

# How to Cure PCOS Naturally



# What Causes PCOS?

PCOS is caused by an imbalance in the hormones in your brain and your ovaries. PCOS usually happens when a hormone from the pituitary gland or levels of insulin from the pancreas are too high, which results in extra testosterone production by the ovary.

In PCOS, your ovaries aren't getting the right hormonal signals from your pituitary gland due to which you won't ovulate every month. Your period may be irregular, or you may not have a period at all.



- **Diet**

PCOS diet should include a healthy balance of vegetables, fruits, whole grains, plant-based protein, lean meats, and healthy fats. Knowing the right foods to eat as well as the kinds of food to limit can improve the way you feel.

Eating well, staying active, and maintaining a healthy weight can improve [PCOS symptoms](#).

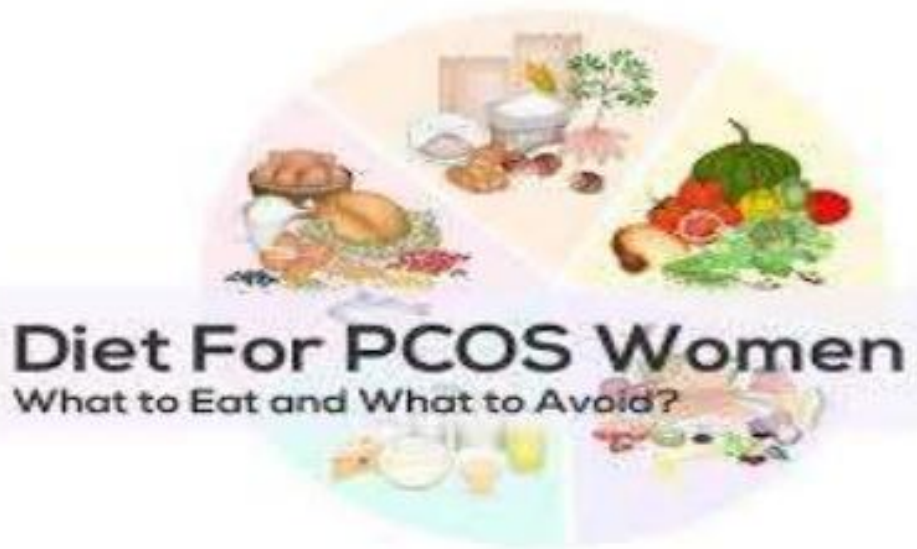
- **Exercise**

Diet and exercise are important parts of managing [PCOS](#). Exercise is very important for treatment of PCOS. Find an activity, sport, or exercise that you enjoy. If you aren't doing a lot of exercise now, start slowly, and build up to your fitness goal.

If you only exercise once in a while, try to exercise more regularly. Work towards increasing your physical activity to at least 5 days a week for 60 minutes per day.



# Foods to Eat in Irregular Menses, Ovarian Cysts & PCOS



## Protein-Cottage Cheese, Lean Meat, Nuts to balance your Hormones for Irregular Menses, Ovarian Cysts & PCOS

- Balanced protein can be a challenge for busy women, but it is a *must* for hormonal balance. The more you balance your hormones, the more regular your menstrual cycle will be.



## **Cinnamon for Irregular Menses, Ovarian Cysts & PCOS**

- Cinnamon is considered useful for regulating menstrual cycles and reducing menstrual cramps. According to traditional Chinese medicine, it is believed to have a warming effect on the body.



# Sesame seeds(Til Seeds) & Jaggery for Irregular Menses, Ovarian Cysts & PCOS

- Sesame seeds are useful in regulating menstrual cycles as they help balance your hormones. They are loaded with lignans that help bind excess hormones. Jaggery, too, helps regulate menstrual cycles due to its warming effects.





# Whole Grains for Irregular Menses, Ovarian Cysts & PCOS

- Whole grains provide valuable amounts of fiber, protein and B vitamins -- nutrients that improve hormonal balance and reduce symptoms of heavy menstruation. High-glycemic carbohydrate sources, such as white bread and sweets, on the other hand, can worsen your symptoms.



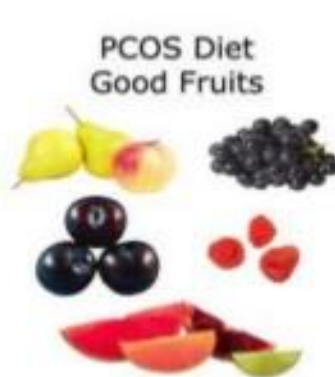
# Flaxseeds for Irregular Menses, Ovarian Cysts & PCOS

- Flaxseeds are top plant sources of omega-3 fats and valuable sources of fiber. They also contain lignans -- natural compounds that can help balance hormones, including estrogen. Cereals also supply iron, which is important to replenish if you've experienced heavy menstrual bleeding.



# Fresh Fruits & Vegetables for Irregular Menses, Ovarian Cysts & PCOS

- Fresh fruits and vegetables can be very effective in regulating your menses. These contain essential nutrients, lack of which causes irregular periods. Most effective fruits and vegetables in this condition are pumpkin especially seeds, bitter melon, carrots.





# Bitter Gourd for Irregular Menses, Ovarian Cysts & PCOS

- Bitter gourd, though bitter, can be very effective in the treatment of irregular periods. You can consume bitter gourd juice, or decoction, as you please. The bitter gourd juice should be taken twice a day and the decoction can be taken once or twice daily, for some weeks, to get rid of irregular periods.



# Cumin & Sesame Seeds along with Honey for Irregular Menses, Ovarian Cysts & PCOS

- This is also an extremely effective treatment for oligomenorrhea. You should take powdered cumin seeds and sesame seeds in equal quantities, add honey to it, and then consume one tablespoon of this mixture daily.



# Buttermilk & Radish Seeds for Irregular Menses, Ovarian Cysts & PCOS

- Take radish seeds and grind them. Add 2 large spoons of this powder to one cup of buttermilk and mix well. Drink this mixture, once, daily for at least three months. You will get effective relief from oligomenorrhea or the irregularity of periods.



Radish



## **Grapes for Irregular Menses, Ovarian Cysts & PCOS**

- Grapes are also considered useful for regularizing irregular periods. Drinking grape-juice on daily basis can help you a great deal. Apart from that, you can also eat raw grapes and make it a part of your diet. This will help you in the long run.



## **Radishes** for Irregular Menses, Ovarian Cysts & PCOS

- Take 2-3 radishes and blend them into a fine paste using water. Add a cup of buttermilk to this paste. Keep sipping this juice throughout the day. Have it on a daily basis to get positive results.



## **Coriander** for Irregular Menses, Ovarian Cysts & PCOS

- A decoction made of coriander (cilantro) leaves or seeds can also be very useful in getting your regular periods. This remedy should be taken at least 3 times a day for better results.





## **Anjeer** for Irregular Menses, Ovarian Cysts & PCOS

- Take 4-5 figs (Anjeer) and boil them in a cup of water. Now filter this decoction and have it on a daily basis. This remedy if followed regularly will normalize your menstrual cycle quite effectively.



# Aloe Vera for Irregular Menses, Ovarian Cysts & PCOS

- Aloe Vera pulp or juice may also help getting frequent menstrual cycles. Following this tip on regular basis can help you get you positive results for sure. Aloe Vera regulates the hormones responsible for menstruation and helps in getting regular menstrual flow.



# Sugarcane Juice for Irregular Menses, Ovarian Cysts & PCOS

- Drinking sugarcane juice before a week or two of your current menstruation cycle will also assist you in getting your periods regularly. This is a very simple and most commonly used remedy for irregular periods.





# Turmeric with Jaggery for Irregular Menses, Ovarian Cysts & PCOS

- Till now you might have only heard about the antibacterial properties of turmeric. However, this rhizome is also loaded with emmenagogue properties. So, you can have it for stimulating the menstrual flow. Also, its anti-inflammatory properties also help you in relieving menstrual pain.



## **Turmeric** for Irregular Menses, Ovarian Cysts & PCOS

- The turmeric powder that is found in the market must not be very effective as that might contain adulterated colors. It will be better if you can get some turmeric root that is available under your plot.



# Ginger for Irregular Menses, Ovarian Cysts & PCOS

- Ginger is one of the natural herb which has variety of advantages related to health. Even to regulate menstrual cycle, consumption of ginger either in raw form or in the form of juice will be really effective. You can boil ginger root and get a glass of the juice to get menstrual benefit.





## **Broccoli** for Irregular Menses, Ovarian Cysts & PCOS

- This green vegetable is very effective to induce periods. To maintain a regular menstrual cycle, include broccoli in your diet.



## **Lemon** for Irregular Menses, Ovarian Cysts & PCOS

- Lemon forms an effective home remedy for irregular periods. Lemon is a rich source of vitamin C. Vitamin C is essentially used by the body in regulating the blood count. Sometimes the deficiency of blood can be a reason for irregular periods.



## Honey for Irregular Menses, Ovarian Cysts & PCOS

- Honey is yet another home remedy for irregular periods. It is a natural source to body soluble enzymes like invertase, vitamin etc., potassium salts, organic acids and digestible sugars. Balanced hormonal level automatically corrects irregular periods.





# Papaya for Irregular Menses, Ovarian Cysts & PCOS

- Papaya is a fibrous fruit. This is its USP against irregular periods. The presence of fibers helps papaya in reducing constipation. Constipation upsets the stomach, which directly affects the hormonal secretion in the body. Upset hormonal balance results in irregular periods.



# Carrot Juice for Irregular Menses, Ovarian Cysts & PCOS

- Carrot is a rich source of iron. Iron is required in blood formation, since it helps in carrying oxygen and forming RBC's. Therefore, carrot juice forms an effective solution to supplement the body with rich sources of iron. Thus, carrot juice is used for treating the problem of irregular periods, especially skipped periods.



# Fennel Seeds for Irregular Menses, Ovarian Cysts & PCOS

- Fennel seeds decoction if consumed empty stomach every morning can help get rid of irregular periods and have a healthy menstruation. Soak fennel seeds overnight and have the water in morning.





## **Fish or Fish Oil for Irregular Menses, Ovarian Cysts & PCOS**

- Fish is rich in Omega-3 fatty acids and mercury that is good for your body. Omega-3 fatty acids protect the blood vessels in the ovaries from any damage that can delay periods. Eat fish or use fish oil to get regular periods.



## **Almonds** for Irregular Menses, Ovarian Cysts & PCOS

- The nuts are healthy and nutritious. Apart from helping you get regular periods on time, almonds are rich in fiber and proteins that helps in balancing hormones in the body.



# Foods to Avoid in Irregular Menses, Ovarian Cysts & PCOS

**Dirty Foods That Cause PCOS**  
Avoid or minimize them

**High GI foods**  
Causes: Affects your blood sugar



**Dairy products**  
Causes: Allergic reactions, digestion problems

# Coffee for Irregular Menses, Ovarian Cysts & PCOS

- Caffeine increases estrogen levels. A study from Fertility and Sterility shows that drinking just two cups of coffee a day boosts levels of estradiol, a natural estrogen. Women who drink 4-5 cups of coffee a day produce 70% more estrogen in the follicular phase of the menstrual cycle.





# Refined Grains for Irregular Menses, Ovarian Cysts & PCOS

- Refined grains lose much of the original grain's nutrient content during food processing. As a result they can interfere with blood sugar and appetite control between meals -- factors that can worsen menstrual symptoms. Other common refined grain products include instant rice, low-fiber cereals, pretzels and commercially prepared cookies, cakes and pastries.



# Caffeinated Foods & Beverages for Irregular Menses, Ovarian Cysts & PCOS

- Caffeine is a stimulant that occurs naturally in plants, such as tea, coffee and cocoa beans. It's also added to various diet products and beverages. While caffeine affects people differently, it can contribute to irregular periods. Caffeine can also worsen agitated moods, sleep difficulties and menstrual pain.



# Foods containing Trans-Fats for Irregular Menses, Ovarian Cysts & PCOS

- Avoiding trans-fats can also help reduce pain during your period, according to the UMMC. Trans-fats, also called trans-fatty acids, are prevalent in French fries, onion rings, doughnuts, commercially baked goods, hard margarine and all foods that list hydrogenated vegetable oil as an ingredient.

## Trans-fatty acids

Trans-fatty acids are found in fried foods, commercial baked goods, processed foods and margarine



## **Fatty Meats & Dairy Products** for Irregular Menses, Ovarian Cysts & PCOS

- The fats found in meats and dairy products are saturated. Similar to trans-fats, saturated fats can cause and worsen pain and inflammation during your period. The UMMC recommends eating more fish, lean meats and beans for protein for reduced pain.






## Polycystic Ovary Syndrome

& increases a women's risk of developing long-term health issues such as *heart disease*, *diabetes*, and *cancer*.



How to  
Lose *Weight*  
with PCOS

**Here are 8 steps to lose weight with  
Polycystic Ovary Syndrome (PCOS)**

Find out 

Step #1:

# Get Checked

Schedule an appointment with your healthcare provider to get cleared to start losing weight.

This will probably include:

Assessment  
Health History  
Medications  
Vital signs  
Labs

Step #2 



Step #2:

# Commitment

*“Time is no excuse.”*

Health should always be towards the top of your list because if you are not healthy, it can prevent you from being able to do anything else in life, including performing at your peak at your job.

Step #3 

Step #3:

# Create Realistic Goals

*Timely:* You must place a time limit on your goal.

For example, “I want to lose 20 pounds by December 25”.

It has to have an end date so you have something to strive for. If you leave out the time piece, you won't be as motivated to get it done.

Step #4 

Step #4:


# Make a Plan

Looking to get started on finding a “lose weight with PCOS” plan that will work best for you?

[How to Get Started Managing PCOS Naturally in 3 Steps](#)

[10 Simple Diet Rules to Live By for PCOS](#)

[How to Control PCOS Acne WITHOUT Medications!](#)

Step #5 

Step #5:

# Skip the Diet

*Diets set you up for failure!*



*If you desire to be successful long-term,  
you must find a healthy eating plan that  
you can adopt for LIFE.*



Step #6:

# Forget the Gym

There are many different classes you can try like Zumba, kickboxing, pilates.



Step #7:

# Cut the Toxic Life

Many toxins are *endocrine disruptors* which means they interfere with your hormonal balance.

This increases those annoying PCOS symptoms, and your risk for developing *heart disease, cancer, or diabetes*.

Step #8:

# Support Buddy

*Choose wisely.*

Don't choose your spouse if your spouse is not really into eating healthy or exercising. You will want someone that will encourage you to get healthy and to stick with it.

Omni



**THANK YOU**

**DR. Sneha Bhagwat**

**WELLNESS CENTER**