

PCOS Fertility Made Simple

Your step-by-step plan to
regulate cycles naturally

Small habits. Real progress.



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What PCOS Means for Fertility

PCOS can affect ovulation and hormone balance, making conception harder, but small lifestyle changes can make a big difference.



The 4 Pillars of PCOS Fertility

Nutrition



Movement



Sleep



**Stress
Balance**



Focus on these daily habits to support hormones naturally.

Eat for Hormone Balance

Add more:

- Leafy greens
- Whole grains & millets/foods
- Lentils, eggs, paneer
- Nuts, seeds, healthy fats



Limit:

- Sugary drinks
- Refined carbs
- Fried and ultra-processed foods
- Alcohol and smoking



Balanced meals mean stable insulin levels,
which lead to better ovulation.

Move Your Body

Exercise improves insulin sensitivity and supports regular cycles.



30–40 min walking



Strength training



Yoga or pilates



Hormone Reset with Sleep

Poor sleep can disrupt cortisol, insulin, and reproductive hormones. Better sleep leads to better cycles.

Tips:

7–8 hours every night

Fixed bedtime

Screen-free nights

Track Your Cycle & Ovulation

Understanding your cycle helps you better time conception.



Period dates



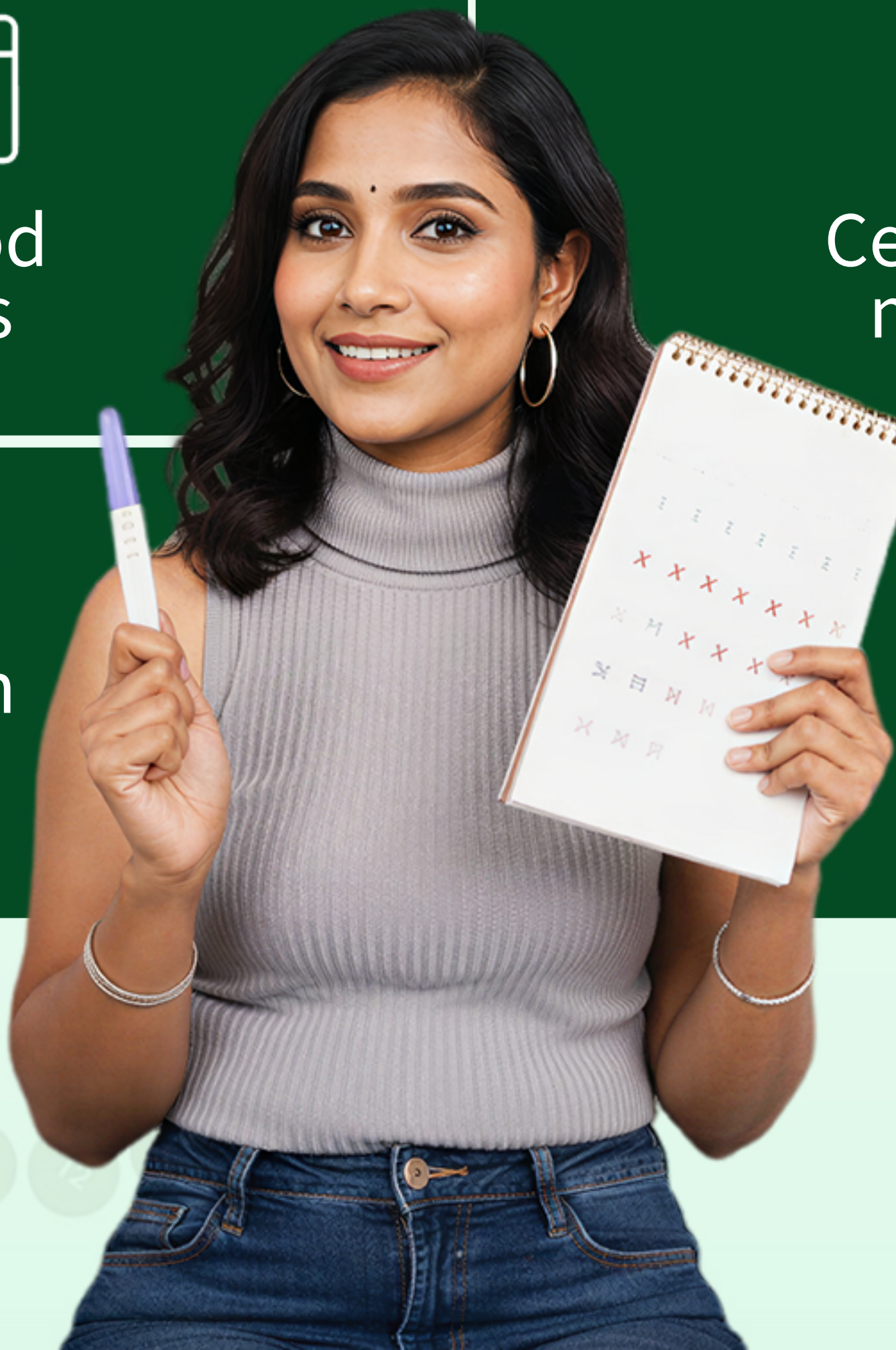
Cervical mucus



Ovulation kits



Symptoms



Medical Support That Helps

Sometimes lifestyle isn't enough, and that's okay. Doctors may suggest:



Hormone tests



Metformin



Ovulation induction



Supplements



30-Day PCOS Action Checklist



Balanced meals daily



30 min movement



Sleep 7–8 hours



Reduce sugar



Manage stress



Track cycle



Doctor follow-up

With PCOS, consistency matters more than perfection. Start small and stay steady because your body responds over time.

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