



Prepared By

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

Under the aegis of

CALICUT MEDICAL COLLEGE ALUMNI

RAMADAN GUIDE TO REVERSE PCOD/PCOS

**A COMPREHENSIVE DIET AND LIFESTYLE BLUEPRINT
BASED ON 15 MINUTE MICROSHIFT SYSTEM™ TO
HELP YOU REVERSE PCOD/PCOS DURING RAMADAN**

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 PCOD is simply the older, outdated term, while PCOS is the current medical term.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 on prioritizing your health during this sacred month.

Ramadan is a powerful time for spiritual reflection, but it is also a unique opportunity to reset your metabolism.

The PCOS-specialized Ramadan guide 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. This system is designed to help you navigate Suhoor and Iftar without the hormonal crashes or insulin spikes that often trigger PCOS symptoms.

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. This month, our goal is to show you that fasting, when done with the right "MicroShifts," can be a primary tool for root-cause reversal of PCOS.

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. Let's make this Ramadan the turning point for your health and your soul.



Dr.Safwan T.K

Cofounder Of Sugerilla
DNB Nephrology (Aster MIMS, Kozhikode)
MBBS (Govt. Medical College, Kozhikode)



Dr. Thasleem Shareef

Cofounder Of Sugerilla
Former Medical Officer (Central Health Service)
MBBS (Govt. Medical College, Kozhikode)

RAMADAN AND PCOS: A MONTH FOR HEALING

Ramadan is a holy time for spiritual growth, but it is also a powerful window for your body to heal. For women with PCOS, the practice of fasting can actually help fix the "root cause" of the condition by giving your insulin levels a chance to stabilize and allowing your body to reduce inflammation.

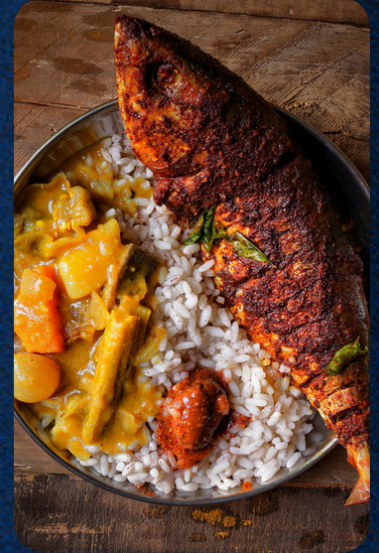
However, how you break your fast is just as important as the fast itself. After many hours without food, your body is like a sponge. It absorbs everything quickly. If you break your fast with sugary drinks or heavy, fried snacks, your blood sugar will spike, leading to weight gain, tiredness, and hormonal imbalances. But if you choose the right foods, you can use this month to balance your hormones and feel more energized than ever.

Managing PCOS during Ramadan isn't about eating less; it's about eating right. By making smart choices at Suhoor and Iftar, you can honor your spiritual duties while also taking control of your health.

In the following pages, we have laid out exactly what to eat and how to follow the 15 Minute MicroShift System™ during this month. These instructions are designed to keep your hormones calm and your energy high. It is very important that you follow these choices and sequences strictly. They are the roadmap to ensuring this Ramadan is a time of both spiritual renewal and physical healing.

SUHOOR (അത്താഴം):

- **NUTS- BADAM/ WALNUT/PISTACHIO/ GROUND NUT**
- **DRY FRUITS/ SOAKED BLACK RAISINS**
- **HALF PLATE RICE/ DOSA/ PATHIRI/ IDLI etc**
- **FISH CURRY/ CHICKEN CURRY/ VEG CURRY**
- **COWPEAS(വൻപയർ)/ GREEN GRAM(ചെറുപയർ)/ HORSE GRAM(മുതിര)**
- **BOILED EGGS**
- **OVERNIGHT OATS**



Special Instructions :-

- **Before eating: Drink 2 glasses of water mixed with ¼ teaspoon of black cumin seeds. Also eat a small handful of nuts of your preference (except cashew nuts)**
- **Timing: Aim to finish your meal at least 15 minutes before the time of Fajr (സുബ്ഹ്)**
- **Hydration: Use those final 15 minutes to finish drinking at least one or two more glasses of water (Best if the water is mixed with ¼ teaspoon of black cumin seeds)**

IFTAR (ക്രോമ്പുതുറ):

- **DATES/ KAARAKKA**
- **FRUITS- ORANGE/ MUSAMBI/ APPLE/ GUAVA/ WATERMELON etc**
- **MIXED VEGETABLE BOWL**
- **AVOCADO SALAD**
- **BOILED EGGS**
- **MILK SHAKE WITH FRUITS AND NUTS (NO SUGAR)**
- **LOW FAT MILK (WITH LOW SUGAR)**



Special Instructions :-

- **Dates/Kaarakka:** You may eat one or two dates to break your fast. Best not to eat more than that
- **Hydration:** Drink 2 glasses of water immediately after breaking your fast (adding black cumin is recommended)
- **Fried Snacks:** You may eat one or two fried snacks in moderation
- **Fruits:** Avoid jackfruit and mango. You may eat any other fruits as desired.
- **Juices:** Try to limit your juice intake to just one glass.
- **Movement:** Try to walk inside your house for 4–5 minutes after breaking the fast.

DINNER (രാത്രി ഭക്ഷണം)

- **CHAPPATHI/ DOSA/ PATHIRI/ IDLI/ APPAM etc**
- **FISH CURRY/ CHICKEN CURRY/ EGG CURRY/ VEG CURRY/ SOYA CHUNKS/ PANEER**
- **CHICKEN SALAD**
- **MASALA TEA/COFFEE (WITH LOW SUGAR)**



Special Instructions :-

- **Dinner Timing:** Try to have your dinner 1–2 hours before going to sleep (it is best to eat dinner immediately after your Magrib prayer)
- **Hydration:** Drink 2 glasses of water (mixed with $\frac{1}{4}$ teaspoon of black cumin seeds) before your dinner meal
- **Post-Meal Movement:** Do not sit or lie down immediately after eating; instead, walk around inside your house for 10 minutes.
- **Avoid Bedtime Tea:** If you have the habit of drinking tea right before bed, please avoid it, as it can interfere with your sleep. It is better to have your tea during Iftar time

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

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



[CLICK HERE TO SUBSCRIBE:- SUGERILLA WOMEN'S HEALTH](#)



[CLICK HERE TO FOLLOW:- @sugerillawomen](#)