

OUR YOUTH: PCOD AND LIFESTYLE MEDICINE

PCOD - POLYCYSTIC OVARY DISEASE (OR SYNDROME)

September 2016

GET STARTED RIGHT AWAY

Polycystic Ovary Disease (or syndrome) demonstrates hormonal imbalance, irregular periods (& infertility), obesity, insulin resistance and acne.

As this manifestation of metabolic syndrome assumes significant prevalence, lifestyle medicine seems to hold the key to this international health concern.

For weight loss, first manage cravings by balancing hormones. Exercise, yoga, breathing exercise, adequate hydration, and spice in our food can reduce cravings significantly.

Include millets (bajri, jowar, nachni, ragi) and legumes for fibre, which will reduce portion size automatically. Use omega 3 fat and MUFA lavishly with walnuts, flax seeds and almonds as snack.

Try a gluten and dairy free diet plan for 1 month.

Eat out at restaurants or consume any kind of canteen food only once in 10 days. Completely eliminate fruit juice including home-made or 'all natural' ones.

Switch to home- made food for 3 months.

A plate full of vegetable, tofu and sprout salad, avocado or rajma salad with mushroom and mustard, and any dal dosa make good choices.

Include a 30min breathing exercise regimen in your daily schedule along with muscle training 3-4 times a week and about 6-12 reps of sun/moon salutations 5 times a week.

To overcome stress and worry, include meditation as a regular health promotion strategy (30min per day for 7 days of the week).

Indeed, PCOD can be combated with lifestyle and natural medicine.

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