



WELLNESS

Here's a clear, no-BS PCOS biohacking framework focused on hormones that actually move the needle—insulin, cortisol, androgens, and progesterone. This is the foundation behind fat loss, cycle regulation, energy, and fertility with PCOS.

The 4 Hormones You Must Control (in order)

1. Insulin (the root problem for most PCOS)

If insulin is high, fat loss and hormone balance stall—period.

Biohacks that work:

Protein first every meal (30–40g)

Carbs last, never alone

Walk 10–15 min after meals (huge insulin win)

Eat within a 10–12 hr window (not aggressive fasting)

Lift weights 3–4x/week (insulin sensitivity > cardio)

Avoid: fasted HIIT, low-protein meals, grazing all day



2. Cortisol (the silent fat-locker)

Many women with PCOS are over-training and under-recovering.

Biohacks that work:

Train early or late afternoon, not late evening

Strength > HIIT

No more than 45–60 min workouts

Morning sunlight within 10 min of waking

Electrolytes + salt (underrated cortisol reducer)

Avoid: daily HIIT, fasted workouts + coffee, poor sleep

3. Androgens (testosterone, DHEA)

High androgens = belly fat, acne, hair issues, missed periods.

Biohacks that work:

Stabilize insulin (non-negotiable)

Spearmint tea 1-2x/day

Zinc + magnesium

Anti-inflammatory fats (olive oil, omega-3s)

Lower cortisol → androgens fall naturally

4. Progesterone (often low in PCOS)

Low progesterone = anxiety, poor sleep, short luteal phase.

Biohacks that work:

Don't under-eat

Carbs at dinner (yes, on purpose)

Vitamin B6, magnesium glycinate

Consistent sleep/wake times

PCOS-Friendly Training Split

(fat loss without hormone backlash)

3-4 days strength (full body or upper/lower)

1-2 days low-intensity cardio (walking, incline treadmill)

Daily steps: 7-10k

Optional: Pilates or yoga for nervous system support



Supplements With Real Evidence (not influencer fluff)

Inositol (myo + d-chiro 40:1) – insulin + ovulation

Magnesium glycinate – cortisol, sleep

Omega-3s – inflammation, androgens

Berberine – blood sugar (similar to metformin)

Vitamin D – hormone signaling

Chromium – glucose control

The Hard Truth

If you:

Train hard 5–6 days/week

Eat low-calorie + low-carb

Live on caffeine

...and the scale won't move → it's not willpower, it's hormones.

PCOS requires precision, not punishment.