

FOUNDATIONS OF THE ULTIMATE PCOS DIET



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THE ULTIMATE PCOS DIET

Brought to you by:
The Axelrad Clinic



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ABOUT THE AXELRAD CLINIC

The Axelrad Clinic is a **natural medicine clinic** in Houston, Texas where **women from all walks of life** – young women, moms and moms-to-be, professionals, retired, and more – come and **get 100% natural treatment** so they can:

[Balance Their Hormones Without Taking Hormones](#)
[Get Pregnant Naturally](#) or [Finally Succeed With IVF](#)
[Heal From PMS, Endometriosis and Other Gynecological Issues](#)
[Overcome Chronic Stress, Depression, And Anxiety](#)
[Lose Weight Naturally and Permanently](#)

NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

And, if you like this Instant Action Plan, [subscribe to our Axelrad Clinic Newsletter](#) and get new case stories, insights, and tips every week...

Offices in Houston, The Woodlands, and Katy.
ONLINE consultations for remote patients available as well.



THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS

Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is the will to meet life's challenges with grace, strength, and resilience.

Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic, genuine self.

It's no secret, right?

PCOS is – at its core – a **metabolic** disorder.

No matter how mild or severe, whether you are obese, slightly overweight, or thin... the pattern we call “PCOS” has its roots in how your body is managing its metabolic state.

This is why it is ABSOLUTELY CRITICAL that if you want to manage PCOS without medications like metformin and others you MUST shift your general eating habits.

By changing how you eat, you change how your body functions. It's really that simple.

Nobody likes to believe that food choices have such tremendous power, but THEY DO.

The information contained in this action plan is meant to get you started. And, sometimes these basic practices are enough to elicit very significant – even “earth-shattering” – positive changes.

So, stay focused, make the commitment, and go all in.

I look forward to your ultimate success!



BEFORE WE GET STARTED...

It's incredibly important to say a few things:

FIRST – **This is an ACTION plan**, meaning **in order for it to work you must actually do it**. I know that may seem obvious but I'm always surprised how people will come see me in clinic and pay me fairly large sums of money, and then not do most of what I suggest. **The bottom line is that wellness emerges first and foremost from a clear sense of self-responsibility. You must take ownership of your health. Nobody else can do it for you.**

SECOND – **Your results will be unique**. Nothing I recommend here will cause any harm and may help a LOT – a WHOLE LOT. **But, I am unable to make any guarantees**. You just have to try it out! **Again, you have to TAKE ACTION and only then will you see results.**

THIRD – **You are always welcome to contact the clinic if you have questions**. All you have to do is [visit our support page](#) and enter your question or concern and we will ALWAYS get back to you.

Now – let's DO THIS!

YOUR KEYS TO SUCCESS



1. **Keep it simple** – Don't try to do too many things at once.
2. **Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
3. **Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
4. **Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
5. **Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!

A clear plastic water bottle with condensation on its surface, tilted over a glass of water with ice cubes. The bottle is positioned in the upper right, and the glass is in the lower left. The background is a light, neutral color. A dark grey horizontal band is overlaid across the middle of the image, containing white text.

ACTION STEP #1:

**DRINK ONLY WATER – AND A
MINIMUM OF 2 LITERS A DAY**

ACTION STEP ONE: DRINK ONLY WATER AND A MINIMUM OF 2 LITERS OF WATER EVERY DAY

The WHY

Besides the obvious “water is essential to life” thing, there are very key reasons that drinking water balances your hormones.

1. First off, drinking flavored drinks like bottled teas, soft drinks, juice, and energy drinks IS GOING TO STIMULATE THE HORMONAL CONFUSION THAT FUELS YOUR PCOS. The sugars trigger insulin release and this single hormone is one of the primary drivers of PCOS hormonal states. Coloring and other additives can be hard on your liver, which is one of your most important organs to regulate your hormone levels and is ALWAYS working harder in people with PCOS.
2. Secondly, water is essential for stable metabolism. We forget that the metabolic process depends on adequate water supply. The more you drink water instead of flavored drinks, the easier it is for your body to regulate its metabolism and, hence, shift out of the PCOS state.
3. Finally, drinking water will curb your appetite and make it a lot less likely you'll crave the sugary foods that feed your PCOS.



The WHAT

- 1. A pack of water bottles – 0.5L each bottle (or a refillable bottle of your choosing).** Get one as soon as possible – tonight or first thing tomorrow.
- 2. DO NOT obsess over the details on this.** It's ok if the bottles are plastic. It's OK if it's not artesian water from a perfectly pristine source. You aren't going to find perfect water.
- 3. Make sure it's plain water,** not sparkling water. It doesn't have to be “alkaline” water either. Just plain old water will do.



ACTION STEP ONE :

DRINK A MINIMUM OF 2 LITERS OF WATER EVERY DAY

The HOW

STEP ONE

As mentioned in step one, **drink a bottle of water before you eat breakfast..**

STEP TWO

Set an alarm on your phone for the following times: **10am, 2pm, 5pm, and 8pm.**

STEP THREE

Each time the alarm sounds, drink a full bottle of water. You can do it! Take the time you need, but you should be able to drink the whole bottle in about **five minutes or less.**

STEP FOUR

When it's time to drink the water **stop everything else and just focus on drinking your water.** As you do, imagine the water is carrying calming, rejuvenating energy into every cell in your body. You can imagine this as a calm, light feeling spreading through your body.

STEP FIVE

Don't drink any juice, flavored or caffeinated beverages during the day. One cup of coffee in the morning is OK.



ACTION STEP ONE :

DRINK A MINIMUM OF 2 LITERS OF WATER EVERY DAY

Common Questions

What if I'm not thirsty?

When we're chronically dehydrated we often aren't thirsty because our bodies build a tolerance to mild dehydration. The vast majority of my patients who start drinking water as I recommend will tell me that they actually start to crave the water more. So, you might have to "force it" at first, but you'll be OK after that.

Can I drink green tea or use flavor packs for my water?

I recommend you not do this. At most, use cucumber or fresh lime or lemon and only a little bit. I just want you to drink good old-fashioned water.

Will the plastic bottles hurt me? Is it better to drink out of glass or ceramic?

It is better (and safer) to drink out of glass or sealed ceramic. HOWEVER do not let this be a blocking factor for you. In other words, JUST DRINK the water. You're going to be healthier drinking 2 liters from a plastic bottle than you will be drinking a half or barely one liter from a fancy glass container.



A photograph of a loaf of sliced bread, likely whole wheat or rye, with several slices cut and stacked in front of it. The bread has a dark, textured crust and a lighter interior. The background is a plain, light color.

ACTION STEP #2:

**CUT YOUR CONSUMPTION OF
WHEAT FLOUR**

ACTION STEP TWO: CUT YOUR CONSUMPTION OF WHEAT FLOUR

The WHY

Wheat has been getting a lot of bad press lately. And, in this case, it is with good reason. In my clinic, I can tell you that my patients who cut their consumption of wheat flour see dramatic changes in many areas including metabolism, energy levels, and even water retention.

1. First off, wheat flour is extremely high in sugars. When you eat foods made from wheat flour like bread, cakes, and cookies, you are very likely going to trigger a surge in blood sugar and a corresponding insulin surge that, again can disrupt adrenal and liver function.
2. Wheat also contains a specific type of gluten that, for many, is a digestive irritant. Even my patients who aren't technically gluten intolerant will report that when they reduce their consumption of wheat flour they have better bowel function, less abdominal bloating, and even better mood (90% of your body's serotonin is made in your gut).
3. By cutting out foods made with wheat flour (and there are a LOT of them because wheat is very inexpensive to grow, process, and transport), you are likely eliminating 80% of the sugar in your diet. That's a LOT less sugar for you.



ACTION STEP TWO : CUT YOUR CONSUMPTION OF WHEAT FLOUR

The WHAT

- 1. Know the wheat flour content of the foods you eat on a regular basis.** Don't assume it's just bread. Many foods like soups and pasta are loaded with wheat flour.
- 2. Choose other foods instead of those foods.** For instance, you can have rice noodles instead of pasta.
- 3. Think 80/20 – not perfection.** Again, this is “cut your consumption” not “eliminate”. Leave room to enjoy a few bites of cake or a cookie!



ACTION STEP TWO : CUT YOUR CONSUMPTION OF WHEAT FLOUR

The HOW

STEP ONE

Anytime you're about to start a meal or eat a snack – STOP and think before you start eating.

STEP TWO

Ask yourself this question: “Do I know what the ingredients of this food are?”

STEP THREE

If the answer is “NO”, then stop and get the ingredients. If the answer is “YES”, proceed to the next step.

STEP FOUR

Does the food contain **wheat flour**?

STEP FIVE

If the answer is “YES”, choose something else to eat for now (or remove the wheat-flour based food i.e. eat the burger patty and veggies, just not the bun).

If you can't find a wheat-free substitute then just drink a glass of water for now (unless you're actually starving which you probably aren't).



ACTION STEP TWO : CUT YOUR CONSUMPTION OF WHEAT FLOUR

Common Questions

Is this a gluten-free diet?

No, this is a wheat-flour reduced diet. So, focus more on just eliminating foods containing wheat flour, not on eliminating gluten. Also, gluten-free wheat flour is still wheat flour and still causes the blood sugar surges we're trying to avoid

What about whole wheat?

The brown flour called “whole wheat” is not actually the whole wheat. It is still highly processed and refined and will still cause a surge in blood sugar.

What about rice, oats, millet and other grains that contain gluten?

I'm more concerned with you eliminating wheat because there is wheat in so many common foods. Additionally, just about all the wheat in foods today is genetically modified. I'm not saying avoid all GMO (Genetically Modified Origin) foods – but in this case the way the wheat was modified has caused it to be a much higher sugar food than it was previously.



A collection of dairy products is arranged on a white surface. In the center is a tall glass of white milk. To its left is a small glass bowl containing a scoop of light-colored ice cream. To its right is a cutting board with several slices of yellow cheddar cheese. In the foreground, there are several sticks of butter, some partially unwrapped. In the background, a large block of cheddar cheese sits on a wooden cutting board.

ACTION STEP #3:

**ELIMINATE ANIMAL DAIRY FROM
YOUR DIET**

ACTION STEP THREE: ELIMINATE ANIMAL DAIRY FROM YOUR DIET

The WHY

The only “real” reason to do this has nothing to do with PCOS directly.

Bottom line – nature did not make milk for us to drink as adults.

Think about it. In the entire mammal kingdom, what animal drinks mother's milk after weaning? Do you ever see an adult cow drinking milk? Do you ever see or read about adult monkeys drinking milk or adult dogs?

No, they don't. Why? They instinctively know they don't need it.

But, there are other reasons, namely that modern, processed milk is disproportionately high in sugar and low in fat. It is also stripped of key enzymes that help the body assimilate it in a healthier way.

And, there's another thing. Foods have “signal”. They tell our bodies what to do, in a sense. And, the signal of milk is “GROW”. Milk is a growth-promoting food. Maybe it's OK for kids (although I think any child over 2-3 years old shouldn't drink milk if possible), but when we're adults we're finished growing. We don't need more growth stimulation and – actually – when we drink milk we increase our risk of obesity and heart-disease.



ACTION STEP ONE:

EAT A PROTEIN DENSE, LOW-CARB, HIGH-FIBER BREAKFAST

The WHAT

(NOTE: this is not an exhaustive list but gives you an idea. Focus more on the NO for maximum results.)

It's DEAD Simple:

Don't eat or drink anything that came from the mammary gland of an animal.

Suitable replacements include:

Coconut milk (unsweetened)

Almond milk (unsweetened)

NOTE: Soy Milk is a no-go in my opinion. Raw soy milk is LOADED with sugar. Avoid it.



The HOW

- 1. Starting tonight and for the next 5 nights**, write down exactly what you are going to eat for breakfast the next morning.
- As you are going to sleep, **visualize yourself waking up the next morning** and eating your healthy breakfast.
- Keep it simple** – start with something easy to make and store like a couple of hard-boiled eggs with some sliced avocado. The simpler the better. And, **it's OK to eat the same thing every morning as you're getting started, especially if it's EASIEST for you.**
- Be consistent** – make sure you **do this for at least 3-5 days in a row** so you can really see how much better you feel.
- Drink a full glass of water before you start eating breakfast** – this ensures proper hydration first and will help curb your appetite.

The 3 Core Diet Principles for MORE ENERGY AND HORMONAL BALANCE

Common Questions

Do I have to be perfect on this?

No, of course not. You never have to be perfect but you must commit and take it seriously or it's not going to work.

How long will it take for me to see results?

That depends on many factors – so don't be in a hurry. However, once you start the eating change, you should start to notice changes within days. I'd say the max time it will take to start feeling a noticeable shift is about 10-14 days. If you have seriously followed this plan and still haven't seen any significant improvements within a month, get in touch with us at academy@axelradclinic.com or call us at 713-527-9555.

What about supplements?

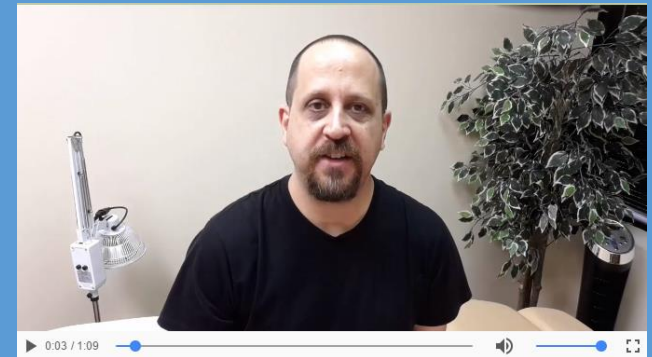
There are MANY supplements that support hormonal balance. I recommend you start with a basic, high-quality, food-sourced multivitamin and take it every single day. If you want more specific guidance on specialized supplements for hormonal conditions, [schedule a free consultation](#) with us to see if we can work together one-on-one.

What if I want more guidance on this?

If you would like to discuss this one-on-one at the clinic with us, I recommend you [schedule a free consultation](#). We'll meet in person and see if our services are a good fit for you.

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OUR ONLINE ACADEMY**

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The 3 Core Diet Principles for
MORE ENERGY AND HORMONAL BALANCE

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