



Article published on February 23rd 2012 | [Health](#)

Your environment can have a huge impact on your health, and if you are not careful it can exacerbate health problems that may become quite serious. If you have Polycystic Ovarian Syndrome (PCOS), then the last thing you want to do is make your condition worse. Unfortunately, no one can fully control their environment, but if you stick to these five tips you will be well on your way to controlling and even reversing your Polycystic Ovarian Syndrome (PCOS)!

1. Reach out for support. Seeking the guidance of other women who have experienced the difficulties of Polycystic Ovarian Syndrome (PCOS) is crucial to building the emotional strength you need to turn your life around. Though interacting with new people may be the furthest thing from your mind, the connections you build with other women will help you keep to the next four steps and reverse your condition.
2. Draft a nutritional plan. If your Polycystic Ovarian Syndrome (PCOS) has been developed due to Insulin Resistance (IR), then your body reacts to food in a unique way. Focus your meals around high fiber foods that are low on the glycemic index. Avoid sugary foods and those made from simple carbohydrates like the plague, as they will make your IR worse!
3. Get moving. Exercise may be a difficult task right now, but once you get settled into a workout routine you will start to notice a major difference in how your body feels and how you look. Losing weight may be difficult, and your efforts will certainly be worth it when you start to feel healthier!
4. Keep the stress to a minimum. When you stress out, your body releases cortisol, which is a hormone that can further increase your hormonal imbalance. This will only make your symptoms worse, so avoid stress if at all possible.
5. Stay organized. Though this tip may seem out of place, you will be amazed by how much easier it is to reduce your stress, stick to a new meal plan, keep up with your workout routine, and make time to reach out to other women if you are well organized.

Polycystic Ovarian Syndrome (PCOS) is a condition that requires you to carefully monitor your environment and your lifestyle to keep yourself as healthy as possible. By following these tips, you will be able to create an environment that is conducive to your health and encourages you to work hard to reverse your illness!

The other thing a woman suffering Polycystic Ovarian Syndrome (PCOS) might do is to look into the Insulite Labs supplements that are available. In particular, the PCOS System offers hormone-balancing effects that have been scientifically calibrated to reverse the condition. That means there is very much hope here, and, for women who properly educate themselves and take the precautions necessary to thwart the effects of the disorder, no reason why PCOS has to be interpreted as a devastating diagnosis.

Learn more about the subject of your environment and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at <http://pcos.insulitelabs.com>.

Insulite Laboratories, a Boulder, Colorado USA based company, is committed to reversing Insulin Resistance - a potentially dangerous imbalance of blood glucose and insulin. Scientific research has revealed that this disorder can be a primary cause of excess weight gain and obesity, plus Pre-

Diabetes and Type 2 Diabetes. Insulin Resistance can also underlie the cluster of increased risk factors for cardiovascular damage called Metabolic Syndrome (Syndrome X) as well as PCOS (Polycystic Ovarian Syndrome) - a major source of serious diseases as well as heartbreaking female infertility.

Recognizing that there are millions of people who need this kind of systematic approach to reversing insulin resistance, Insulite Laboratories has, developed systems to address the underlying causes of Metabolic Syndrome, Polycystic Ovarian Syndrome (PCOS), Excess Weight/Obesity, Pre-Diabetes and Type 2 Diabetes.

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Article Keywords:

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