

About FENIX PCOS Restoration System™

A physician-guided, root-cause approach to hormonal restoration

About the Founder

Agnes M. Fenix, MD is a physician and integrative health practitioner who developed the FENIX PCOS Restoration System™ to provide women with a clearer, more structured path in addressing Polycystic Ovary Syndrome (PCOS).

Through clinical experience, it became evident that PCOS is often not just a hormonal issue. In many cases, it is driven by deeper metabolic dysfunction - particularly insulin resistance, chronic inflammation, and lifestyle-related imbalance. When these underlying drivers are not addressed, symptoms often persist or return.

The FENIX Approach

The FENIX PCOS Restoration System™ was designed as a phase-based, physician-guided framework that moves beyond temporary symptom control and toward true restoration. It follows four core phases:

Reset - reduce inflammation and stabilize metabolism

Rebalance - address insulin resistance and hormonal disruption

Restore - support healing, organ function, and reproductive health

Regulate - sustain long-term balance and cycle consistency

Our Commitment

FENIX exists to offer women a more thoughtful and guided approach to PCOS care - one that values structure, education, stewardship, and long-term health. Rather than guesswork, patients are led through a clear restoration process grounded in medical insight and personalized support.

Not just symptom control - but true restoration.

You are not broken. Your body was designed for restoration.

Agnes M. Fenix, MD