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Love The Skin You're In

PMOS GUIDE

(The condition formerly known as PCOS)

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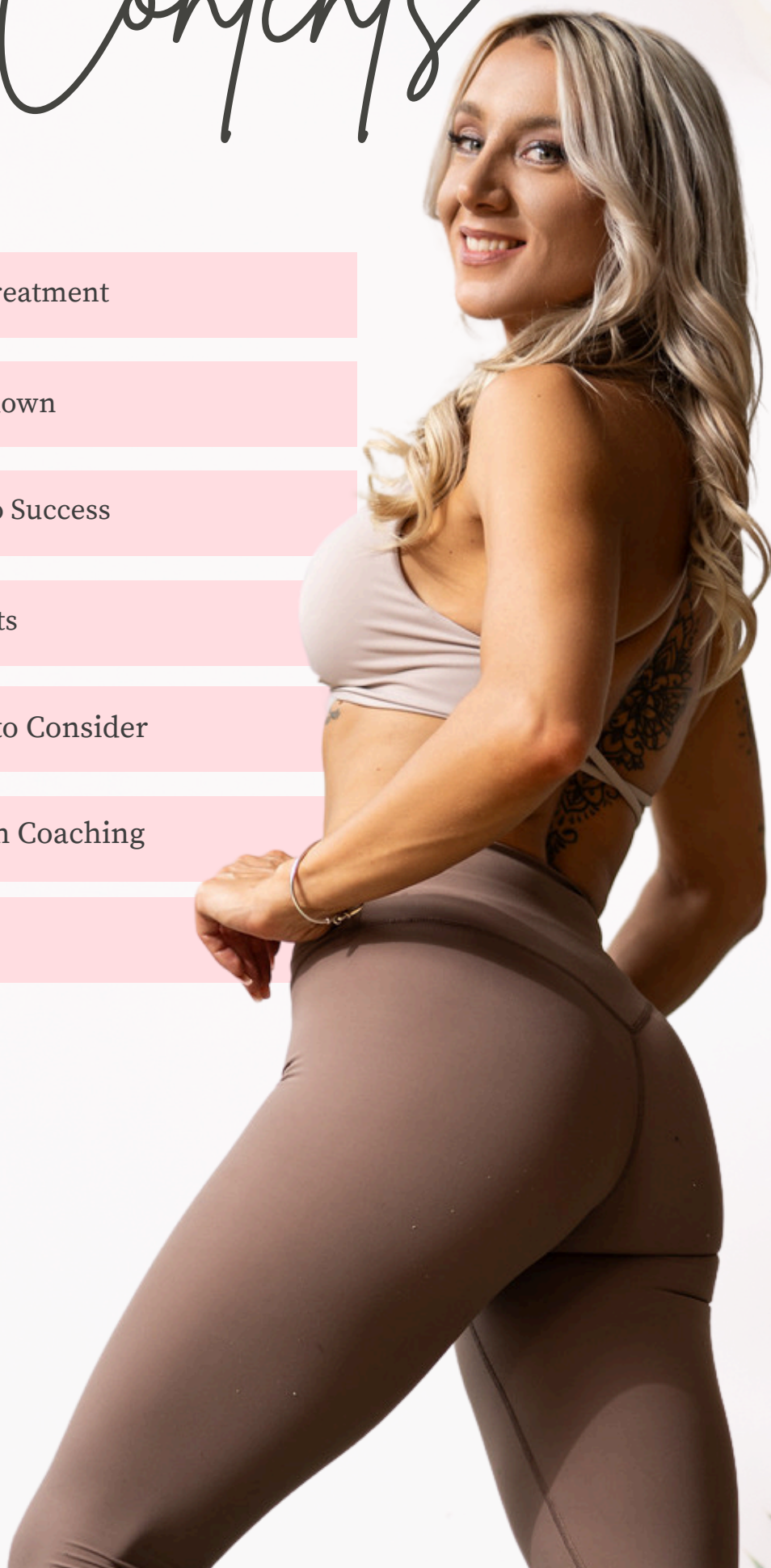
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Overview

Causes

Polyendocrine Metabolic Ovarian Syndrome (PMOS) is a complex and multifactorial condition with its exact cause still not fully understood. However, several factors are believed to contribute to its development. Genetics plays a significant role, as women with a family history of PMOS are more likely to develop the condition. Insulin resistance, where the body's cells become less responsive to insulin, is another major factor. This resistance can lead to higher insulin levels, which may trigger the ovaries to produce more androgens that are present in all women but elevated in those with PMOS. These elevated androgen levels can interfere with ovulation, leading to multiple immature follicles developing on the ovaries. Many women diagnosed with PCOS/PMOS do not actually have ovarian cysts, which is one reason the condition has recently been renamed. Additionally, inflammation has been linked to increased androgen production, further exacerbating the symptoms of PMOS. Environmental factors, such as diet, lifestyle, and exposure to certain chemicals, may also play a role in triggering or worsening the condition. Together, these factors create a complex interplay that contributes to the onset and progression of PMOS.

Treatment

Treatment for Polyendocrine Metabolic Ovarian Syndrome (PMOS) is tailored to address the specific symptoms and goals of the individual, as there is no one-size-fits-all approach. Lifestyle changes including nutrition, resistance training, movement, sleep, stress management and blood sugar support are often considered foundational in managing PMOS/PCOS symptoms. Every woman with PMOS/PCOS presents differently, which is why symptom management should be personalised. This guide focuses on realistic lifestyle strategies that may help support hormone balance, metabolic health, energy, body composition and overall wellbeing.



Diet breakdown

A well-balanced diet is crucial for managing Polyendocrine Metabolic Ovarian Syndrome (PMOS), as it can help regulate insulin levels, manage weight, and reduce inflammation. Here's a breakdown of key food groups, recommended portions, healthy sources, and the reasons why they're beneficial for PMOS:

Complex Carbohydrates

- **Healthy Sources:** Whole grains like quinoa, brown rice, and oats; legumes such as lentils, chickpeas, and black beans; starchy vegetables like sweet potatoes and squash; and fruits such as berries, apples, and pears.
- **Why:** Complex carbohydrates have a low glycaemic index (GI), meaning they are digested slowly and lead to gradual increases in blood sugar and insulin levels. This helps manage insulin resistance, a common issue in PMOS.

Lean Proteins

- **Healthy Sources:** Skinless poultry, fish (especially oily fish like salmon and mackerel), eggs, tofu, tempeh, Greek yoghurt, and legumes.
- **Why:** Protein helps stabilise blood sugar levels and promotes satiety, which can aid in weight management. Some protein sources, like oily fish, are also rich in omega-3 fatty acids, which reduce inflammation.

Healthy Fats

- **Healthy Sources:** Avocados, nuts such as almonds and walnuts, seeds like chia seeds and flaxseeds, extra virgin olive oil, avocado oil and oily fish.
- **Why:** Healthy fats, particularly monounsaturated and polyunsaturated fats, help reduce inflammation and improve heart health. Omega-3 fatty acids, found in fish and flaxseeds, are especially beneficial for reducing inflammation associated with PMOS.

Non-Starchy Vegetables

- **Healthy Sources:** Leafy greens such as spinach and kale, cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts, as well as peppers, cucumbers, courgettes, and tomatoes.
- **Why:** Non-starchy vegetables are low in calories and high in fibre, which aids digestion and helps maintain stable blood sugar levels. They are also rich in vitamins, minerals, and antioxidants, which support overall health and reduce inflammation.

Continued...

Diet breakdown

Fruits

- Healthy Sources: Berries such as blueberries, strawberries, and raspberries; apples; pears; and citrus fruits.
- Why: Fruits provide essential vitamins, minerals, and antioxidants. Opt for low-GI fruits like berries to help manage blood sugar levels. Their fibre content also aids in digestion and helps maintain fullness.

Dairy or Dairy Alternatives

- Healthy Sources: Greek yoghurt, kefir, cottage cheese, almond milk, and other fortified plant-based milks.
- Why: Dairy products can be a good source of calcium and vitamin D, which are important for bone health.
- Some women tolerate dairy very well, while others notice improvements in digestion, skin or symptoms when reducing certain dairy products. Individual response can vary.

Hydration

- Healthy Sources: Water, herbal teas, and water infused with fruits or herbs.
- Why: Staying hydrated is essential for overall health, aids in digestion, and helps maintain stable blood sugar levels. Water is the best option, but herbal teas can also provide additional benefits like stress reduction and inflammation control.

Additional Considerations

- Limit Refined Sugars and Processed Foods: These foods can cause spikes in blood sugar and insulin levels, worsening PMOS symptoms.
- Incorporate Fibre-Rich Foods: Fibre helps slow digestion and the absorption of sugar, promoting stable blood sugar levels and aiding in weight management.

By following a balanced diet that focuses on whole, nutrient-dense foods, women with PMOS can manage their symptoms more effectively and improve their overall health.



Roadmap to Success

Effectively managing Polyendocrine Metabolic Ovarian Syndrome (PMOS) requires a comprehensive and personalised approach. This roadmap outlines key steps to help you navigate your journey towards better health and symptom management.

01

DIAGNOSIS

If you suspect you have PMOS, start by visiting a healthcare professional. They will conduct a thorough assessment, including a review of your medical history, physical examination, blood tests, and an ultrasound if necessary. A proper diagnosis is crucial for understanding the specific aspects of PMOS that affect you, such as insulin resistance, hormonal imbalances, or fertility issues.

02

REDUCE & IDENTIFY TRIGGERS

Reducing or eliminating processed foods, refined sugars, and trans fats can help manage insulin levels and reduce inflammation. Some women with PMOS may have food sensitivities that exacerbate symptoms. Some women notice symptom improvements when reducing foods or habits that personally trigger digestive symptoms, cravings, blood sugar swings, inflammation or energy crashes. Focus on identifying your own triggers rather than unnecessarily restricting foods.

03

MANAGE STRESS

Chronic stress can worsen PMOS symptoms by increasing cortisol levels, which can interfere with insulin regulation and hormonal balance. Aim for 7-9 hours of quality sleep each night and include techniques such as mindfulness meditation, yoga, deep breathing exercises, and regular physical activity which can help manage stress effectively.

04

CONSIDER SUPPLEMENTS

In some cases, supplements may be beneficial for improving PMOS including inositol, berberine, omega-3 fatty acids, vitamin D and magnesium.

05

BUILD MUSCLE & SUPPORT METABOLIC HEALTH

Strength training is one of the most effective lifestyle tools for women with PMOS/PCOS. Building muscle helps improve insulin sensitivity, supports blood sugar regulation, boosts metabolic health and can improve body composition without needing extreme dieting. Women with PMOS should not fear lifting weights.

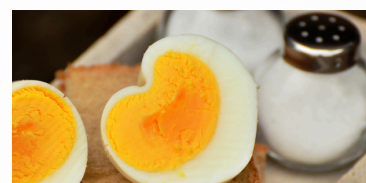
Supplements

Where possible it is always best to get your nutrition from whole foods but you can support your diet with supplements. RDA information provided from NHS.

Vitamin D: Oily fish, red meat, liver, egg yolks

RDA for women 10mcg

Vitamin D deficiency is common in women with PMOS/PCOS and may impact hormone function, immune health and insulin sensitivity



OMEGA 3: Oily fish, white fish, shellfish

RDA for women 2 portions per week including 1 oily fish

Omega-3 fats may help support inflammation, triglycerides, insulin sensitivity and overall metabolic health.



MAGNESIUM: Spinach, nuts, wholemeal bread

RDA for women 270mg

Magnesium plays an important role in blood sugar regulation, sleep, stress response, muscle function and energy production, all of which can impact symptoms and overall metabolic health.



ELECTROLYTES: Coconut water, watermelon, bananas, sea salt
Hydration and electrolyte balance support energy levels, muscle function, nervous system function and recovery. Women with PMOS who train regularly, sweat heavily or struggle with fatigue and headaches may benefit from supporting electrolyte intake and hydration.



Recommended supplements



Shop



Shop



Shop



Shop

Protein Works Discount Code - THISFITMUM

Additional supplements

INOSITOL

Myo-inositol and D-chiro-inositol are among the most researched supplements for supporting insulin sensitivity, hormone balance and ovulation in women with PMOS/PCOS. Myo-inositol also helps with insulin resistance, testosterone and androgen levels, which cause things like unwanted hair growth, oily skin and acne, all common with PMOS. Research commonly uses a 40:1 ratio of myo-inositol to D-chiro-inositol.



[Shop on amazon HERE](#)

BERBERINE

Berberine is being researched for its potential role in supporting insulin sensitivity, blood sugar regulation and metabolic health in women with PMOS. Women with Polyendocrine Metabolic Ovarian Syndrome (PMOS) may benefit from using Berberine, as it has been shown to regulate menstrual cycles. Additionally, it has been found to have positive effects on cholesterol levels and may aid in reducing the risk of heart disease.

This supplement is recommended - 1 capsule 3 times per day with food. As this supplement can cause tummy upset if taken too much too quick start with 1 capsule per day and increase gradually to avoid any tummy upset.



[Shop on amazon HERE](#)

CHROMIUM

Chromium is a trace mineral involved in blood sugar regulation and insulin function. Some research suggests chromium may help support insulin sensitivity, cravings and glucose metabolism in women with PMOS/PCOS. While research is still ongoing, ensuring adequate chromium intake through diet or supplementation may support overall metabolic health.



[Shop on amazon HERE](#)

Always check with your GP or healthcare professional before starting any new supplement, particularly if you are pregnant, breastfeeding or taking medication.

What else to focus on

FOR PMOS HEALTH

SLEEP

Sleep is crucial for managing PMOS because it plays a vital role in regulating hormones, insulin levels, and overall metabolic health. Poor sleep can lead to increased levels of cortisol, the stress hormone, which can worsen insulin resistance, a common issue in women with PMOS. This, in turn, can make it more challenging to manage weight and blood sugar levels, key factors in controlling PMOS symptoms. Additionally, inadequate sleep can disrupt the balance of hunger hormones, leading to increased appetite and cravings, particularly for unhealthy foods, which can further impact weight management. Ensuring consistent, quality sleep helps stabilise these hormonal fluctuations, reduces stress, and supports overall well-being, making it a critical component of effective PMOS management.

STRESS

Stress can significantly impact hormone levels and worsen symptoms. When stressed, the body produces higher levels of cortisol, a hormone that can disrupt insulin regulation, leading to increased insulin resistance, a common issue in PMOS. Elevated cortisol levels can also interfere with other hormones, such as oestrogen and progesterone, exacerbating menstrual irregularities and other PMOS symptoms. Chronic stress can contribute to weight gain and make it more challenging to maintain a healthy lifestyle. By effectively managing stress through mindfulness, exercise, and relaxation practices, women with PMOS can help stabilise their hormones, improve symptoms, and enhance your overall quality of life.

EXERCISE

Exercise helps to address several key aspects of PMOS. Regular physical activity improves insulin sensitivity, which is often impaired in women with PMOS, thereby helping to regulate blood sugar levels and reduce insulin resistance. Exercise also aids in weight management, which can alleviate symptoms and reduce the risk of related health issues like type 2 diabetes. Additionally, physical activity can help lower androgen levels, which are often elevated in PMOS and can contribute to symptoms such as acne and excessive hair growth. Beyond its physiological benefits, exercise also supports mental well-being, reducing stress and improving mood, which can further help in managing PMOS effectively. Resistance training can be especially beneficial for women with PMOS because muscle tissue helps improve insulin sensitivity and glucose regulation. Building muscle can also support confidence, body composition, energy levels and long-term metabolic health. Overall, incorporating regular exercise into a daily routine is a vital component of a comprehensive approach to managing PMOS.

What else to focus on

FOR PMOS HEALTH

BLOOD SUGAR MANAGEMENT

Balancing blood sugar is one of the most important parts of managing PMOS/PCOS symptoms. Prioritising protein, eating fibre-rich meals, pairing carbohydrates with protein or healthy fats, walking after meals, managing stress and getting quality sleep can all help support more stable energy, cravings and hormone function.”

PROTEIN

Prioritising protein can be extremely beneficial for women with PMOS. Protein helps support blood sugar stability, muscle mass, recovery, hormone function, fullness and metabolic health. Many women with PMOS under-eat protein without realising it, which can contribute to increased hunger, cravings and difficulty maintaining muscle while losing body fat. As a general guide, aiming for around 1.8–2.2g of protein per kilogram of body weight can be helpful for women focusing on body composition, strength training and metabolic health. However, individual needs, activity levels and goals will vary.

Top tips:

- Sleep 7+ hours
- Strength train 3–5x weekly
- Walk daily for 30–45 minutes
- Manage stress and prioritise recovery
- Prioritise protein (1.8–2.2g per kg)
- Balance blood sugar at meals
- Choose whole foods over ultra processed foods
- Stay hydrated and support electrolyte balance
- Avoid extreme dieting
- Focus on consistency, not perfection

PMOS is not your fault, and support should focus on improving health rather than simply shrinking your body.

Thisfitmum COACHING

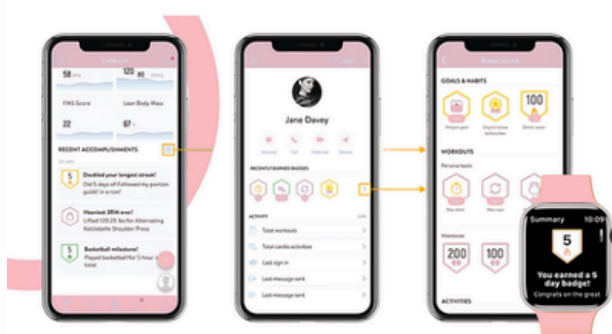
Fit Mum coaching focuses on realistic nutrition, strength training, metabolic health and sustainable lifestyle habits to help support your hormones, energy, confidence and body composition without extreme dieting.



Pocket PT Access Included alongside Direct Coaching Support

Your handy Pocket PT with everything in one place

Fitness, nutrition, and habit implementation features, plus in-app messaging, progress tracking



CLIENTS COMMONLY IMPROVE:

- ✓ Energy levels
- ✓ Relationship with food
- ✓ Strength and confidence
- ✓ Body composition
- ✓ Routine and consistency
- ✓ Understanding their hormones
- ✓ Blood sugar management
- ✓ Sustainable lifestyle habits

SIGN UP

Thisfitmum is a female health and fitness coach specialising in hormones, metabolic health and sustainable lifestyle change while managing her own PMOS journey.

Get support from a coach who gets it.

Disclaimer

This guide is intended for educational purposes only and should not be considered medical advice, diagnosis or treatment.

Always consult with your GP or qualified healthcare professional before making significant changes to your diet, exercise, supplements or lifestyle, particularly if you are pregnant, breastfeeding, taking medication or managing a medical condition.

PMOS/PCOS affects every woman differently and results will vary individually. The strategies shared in this guide are designed to support overall health, metabolic function and symptom management alongside appropriate medical care where needed.

While every effort has been made to provide accurate and up-to-date information, research and recommendations may evolve over time.

