

- ❑ Adopt healthy lifestyle habits like exercising regularly, proper sleep, and including a healthy diet. It is advisable to do 30-90 minutes of moderate exercise 5 days a week to control insulin resistance, which is one of the main causes of PCOS.
- ❑ Take probiotic supplements (derolac or velgut) every day for a month, as research inflammation which are seen in PCOS. Also include dietary sources of probiotics proves that probiotics have an impact on weight loss, insulin resistance and such as curd, buttermilk, idli, dhokla, dosa, kefir, sauerkraut and miso.
- ❑ To maximize the hormone function, try to get to bed by 10-11 p.m. and stick to regular sleep-wake up- cycle as much as possible.
- ❑ Have a cup of hibiscus tea in the mid-morning, if you are suffering with acidity dilute it with more water or if you are having low blood pressure, have it along with a protein rich snack.
- ❑ Take supplements like vitamin D, probiotics, multivitamins and minerals.
- ❑ Vitamin D has been shown to play a role in insulin resistance and prevents the egg to develop so, take Vitamin D supplements as per the dietitian's advice.
- ❑ Incorporate good amount of salad/vegetables in each meal to lower insulin peaks.
- ❑ Have 1 tsp of Tru Fibre every day. It is a compulsory super food to reduce your weight.
- ❑ Have 10-20 gms of seeds cocktail every day. It can be munched as it is or it can be sprinkled over soup, dal, salads or breakfast cereals.
- ❑ Eat more fresh and organic foods if possible.
- ❑ Protect yourself from synthetic oestrogen like plastics.
- ❑ Use filtered water to avoid certain endocrine disruptors like lead.
- ❑ Pelvic scan, fasting insulin, thyroid profile, vitamin B12 are the mandatory lab reports and if there is an issue of heavy cycles then serum ferritin is required.
- ❑ For optimum results, medical treatment goes hand in hand with lifestyle modifications. Consult a gynaecologist or endocrinologist and get the required lab tests and medical reports within the detox period to give you a good start.
- ❑ Supplements like chromium, inositol (APCOD/ NORMOZ), folic acid, iron, and Vitamin B12 should be taken based on lab reports for deficiency and better results.

- ❑ Take one tablet of femohills after meals every day. If you have normal cycles then it may not be required. Check with your dietician.
- ❑ Discuss with your dietician the symptoms of PCOS and your goal for the program. Set realistic targets with the help of your dietician.
- ❑ Submit your diet logs every day and update your weight tracker on every 4th day! You should also maintain good communication with your dietician through mobile app for better results.