

Dr. Kelly Lupo, ND

5 PCOS Myths, Root Causes, & PCOS Diet Cheat Sheet



WELCOME



Hi there!

I am Dr. Kelly Lupo, Naturopathic Doctor and hormone health expert. I love educating others on ways to optimize their overall health, hormones, and fertility naturally.

As a PCOS and Endometriosis warrior, I dedicated my medical education and practice to learn how to take back control of my hormones to have regular cycles, ovulation, and symptom-less periods.

With so much conflicting info out there about PCOS, your diagnosis can be scary and confusing. That's why I made this guide to help you navigate your health.

Happy Healing,

Dr. Kelly

5 PCOS MYTHS

Myth 1

YOU'LL BECOME DIABETIC

About 70% of women with PCOS have insulin resistance, which can be a risk factor for Type 2 Diabetes. However, insulin-resistant type PCOS is from hormone imbalance, NOT poor food choices.

Myth 2

YOU'LL BE INFERTILE

Troubles with fertility stems from the lack of regular ovulation and periods. Once underlying hormone imbalances are addressed, ovulation and menstrual cycles normalize.

Myth 3

IT'S ONLY FOR OVERWEIGHT PEOPLE

PCOS doesn't discriminate based on BMI as it is from a hormone imbalance, not weight. About 30% of women with PCOS are considered to have "lean" PCOS.

Myth 4

YOU'LL HAVE OVARIAN CYSTS

Despite the name "polycystic ovarian syndrome", you actually don't need follicular cysts on your ovaries to be diagnosed if you fit the rest of the criteria (irregular periods and high androgens).

Myth 5

MEDICATION OR LOSING WEIGHT IS YOUR ONLY OPTION

Medication and quick weight loss methods can help with PCOS, but are not the only options. Natural medicine therapies like herbal medicine, supplementation, diet changes, lifestyle changes, stress management, and more can manage your PCOS.



PCOS ROOT CAUSES

Inflammation

PCOS is an inflammatory condition. High levels of inflammation are oftentimes caused by our gut health, diet, and environmental factors.

Insulin Resistance

Abnormal insulin levels is an underlying hormone imbalance in 70% of cysters. This can directly impact energy, testosterone levels, weight, and food cravings.

Adrenal

Adrenal dysfunction due to chronic stress spikes insulin and androgen levels worsening PCOS symptoms.

Post-Birth Control

Birth control suppresses natural hormone production needed for regular menstrual cycles and ovulation. Post-birth control amenorrhea can worsen fertility outcomes.

Diet Cheat Sheet

PCOS DIET CHEAT SHEET

DR. KELLY LUPO, ND

TO BOOK AN
APPOINTMENT OR
MORE INFO, GO TO:

DRKELLYLUPOND.COM

PROTEIN

DO:
LEAN MEATS
FISH/SEAFOOD
EGGS
BEANS
LENTILS
CHICKPEAS
SPIRULINA
NUT BUTTER
ALMONDS
CHIA SEEDS
LEAFY GREEN
VEGGIES
PROTEIN POWDER

DON'T:
PROCESSED MEATS

FATS

DO:
AVOCADO
OLIVES
OLIVE OIL
WILD-CAUGHT FISH
EDAMAME
KIDNEY BEANS
CHICKPEAS
NUTS
SEEDS

DON'T:
FRIED FOODS
TRANS FATS

CARBS

DO:
QUINOA
GLUTEN-FREE OATS
BROWN RICE
WHOLE GRAINS
BANANAS
SWEET POTATO
BEETS
BERRIES
CITRUS FRUIT
BEANS
CHICKPEAS

DON'T:
WHITE FLOUR
WHITE BREAD
PASTA

FIBER

DO:
APPLES
BANANAS
AVOCADO
BEANS
BEETS
BERRIES
BROCCOLI
CAULIFLOWER
BRUSSELS SPROUTS
CHICKPEAS
CHIA/FLAXSEEDS
ALMONDS

DON'T:
LAXATIVE AGENTS

DRINKS

DO:
WATER
COFFEE
GREEN TEA
HERBAL TEA
NUT MILK

DON'T:
SODA
JUICE
SUGARY DRINKS
COW'S MILK