



*Prepared By*

**DIVISION OF LIFESTYLE DISEASE  
REVERSAL AND RESEARCH, SUGERILLA**

*Under the aegis of*

**CALICUT MEDICAL COLLEGE ALUMNI**

# **THE PCOS/PCOD REVERSAL GUIDE:**

**A COMPREHENSIVE DIET AND LIFESTYLE BLUEPRINT  
BASED ON 15 MINUTE MICROSHIFT SYSTEM™**

**Sugerilla**

## ATTENTION: A QUICK NOTE ON PCOS VS. PCOD

**Both PCOS and PCOD are the same.**

You may have heard the terms PCOS (Polycystic Ovary Syndrome) and PCOD (Polycystic Ovarian Disease) used to describe your condition. While social media and other sources often present them as different, they are in fact the same. PCOD is simply the older, outdated term, while PCOS is the current medical term. Going forward in this guide, we will use only the term PCOS to ensure clarity and consistency.



## Congratulations

You've already taken a powerful first step toward taking full ownership of your health. The PCOS-specialized diet plan you're about to follow is based on the 15 Minute MicroShift System™- a scientifically designed approach developed over 3 years of medical research and clinical trials by Sugerilla's panel of qualified doctors. This method is not just about temporary relief. It's a long-term, root-cause solution to PCOS and other lifestyle diseases.

Our mission is bold and clear: To make 1 crore women fit in the next 5 years and eliminate the top 6 lifestyle diseases from millions vulnerable people among their family and friends.

To ensure lasting transformation, we urge you to strictly follow the specially crafted instructions given in this guide, which are also designed around the 15 Minute MicroShift System™. These steps are essential for a lifelong reversal of lifestyle diseases-including PCOS.

Also, don't miss out on joining our PCOS Reversal Challenge, where you'll receive clear, phase-wise guidance under expert supervision to completely reverse PCOS and reclaim your health-with our full support, every step of the way.



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# BE POSITIVE, BE HEALTHY, BEAT PCOS

Dr Rincy M Basheer

PCOS എല്ലാർക്കും സുപരിചിതമായ 'രോഗം' അല്ല, ഒരവസ്ഥ ആണിപ്പോൾ. 10ൽ 3 സ്ത്രീകൾക്ക് ഇപ്പോൾ PCOS ഉണ്ട്. ആദ്യമായി, ഇത് പൂർണ്ണമായും Reverse ചെയ്യാൻ കഴിയുന്ന ഒന്നാണ് എന്ന് മനസ്സിലാക്കുക.

നിങ്ങളറിയേണ്ടത്:-

- 1) ഇതൊരു അന്ധാശയരോഗമല്ല, ഒരു ജീവിതശൈലീരോഗമാണ്
- 2) മരുന്നുകളല്ല, ജീവിതശൈലി മാറ്റൽ മാത്രമാണ് ഇവിടുത്തെ ശാശ്വതപരിഹാരം
- 3) Stress ഒഴിവാക്കാൻ പരമ പ്രധാനം. എപ്പോഴും Positive ആയിട്ടിരിക്കാൻ ശ്രമിക്കുക
- 4) ജോലിഭാരം കാരണമുള്ള ഉറക്കക്കുറവ് ഒഴിവാക്കുക. ദിവസവും 8 മണിക്കൂർ Quality Sleep ഉണ്ടാക്കണം
- 5) മനസ്സ് ശാന്തമാക്കാൻ യോഗ, മെഡിറ്റേഷൻ എന്നിവയൊക്കെ ദിവസേന ശീലമാക്കുക
- 6) Diet, Exercise എന്നിവ തടി കുടാനും കുറയ്ക്കാനും ഒക്കെ Use ആക്കേണ്ട ഒന്നാണ്. എന്നാൽ അതു മാത്രമല്ല ലക്ഷ്യം. ദിവസവും ഉള്ള Body Activity Hormones നന്നായി പ്രവർത്തിക്കാൻ ആവശ്യമാണ്
- 7) പെട്ടെന്ന് Weight കുറയ്ക്കാനും കുടാനും നോക്കാതെ ജീവിതകാലം മുഴുവൻ പാലിക്കാൻ പറ്റുന്ന ഒരു ആരോഗ്യകരമായ ശൈലി തിരഞ്ഞെടുക്കുക എന്നതാണ് പരമപ്രധാനം



8) വീട്ടിലുള്ള ഭക്ഷണവസ്തുക്കൾ Balanced ആക്കിയും Preparation രീതി Healthy ആക്കിയും ആകട്ടെ DIET നോക്കുന്നത്

9) PROTEIN വളരെ അത്യാവശ്യമായ ഒന്നാണ്. അതിന്റെ അളവ് കൂട്ടിയാൽ മാത്രമേ Weight loss ശാശ്വതമാകൂ

10) നിങ്ങൾക്ക് ചെയ്യാൻ പറ്റുന്ന Exercise എന്തുമാവട്ടെ, അതിൽ Consistency ഉണ്ടാവണം. അതൊരു ദീനചര്യ ആവണം

11) നിങ്ങൾ കാലങ്ങളായി Unhealthy Lifestyle കൊണ്ടുണ്ടാക്കിയ ഒരു രോഗാവസ്ഥ, നാലുമാസം കൊണ്ട് Revert ചെയ്യാൻ പറ്റുമായിരിക്കും. പക്ഷെ അത് അങ്ങനെ തന്നെ മുന്നോട്ട് പോകണമെങ്കിൽ Healthy Lifestyle ജീവിതകാലം മുഴുവൻ കൂടെയുണ്ടാവണം

PCOS- ഇത് മാറ്റേണ്ടത് ഡോക്ടറല്ല , രോഗി തന്നെയാണ്.  
ഡോക്ടർ കൂടെയുണ്ടാകും, ഒരു വഴികാട്ടിയായി, എപ്പോഴും....

**BE POSITIVE, BE HEALTHY, BEAT PCOS**



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# 15 MINUTE MICROSHIFT SYSTEM™: A NEW WAY TO REVERSE PCOS

Polycystic Ovary Syndrome (PCOS) have seen a sharp increase in incidence among women of reproductive age. Traditional approaches often rely on weight loss, calorie restriction, or intensive exercise, which fail to address the root causes in many patients. In response to this gap, Sugerilla, through its panel of qualified medical professionals, developed the 15 Minute MicroShift System™– a scientifically grounded, holistic protocol for the reversal of lifestyle diseases, with a special emphasis on PCOS. This method is the result of 3 years of research and clinical observation involving over 10,000 patients.

## KEY DISCOVERIES FROM THE RESEARCH

Through comprehensive data analysis and patient evaluation, the Sugerilla research team uncovered several critical findings regarding PCOS:

- Reversal of PCOS is not equivalent to weight loss
- Calorie deficit diets are insufficient to reverse PCOS
- Malnutrition (not getting the right nutrients) is a major reason why women get PCOS. This includes women who are overweight, underweight, or even at a normal weight
- Even women who look healthy on the outside can have PCOS if they're not getting proper nutrients
- For Lean PCOS, improving nutrition and building muscle mass is essential for effectively managing the condition.
- PCOS can be reversed without intense workouts
- You don't need to spend hours everyday or change your entire lifestyle. Just spending 15 minutes a day doing simple tasks can make a big difference
- Excluding mental health and sleep quality from treatment plans leads to failure



# HOW THE 15 MINUTE MICROSHIFT SYSTEM™ WORKS

- **Just 15 Minutes a Day**– You don't need hours in the gym or strict meal plans. All it takes is 15 minutes of simple "MicroShifts" a day.
- **Focus on What Matters Most** – Instead of making big lifestyle changes, you just need to fix the few small things to target the root cause of PCOS.
- **No Strict Diets, No Medicines** – As long as you apply this system, you don't have to give up your favorite foods. It works with your body, not against it.
- **Results That Last** – This system activates your body's natural healing switch, making the reversal permanent instead of temporary.

## WHY THE 15 MINUTE MICROSHIFT SYSTEM™ WORKS

1. **MicroShift effect** – Your body reacts more to small, well-timed changes than to big drastic ones. That's why short bursts of the right action give better results than hours of random effort.
2. **15-minute reset**– PCOS is fueled by hormonal imbalance. A 15-minute sequence at the right time of the day can improve how your cells respond to hormones and will balance it naturally.
3. **Behavioral Psychology**– Your mind is aligned in a way that healthy actions happen automatically without needing constant willpower.
4. **Compounding effect** – Tiny changes build up daily to restore balance faster than crash diets or hard workouts.

## READY TO BEGIN?

The 15 Minute MicroShift System™ is a sustainable, science-backed approach to reversing PCOS and lifestyle diseases by addressing root causes like hormonal imbalances. The diet plan you are about to follow applies this system. Therefore, unlike traditional methods that focus on strict diets with restrictions or counting calories, this diet shows you what to eat to ensure you are well-nourished, creating the ideal state for lasting PCOS reversal. Begin your journey by following the diet and instructions below.



# EVERYDAY FOOD CHOICES

## PRE-BREAKFAST

- NUTS- BADAM/ WALNUT/PISTACHIO/  
GROUND NUT (ALL NUTS EXCEPT CASHEW)
- DRY FRUITS
- SOAKED BLACK RAISINS
- BOILED EGGS
- OVERNIGHT OATS



## BREAKFAST

YOU CAN EAT ANY OF THE COMMON  
BREAKFAST DISHES LIKE PUTTU-KADALA/  
DOSA-CHUTNEY etc

## LUNCH

- FISH CURRY/ CHICKEN CURRY
- SOYA CHUNKS
- PANEER
- CURD/ YOGURT
- COWPEAS(വൻപയർ)/ GREEN  
GRAM(ചെറുപയർ)/ HORSE GRAM(മുതിര)





# EVERYDAY FOOD CHOICES

## SNACKS

- MASALA TEA (WITH LOW SUGAR)
- COFFEE (WITH LOW SUGAR)
- MILK (WITH LOW SUGAR)
- MILK SHAKE WITH FRUITS AND NUTS
- WATER WITH BLACK CUMIN/ CHIA SEEDS
- BOILED EGGS



## PRE- DINNER

- SOUP
- MIXED FRUIT BOWL
- MIXED VEGETABLE BOWL
- AVOCADO SALAD

## DINNER

- FISH CURRY/ CHICKEN CURRY
- SOYA CHUNKS
- PANEER
- CHICKEN SALAD
- STEEL CUT OATS



# HOW TO PREPARE YOUR WEEKLY MEAL PLAN ?

DAY	PREBREAKFAST (6AM- 7AM)	BREAKFAST 8AM- 10AM	LUNCH (12PM- 2PM)	PREDINNER (4PM- 6PM)	DINNER (7PM- 9PM)
1	BOILED EGGS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + FISH/CHICKEN CURRY	MASALA TEA + MIXED FRUIT BOWL	STEEL CUT OATS
2	BADAM/ WALNUT/ FIG	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + SOYA CHUNKS+ CURD	BOILED EGGS	HALF PLATE RICE + SOYA CHUNKS
3	BOILED EGGS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + PANEER + YOGURT	MILK SHAKE WITH FRUITS AND NUTS	CHAPPATHI + PANEER
4	BADAM + BLACK RAISINS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + HALF PLATE COW PEAS/GREEM GRAM/ HORSE GRAM	BOILED EGGS	STEEL CUT OATS
5	BOILED EGGS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + FISH/CHICKEN CURRY + CURD	AVOCADO SALAD	CHAPPATHI+ FISH/CHICKEN CURRY
6	OVERNIGHT OATS	EAT ANY OF THE COMMON BREAKFAST DISHES	HALF PLATE RICE + SOYA CHUNKS+ CURD	BOILED EGGS	CHICKEN SALAD
7	CHEAT DAY				

WE HAVE PROVIDED ABOVE A SAMPLE OF A WEEKLY MEAL PLAN. SUBSTITUTE FOOD ITEMS PROVIDED IN THE “EVERYDAY FOOD CHOICES” SECTION AS PER YOUR LIKING AND PREPARE A “7 TO 14 WEEK MEAL PLAN” AND FOLLOW IT TO THE BEST OF YOUR ABILITIES



# FOODS YOU SHOULD LIMIT

(BETTER TO EAT THESE FOODS ONLY IN MINIMAL QUANTITY)



## SUGARY DRINKS

- PAYASAM
- FRUIT JUICES
- SODA DRINKS
- ENERGY DRINKS LIKE RED BULL



## REFINED CARBOHYDRATES

- WHITE BREAD
- KUBOOS
- PAROTTA
- BISCUITS



## FRIED AND PROCESSED FOODS

- DEEP-FRIED SNACKS LIKE MURUKKU
- INSTANT NOODLES (EG: MAGGI)
- PACKAGED CHIPS LIKE LAYS
- BOTTLED PICKLES



## FOODS HIGH IN FAT

- MAYONNAISE
- CHOCOLATE AND SWEETS
- PASTRIES AND CAKES
- ICE CREAM

# SPECIAL INSTRUCTIONS



## 1. STAY HYDRATED

**DRINK AT LEAST 2.5 LITERS OF WATER DAILY.  
HAVE A GLASS BEFORE EACH MEAL AND  
FINISH YOUR WATER BY EVENING**



## 2. WALK AFTER MEALS

**WALK FOR AT LEAST 5 MINUTES AFTER  
EVERY MEAL TO HELP WITH DIGESTION**



## 3. DINNER TIMING

**EAT DINNER 3 TO 4 HOURS BEFORE BEDTIME  
TO IMPROVE DIGESTION AND SLEEP**



## 4. NO PHONES BEFORE SLEEP

**AVOID USING YOUR MOBILE PHONE RIGHT  
BEFORE SLEEPING FOR BETTER REST**



## 5. RICE PORTION

**YOU CAN EAT RICE, BUT LIMIT IT TO HALF A  
PLATE PER MEAL**



## 6. STEEL-CUT OATS FOR DINNER

**INCLUDE STEEL-CUT OATS IN YOUR DINNER  
AT LEAST TWICE A WEEK FOR BETTER  
HEALTH**



## 7. CHEAT DAY

**ENJOY A CHEAT DAY ONCE A WEEK IF YOU  
WANT, BUT KEEP IT BALANCED**



# TAKE THE NEXT STEP ON YOUR PCOS JOURNEY AND JOIN OUR PCOS REVERSAL CHALLENGE

GET STEP-BY-STEP GUIDANCE FROM EXPERT DOCTORS TO REVERSE PCOS AND  
START SEEING VISIBLE RESULTS IN JUST ONE WEEK!!

SEE HOW OUR MANY CLIENTS FROM THE LAST CHALLENGE TALKS ABOUT THEIR  
POSITIVE EXPERIENCES INCLUDING REGULAR PERIODS,PREGNANCY,STRESS  
MANAGEMENT,WEIGHT LOSS ETC ACHIEVED THROUGH 15 MINUTE MICROSHIFT  
SYSTEM™👉

12 years thotte periods irregular aayrnnu...Athayath starting muthal... lppol 30 years aayi enikk... first time 3 months difference aayrnnu..pinna 5,6 okke aay..pinna 1 year okke difference vannu.. medicine kond mathram periods aavum...first time aan 2 months correct aaytt medicine onnum koodaathe periods aavunnath..alhamdulillah 😊 enikk Ath oru miracle pole thanne aayrnnu 10:47

same as 35...but today I think after 5 years I got my periods exactly after 28 days,it's like a miracle happened today... From past five years I think I always got my periods nearly after 50 days..... I am so grateful to the entire team... 22:02  
And this time surprisingly I didn't experienced any PMS.. 22:04

Enik eppozhum medicine eduthal mathrame periods vararollu.eppozhum angne aayappol oru maduppayii pinne medicine edukkadhe periods varan vendi Kure diet okke cheydhirnnu. nyt oke Food kazhikkandirikkum angne okke.ennittum periods vanilla. Aa time I aanu sugerilla insta page kandaha.verudhe adhil msg ayachu.enik periods aavum enonnum Valiya pradheeksha undayrnnilla .karanam njn Kure diet nokiyadhanu.pinne grpl join aayappo kittiya instruction food I onnum Valiya oru control kandilla .karanam ellavarum parayunnadh kettittund pcod Ulla aalkkar choru kazhikkan Padilla ennokke bt idhil angne onnum paranjilla .so enik Valiya pradheeksha onnum illayrnnu .bt ippo njn periods aayi .appozhanu mansilayadh njn verudhe cheydha diet okke seriyaya reedhi allayrnnu ennu. Verudhe pattini kidakkana pole aayrnnu. Ee grpl ninnum kittiya instructions I food ellam Namukk aavasyathinu kazhich kond thanne aayrnnu. Iniyum idh continue cheydhil improve aavum enn oru confidence okke und .

  
Good morning, friends . Today, I am very happy to share good news .....  
3maasathil koodudal aayi njn medicin onnum edukadhe . Koraach korach lifestyle changes okke varuthy follow up cheyunnu . Periods regular aayi varund . But this month vannilla so, verde oru doubtinte porth test cheyd nokkiyad aan . It's conceive. 09:18

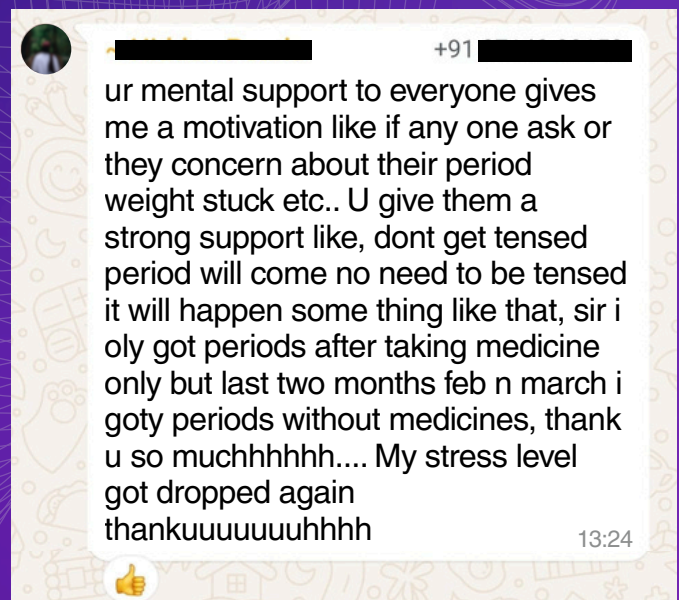
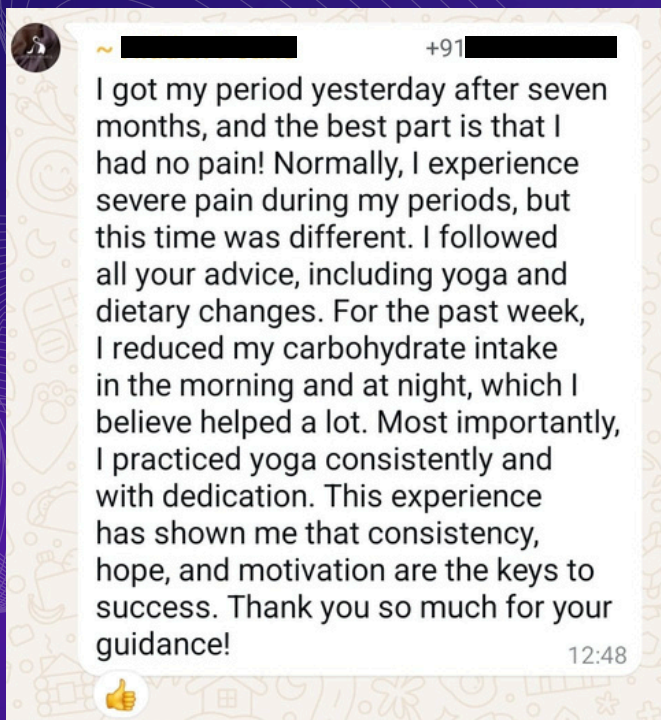
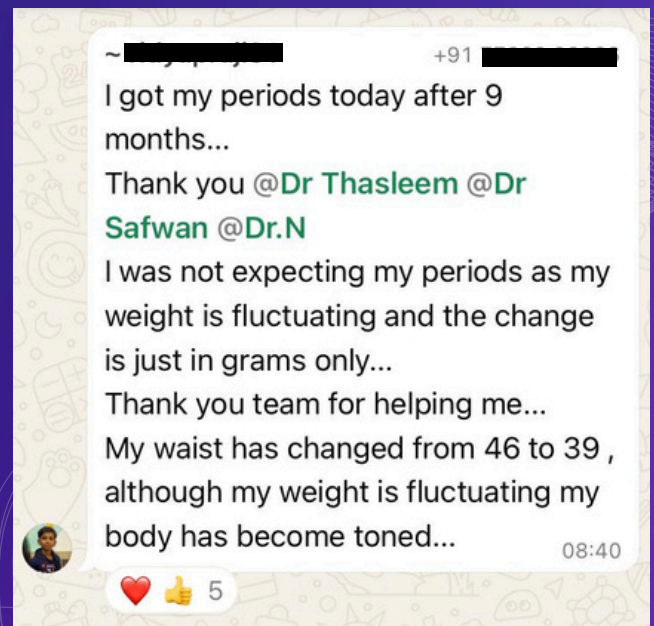
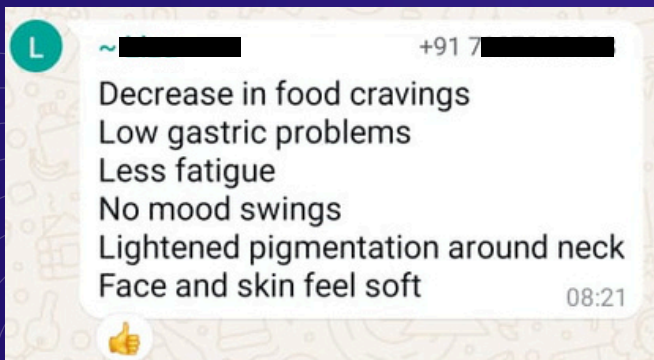
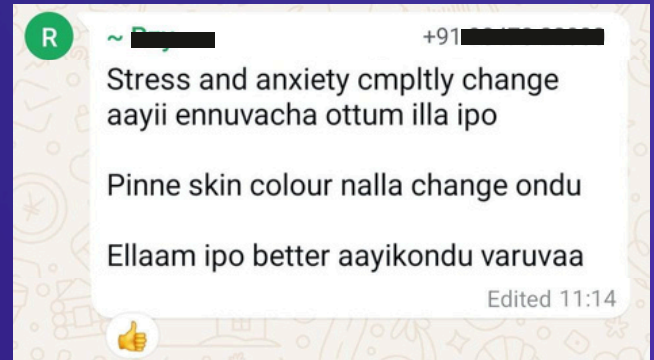
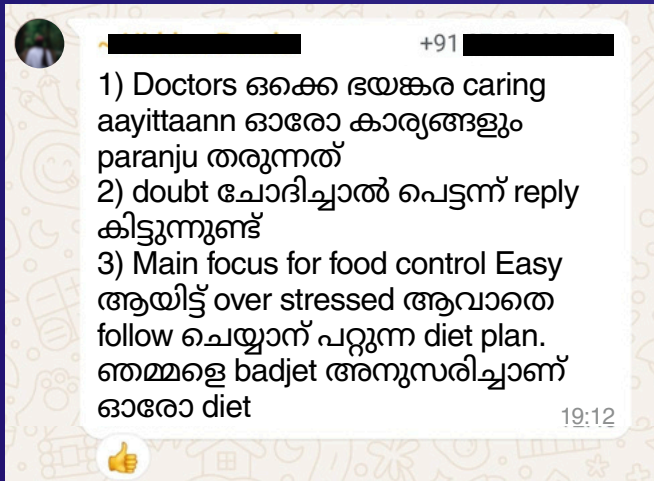
Hai everybody,, after 2 years i got my periods today without medication. 15:54  
Im very thankful to this team... Thank you 15:55

Kazhinja month periods aayii ee month aayindaayilla so Njn check cheithappo conceive aaayind 05:15  
Kazhinja month periods aayii ee month aayindaayilla so Njn check cheithappo conceive aaayind Alhamdulillah 05:31

15 kg kurann 18:48  
Thanks to sugerilla team 18:48  
0:05 18:51

എന്നെ സംബന്ധിച്ച് ഈ പ്രോഗ്രാം സ്പെഷ്യൽ ആണ് കാരണം ഞാൻ ഇപ്പോ പ്രഗത്ഭൻ ആണ് 10:12





THESE SUCCESS STORIES PROVE IT'S POSSIBLE TO BEAT PCOS—JOIN OUR CHALLENGE AND YOU CAN TOO! CHECK OUT ALL THE AMAZING SERVICES WE OFFER BELOW 🙌



# HERE'S WHAT YOU WILL GET INSIDE OUR CHALLENGE :-



## Personalized Reversal Plans

Support PCOS reversal with easy-to-follow structured plans tailored to your body and lifestyle.



## Personalized Meal Plans

Correct your nutritional status with non-restrictive, easy-to-follow personalized meal plans



## Daily Support From Experts

Clear your doubts with personal help from our doctors, psychologists & trainers



## Daily Guided Support

Stay mentally strong and stress-free with daily expert guidance and weekly interactive sessions



## Exclusive App For PCOS

Take control of your healing journey with Sugerilla's all-in-one app designed for consistency and results.



## Gentle Yoga Sessions

Balance hormones & support your recovery with our recorded PCOS yoga sessions with lady trainer



## Follow-Ups & Assessments

Stay on track with regular reviews to monitor your improvement and make necessary changes



## Fast Support System

Receive quick help from Sugerilla's team of coaches whenever you need assistance.



## Deep Community Support

Feel understood and stay motivated with access to a judgment-free and powerful PCOS community



## Bonus; Psychology Consultation

Support your mental and emotional health with one-on-one consultation with our psychologists



## Bonus: Awareness Classes

Understand your condition better with short, simplified classes and frequently asked questions



## Bonus: PCOS Healing Recipes

Delicious, easy-to-make recipes crafted to support your PCOS reversal without feeling restricted

**YOU'RE EXHAUSTED—PHYSICALLY, EMOTIONALLY, AND SILENTLY FIGHTING A BATTLE NO ONE SEES. THE IRREGULAR PERIODS, THE FACIAL HAIR, THE MOOD SWINGS, THE FEAR THAT MOTHERHOOD MAY NEVER HAPPEN. IT'S OVERWHELMING. YOU'VE TRIED EVERYTHING, YET NOTHING FEELS LIKE IT TRULY WORKS. BUT DON'T LOSE HOPE. THERE IS A WAY TO HEAL, AND IT STARTS WITH YOU. JOIN SUGERILLA'S PCOS/PCOD REVERSAL CHALLENGE TODAY ITSELF**

**CLICK HERE TO TO KNOW MORE ABOUT THE CHALLENGE** 

**[I WANT TO REVERSE MY PCOS/PCOD](#)**

## **..AND ONE FINAL TIP TO BEAT YOUR PCOS**

**TIRED OF THE ENDLESS PCOS ADVICE THAT ONLY LEAVES YOU MORE CONFUSED? WE GET IT. THAT'S WHY WE'RE CREATING ONE TRUSTED SPACE WHERE YOU'LL FIND EVERYTHING YOU NEED—REAL FACTS, EXPERT TIPS, LIFESTYLE GUIDANCE, AND INSPIRING STORIES—ALL IN ONE PLACE. NO MORE JUMPING FROM PAGE TO PAGE. FOLLOW US ON YOUTUBE AND INSTAGRAM SO YOU NEVER HAVE TO SECOND-GUESS YOUR NEXT STEP AGAIN**



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