

# HERBS FOR YOUR PCOS



**Adding herbs to your diet is a great way to help prevent health issues. When herbs are taken, they provide amazing anti-inflammatory, antioxidant and anti-tumour properties**

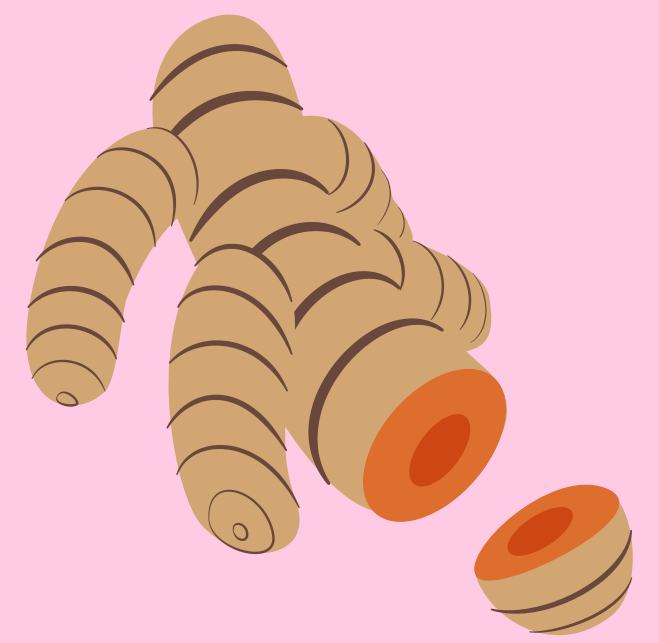




**Let's take a  
look at  
some  
amazing  
herbs to  
help your  
PCOS  
symptoms**

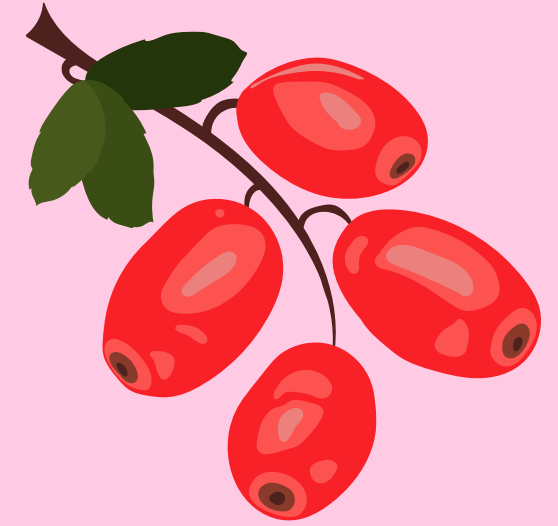
## Turmeric

Curcumin, an ingredient in turmeric acts as an anti inflammatory agent, it can aid in decreasing your insulin resistance



## Berberine

Berberine is a great herb used for insulin resistance, berberine can aid in balancing your body's endocrine responses



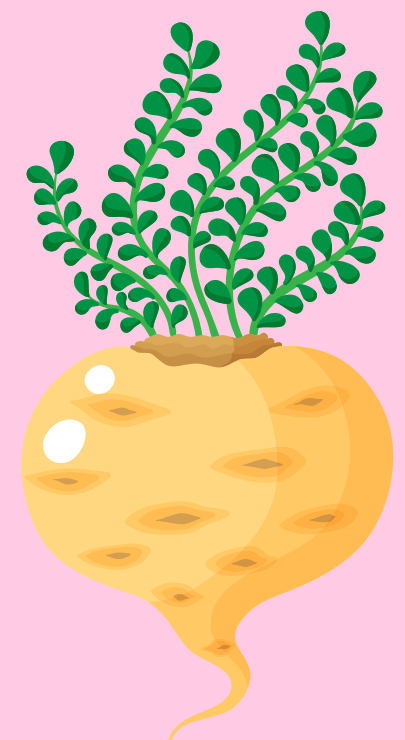
## Ashwagandha

Ashwagandha is a great herb which assists in balancing cortisol levels in turn balancing your stress levels



## Maca root

Maca root traditionally boosts fertility and libido, it can also aid with balancing hormones and lowering cortisol levels



## Spearmint leaf

Spearmint tea may help reduce hirsutism, or growth of dark, coarse hair on the face, chest and abdomen of women.



## Ginger Root

Ginger root is a great antioxidant and can greatly aid in helping to regulate your menstrual cycle





**At fitnesswithkeisha coaching we share many helpful PCOS tips, advice and some additional herbal teas/supplements to help you on your journey**

**All teas and supplements must be taken as an addition to your new PCOS-Friendly lifestyle.**

**If you're ready to get started on your journey at FWK Coaching click the link in our @fitnesswithkeisha bio and lets get started together!**