Introduction To The Challenge

Hey guys! Welcome to Day 1 of the 30 Day PCOS Diet Challenge. I am so excited that you have signed up for this event because over the next 30 days I'm going to get you started on a truly life-changing journey to better health. You've signed up for a great challenge and my goal is to help save you countless hours learning what has taken me years to learn and implement.

Through my own journey of recovery, and through the thousands of hours I have spent researching the scientific literature, what I have come to learn is that food is the best therapy to many of the chronic illnesses that plague our modern society.

So I suspect you have signed up to this challenge because you have PCOS and you like the idea of using food as medicine to treat this disorder. You probably suffer from irregular periods; or have trouble with weight loss, particularly around the stomach area? You may have skin problems like acne, or eczema; or maybe you have unwanted hair growth, or your hair is falling out in places? Maybe you’re also struggling with anxiety or you have been trying to fall pregnant either naturally or with IVF and are ready to take action to improve your chances of success?

I used to tick more than my fair share of these symptoms so I know exactly how demoralizing and overwhelming it can feel to suffer from this disorder.

As well as the unpleasant and stressful symptoms of PCOS that you are experiencing already there are also some serious health risks associated with this disorder including heart disease, stroke, diabetes, liver disease, high blood pressure, blindness, kidney failure, and even cancer!

If you’re currently trying to conceive, or your hope to have kids sometime in the future then you probably also know that PCOS can be a major cause of infertility that could require you to pay tens of thousands of dollars for fertility treatment.

Women with PCOS are also more likely to experience complications during pregnancy, and the health of their babies is also at greater risk. Studies clearly show that babies born to women with PCOS have an increased admission rate to neonatal intensive care units, and are more likely to be still born or die within the first weeks of life.

Theories are also gaining traction in the medical community linking epigenetics to PCOS development. What this means is that if you've been eating poorly during pregnancy, then your kids might be more likely to develop PCOS also.

**Functional Medicine - The Leading Treatment For PCOS**

What I have learned during my own journey, is that a functional medicine approach that includes food and lifestyle changes is the best treatment for PCOS.

Integrative functional medicine is amazing because it helps us solve the underlying issues of PCOS instead of focusing on band-aid solutions like the pill or metformin which only fix the symptoms instead of the underlying problem. I definitely think there is a time and place for these medications but as mentioned in many scientific journals on the topic: a **lifestyle program that addresses a healthy diet, stress reduction, and the correct exercise program is the best first line treatment for PCOS**.

While I have a lot to share with you about exercise and stress management, for this challenge we'll be focusing on diet change because out of all three of these factors, changing your diet can have the biggest impact on your PCOS. And because we will be doing it live and in a supportive environment I hope it will give you that extra push you may be needing to get started.
When I decided to get my PCOS under control I spent a LOT of money consulting with functional practitioners who typically charge up to $400 an hour for their services. Unfortunately, since insurance and government policies have not caught up with the times this can be completely unaffordable for many, especially since the first few visits go for several hours!

The good news though is that much of the advice that a functional practitioner will give is all about eating the right food and I am really excited to teach you some of these really important principles within this challenge to get you started on the right track!

Dietary recommendations are controversial and often times contradictory, even in science, so figuring out the correct foods to eat can be difficult.

My Information Sources

The food advice I will be giving you will only come from high quality peer reviewed scientific studies first, and secondly from the clinical experience of trusted functional practitioners or naturopathic doctors in circumstances where the science hasn't yet caught up with real-life practice.

So what you'll find when you hear from me is someone that is passionate about helping women with PCOS, who is also armed with the best and latest information concerning food and nutrition.

Your Next Step in the Challenge

OK. So your next step is to look below this video for your first few challenges. I'll be in touch again soon with your next video where we will start talking about food seriously and in detail.

First off, I'll be helping you understand why sugar and high GI carbohydrates do not belong on the shopping list of any woman who suffers from PCOS. While you may already know that these foods are bad for your PCOS, I'm going to take this information to a totally different level than what your doctor would have explained. This is because I strongly believe that in order to really cut these two things out sustainably and correctly you really need to understand the reasons why, rather than just blindly doing what you're told.

Until then I hope you enjoy your mindset challenges and I look forward to hearing about them on social media!

I also would love to hear from you in the comments below - which of your symptoms has driven you to want to start eating better? You've heard from me already; why not share your story too? I would love to hear it.

Okay talk soon!

xo Kym