

# Dehydration Makes it Harder to Think Clearly

A new report in *Medicine & Science in Sports & Exercise* discovered that athletes who lost fluid equal to 2 percent their weight showed lower levels of cognition. Water loss at that level is considered a mild to moderate case of dehydration, but researchers still found symptoms impaired cognition, including difficulties focusing on tasks requiring attention and lowered motor coordination. Executive function, the processes that allow you to manage yourself and achieve goals, also declines when dehydration happens.

“We’ve known that physical performance suffers at a threshold of 2 percent of body mass, particularly when it’s from exercise in a warm environment,” said study co-author Mindy Millard-Stafford, a professor in the school of biological sciences and director of the physiology lab at the Georgia Institute of Technology.

“So the question was, what happens in the brain with the same amount of loss, which is pretty common with people who are active or work outside in the heat. Just like a muscle cell needs water, so do the cells in our brain.”

Recommended: [\*What’s the Best Water for Detoxifying and For Drinking?\*](#)

## Drink

Water is still the gold standard of hydration. Eight glasses is the recommended daily amount of water. From there it can be difficult to sort through the latest and greatest hydrating hacks. These include but are not limited to coconut water, aloe water, fruit-infused water, and probiotic water. There are benefits to be had from these, but your best bet for

hydration without side effects is filtered or spring water and cranberry lemonade (unadulterated cranberry juice, lemon juice, and stevia).

Caffeinated, alcoholic, and sweetened beverages like coffees, tea, beer, and sodas are classified as diuretics, which is thought to lead to dehydration in the body. Beverages with high sugar content leads to a feeling of dehydration, as water in the body rushes to blood left unbalanced by sugar. Interestingly, milk does not cause dehydration as the sugars in the lactose cause the body to retain the water from it for longer, but dairy causes phlegm and inflammation in the body. Avoid these.

## Eat

What you're eating is at least as important as drinking water. Fried and ultra-processed foods are high in sodium and notorious for drying out the body. Processed foods high in protein like cured meats are a doubly problematic, as they make your kidneys work harder.

On the opposite end of the spectrum are vegetables and fruit. You know, those foods you should be eating. Summer is the perfect time to eat for hydration, with water-heavy fruits and vegetables like melons, tomatoes, and cucumbers are abundant. Eating a salad daily will provide the body with nutrients it needs to function its best while also maintaining healthy water levels.

**Recommended:** [\*Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet\*](#)

## You Can Do It

It's only getting hotter, and this study confirms that dehydration can lead to serious issues. Even if you aren't an athlete, proper hydration is an important part of staying

healthy. Most of the food available at the grocery store can dehydrate you. If you aren't peeing clearly, maybe it's time to take a look at what you're eating.

## Sources:

- [Dehydration may muddle your thinking – Reuters](#)
  - [Here's Why Sugar Makes You So Thirsty – Health.com](#)
  - [How to Tell If You Are Dehydrated – Livestrong](#)
  - [9 Foods That Will Dehydrate You \(Slideshow\) – The Daily Meal](#)
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# The Top Ten Tips to Treat Yourself Today and Every Day

There are many ways to improve your health naturally and safely at home – and elsewhere. If you follow these ten tips every day, they will soon become a habit.

## Oil Pulling

Oil pulling means that you rinse your mouth out – ideally with coconut oil. This can have a very powerful cleansing and healing effect, detoxifying or cleansing the body. The process can also help with dental problems in the mouth.

This is a simple and inexpensive way to whiten teeth and freshen breath. It can also improve several health conditions (ranging from [eczema](#) to arthritis) through its effect on oral bacteria. Imagine the oil that lubricates and cleans vehicle engines for many miles before being changed and fresh oil put in. Oil pulling works the same way in our mouth, getting rid of dirt and grime.

First thing in the morning – on an empty stomach and before drinking any liquids – put 1 to 2 teaspoons of the oil in your mouth. Push, pull and swish the oil between your teeth and all around your mouth for 15 to 20 minutes, long enough to bind bacteria with the oil. Spit out the oil and rinse. You can then brush your teeth with a natural toothpaste and even a natural sea salt and water mouthwash. At the start, carry this out 3 times a day if possible for a full detox. Later, change to once a day for maintenance.

Recommended: [\*Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections\*](#)

## **Vitamin D supplement and/or Sunlight Exposure**

Unless you are a lifeguard on a California beach or you live on the equator, there is a strong possibility that you will be [\*Vitamin D deficient\*](#). Today, we spend much of our lives indoors, under artificial light and when we do get out in the sunlight, we are encouraged to slather on the sunblock. Make the change to exposing as much skin as possible to the summer sunlight (without skin block) until the skin starts to turn a light pink (if you are light skinned). Darker skin tones can tolerate more sun. The darker your skin, the longer it takes to absorb vitamin D. Aging can also prevent absorption.

During the winter months, most of us need to supplement with a high-quality vitamin D3 and the dosage can be up to 5000 IUs daily. If you are unsure about how much you should take, get tested.

## **Coconut Oil**

Often considered to be one of the healthiest oils in the world, the flesh of the coconut is very high in healthy fatty acids. While the composition of fat varies depending on the

type and processing of the oil, medium-chain saturated fatty acids make up approximately 90% of coconut oil with a slight contribution of mono-unsaturated fatty acids and poly-unsaturated fatty acids.

Many natural health followers believe that adding coconut oil to your diet will help in preventing the onset of Alzheimer's. Take two tablespoons daily with food. Start off with just a teaspoon of coconut oil and gradually build up, making sure you use organic virgin coconut oil.

## **Resistance Exercises**

Resistance exercise is any form of exercise that forces your skeletal muscles to contract. For this form of strength training, you can use resistance bands or one of those chest expanders. You can put your foot on one end and pull upwards with your arm for several times and then change to the other foot and arm. A resistance band can be attached to a chair or a handy pillar. Any external resistance will lead to increases in muscular mass, strength, endurance, and tone. An invaluable way to improve your health.

**Recommended:** [\*35 Things You Could Do With Coconut Oil – From Body Care to Health to Household\*](#)

## **Grounding – Going Barefoot Outdoors**

There are numerous health benefits when you are grounded or connecting electrically with the Earth. But, unlike our ancient ancestors, we no longer have this grounding connection – unless we walk barefoot on grass, sand or even in a body of natural water. Grounding helps to combat inflammation by restoring circulation to fingers and toes, can be very beneficial for problem varicose veins, can thin the blood making it less viscous, and even helps to counteract jet lag. An hour of grounding after a long flight or car journey can

eliminate those unwanted effects of long-distance travel.

## A Weekly Epsom Salt Bath

Two cups of Epsom salt in a warm bath can be very beneficial, relaxing and therapeutic. The bath will help to detox; provide a further form of treatment for skin conditions such as [eczema](#) and acne; soothe inflammation, bruising, swelling and muscle strain; and top up magnesium levels where deficient.

## Relax Your Back

Apart from an Epsom salt bath above, there is a very useful exercise for the relief of lower back pain. Lie flat on the floor facing upwards before lifting your legs straight up into the air and, bending at the knees, place your feet on the seat of a dining room/kitchen chair. Remain like this for at least twenty minutes. Relax as much as you can and even practice deep breathing at the same time.

**Recommended:** [\*Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked \(Protocol Included\)\*](#)

## A Daily 30-minute Walk

And a brisk one at that! We all need to get moving more and this is an ideal way to start and a very good habit to get into. Of course, an hour is even better, but I am not pushing it!

## Hydrating

Are you drinking enough liquids and especially water? A jug or glass of water next to your bed at night helps to keep you hydrated and even aids sleep. During the day, keep a glass or reusable bottle of water at your workplace to remind you to

keep drinking. Carry that same bottle with you when traveling or out and about. Water is not always as drinkable and as safe as you would hope or expect. Investing in a high quality home water filter is probably the most practical and affordable solution.

**Recommended:** [\*Holistic Guide to Healing the Endocrine System and Balancing Our Hormones\*](#)

## **Standing in the Workplace**

We don't have to tell you that most people don't stand enough, preferring to take the comfortable easy way out. And yet, spending too much time sitting is now considered to be as dangerous for your health as being a smoker, increasing the risk of diabetes, heart failure, invasive breast cancer, ovarian cancer, colon cancer, reducing blood flow, and even leading to deep vein thrombosis.

Think and plan on how you can become more of a stand-up person.

Taking that daily brisk walk above is one way while re-thinking your workplace set up is another. Change your workstation to a standing one; take all phone calls on your feet; pace up and down while you talk; and urge your work colleagues to try standing or walking meetings.

These tips are all ones that I try to follow regularly. Not always every day but I have the best intentions and I do benefit!

### **Related Reading:**

- [\*Detox Cheap and Easy Without Fasting – Recipes Included\*](#)
- [\*Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet\*](#)
- [\*How to Make the Healthiest Smoothies – 4 Recipes\*](#)

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# Seven Easy Things You Need To Do For Your Health Right Now

## Eat Salads

Medicine is entering the age of the microbe. We are just beginning to find out how incredibly important our tiny symbiotic friends are to the health of mammals. Your well-being is regulated in large part by the food you eat because your microbial chemical reactions define your health. There is no better way to foster a diverse and beneficial gut-ecosystem than to eat a salad every day consisting of many different vegetables and herbs. Think of your body as your family, and your gut microbes as your children. The health of those kids will completely dictate the health and success of the home. These aren't just any salads though. We're not talking a bag of bleached lettuce and some carrot shreds. These salads promote a diverse and beneficial ecosystem because the salads are made that way: [here's a recipe](#).

## Drink Cranberry Lemonade

Water is wonderful, and chances are, you should be drinking more of it. Let's take it one step further, though. Cranberries reduce inflammation and keep our kidneys running at peak performance. Lemon juice is said to help clean the liver, and lemons are known to help with digestion and PH balance. Try making cranberry lemonade with stevia, and drink a half gallon or more a day. This counts as your daily water intake too, so you don't need to drink this and water. It's super easy, all done to taste, and [here's a recipe](#). There is

probably nothing else easier to do that can beneficially impact your health as much.

## Eliminate Toxins

The toxins you breathe in are not inconsequential. Cleaning products may do as much damage as a pack-a-day habit. Perfumes, air fresheners, that new car smell, and fragrances in body care have been proven to be highly toxic to the body. Open your windows whenever possible, don't trap yourself in areas that do not have fresh air circulating, and [use non-toxic cleaners like this](#).

## Squat

In many parts of the world, squatting is common while cooking, eating, birthing, and relieving oneself. We used to squat all the time. We are designed to squat. We would squat constantly in the wild. In nature, to navigate life and stay alive, we foraged all day. We would squat down, pick a leafy green, and eat it, likely while still in the squat position, staying low and looking around for trouble or more food. We would squat to track our prey, squat to defecate, and we would squat to relax because we didn't have chairs. Our bodies have been squatting for a long time, and we are still evolved to squat. Squats even help detoxify the body and regulate our hormones! [Click here for more on squats](#). If squats aren't possible right now, try "get-ups." What are "get-ups"? Anything you want them to be, just get up, get back down, and get up again! You may need to start in a chair, or maybe your starting position can be laying on the floor. Just get moving up and down and build up to squats.

## Walk and Run

Us humans were meant to walk and jog and sprint on a daily

basis. We should be walking, squatting, and running sporadically all day. Jogging can be particularly hard on a body with a heavy toxic load, but it has tremendous benefits too. [If you suffer from knee pain, read this](#). If running or jogging isn't something you can do yet, walk. If you can run, walk some anyways. Walking is a kind of meditation even when one is not trying to mediate. Take the stairs and park farther away. Walk and jog and sprint every chance you get.

## Go Outside in Nature

Have you read the studies about this yet? Nature is really important to our health. We need it and we do not get enough of it! If you are near the woods, take a daily walk. Breathe in the nature around you. [Do some grounding](#) by walking barefoot or sit on a rock and meditate. Whatever you do, just get out there and [get some negative ions](#).

## Breathe

Speaking of breathing, this is not a small thing. One can radically improve their health and their mental well being immediately by eliminating shallow breathing and learning to naturally take deep, full breaths. If you lie down on the floor and breathe in, does your stomach rise or fall? If it's sinking in as you take a breath than your breathing is all wrong! Here's [how to breathe properly](#).

### Recommended Reading:

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)
- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)
- [How to Cure Lyme Disease, and Virtually Any Other](#)

# 14 Benefits of Squatting, Why We Should All Be Doing It, and How to Squat Right

In many parts of the world, squatting is common while cooking, eating, birthing, and relieving oneself. We used to squat all the time. We are designed to squat. We would squat constantly in the wild. In nature, to navigate life and stay alive, we foraged all day. We would squat down, pick a leafy green, and eat it, likely while still in the squat position, staying low and looking around for trouble or more food. We would squat to track our prey, squat to defecate, and we would squat to relax because we didn't have chairs. Our bodies have been squatting for a long time, and we are still evolved to squat.

*Squatting is a fundamental movement that every human being is designed to do. But due to a combination of weakness and immobility from a lifetime of wearing restrictive footwear and sitting in a chair, many of us in urban industrialized societies have lost the ability to squat properly.” – [Rui Li](#), a certified personal trainer*

## The Main Benefits of Squatting

### 1. Flexibility

Squatting regularly and properly can help improve range of motion and strengthen muscles throughout the lower body

including the glutes, hips, ankles.

## **2. Body Alignment**

Squats can correct body alignment. When you first do a squat (if it's been a while), not only will you feel stiff and tight, you will also notice that certain joints just aren't moving right. Things are "out of place" as they say. You could go to a chiropractor, but most would benefit from just doing daily squats. As the body's joints become used to stretching, get more limber, and as blood flows in areas it was not getting to well previously, the body will usually start to align itself back into place.

## **3. Testosterone**

Squats work most of the largest muscles in your body, such as your hips, glutes, abductors, and quadriceps. Other muscles engaged include your hamstrings, calves, and all your core muscles as well as most other stabilizer muscles. Doing squats naturally produces testosterone and builds muscle, not just in the legs.

## **4. Detox**

Squats move organs and bodily systems, which gently massages and stimulates organs, lymph, and glands. Squats increase blood flow. As the organs get massaged and stimulated, the body gets more flexible. and the joints ease up, you'll notice an increase in blood flow all over the body.

## **5. Improve Circulation**

The circulatory system needs bodily movement to function properly. Doing squats will stimulate the glands, the organs, and help get the blood circulating better.

## **6. Energy Boost**

When you open pathways, you stimulate glands and get the blood flowing you also increase your body's electrical charge, meaning, you literally have more energy. When scientists talk about the nervous system sending 'signals' to the brain, or when they talk about "synapses firing," they are referring to the flow of electricity in the body. Once squats become easy, nothing else will give you the same energy boost.

## **7. Eliminate Lower Back and Knee Pain**

Doing squats the wrong way can lead to permanent lower back and knee pain, but doing squats with good form can reverse and heal such injuries. For those with knee pain, check your arches and then push your knees outward while you squat.

Related: [Running Without Knee Pain](#)

## **8. Reduce Cellulite**

Cellulite is deposits of fat under the skin. Squats can help reduce the appearance of cellulite and help tighten and tone the skin. Some "spot-reduction" can be achieved with squats, but diet is going to play a bigger factor in cellulite reduction.

## **9. Decrease Risk of Injuries**

Who do you think is more likely to be injured by bending over to pick up something? The person who can do 100 squats or the person who can do 5? The increased mobility and strength that comes from squats are realized within just a few days of starting them. Stairs become easier, bending over to pick things up feels like less of a strain. Life becomes less of a strain.

## **10. Build Core Strength**

Squats use almost all of our muscles, and it hits the core hard. You use your abs, lower back, and obliques when doing squats, which also work the internal organs and glands as mentioned above. A weak core is a very weak link in the chain that makes up our musculature system. The strongest legs in the world will not squat much without an awesome core to carry and stabilize the weight.

## **11. Lift and Tighten the Butt**

The bigger the gluteus maximus the higher, firmer, rounder, and sexier the butt is.

## **12. Fix Posture**

If you find yourself slumping, slouching, or generally just looking like you're fighting gravity just to stand, a few weeks of daily squats can fix that.

## **13. Improve Confidence, Mood**

Improved posture generally improves one's mood. It's like forcing a smile when you're unhappy. Standing tall, fully upright with ease, is a sign of confidence; people with better posture have a leg up in the confidence game.

## **14. Improve Libido**

With the glandular activity, energy boost, more confidence, and an increase in testosterone, it's pretty easy to see what squats can do for you in the bedroom.

## **How To Squat**

The goal is to be able to feel relaxed and comfortable in this position:



The image is from an excellent article called [\*Interesting Facts About the Natural Squatting Position\*](#).

There are bodyweight squats and there are weighted squats, and there are countless various methods for both. For this article, we'll stick to bodyweight squats. There are many schools of thought on how best to do squats, but I highly recommend you mix them up. Here are a few to try:

## **Prison Squat**

This is like a power squat without the weight if you are familiar with barbell lifting. Stand with your feet slightly beyond shoulder-width apart with your toes forward and your knees pushed outward. Keep your hands on your head or otherwise unable to assist. Squat down to parallel or a little below with a tight core, flex the core hard on the way up keeping the lower back stable and stiff.



## **Narrow, Close Stance, Legs Together Squats**

When you put together the legs you work the leg muscles differently. Where before you will feel a lot of abductor work and core activation, with these squats you'll find more quadricep use and a need for increased flexibility. I prefer to take these squats all the way down, and I will bend at the ankles at the very bottom, but attempt to do this less and less as the ankle joints loosen. You will want to flex the core hard on the initial phase of the come-up. I prefer to let my arms swing a bit on this exercise.

## **Chinese Wall Squats**



For those who are graduating to more difficult squats, but still want to stick to bodyweight exercises, there are lunges, there are pistol squats, and then there's my favorite, Chinese Wall Squats! These are much harder than they look, but if you can do them then you have very strong legs and a strong core and excellent mobility.

# GetUps

I have certainly been so sick before that any squat recommendations would have been laughable. For people who can't do squats yet, I recommend getups! They're easy. Just lay down on the floor, and then get up. The trick is to notice how you stabilize yourself and to alternate each time. For instance, if you get down on your right knee, and push with your right hand on your leg, and get up with your left leg first, you need to alternate all of these leverage points with your body so you don't get too strong on one side which can throw the body out of alignment and actually reduce mobility.

It's important to note that on a severely toxic body, physically demanding squats can lead to more damage. Even with perfect form, if the body is in an extremely inflammatory state, doing squats with knee or back pain can cause more inflammation of an injury and the entire body. If you're someone who is dealing with chronic pain, take it slow, watch the video below and work towards that, start with just a few, build up slowly, and read the first few articles below the video in the "Must Read" section!

*If you've ever watched a toddler play, they squat easily and often," Dr. Jasmine Marcus, a physical therapist with McCune and Murphy Physical Therapy in Ithaca, New York, told MNN. "As we age, we stop performing this motion and tend to lose hip, knee and ankle range of motion." – [MNN](#)*

## Must Read:

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)
- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)

- [How to Detoxify and Heal the Lymphatic System](#)
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# The American Heart Association President Suffered Heart Attack at Age 52

In an ironic twist, the president of the American Heart Association, Dr. John Warner, suffered a heart attack in the middle of a health conference at the age of 52.

Dr. Warner's speech at the conference focused on how his family's history of heart disease has impacted his family, citing his father and his father's father heart bypass surgery while in their 60s. While Dr. Warner is recovering after doctors cleared a clogged artery, the fact remains that the head of an organization dedicated to living lives free of cardiovascular disease or stroke had a heart attack more than a decade earlier than the age of the average man's first heart attack. It's like finding out the vegan restaurant you love is run by a guy who competes in whole hog barbecue contests on the weekends. Does the AHA treat cardiovascular disease or simply manage it?

Recommended: [35 Things You Could Do With Coconut Oil – From Body Care to Health to Household](#)

## Treating Symptoms

One in four deaths in the U.S. is from cardiovascular disease. The CDC identifies high blood pressure, high cholesterol, and

smoking as key factors in developing it. But simply addressing these misses the bigger picture – high blood pressure and high cholesterol are symptoms. They don't exist in a vacuum. In fact, many of the causes of crucial heart disease risk factors are the same: diet and exercise.

AHA diet recommendations are perfectly pleasant, but they don't address critical factors in an actual healthy diet. They vilify salt without explicitly acknowledging that the problem is actually the processed food. The association's first-ever guidelines for added sugars were introduced in 2016, years behind emerging dietary research. let's not get into their complicated an incredibly damaging relationship with fats, including the AHA's recent denouncement of coconut oil. The AHA doesn't actually fix the diet, much like it only fixes symptoms.

**Recommended:** [\*Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet\*](#)

<https://www.youtube.com/watch?v=2K04vCy73oM>

**Recommended:** [\*Holistic Guide to Healing the Endocrine System\*](#)

## **A Non-Profit, Emphasis on the Profit**

The AHA has a laundry list of powerful friends in industries that would be very interested in controlling the heart disease narrative – especially pharmaceutical companies. Many well known pharmaceutical companies have contributed millions to the AHA. Some of the best-selling drugs in the country, statins and medications to lower blood pressure, are the AHA's solution of choice for treating heart disease. The AHA provides a steady stream of customers, and one could argue that the recent drop in healthy blood pressure guidelines that added 30 million Americans to the potential sales...patient pool.

## Sources:

- [Heart attack strikes American Heart Association president – CNN](#)
  - [AHA president doing well after minor heart attack – American Heart Association News](#)
  - [Heart Disease Facts – CDC.gov](#)
  - [Nearly half of U.S. adults have high blood pressure under new guidelines – CBS](#)
  - [The American Heart Association – Protecting Industry Not Patients – Huffington Post](#)
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# How To Reverse The Number One Cause of Infertility – PCOS

Polycystic ovary syndrome (PCOS) is responsible for as much as 70 percent of infertility issues in women. In fact, this disorder affects one out of every ten women of childbearing age, and yet, few women are aware of PCOS and its symptoms.

## Common Symptoms of Polycystic Ovary Syndrome

Before we explore why PCOS happens and how we can reverse it, we must first get familiar with it. Here are the most common symptoms of PCOS:

- irregular periods
- amenorrhea (the absence of menstruation)
- trouble conceiving a child

- infertility
- fatigue
- mood swings
- low sex drive
- weight gain
- trouble losing weight
- acne
- hirsutism (excessive hair growth on the face, abdomen, chest, and back)
- thinning hair

From fatigue to infertility to unsightly hair growth, these symptoms are a random assortment of things that no man or woman would ever want to experience. Could these all be a part of one disorder?

Unfortunately, the answer is yes. However, there is a silver lining – all of the PCOS symptoms point to the same underlying cause.

**Related Reading:** [\*Holistic Guide to Healing the Endocrine System and Balancing Our Hormones\*](#)

## **What Causes Polycystic Ovary Syndrome?**

To understand how PCOS happens, we must understand the nature of this disease.

When we dig through the research the first evidence we come across is that women with PCOS have an increased risk for:

- hypertension
- dyslipidemia
- insulin resistance
- obesity
- glucose intolerance
- diabetes

These conditions are all a manifestation of poor lifestyle choices (overeating and inactivity), but we cannot draw the same conclusion about PCOS by looking only at its associated risks. Let's look a bit deeper into the cells of a woman with PCOS (I know it sounds a bit creepy, but bear with me here.)

**Must Read:** [\*The Top 10 Supplements You Can Use To Reverse Polycystic Ovary Syndrome\*](#)

The common consensus among PCOS researchers is that most women with PCOS have higher levels of insulin and insulin resistance than normal women. This is an important clue that points us to the cause of PCOS.

## **How Insulin and Insulin Resistance Cause PCOS**

You probably already know by now that insulin resistance has something to do with diabetes and obesity, but did you know that it can also cause infertility and other PCOS symptoms? Let's find out how.

When cells are consistently resistant to insulin, insulin levels continue to rise. High insulin levels trigger the ovaries to produce more androgens, including testosterone. Insulin also decreases the production of sex-hormone binding globulin – a glycoprotein that prevents testosterone from freely entering cells.

**Related:** [\*Diabetes, Endocrine Functions of the Pancreas, and Natural Healing\*](#)

With more androgen production and less sex-hormone binding globulin, free testosterone freely floats through the blood and interacts with cells. This is not a good thing for a woman's health, leading to mood swings, fatigue, low sex drive, acne, and other PCOS symptoms.

As androgen levels continue to increase, they stimulate 5-

alpha reductase activity – an enzyme that converts testosterone to a more potent metabolite called DHT. (You may be familiar with DHT as one of the instigators of male pattern baldness and thinning hair.)

Although genetics play a role in PCOS as well, the disorder will not progress without the presence of high insulin levels and insulin resistance. To create a chronic state of insulin resistance and elevated insulin levels, it takes a combination of poor lifestyle habits that contribute to many common diseases.

## **The Seven Lifestyle Factors That Cause PCOS**

If you want to prevent PCOS or reverse it (or improve your health rapidly), avoid these things:

- high sugar foods
- excess calorie consumption
- chronic stress
- inactivity
- too much exercise
- exposure to endocrine-disrupting chemicals (e.g., Bisphenol A, Methylparaben, Nicotine, Sodium Fluoride, PBDEs/PCBs, etc. )
- having a high percentage of body fat (being overweight or obese)
- having a low percentage of body fat due to unhealthy calorie restriction

Each one contributes to PCOS in some way. High sugar foods, excess calorie consumption, and inactivity increase insulin levels and insulin resistance, making PCOS worse. Chronic stress, over-exercising, and having a low body fat percentage will increase cortisol levels, creating more insulin resistance.

Endocrine-disrupting chemicals can also exacerbate PCOS symptoms. These chemicals can cause hormonal imbalances and cell damage, so it is important to avoid consuming them or putting them on your skin.

However, avoiding these PCOS contributors may not completely reverse the disorder. To get the best results, you need to follow a diet that addresses the underlying cause of PCOS – insulin resistance.

## **Is There a PCOS Diet?**

The scientific literature on diets for PCOS is sparse. However, the researchers of a treatment review suggest that PCOS women will do best by eating complex carbohydrates and avoiding sugar. This suggestion was confirmed in one study on the effects of low-glycemic index diet in women with PCOS.

To find more convincing evidence for a PCOS diet, we must look at the diets that are most helpful for addressing the disorders underlying causes. After sifting through the research, the low-carbohydrate diet is the clear winner. It is more effective at reducing insulin levels and insulin resistance than every other diet it was put up against.

There is one important caveat. Carbohydrate restriction may cause stress and make PCOS worse for some women. This is why it is important for women with PCOS to follow the guidelines below.

**Related:** [80% Raw Food Diet](#)

## **The New And Improved PCOS Diet**

A low-carbohydrate diet can help many women reverse their PCOS. For some women, however, carbohydrate restriction may cause excess stress and keep them from getting results. This is why it is important to follow these guidelines to create

the right PCOS diet for you:

## **1. Restrict Carbohydrate and Sugar Intake**

Experts suggest that women should eat between 75 and 150 grams of carbohydrates to maintain fertility and improve insulin levels. It is important to avoid consuming refined sugar as well. The best way to do this is by sourcing your carbohydrates from whole plant foods like leafy greens, cruciferous vegetables, root vegetables, and legumes.

*Related: [Are Low-Carbohydrate Diets Healthy for Women? How Do Carbs Affect Fertility and Pregnancy?](#)*

## **2. Eat High-Fiber Vegetables With Every Meal**

High-fiber vegetables, like broccoli, kale, and spinach, can help combat insulin resistance and reduce inflammation. Have them with every meal for best results.

## **3. Eat Enough Calories to Achieve Your Ideal Weight**

If you are overweight or unhealthily skinny, tracking your calories can help you reach a healthy weight. (I prefer to use MyFitnessPal to calculate calorie goals and increase my awareness of what I'm eating.) After about a month or so of tracking your calories, you'll develop a greater intuitive sense of how to maintain a healthy weight.

By following these guidelines, you will be able to lower your insulin levels, balance your hormones, and reverse many of the PCOS symptoms. However, the wrong lifestyle can still get in the way of the right diet. This is why it is important to follow the lifestyle tips below to improve your health even further.

# The Lifestyle That Helps Reverse PCOS

Combining a vegetable-rich sugar-free diet with exercise, sleep, and meditation is one of the most efficient ways to reverse PCOS.

## 1. Exercise

What kind of exercise should you do? It's up to you. Many different types of exercise have been found to help women with PCOS including resistance training, aerobic exercise, and yoga.

Make sure you are getting at least 30 minutes of low to moderate intensity exercise, like yoga, cycling, or a brisk walk, every day. (Add in resistance training, three days a week, for even better results.)

It is also important to prioritize stress reduction as well. The more stressed you are, the more insulin resistant your cells will be. This will cause an increase in insulin levels and PCOS symptoms. The simplest way to reduce stress levels? Sleep and meditation.

## 2. Sleep

The most efficient way to reduce stress levels is with sleep. However, getting quality sleep may be more difficult for women with PCOS. In a review published in Human Reproduction, researchers found that "sleep disturbances were twice as common in women with PCOS," and women with PCOS especially had difficulty falling asleep.

However, there is some good news for these women. Sleep disturbances will most likely be cleared up by the diet and lifestyle suggestions in this article so that they can finally get a restful sleep. For those that still struggle with sleep

issues after following our suggestions, meditation will help tremendously.

### **3. Meditation**

Studies have shown that meditation lowers cortisol levels and improves blood sugar levels, which creates a reduction in insulin resistance and insulin secretion. Meditating 30 minutes before you plan on going to sleep is a great way to improve sleep quality and reduce stress at the same time.

## **Putting it all Together – The Ideal Diet and Lifestyle for Women with PCOS**

Here's a simple breakdown of the diet and lifestyle that will help reverse PCOS:

- Limit sugar and carbohydrate intake
- Eat high-fiber, low-carbohydrate vegetables with each meal
- Eat enough calories to achieve your ideal weight (use MyFitnessPal to assist you with that)
- Exercise for at least 30 minutes every day
- Meditate every night before sleep
- Make sure you are getting 7-9 hours of sleep every night

and last but not least:

- If you need more help, consider using the natural supplements that you will find in [this article](#) to reverse PCOS.

### **Editor's Note:**

Eliminate wheat, eliminate candida, and consider [progesterone](#) (I particularly like this [Progesterone](#)

[Plus](#) with black cohosh and chasteberry) – but if the wheat and candida are eliminated you shouldn't need progesterone (or any of the other aforementioned supplements).

[Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections](#)

### **Recommended Reading:**

- [The Top 10 Supplements You Can Use To Reverse Polycystic Ovary Syndrome](#)
- [Are Low-Carbohydrate Diets Healthy for Women? How Do Carbs Affect Fertility and Pregnancy?](#)
- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)
- [Detox Cheap and Easy Without Fasting – Recipes Included](#)

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## How To Reverse Fatty Liver Disease (Diet Plan Included)

The combination of too much fat, too much sugar, and too little exercise is the best way become obese – in the liver. Fat buildup in the liver that is not due to alcohol consumption, also known as non-alcoholic fatty liver disease, affects 20-30% of adult populations in developed countries.

At first, this disease looks like another major issue to worry about, but it is simple and easy to reverse. In fact, it is intimately linked with other reversible conditions like type 2 diabetes, heart disease, hyperlipidemia, metabolic syndrome, and obesity because they all share a similar cause.

Related: [Lower Cholesterol and Prevent Heart Disease Without Drugs](#)

## The Vicious Cycle of Fatty Liver Disease

Think of fatty liver disease like obesity and diabetes of the liver. When we eat an excess of calories and sugar, insulin is released from the pancreas to let our cells that we have plenty of energy. Our cells take what they need from the fat and sugar that is circulating in the blood.

Problems arise when we eat too many calories and too much

sugar. The cells already have enough energy, so they stop listening to insulin – a biological process called insulin resistance. As a result, fat and sugar build up in the blood, contributing to type 2 diabetes, heart disease, hyperlipidemia, metabolic syndrome, and obesity.

The liver cells are also negatively influenced by the influx of calories and sugar. They become insulin resistant and start making fat from the excess sugar (fructose causes the most liver fat gain). Eventually, fat builds up in the liver to the point that it becomes toxic and creates inflammation.

The combination of obesity in the body and the liver causes inflammatory cytokines and reactive oxygen species to accumulate. This leads to more inflammation and oxidative stress that damages the liver.

Meanwhile, in the gut, a lifestyle that promotes fatty liver disease changes the microbiome and increases candida growth. This increases inflammation, oxidative stress, and endotoxin absorption, which causes more liver damage.

**Recommended Reading:** [\*Kill Candida and Balance The Gut Quickly\*](#)

Don't worry – there is a silver lining to this vicious cycle. It is possible to reverse nonalcoholic fatty liver disease and liver damage naturally.

## **How To Reverse Nonalcoholic Fatty Liver Disease**

The key to disrupting the vicious cycle of fatty liver disease before it damages the liver is exercise and diet.

That's right – Treating obesity of the liver is similar to treating obesity of the body. In fact, many scientific papers agree that the treatment of nonalcoholic fatty liver disease should be focused on controlling diabetes, obesity, insulin

resistance, and hyperlipidemia.

This means that the best way to reverse nonalcoholic fatty liver disease and prevent liver damage is with the same lifestyle that has been proven to control diabetes, obesity, insulin resistance, and hyperlipidemia.

## The Fatty Liver Disease Lifestyle Cure

In a review of studies on nonalcoholic fatty liver disease treatments, the researchers found that weight loss leads to a substantial improvement in this condition. Weight loss of 3-5 % reduces liver fat, but a weight loss of 10% may be needed to reverse liver damage. To accomplish this, researchers used the most well-known ways to promote weight loss: caloric restriction and exercise.

Let's start with exercise. Physical activity alone improves insulin sensitivity and reduces fat in the liver. In fact, one study kept the body weight of their subjects constant while they implemented an exercise training program. They found that exercise alone leads to a substantial decrease in liver fat.

**Related: [Why You Should Avoid High Fructose Corn Syrup & Aspartame](#)**

In studies that combine caloric restriction with exercise, the results are even more promising. For example, one study took twenty-five obese patients with fatty liver and put fifteen of them on a calorie restricted diet and exercise program for 3 months. The calorie restricted diet was based on a daily calorie intake of the patient's ideal weight in kilograms multiplied by 25 calories, and the exercise program is described as "walking or jogging".

The researchers found that the treatment group's "weight, blood biochemical data such as aminotransferase, albumin,

cholinesterase, total cholesterol and fasting blood glucose values, and steatosis (fatty liver) were significantly decreased after the trial. In the control group, there were no significant differences in the clinical and histological findings before and after the trial.”

It’s that simple. Eat less and move more, and you can reverse fatty liver disease. Many other review articles on the treatments for nonalcoholic fatty liver disease also agree on this simple principle.

The jury is still out, however, on the best diet for nonalcoholic fatty liver disease. We know for certain that restricting your calories helps, but there is an even better way to reverse disease and improve liver health.

## **The Best Fatty Liver Diet**

Restricting calories works, but the studies tend to ignore the importance of food quality. For example, diets that consist of mainly refined and processed food have been found to promote the growth an obesity-causing microbiome. On the other hand, eating a high-fiber plant-based diet favors a microbiome that reducing inflammation and improves health. This is one of the reasons why it is best to stop counting calories and count on these guidelines instead:

### **1. Limit Your Added Sugar Intake**

By doing this, you will greatly reduce the likelihood of fat build up in the body and the liver. You will also reduce insulin resistance, blood sugar, inflammation, and gut health issues as well.

**Related:** [\*Foods That Feed Candida\*](#)

## 2. Eat High-Fiber Foods With Every Meal

The healthiest way to get more fiber is by consuming plenty of low-carbohydrate vegetables. They will improve gut health, reduce the absorption of harmful lipopolysaccharides, and improve the health of the cells throughout your body.

Try the salad recipe in this article for the best results: [Detox Cheap and Easy Without Fasting – Recipes Included](#)

## 3. Eat Liver Healing Foods

You can also add these four scientifically-proven liver healing foods to your diet to help reverse fatty liver disease:

### **Oily Fish**

Two or more servings of oily fish per week can have a beneficial effect on blood lipids and may reduce liver fat. Wild-caught salmon is one of the healthiest oily fish.

### **Nuts**

A handful of nuts per day improves liver function tests. Walnuts, in particular, have been found to be one of the healthiest nuts for your liver.

### **Avocado**

Avocado consumption is associated with weight loss and improved liver tests. This is mainly because avocados have a substantial amount of monounsaturated fat, fiber, and antioxidants.

### **Olive Oil**

This popular oil improves liver function tests and helps with weight loss because it is loaded with antioxidants and oleic acid.

Related: [Best Cooking Oils Health Benefits Smoke Point Which to Use and Avoid](#)

## 4. Use Liver Healing Supplements

When you search the internet for liver supplements, you are inundated by supplements that seem promising, yet have no shred of evidence that backs of their claims. To save you some time and experimentation, here are three supplements that have been found to improve liver health:

### **Spirulina**

Spirulina is a natural algae powder that is incredibly high in protein and a good source of antioxidants, B-vitamins, and other nutrients. A dose of 4.5 grams (about a teaspoon) per day of spirulina has been shown to help reverse fatty liver disease.

### **Betaine**

Betaine is a compound that is naturally found in beets and spinach. It is essential for the normal function of the blood, bones, eyes, heart, nerves, and the brain, and it reduces build up of fat in the liver.

The best way to supplement with betaine is by eating raw beets or taking a TMG supplement. TMG stands for Trimethylglycine, and it is the form of betaine that is found in beets.

### **Milk Thistle**

Milk thistle contains a compound called silybin. Silybin can reduce fat build up in the liver, and it may even reverse liver damage.

### **Probiotics**

In a meta-analysis on the effects of probiotics on nonalcoholic fatty liver disease, the researchers found that probiotic therapy can help reverse insulin resistance, improve

liver function, and reduce inflammation. However, not just any probiotic will do.

**Related:** [Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula](#)

Bifidobacterium longum, for example, was found to be the most effective probiotic strain at reducing liver fat, inflammation, and endotoxin levels. The best way to add this strain to your diet is by taking a stomach-acid resistant probiotic that contains it. [FloraMend by Thorne Research](#) is one of the best probiotics in this regard.

**Recommended Reading:** [Probiotics, Bacteria, and Our Health](#)

## **5. Limit Alcohol Consumption**

Although no alcohol consumption is best for reversing nonalcoholic fatty liver disease, some alcohol consumption may be beneficial as well. In fact, one nonalcoholic fatty liver disease treatment review found that limiting alcohol consumption to less than one drink per day may actually have a beneficial effect on liver health.

## **6. Exercise Everyday**

The kind of exercise that is best for reversing fatty liver disease is not yet known, but almost any type of exercise will help. It is probably best to go for brisk walks throughout the day and do resistance training at least 3 times a week.

But don't get caught up in finding the perfect workout plan. Any exercise is better than no exercise for all aspects of health. Start by doing what you enjoy doing.

## **What About Using Drugs for Fatty**

# Liver Disease?

For a typical nonalcoholic fatty liver disease patient, pharmaceutical drugs are not usually recommended. However, when the disease progresses to liver-damaging nonalcoholic steatohepatitis (NASH), drug therapy may be necessary.

**Related:** [The Gallbladder, Bile, and Gallstones](#)

A drug called thiazolidinedione has been shown to be effective for improving diabetes, liver function, and fibrosis of the liver. However, there is one problem – patients relapse when they aren't on it.

In a study that tested thiazolidinedione in the treatment of nonalcoholic steatohepatitis, researchers found that diet and exercise were essential in maintaining the results achieved by drug therapy. When patients in the study followed up after 37 months, the patients who had sustained exercise programs and reduced their body mass index, also had normal liver enzyme levels, fibrosis improvement, and were free from diabetes. Conversely, patients who made no lifestyle changes had gotten worse after discontinuing the drug.

What are we suppose to take away from this study? That, even in the worst case scenario, pharmaceutical drugs cannot replace diet and exercise.

## Putting It All Together

You can reverse fatty liver disease by following these six simple steps:

1. Limit sugar intake
2. Eat low-carbohydrate vegetables with every meal
3. Exercise every day
4. Take scientifically-proven liver healing supplements like spirulina, betaine, milk thistle, and probiotics

5. Include liver healing foods in your diet like avocado, nuts, oily fish, and olive oil
6. Limit alcohol intake

### **Recommended Reading:**

- [Healthy Sugar Alternatives](#)
- [Probiotics, Bacteria, and Our Health](#)
- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Kill Candida and Balance The Gut Quickly](#)

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