

Understanding Your Hormones: The "Lean PCOS" Path to Balance

What is Lean PCOS?

Polycystic Ovary Syndrome (PCOS) isn't just about weight. Many women who are lean or at a healthy weight still struggle with PCOS symptoms like acne, irregular periods, or trouble getting pregnant. In "Lean PCOS," the root cause is often your body's response to stress rather than just blood sugar. Your adrenal glands (your stress responders) and your ovaries are simply having a hard time communicating.

Why This Matters For You

- **Clearer Skin and Hair Health:** By calming the "strong" forms of testosterone that cause oily skin and unwanted hair, you can restore your natural glow.
- **Improved Fertility:** When we lower stress signals, your body feels "safe" enough to ovulate regularly, which is the first step toward a healthy pregnancy.
- **Better Energy:** Instead of feeling "wired but tired," balancing your hormones helps you feel steady and calm throughout the day.

What You Can Do Today

1. **Get Morning Sunlight:** Try to step outside for 10–15 minutes within a half-hour of waking up. This "resets" your internal clock, which tells your brain when to release the hormones that help you ovulate.
2. **Don't Fear Healthy Carbs:** Unlike other types of PCOS, "Lean PCOS" usually doesn't do well with very low-carb or keto diets. Make sure to eat "slow" carbs like berries, sweet potatoes, or quinoa to tell your brain that you aren't in a famine.
3. **Protect Your Sleep:** Turn off bright screens an hour before bed. This helps your body produce melatonin, which doesn't just help you sleep—it actually protects your eggs and improves their quality.
4. **Be Patient with Progress:** Your body needs time to "re-pattern" its cycles. It takes about 3 to 6 months to see the full impact of these changes on your hormones and skin.

Questions to Discuss with Your Practitioner

- "Based on my tests, is my hormone imbalance coming more from my stress glands (adrenals) or my ovaries?"
 - "Which specific nutrients—like Inositol or Vitex—are right for my specific hormone 'fingerprint'?"
 - "Is my current exercise routine helping my hormones, or is it adding too much stress to my body?"
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