

### 3 Natural Ways to Combat PCOS

Whether you've been dealing with polycystic ovary syndrome for years or just got your diagnosis, it's normal to want to try some non-medicinal options to keep your symptoms in check. While it may not be possible to totally control PCOS via natural methods, focusing on these three areas can help.

#### 1. Exercise

Being active is one of the best things anyone can do for their body, but it's especially important for those with PCOS. Getting enough exercise helps regulate hormone levels, manage your weight, and can help you feel better about yourself and manage stress. While any activity is better than none, [weight-bearing exercises](#) that help you build muscle can be especially beneficial for women with PCOS. If lifting weight or joining a gym seems too far out of reach, 30 minutes of walking at a steady pace 5 days a week is a good start.

#### 2. Diet

The possibility of developing [insulin resistance](#), which can lead to diabetes, is of real concern with PCOS, but this can be mitigated greatly by paying attention to your diet. It's important to balance your intake of carbohydrates and proteins to keep blood sugar levels steady, and it's best to eat smaller, more frequent meals throughout the day for the same reason. Avoiding processed foods that have a lot of sugar and salt can also help you deal with weight gain.

#### 3. Stress

Your hormones are directly tied to your stress levels. While it may be impossible to get rid of all life stress completely, prioritizing your mental health is an important step in controlling your PCOS symptoms. Making time for self-care is crucial, and this can be as simple as taking a relaxing bubble bath before bed or as big as having a spa day once a week. Meditation, yoga, and mindfulness have all been shown to have positive effects when it comes to reducing stress as well.

While most people can go ahead and implement these things without issue, it's always a good idea to talk to your doctor about any new exercise programs, diet changes, or supplements you may be considering.