



PCOS affects around **20%** of females between ages 14-45 years old.

Polycystic Ovary Syndrome (PCOS)

is the most common hormonal imbalance disorder in reproductive-aged females.

Key Features of PCOS

Insulin Resistance

Most patients with PCOS have high levels of insulin and insulin resistance, which can lead to:



Type 2 Diabetes

High insulin levels increase diabetes risk.



Poor Heart Health

High insulin levels can elevate heart disease risk.



Metabolic Syndrome

High insulin levels can result in obesity, high blood pressure, and other health problems.



Depression & Anxiety

High insulin levels may affect your mental health.

Hormonal Imbalance

High levels of insulin can lead to increased male-type hormones, like testosterone. This can result in various PCOS symptoms. PCOS is a syndrome, and the symptoms can vary from person to person.



Irregular Periods

Menstrual cycles may become irregular.



Excess Androgens

Increased male hormones can lead to facial hair, acne, and male-pattern baldness.



Infertility

Eggs may not ovulate regularly, affecting fertility.



Polycystic Ovaries

Enlarged ovaries with small fluid-filled sacs (cysts).

Treatment Recommendation:

Doctors often suggest making changes to your diet and lifestyle, but women with PCOS suffer from an unfair metabolism, which makes weight loss difficult. A **Low Insulin Lifestyle** is a way to tackle this issue. It can help lower your insulin levels, which might ease many of the PCOS symptoms you experience.

Lilli Is Not Another Diet, It's an Education.

Lilli Health is a company that helps people with PCOS learn about nutrition and wellness. Our goal is to provide you with FREE education to support you in living a healthier life with PCOS. We use a research-based approach called a **Low Insulin Lifestyle**, which was developed and researched specifically for PCOS patients.



Lilli Health Book

Low Insulin Lifestyle: My personal journey with PCOS and the science behind a low insulin lifestyle.



Testing Kits

With our Lilli kits, you can easily measure your insulin levels in the comfort of your own home.



Lilli Health App

The Lilli app is an innovative platform for nutrition education and wellness. It offers FREE education and a comprehensive solution for tracking symptoms, planning meals, and managing overall wellness.

