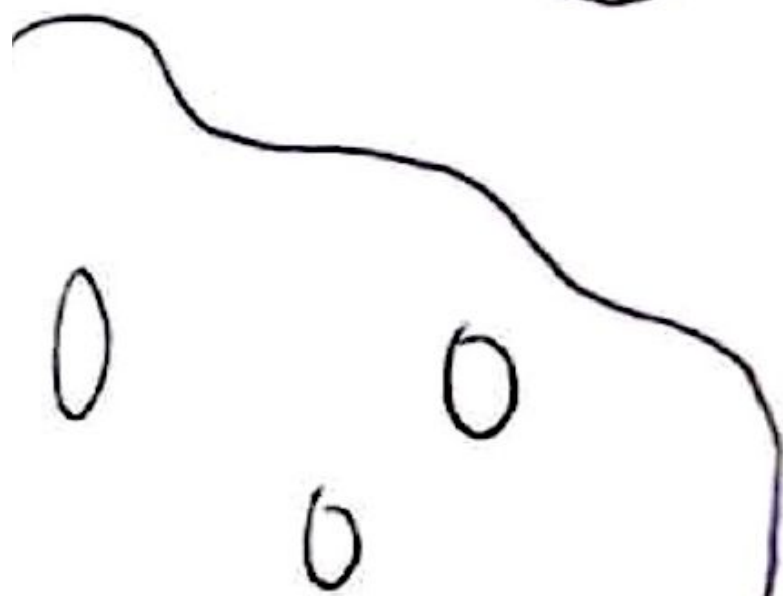


SO YOU WANNA  
LEARN ABOUT

PGOS?



## QUIZ

- 1) IRREGULAR PERIODS
- 2) ↑ ANDROGENS
- 3) OVARIAN CYSTS

## ACCEPTANCE

HOW TO EMBRACE  
MY UNIQUE

HORMONE BALANCE

TIPS FOR SELF  
LOVE / CARE

## INFLAMMATORY

YES?

YES TO AT LEAST

2/3, YOU MIGHT

HAVE PCOS

## TIPS

- 1) ADDRESS GUT HEALTH
- 2) REMOVE FOOD TRIGGERS
- 3) NATURAL ANTI-INFLAMMATORIES

UNIQUE

NOT ONE-SIZE-FITS-

ALL !

ADRENAL PLUS

TIPS

- 1) MANAGE STRESS
- 2) SLEEP
- 3) NO HIGH-INTENSITY EXERCISE
- 4) NO CAFFEINE

POST - PILL PLOS

UNSURE?

OTHER POSSIBLE

SYMPTOMS . . .

TIPS

- 1) PATIENCE
- 2) SUPPLEMENTS
- 3) SLEEP + STRESS  
MANAGEMENT





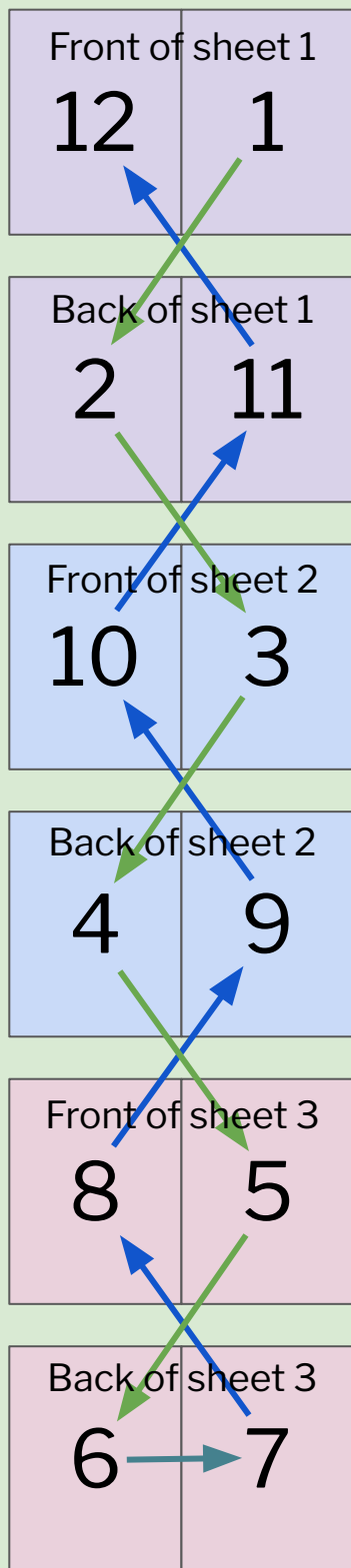
IF YOU MARKED  
MOSTLY . . .

- 1) Go to 6
- 2) Go to 7
- 3) Go to 8
- 4) Go to 9

INSULIN RESISTANT  
PCOS

TIPS

- 1) REGULAR EXERCISE
- 2) AVOID SUGAR
- 3) MORE SLEEP
- 4) LESS STRESS



## Explanation

Below are two methods to determine the pagination order for your zine slides. For both, the total number of pages (which we'll refer to as  $n$ ) must be divisible by 4 because there are four pages on one piece of paper, front and back. The total includes the covers (back and front) and the insides of the covers. If this seems confusing, that's because it is. Try printing out the template with the numbers and then construct the folded booklet to see how it all comes together.

## Visual method (if you like seeing things laid out)

1. Create the total number of pages you want in your zine (this is our  $n$ ). There are two pages per slide, so if you have a 12-page zine, you will need six slides.
2. Start numbering the slides starting with the right half of the first slide.
3. Continue numbering 1 through  $n$  following the green arrows to the left. As you move down the slides, this alternates between the left and right halves, with the odd numbers being on the right and the even numbers being on the left.
4. Once you reach the last slide, continue numbering with the next page being the right half of that last slide (so for a 12-page zine, you'd have 6 on the left half and 7 on the right half).
5. Continue numbering following the blue arrows. As you move back up the slides, this alternates between the odd numbers being on the right half of the slide and the even numbers being on the left.
6. If you've done it right, only even numbers will be on the left and only odd numbers on the right.

## Formula method (if you like math)

1. First slide left is back cover (equal to  $n$ )
2. **First slide right is front cover (page 1) - same as the slide number**
3. **Second slide left is same as the slide number**
4. Second slide right is the inside of the back cover ( $n - 1$ )
5. Third slide left is two pages less than total ( $n - 2$ )
6. **Third slide right is same as the slide number**
7. **Fourth slide left is same as the slide number**
8. Fourth slide right is  $n - 3$
9. Fifth slide left is  $n - 4$
10. **Fifth slide right is same as the slide number**
11. **Sixth slide left is same as the slide number**
12. Sixth slide right is  $n - 5$
13. Repeat if necessary! Notice that there is a pattern in the steps above, with the bold steps equalling the slide number.

