

BREAK FREE FROM PCOS

Take the PCOS Quiz.

Do you have, or do you have a history of...

- Irritability, erratic moods
- Acne
- Weight gain, hard to release weight
- Dark, coarse facial or body hair
- Blood sugar or insulin issues
- Skin tags
- Menstrual irregularities
- Infertility
- Fatigue/low energy
- Digestive problems
- Forehead "shine"
- Thinning hair
- Hot flashes/night sweats
- Depression/anxiety
- A frequent "stressed" feeling
- "Edgy"
- Brain Fog
- Pelvic pain/abdomen pain
- Swelling/inflammation
- Hard time falling asleep/staying asleep

Total number of "yeses": _____