

# HEALING DRINKS

## FOR PCOS

DELICIOUS USEFULL AND EFFECTIVE

• water •



the source of life,  
required for the  
elimination of toxins

• lemon-water •



great for detox,  
inflammation,  
digestion

• green tea •



antioxidant,  
cleanses, helps  
with weight loss

• mint tea •



Proven to aid in  
androgen related  
issues (excess hair)

• smoothies •



filling nutritional  
boosts, delicious  
way to detox

• cinnamon •



can be added to all  
drinks, regulates  
blood sugar

• wine •



in moderation, slows  
inflammation and  
oxidization

• coffee •



in moderation,  
antioxidant,  
regulates blood  
sugar