

**ANTECEDENTS**

Note:  
 - One can have polycystic ovaries but not have PCOS  
 - Criteria would be 2 out of 3 in Rotterdam Criteria to have PCOS:  
 + poly-cystic ovaries  
 + Irregular menstrual cycles  
 + elevated androgens

**TRIGGERING EVENTS**

PCOS is a wake up call by your body that it's out of balance.

**MEDIATORS**

Shift mindset to a more abundant mindset, knowing you can take care of yourself without deprivation

"You are a priority", take care of yourself

Practitioners!: Reassure the client that their body is not betraying them



**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

Tend to use exercise as a form of punishment -- help client to shift to forms of exercise that support them and their healing

**NUTRITION/HYDRATION**

Nourishing food can shift everything -- look at food as a form of nourishment vs. "I cannot have it"  
 Food is medicine!!

**STRESS/RESILIENCE**

Tend to be Type A personalities with perfectionistic personalities

**RELATIONSHIPS/NETWORKS**

A sense that you have been robbed of your femininity and a mindset of "I am not enough", "I'm not worth the trouble"  
 Community is extremely important