress triggers - here are a few easy actions you can take to stay calmer:

1. Wake up a few minutes early and meditate using a Free App such as Calm or Headspace. Or visit You Tube where there are so many free meditations.
2. Take a walk - 20 minutes changes everything - do this often and breathe.
3. Take a breath - 5 minutes of breathing will reduce stress levels.
4. Laugh - visit You Tube if you can't find friends to have a laugh.
5. Journal your problems and get them out of your body and head.



**SOME
PEOPLE
ARE QUICK
TO LOSE
HOPE WHEN
THEY READ
THE BAD
THINGS
ABOUT
PCOS BUT
NOT ME...**

EXERCISE



FLIPPED WITH LETHARGY

EXERCISING AND PCOS

In the UK today, exercise and pursuit of the perfect body shape seems to be a national preoccupation. However, the number of PT coaches understanding the internal chemical balance vs turmoil within a PCOS body is limited.

Exercising helps to alleviate stress levels which is vitally important for PCOS girls to help level insulin.

HIGH OR LOW INTENSITY?

Just as important is choosing the right type of exercise dependent on how you're feeling and your exercise goals.

This is nicely articulated in the You Tube video: Best Exercise for PCOS from Your PCOS Girl is a great site to visit and subscribe. There are free routines at low, medium and high intensity.

Lucy Wyndham-Read's Six Minute Workout for PCOS and Menopause is great for the time poor (You Tube).

Yoga by Adriene is available free on You Tube (also on Prime Membership). Adriene offers lots of different types of yoga flows of varying time lengths dependent on your ability, mood and injury.

If you don't want to go to a gym, or workout with friends then there are so many resources available as apps, on You Tube and other platforms and of course fitness DVD's. You can pick up used copies on Amazon and Ebay or your local charity shop.

Make sure you are well hydrated when exercising and warm up and cool down to avoid injury.

There will be the lethargic days when it is so easy to talk yourself out of exercising.

In our transformation programme we use specific techniques to get you through these times of procrastination or 'manayana moments'.

Any movement will get the endorphins moving. Doing nothing at all means nothing changes.

Take a 20 minute walk and if that's too much do what you can - anything is better than nothing.

Do your best moves with a silent disco from the comfort of your living room - it all adds up - be sure to close the blinds though.

MIND GAMES



GLASS HALF FULL OR HALF EMPTY?

This section is all about the mind and the possible little demons nagging away in your head, knocking your confidence and eating away at your self esteem.

One of the PCOS symptoms is anxiety and depression, partly fuelled by hormones and impacting stress levels.

We all know the last thing you want to be doing on date night is checking unwanted facial hair but this is reality for PCOS chicks.

If you don't like your appearance the worst thing you can do is beat yourself up.

Everybody has insecurities including and annoyingly the most beautiful of A-listers.

If you want to live in a world where nothing changes in your life then unsurprisingly, nothing will change. Disappointment will deliver exactly disappointment.

Negativity increases stress levels in PCOS chicks. This triggers hormonal responses in your body which triggers further stress in your body and can worsen symptoms.

A PCOS diagnosis is probably not what you had in mind for your life but it isn't a jail sentence either - It is a change of lifestyle.

Following a programme consistently, will reap rewards. By owning PCOS, understanding it you, can make huge differences. If you put the effort and hard work in and adapt your lifestyle, the ultimate prize will be yours - a long and healthy life on your terms.

FIRST STEPS

Put together your own achievable plan - organise the type of eating lifestyle right for you. Build an exercise programme that takes into account your needs, mood and feelings. Make sure you set aside time for, relaxation activities and a beauty regime - you'll start to feel so much better by taking back control of your body - you so deserve this!

The personalised programmes use various transformative techniques to banish self-doubt, low confidence and self loathing for good.

Our aims are simple - to rebuild your self esteem, confidence and 'can 'do' attitude so you can stop existing and start to live life well.

When you find yourself beating yourself up - take action and go for a walk - don't let disappointment win....

LIFESTYLE



CHOOSE A GOOD ONE GIRL...

THE MANTRA FOR PCOS GIRLS - SMALL CHANGES MAKE BIG DIFFERENCES

There is so much to write on Lifestyle I could fill at least another ten pages. Here are my top 5 lifestyle tips for PCOS gals.

TREATING THE WHOLE YOU

Having PCOS means you treat the whole body not just a couple of symptoms when you feel like it.

PLANNING AND CONSISTENCY

Draw up a plan and follow it for four weeks. Record your progress. Journal what went well and what didn't and adjust the plan. Follow for another four weeks. Review and repeat. If you are having a sad, 'why me' moment, review your plan and the progress you are making. Be victorious - not a victim!

BE YOUR OWN BEST FRIEND

This is such an important tip - be kind and honest as you would treat a friend...not hating yourself. Easy words to write but, you are the only one who can bring about any changes. You know your body - love it.

LEARNING TO UNWIND AND RELAX

If you are stressing you will counteract any good work achieved in the gym.

Giving yourself the gift of relaxation is so rewarding. Stop, breathe and read a book or doodle, whatever it takes.

If you hear yourself saying "I don't have time to relax" consider this - the time it took to say those words, could you have taken a deep breath.

Thoughts become things - choose the good ones.

YOUR BODY - MAKE GOOD CHOICES

Choose carefully what you put on your body as much as what you put into it. Organic skincare ranges such as Tropic are chemical free.

These days everybody can make informed lifestyle choices from what to eat, vegan, plant-based, meat, fish or a combination. Consider what you chemicals go into your body just as you question the stress levels you face every day. Small changes can lead to big physical changes.

Be mindful your choices today will impact your health in the future. Choose well.

AND FINALLY...

Make persistence and determination your daily actions and you cannot fail only learn.

ACTION



WHERE DO I START?

TAKING THE FIRST STEPS

This is a limited guide to PCOS and the aim is for you to feel inspired to make changes to your lifestyle which in turn will improve your PCOS health.

It is 90% likely you cannot completely reverse your PCOS but you can make massive inroads to improving your general health and wellbeing.

Think about your food lifestyle. If your weight is on the heavy side consider speaking to a medical practitioner or do some research.

Find out how you can make changes to your eating lifestyle. Do contact us for help and we can connect you to other food lifestyle professionals.

TRACKING IT

Start with tracking food. Get the My Fitness Pal app or an equivalent that tracks food intake. It might seem a faff at first but you'll get used to tracking.

Similarly track your steps and aim for at least 10,000 a day. To increase your daily steps number consider walking more in your daily life: taking the stairs not the lift, parking your car further away from your destination and getting off the bus a stop earlier.

MOVE IT

Buy a bike and cycle to work or at weekends - many employers offer a scheme enabling you to buy discounted bikes under the Government's Cycle to Work Scheme. Ebay and local Facebook sellers pages will also have bargain bikes. Even an indoor exercise bike is a good way of starting and recording movement.

SWAP YOUR PLASTICS FOR GLASS

The endocrine system in PCOS is super sensitive. Recent studies have shown swapping plastic bottles, for BPA free alternatives really makes a difference. and helps the planet too.

BLOATING AND IBS

These symptoms can be uncomfortable, painful and downright inconvenient. See if you can learn from your body's reactions what foods set you off.

Consider an intolerance hair test to check what your body likes and dislikes. Visit our website to find out more.



SHARE



LET'S START TALKING ALL THINGS PCOS

SHARING AND CARING

Visit our Facebook page to share emotions, thoughts, successes, about your PCOS body in a positive, safe and secure space. Drop by and let's start growing and supporting our fellow PCOS sisters.

In the US and Australia, there are many great PCOS sharing communities and resources can be found on their pages.

In the UK we have a fantastic charity, Verity, who work with medical and research professionals to further understanding of PCOS and how to get a diagnosis. See credits pages.

HAIR ISSUES

Dealing with unwanted hair is not specifically covered in any detail in this download. There are solutions out there such as laser treatments and waxing for example.

SKIN APPEARANCE

If you are having issues with your skin, developing acne breakouts - there are medications prescribed by your practitioner. Again, there are longer term side effects from taking this medication so look at alternatives, such as your eating lifestyle.

I've seen fantastic results when clients have cut out dairy and sugar from their diet and skins has cleared, eyes whitened etc.

We recommend you do a hair intolerance test to check for any irregularities in how your body processes food.

www.bluebicycletherapies.com for more details).

PERIODS AND FERTILITY

Wearing my therapist hat, I've worked with many clients over past 20 years or so, on fertility and PCOS issues. Reflexology has always assisted the whole regulation of menstrual cycles and fertility processes. Acupuncture is powerful too and is available at some GP Surgeries.

Contact us to chat through your challenges or share on @Blue Bicycle PCOS Facebook page.

ABOUT US



A LITTLE OF WHAT WE DO

BLUE BICYCLE THERAPIES

The clinic was founded in 2018 but as a therapist I have been treating clients and running clinics since 1995.

The philosophy behind Blue Bicycle Therapies is to find the root cause of the problem and treat this in 100% partnership with the client.

This approach means we treat the client holistically and as a whole, not just the isolated symptom.

My aim for clients is to facilitate their recovery and back in their game again.. This is achieved as quickly and economically as possible - whatever that is - and importantly, living life well.

The approach of wellness coaching means I offer clients not just a treatment but frequently combine a number of techniques within a 45 minute appointment.

WELLNESS AND COACHING

PCOS transformation
Fertility and infertility
Weight management
Trauma
Grief
Self esteem issues
Confidence
Pregnancy
Habit reversal

REALIGNMENT

- Sports injuries
 - Stressed muscles/bodies
 - Pre & Post Surgery
 - Muscle pain
 - Nerve pain including Sciatica
 - Back, neck, shoulder, knee and hip pain
 - Plantar Fasciitis
- Plus many more symptoms to numerous to list

ASSOCIATIONS

Member of The Association of Reflexologists

INSURANCE

Fully insured

THERAPIES

Amatsu Realignment
Intolerance Testing
Neuro Linguistic Programming
Reflexology
Sound Therapy
Reiki incorporated into treatments
Ear Candling

SECURITY

We fully adhere and comply with GDPR requirements and treat your security with the utmost of success.

RECOMMENDATIONS

Visit our Google and Facebook pages to see what people say about us.



CREDITS



AND FURTHER RESOURCES

RESOURCES



UK: Verity - UK Charity supporting medical and scientific changes in PCOS
www.verity-pcos.org.uk/
Facebook Page and support groups.



Wellbeing of Women - This is an excellent site and worth a PCOS visit



US organisation... challenge has huge amounts of information and a TV channel.



Australian women's health site which is very practical especially the PCOS section.

EXERCISE & EATING LIFESTYLE



Adrienne for Yoga
Lucy Wyndham Read - 6 minute workout for PCOS

There are many PCOS programmes on YouTube. I quite like Your PCOS girl especially her look at High Intensity Exercise.

Please share your favs on our Facebook page @Blue Bicycle PCOS.



For eating lifestyle visit Keto Fitness Club run by the excellent Mark Brereton who works successfully with many diabetic and PCOS clients on their transformation journeys. Also visit @ketofitnessclub on Facebook.

CHEMICALS

The endocrine system is very important for PCOS people because of the inter-relationship with hormones and the major endocrine glands including the ovaries, pancreas, adrenal and thyroid.

Really think about only putting organic and pure items into your body and on your skin.

Budget restrictions do not always allow for everything pure and organic but do your very best and always drink plenty of water from a glass bottle.

Tropic is an amazing brand for purity to put on your skin and has helped other PCOS girls achieve fertility goals.

AND FINALLY

Thanks to all those who provide info on PCOS and especially Jaqui Elmore who believed in my PCOS dream and my gorgeous Minnie who follows my personalised PCOS Transformation Plan.