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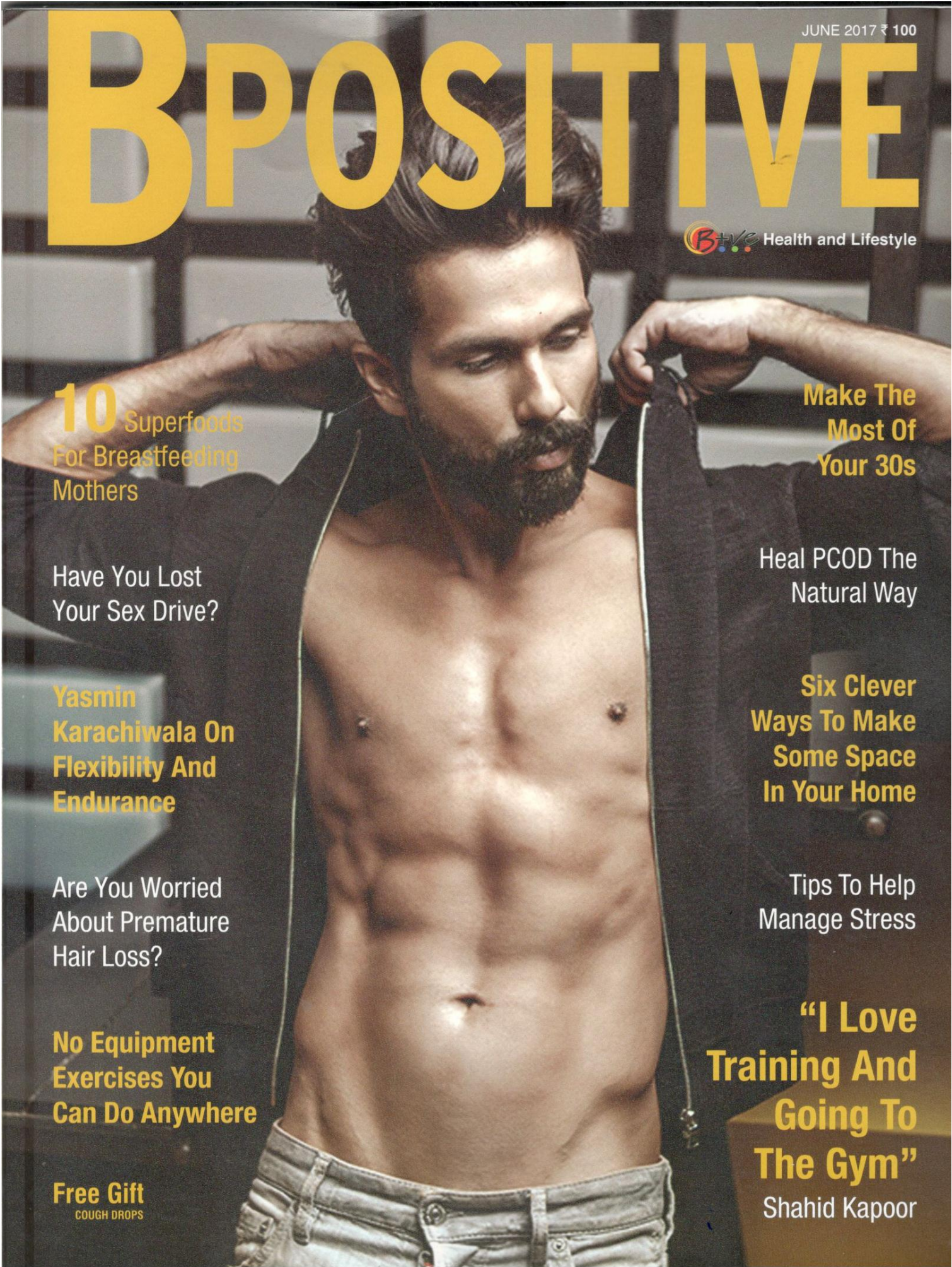
Heal PCOD The
Natural Way

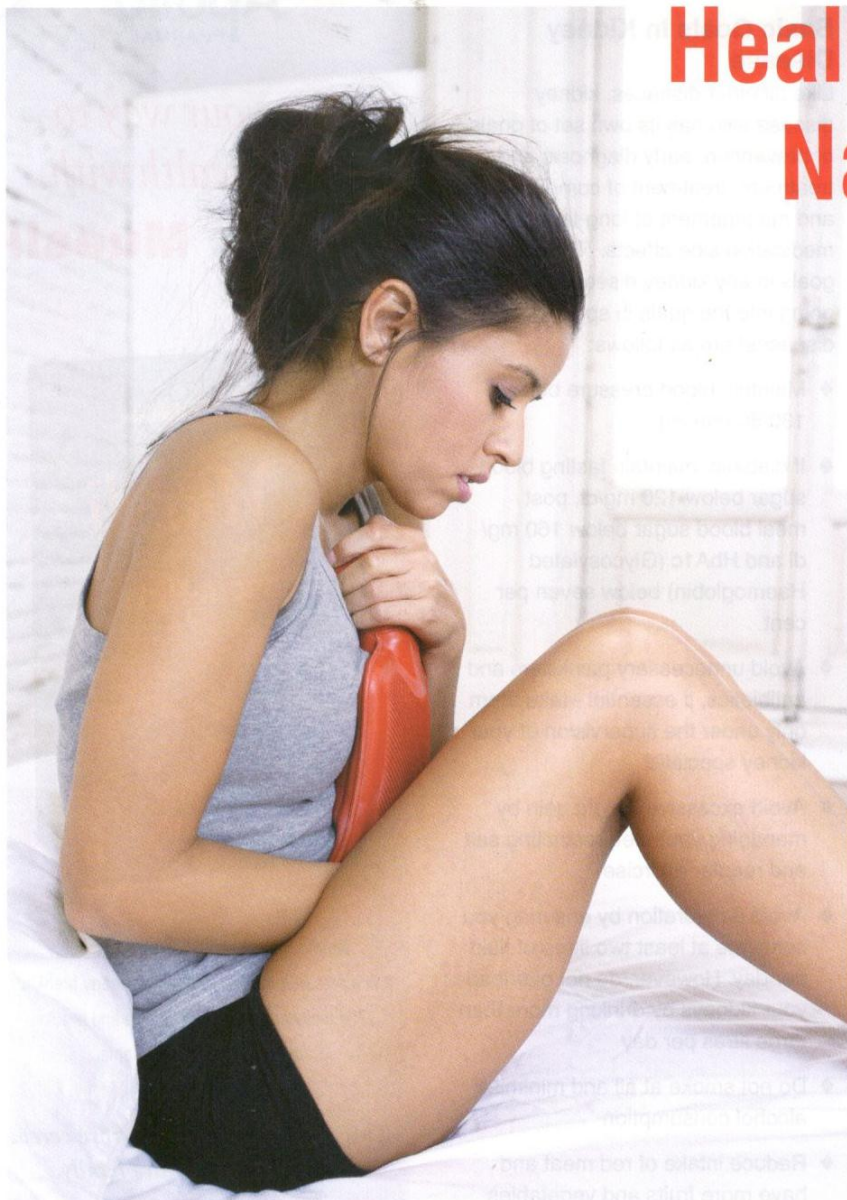
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Heal PCOD The Natural Way

Smita Sundararaman

The Causes

The causes of PCOD is still unknown, but doctors believe it may be caused by the following:

◆ Too Much Insulin

The pancreas produce insulin to help cells use glucose. Some people are resistant to insulin, so the insulin in their bodies is not used properly. But the pancreas must increase insulin production so that cells are not left without the main energy supply - glucose. However, the overproduction of insulin can increase production of androgen (the male hormone) in the ovaries which leads to a drop in ovulation.

◆ Heredity

If a close female relative in your family has PCOD, there is a greater chance of you contracting it. Hence, researchers are trying to find the genes that may be carriers of PCOD.

Symptoms Of PCOD

◆ Irregular Periods

This includes getting your period after a gap of more than 35 days, having less than eight menstrual cycles in a year, going four or more months without getting your periods for extended periods of time, with heavy or scanty bleeding.

◆ High Androgen Production

Look out for increase in hair on the face and body, severe acne or hair loss.

◆ Cramps

Severe stomach cramps during menstruation, due to cysts formed in the ovaries can indicate PCOD.

You may know at least one woman in your family or social circle, suffering from polycystic ovarian disease (PCOD) which is painful and depressing. This hormonal disorder has become a common occurrence today and many young women are also contracting this condition too. However, there is a ray of hope in terms of naturopathy, which offers effective ways to deal with PCOD. It also helps one to avoid surgery.

What Is PCOD?

In PCOD many (poly) cysts get formed in the ovaries. Hormone levels in a woman's body go awry resulting in facial acne, fluctuating menstrual periods due to irregular ovulation, masculine changes like extra hair growth on the face and body and infertility. The patient often feels weak and drained and may also experience painful stomach cramps.

◆ **Weight Issues**

An increase in body weight and subsequent trouble losing it, despite your best efforts.

◆ **Infertility**

If you are having problems in conceiving a baby, visit a doctor to rule out PCOD.

◆ **Depression**

This is a common symptom most physician will ask you about, while screening for PCOD.

Possible Complications

If not managed, PCOD can further lead to other ailments like type 2 diabetes, elevated blood pressure, high triglyceride count, low HDL (good cholesterol) levels, inflammation of the liver due to fat deposition, depression, infertility, or uterine cancer.

Heal The Natural Way

Embrace yourself with love and promise to take care of your body and soul with the right diet, exercises and therapies. Also, avoid surgery and its possible complications by taking these steps:

◆ **Keep your weight in control**

Optimum weight levels help to reduce acne, decrease insulin levels and improve fertility.

◆ **Lose weight if you are overweight**

Even a five per cent reduction in your body weight can significantly improve your condition and alleviate some symptoms. Though PCOD makes losing weight tough, you can achieve it by exercising enough, reducing your stress levels and eliminating processed carbohydrates and sugary foods from your diet.

Health Tip

When choosing your foods, ask yourself whether what you eat will feed the disease or fight it?



Therapies That Provide Relief

A lifestyle in harmony with nature can go a long way in reducing the symptoms of PCOD and improve the condition of patients. Right from detailed diet advice to various therapies, there is a range of treatments that can provide relief.

◆ **Hydrotherapy:** Harnessing both the curative power and soothing nature of water, this therapy helps the body recover from weakness and blood loss. Additionally, swimming strengthens muscles while helping you lose fat.

◆ **Yoga:** Yoga is the best holistic programme that relieves pain and brings the menstrual cycle back to its proper rhythm.

◆ **Massage Therapy:** A team of trained and expert massage therapists can ensure your muscles relax, make pain and stiffness disappear, release stress and make your body too relax. After all, without a healthy and receptive body, no treatment can work.

◆ **Mud Therapy:** This therapy keeps bleeding in check, relaxes the muscles and improves blood circulation.

◆ **Change your diet** - Stop eating white bread, biscuits, pizza, cake and refined flour (*maida*) products. Instead, opt for whole wheat *chapatis*/bread and brown rice. Eat more proteins in the form of lentils (*dals*) and beans such as moth beans, moong and kidney beans.

See that your body gets essential fatty acids in the form of *ghee*, coconut oil, or fatty fish. Eat foods rich in magnesium, chromium and zinc such as peanuts, almonds, flax seeds, pumpkin seeds, and spinach. Move towards a diet rich in vegetables, fruits and herbs like fenugreek (*methi*), cinnamon and cloves.

◆ **Top up your vitamin D** - Ensure you get enough natural Vitamin D from sunlight.



If you are suffering from PCOD or any of its symptoms, know that the body is begging you to make a change. Take the first step to free your spirit from the bondage of PCOD. Stay natural and enjoy your journey as a woman to the fullest!