

Lifestyle – reduce inflammation & regulate blood sugar

- Dietary modifications
 - 30-40% protein with high fiber and avoidance of starchy, sugary carbs
 - Abundant greens, fresh veggies
 - Add unsalted nuts, legumes, lentils
 - Avoid refined processed foods, sugars and processed carbs like pasta and breads
 - Avoid artificial sweeteners (except stevia) and sugars
- Exercise: a study established that consistent exercise leads to a 58% reduction in progression to diabetes vs 31% in a metformin group
- Reducing stress
- Getting more restful sleep

Nutraceuticals - Fish oil, etc., ensure adequate Vitamin D

- Evaluate use of Oral Contraceptive Pills which deplete folic acid, vitamins B2, B6, B12, C and E, Zinc Magnesium and Selenium.

Support ovulation

- BHRT – progesterone 30 mg per day on days 15-28 of the cycle.
- Botanical Medicine - licorice, cinnamon, spearmint.

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