



NATURAL HEALING THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

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POLYCYSTIC OVARY SYNDROME (PCOS)

PCOS is a condition in which a woman has an imbalance of the female sex hormones.

This may lead to menstrual cycle changes, cysts in the ovaries, trouble getting pregnant and other health changes.

Estrogen and **progesterone** are the female hormones that help a woman's ovaries release eggs.

Androgen, a male hormone, is found in small amounts in women.

Normally, one or more eggs are released during a woman's period. This is called ovulation.

In PCOS, mature eggs are not released from the ovaries. Instead, they can form very small cysts in the ovary.

Causes of Polycystic Ovaries

The main cause is Hormonal imbalance where the Ovaries make more androgens than normal.

High levels of androgens affect the development and release of eggs during ovulation and the changes make it harder for a woman's ovaries to release fully grown (mature) eggs.

Symptoms of Polycystic Ovaries

- No period after you have had one or more normal ones during puberty (secondary amenorrhea)
- Irregular periods, that may come and go and may be very light to very heavy
- Pain during sexual intercourse
- PCOS can cause you to develop male-like characteristics. This is called virilization.

Symptoms of virilization include:

- Body hair growing on the chest, belly, face and around the nipples
- Decreased breast size
- Thinning of the hair on the head, called male-pattern baldness
- Enlargement of the clitoris
- Voice gets deeper

You may also have skin changes:

- Acne that gets worse
- Dark or thick skin markings and creases around the armpits, groin, neck and breasts

The following health conditions are common in women with PCOS:

- Diabetes
- High blood pressure
- High cholesterol
- Weight gain and obesity

REVERSING PCOS

DIET - Foods to avoid

- All white processed foods
- Nuts which have been heated
- Chocolate, coffee, tea
- Dairy products
- All forms of Flesh foods, chicken, fish, turkey, beef, shrimp, crab, lobster, sausages, eggs
- Sugar, sweets
- All forms of Flour with gluten (wheat, rye, barley, semolina, pasta). Gluten sensitivity can cause hormonal imbalance
- Avoid smoking, drinking all forms of alcohol

DIET - Foods to Increase

- Iodine – Use **pink Himalayan Sea Salt with Iodine** and **Kelp or Seaweed Cure**
Iodine is Essential for the blood and to maintain Thyroid function which regulates the hormones and metabolism in the body that increases energy levels.
- **Drink sufficient water each day.** Your urine should be pale yellow to clear. **Drink 16oz – 32oz warm water on mornings one of which should be 2 tablespoons of lemon with 8oz water.** *Always use a straw to protect your teeth with the use of lemon.*
- **Pumpkin seeds** take a handful or ¼ cup of pumpkin seed daily
- 3 – 5 servings of **Fruits** and **Vegetables** daily
- Use only **Organic** or **Non-GMO** foods. Avoid genetically modified foods such as: soy, corn, cotton oil, canola oil, sugar beets and alfalfa causes virilization in females.
- Use properly cooked **grains and beans** for sufficient protein.
- Extra virgin, cold-pressed **olive oil** is the preferred oil to use.

LIFESTYLE

- Keep the weight low
- **Exercise** - Activity speeds up the body's metabolic rate – burns calories faster. The safest and best exercise is **walking** especially early in the morning. Walking also helps to push the hormones to the different parts of the body.
 - Walk for 1 continual hour daily.
- Get an appropriate amount of **Vitamin D from Sunlight** which regulates your hormones. A Study by the National Institutes of Health, March 2015 showed that Women whose 25(OH)D level was below 20 ng/mL had almost two and a half times the odds of having irregular menstrual cycles compared with women who were above 20 ng/mL Vitamin D also influences the gene encoding for anti-Müllerian hormone (AMH), a glycoprotein with multiple effects in both males and females and also regulates egg development.
 - **Light-skinned individuals** need 15 – 30 mins daily
 - Whereas, **Dark-skinned individuals** need 45 mins to 1 ½ hours daily **between the hours of 9:00am and 3:00pm** when the UVB rays is at its best.
- Use natural deodorant and cream and lotion on the skin.
- Wear longer garments that cover the arms and legs to improve blood circulation. Excess clothing on the trunk area, and not enough on the extremities, is a significant cause of female problems of various types.
- Avoid corsets and bands or belts around the waist, as they may be snug on sitting and the pressure on the waist causes pelvic congestion and poor health of the ovaries and uterus.
- Avoid poor posture, constipation, habitually chilled feet, overeating, overweight and too much sexual stimulation.

HERBAL TREATMENTS

- **Vitamin D Supplement.** Take 20,000iu for the first 7 days then reduce it to 10,000iu daily for 4 months then maintain supplement of 6,000iu except during the summer months.
- **Kelp** (1 – 2 teaspoons daily with meal) or **Seaweed Cure**
- **Seaweed Cure** (use as directed on box)
- **Blackstrap molasses** (1 - 2 tablespoons daily)
- **Flaxseed** (2 tablespoons freshly grounded daily)
- **Women's Multivitamin** (a combination of female balancing compounds. Use as directed on bottle)
- **Ashwagandha capsules** – use as directed

Our **LBH Treatment** is essential for cleansing the liver, the blood and balancing the hormones. Use any of the following combinations for 90 days then rotate for the other treatment for another 90 days or until your situation is resolved.

- **Dandelion** (2 tablespoons)
- **Red clover** (2 tablespoons)
- **Black cohosh** (1/2 teaspoons)
- Combine in 32oz hot water and steep for 40 minutes to 3 hours
- Strain liquid and drink during the day

Or

- **Milk Thistle** (2 tablespoons)
- **Burdock** (2 tablespoons)
- **Chase berry** (2 tablespoons)
- Combine in 32oz hot water and steep for 40 minutes to 4 hours
- Strain liquid and drink during the day

Preparation of Herbal Teas

- **Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 40 minutes to 4 hours.**
- **Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 40 minutes to 3 hours.**
- **For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours.**
- **Drink as water through the day. Do not add sweeteners to teas.**

Depending on the part of the plant you get for the herbs will determine how it is prepared.

Important to cleanse the colon to rid the body of excess estrogen:

- **Colon cleanse**
- **Psyllium Husk**

Purge with any one of the following once a week for the first month then once each month:

- **Senna pod**
- **3 tablespoons of Castor oil with 1/4 cup of lemon juice**
- **Cascara Sagrada**

Bio-Kult Probiotics or **Acidophilus** – use a probiotic to replenish health gut flora after purging.

PLEASE COMBINE THIS SHEET WITH THE HEALTH SECRETS SHEET

For further information, please visit call our website at www.nhtlh.com