

The Gentle Reset
LOVE YOURSELF FOR A LIFETIME

PMOS

POLYENDOCRINE METABOLIC OVARIAN SYNDROME
(PREVIOUSLY KNOWN AS PCOS)

WHAT IS PMOS?

PMOS is a hormonal and metabolic condition affecting how the ovaries function.

It may be associated with:

- Irregular cycles
- Acne
- Weight gain or difficulty losing weight
- Fatigue
- Insulin resistance
- Fertility challenges

You are not alone. With the right support and lifestyle tools, symptoms can improve.

NUTRITION FOCUS

Eat more wholefoods

Vegetables, quality protein, healthy fats, seeds, nuts, legumes and wholegrains.

Limit refined sugars & highly processed foods

These can spike blood sugar and worsen symptoms.

Stay hydrated

Aim for 1.5-2 litres of water daily. Herbal teas are great too.

Prioritise sleep

7-9 hours of quality sleep supports hormone regulation.

Manage stress

Try mindfulness, breathwork, walking in nature or journaling.

Be consistent, not perfect

Small, sustainable changes lead to lasting results.

SIMPLE, BALANCED MEAL IDEAS

BREAKFAST

Greek yogurt with berries, flaxseeds and almonds.

LUNCH

Quinoa bowl with grilled chicken, avocado, roasted veg & tahini.

DINNER

Baked salmon with sweet potato, greens and olive oil.

BE KIND. BE PATIENT. BE PROUD OF EVERY SMALL STEP.

You've got this.

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LIFESTYLE & NUTRITION SUPPORT FOR HORMONE BALANCE

FOODS TO FOCUS ON

HEALTHY FATS

Avocado, olive oil, nuts, seeds, oily fish (salmon, sardines).

LOW GI CARBS

Quinoa, oats, brown rice, sweet potato, legumes, berries.

COLOURFUL VEG

Aim for a rainbow of vegetables for vitamins & antioxidants.

PLANT PROTEIN

Lentils, chickpeas, tofu, tempeh, edamame, beans.

FIBRE & SEEDS

Flaxseeds, chia seeds, pumpkin seeds, hemp seeds.

BLOOD SUGAR BALANCERS

Cinnamon, turmeric, green tea, apple cider vinegar (with meals).

LEAFY GREENS

Spinach, kale, silverbeet and other greens support detoxification.

HERBAL TEAS

Peppermint, chamomile, spearmint and rooibos support wellbeing.

FOODS TO LIMIT OR AVOID

- ✗ Refined sugars and high-sugar foods (soft drinks, sweets, cakes)
- ✗ Highly processed and packaged foods
- ✗ White bread, pastries and refined grains
- ✗ Fried foods and trans fats
- ✗ Excess caffeine and energy drinks
- ✗ Alcohol (can affect hormones & sleep)
- ✗ Crash diets and extreme restriction

Small swaps create big change over time.

LIFESTYLE REMINDERS

- ✓ Move your body in ways you enjoy.
- ✓ Prioritise 7-9 hours of quality sleep.
- ✓ Manage stress daily (even small moments).
- ✓ Stay hydrated throughout the day.
- ✓ Track your cycle and symptoms.
- ✓ Celebrate non-scale victories.
- ✓ Be kind to yourself.

Your wellbeing matters every single day.

YOU ARE NOT ALONE

Healing is not a straight line. With consistent support, nourishing food and self-care, you can feel your best and restore balance in your body and mind.

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