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**DIVISION OF LIFESTYLE DISEASE  
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*Under the aegis of*

**CALICUT MEDICAL COLLEGE ALUMNI**

# **FERTILITY & OVULATION BOOSTER GUIDE**

**A SIMPLE AND PRACTICAL GUIDE TO HELP YOU GET  
PREGNANT WITH PCOD/PCOS 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 PCOD is simply the older, outdated term, while PCOS is the current medical term.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 have taken the first real step toward taking control of your hormones and preparing your body for pregnancy.

This PCOS- Pregnancy focused plan is created to help improve ovulation, regulate cycles, and support conception. It is built on the 15 Minute MicroShift System™, a method developed over 3 years through medical practice and real patient results by Sugerilla's team of doctors. This approach does not aim for short term fixes. It works on the root causes of PCOS that block ovulation and delay pregnancy.

To increase your chance for conception, follow the instructions in this guide exactly as written. Each step is designed to correct daily hormone signals that affect ovulation, egg quality, and the ability to conceive. This guide is not about doing more. It is about doing the right things, in the right order, so your body can do what it is meant to do.

Our goal is also to give hope to millions of women with PCOS who live with the fear that they may never become a mother. This guide exists to remind them that pregnancy is definitely possible. If you know someone with PCOS who is struggling trying to get pregnant, please share this guide with them.



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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 ജീവിതശൈലിരോഗമാണ്
- 2) മരുന്നുകളല്ല, ജീവിതശൈലി മാറ്റൽ മാത്രമാണ് ഇവിടുത്തെ ശാശ്വതപരിഹാരം
- 3) Stress ഒഴിവാക്കൽ 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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# CAN A WOMAN WITH PCOS GET PREGNANT?

For many women with Polycystic Ovary Syndrome (PCOS), getting pregnant feels difficult and uncertain. This is mainly because PCOS disrupts the natural hormone rhythm needed for regular ovulation. When hormones stay imbalanced, eggs may not mature properly or may not be released on time, making conception unpredictable and stressful.

Another major factor is insulin resistance. Even when blood sugar reports look normal, high insulin levels can push the ovaries to produce excess male hormones. These hormones block healthy egg development, delay ovulation, and can affect egg quality. Irregular cycles can also prevent the uterus from preparing a healthy lining, which makes implantation harder.

## **But here's the good news**

PCOS does not mean you cannot get pregnant. PCOS-related infertility is reversible. In most cases, the problem is not the ovaries or the womb, but the daily signals the body is receiving. When these signals are corrected, ovulation can return, cycles can regulate, and the body can support pregnancy.

With the right support, many women with PCOS go on to conceive naturally without any problems. The goal is not to force pregnancy, but to help the body return to a state where pregnancy can happen on its own. This guide aims to provide you with the proper guidance so that your body can return to a state where pregnancy becomes possible, natural, and sustainable.

# 15 MINUTE MICROSIFT SYSTEM™: A NEW APPROACH TO OVULATION AND PREGNANCY IN PCOS

PCOS is rising rapidly among women of reproductive age and has become a major cause of delayed or failed pregnancy. Many common approaches focus only on weight loss, calorie cutting, or heavy exercise, without fixing the hormone signals that control ovulation and fertility. As a result, many women continue to struggle even after months or years of effort.

To address this, Sugerilla, along with its panel of qualified doctors, developed the 15 Minute MicroShift System™ after an extensive 3 years of research and clinical observation involving over 10,000 patients. It is a science based protocol designed to correct the root causes of PCOS that interfere with ovulation, conception and other PCOS symptoms

## KEY DISCOVERIES FROM THE RESEARCH

Through detailed analysis of patient data and fertility outcomes, our research team identified key factors explaining why PCOS interferes with pregnancy

- PCOS related infertility is usually functional and reversible, not permanent
- Most PCOS related infertility is caused by irregular ovulation driven by daily hormone signals, not due to damage to the ovaries
- Insulin imbalance plays a direct role in blocking ovulation and lowering egg quality, even in women with normal sugar reports
- The body responds best to small daily corrections that stabilize hormone signals instead of aggressive short term fixes
- When hormone timing improves, the uterus becomes more supportive of implantation, making natural pregnancy possible again

# 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 Infertility
- **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, giving you permanent positive changes instead of temporary ones

# 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 and the infertility associated with it 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 designed to correct the hormone signals that block ovulation and delay pregnancy in PCOS. Unlike traditional methods that rely on strict rules or short term fixes, this guide supports the body in improving ovulation, cycle regularity, and fertility by creating the right internal conditions, not by forcing results. Begin by following the instructions below with consistency and trust in the process.

# SPECIAL INSTRUCTIONS THAT SUPPORT PREGNANCY IN PCOS

In this section, you will find a set of special instructions to follow at different times of the day. These actions are designed specifically to support ovulation, hormone balance, and pregnancy in PCOS. You do not need to do everything perfectly, just follow these consistently to support your body in the right direction.

## IN THE MORNING



Wake up early and at the same time every day. This trains your body to set a stable hormone rhythm and helps you to release eggs on time



Eat a Prebreakfast meal right after waking up. Because staying hungry for long after waking up can disturb hormones needed for ovulation



Choose light movements like yoga or stretching instead of intense workouts early in the morning.

Too much effort early can slow ovulation in PCOS



Get some morning sunlight on your face and body.

It helps your body set the right hormone timing, which supports regular ovulation

## IN THE AFTERNOON



Eat a proper lunch, not a light snack. Lunch should have an adequate amount of carbs, protein and fiber. Skipping or under eating at lunch can delay ovulation



Take a short walk after your lunch instead of sitting or lying down. This gentle movement helps hormone balance needed for ovulation



Drink water through the afternoon. Drink water before the lunch and after the lunch in proper quantities. Otherwise dehydration can affect cycle regularity

## IN THE EVENING



Eat a small pre dinner snack rich in protein, like nuts or yogurt. This keeps blood sugar steady in the evening and supports hormone balance needed for ovulation



Spend a few quiet minutes doing something relaxing. Avoid heavy mental tasks or serious decision making late in the evening. A calm nervous system supports fertility

## AT NIGHT



Have dinner early and at a fixed time each night. Dinner at least 3 hours before sleep time is recommended. Late dinners can disturb hormone timing needed for ovulation



Avoid phones and TV close to bedtime. Screen light keeps the brain active and delays sleep hormones, which affects the release and repair of fertility hormones



Calm your mind before sleep by doing slow breathing, quiet prayer, or calming thoughts. Do not lie in bed worrying about pregnancy which can stress your body

These tasks may seem simple, but they play a powerful role in correcting the daily signals that control ovulation and fertility in PCOS. They do not require extra time, effort, or drastic lifestyle changes. What matters is doing these small actions consistently, because the body responds to patterns, not intensity.

You do not need to be perfect, and you do not need to overthink every step. Just focus on doing these tasks as part of your normal day. When you pair these actions with the food choices explained in the next section, you create the internal conditions the body needs to support pregnancy. When the right signals are in place day after day, natural pregnancy becomes an expected outcome.

# SPECIAL FOOD CHOICES THAT SUPPORT PREGNANCY IN PCOS

In this section, you will find the key nutrients your body needs to support ovulation and pregnancy in PCOS, along with simple food sources for each. This is a clear list of what your body must receive regularly to support fertility and conception.

## PROTEIN

Helps egg growth and hormone balance

- CHICKEN
- FISH
- PANEER
- EGG
- CURD
- LENTILS
- BEANS
- SOYA CHUNKS



## IRON

Supports healthy periods and prepares the body for pregnancy

- SPINACH
- BEETROOT
- RED MEAT
- BLACK RAISINS
- POMEGRANATE
- FIGS
- SESAME SEEDS
- FENUGREEK



## FOLATE

Needed for ovulation and early pregnancy support

- PEANUTS
- CHICKPEAS
- ORANGES
- MOONG SPROUTS
- GREEN LEAFY VEGETABLES
- AVOCADO
- SUNFLOWER SEEDS
- MILLETS



## OMEGA 3 FATS

Support egg quality and reduce hormone imbalance

- WALNUTS
- FLAXSEEDS
- FATTY FISH
- KIDNEY BEANS
- CHIA SEEDS
- SPINACH
- PUMPKIN SEEDS
- AVOCADO



## MAGNESIUM

Helps reduce stress hormones and supports ovulation

- PUMPKIN SEEDS
- ALMONDS
- BANANAS
- STEEL CUT OATS
- DARK CHOCOLATE
- PAPAYA
- CUCUMBER
- PEANUTS



# ZINC

Supports egg release and cycle regularity

- MILK
- EGGS
- YOGURT
- LEGUMES
- CHEESE
- MUSHROOMS
- GREEN PEAS
- RAGI



## FOODS YOU SHOULD LIMIT

When eaten often and in large amounts, the foods below can disturb hormone balance, delay ovulation, and make it harder for the body to support pregnancy in PCOS. So we recommend to consume these foods only in minimal quantity

But note that you don't need to completely avoid these foods, just limit it.

- SUGARY FOODS AND SWEETS LIKE CAKES, BISCUITS AND DESSERTS
- REFINED CARBS LIKE BREAD, KUBBOOS, NOODLES
- SUGARY DRINKS LIKE PACKAGED JUICES AND SOFT DRINKS
- FRIED AND PACKAGED FOODS LIKE DEEP FRIED SNACKS AND PACKAGED CHIPS
- OTHER FOODS HIGH IN FAT LIKE MAYONNAISE, PASTRIES AND ICE CREAMS

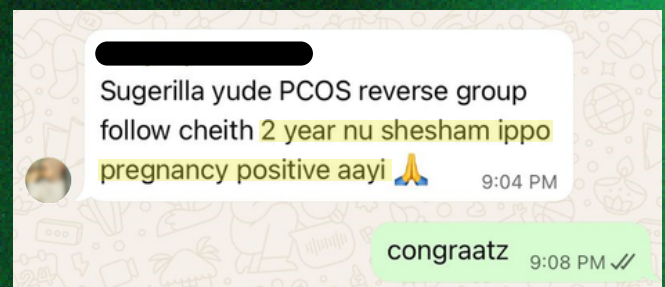
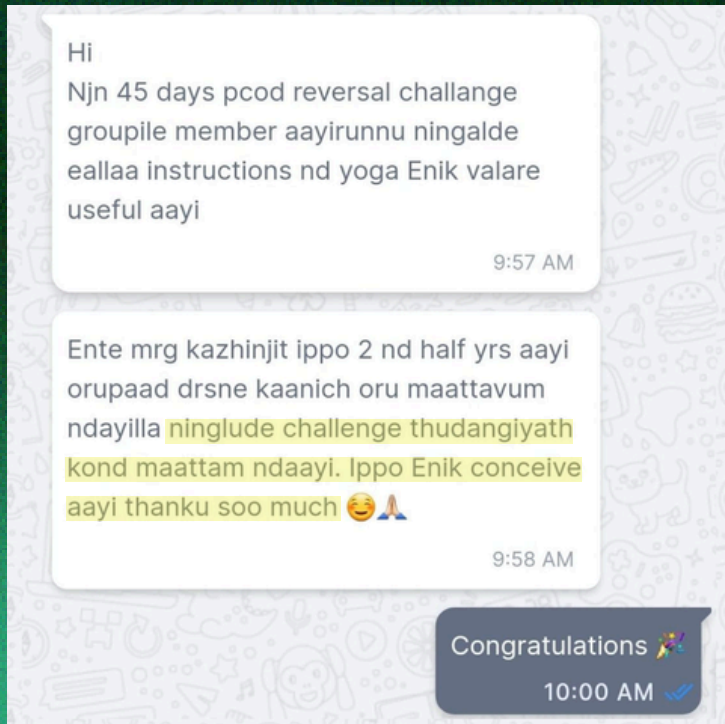


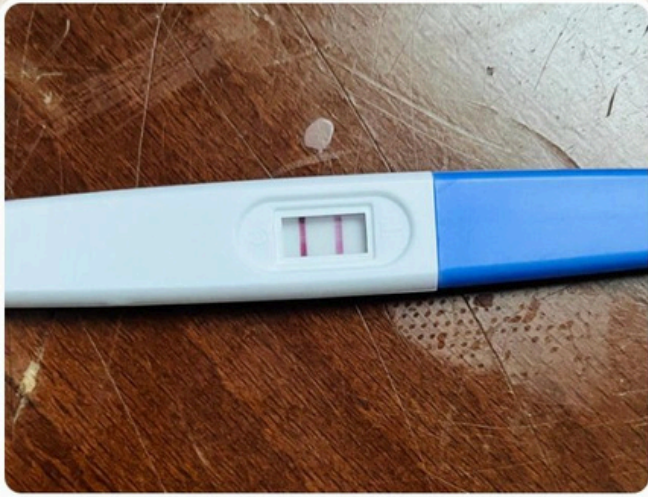
Again, this is not about fear or total avoidance. Reducing these foods helps calm hormone signals so ovulation and pregnancy are not delayed.

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

GET STEP-BY-STEP GUIDANCE FROM EXPERT DOCTORS TO REVERSE PCOS AND GET PREGNANT NATURALLY!!

SEE HOW OUR MANY CLIENTS FROM THE LAST CHALLENGE TALKS ABOUT THEIR HAPPY AND POSITIVE EXPERIENCES OF HOW THEY GOT PREGNANT NATURALLY ACHIEVED THROUGH 15 MINUTE MICROSHIFT SYSTEM™👉





എന്നെ സംബന്ധിച്ച് ഈ പ്രോഗ്രാം സ്പെഷ്യൽ ആണ് കാരണം ഞാൻ ഇപ്പോ പ്രെഗ്നന്റ് ആണ്

20:59



2

Alhamdulillah

കല്യാണം കഴിഞ്ഞിട്ട് രണ്ടുവർഷമായി കുട്ടികൾ ഇല്ല.. അഞ്ചുമാസമായി സൗദിയിലാണ് രണ്ടുമാസത്തിനുള്ളമരുന്ന് നാട്ടിൽ നിന്ന് കൊണ്ടുവന്നിരുന്നു അത് കഴിഞ്ഞിട്ട് പിന്നെ ഹോസ്പിറ്റലിൽ ഒന്നും കാണിച്ചിരുന്നില്ല അപ്പോളാണ് ഞാൻ ഷുഗറിലെ ജോയിൻ ചെയ്തത് അതിൽ പറയുന്ന എല്ലാ കാര്യങ്ങളും ഫോളോ ചെയ്തു അൽഹംദുലില്ലാ ഈ മാസം കൺസീവ് ആയി

14:22



32

~ [redacted] +9 [redacted]

You

Please write your feedback about doctors, yoga and psychology sessions

Nalla pcod und enik scanning cheythappo dr paranju

20:13



But ink ee month pregnancy positive aayi alhamdulillah

20:13



10



Tested today

09:09

Happy to see the result dear..



9:10 AM ✓✓



(CHECK OUR INSTAGRAM STORY HIGHLIGHTS TO SEE MORE PREGNANCY RESULTS)

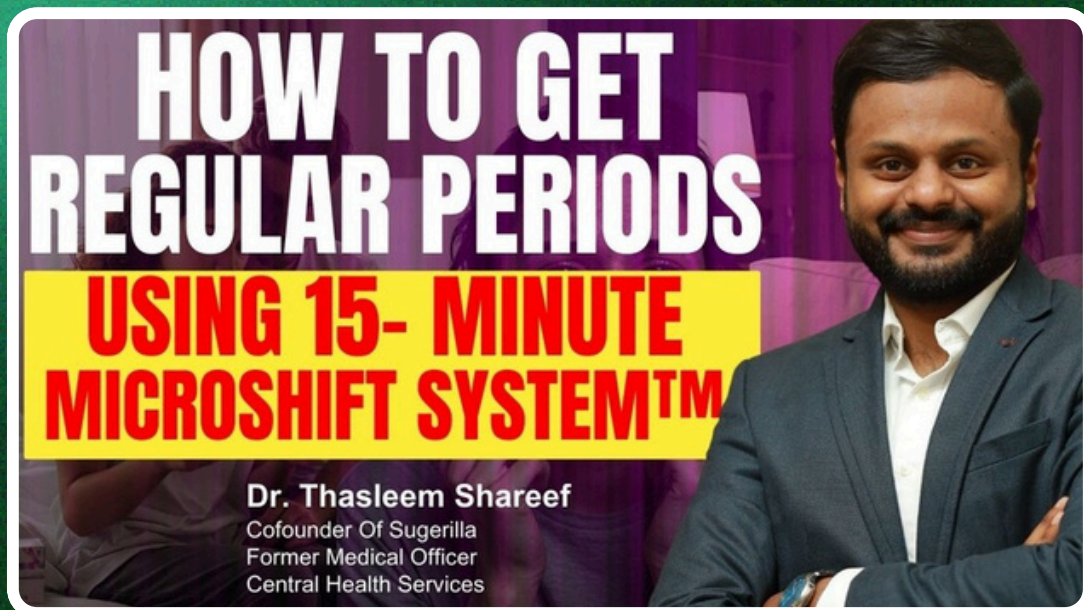
THESE SUCCESS STORIES PROVE IT'S POSSIBLE TO BEAT PCOS AND GET PREGNANT. CHECK OUT OUR RESOURCES BELOW AND YOU CAN GET SIMILAR RESULTS AS WELL !!

# HOW TO GET REGULAR PERIODS WITHOUT MEDICINE IN PCOS?

MAJORITY OF THE WOMEN WITH PCOS STRUGGLE WITH IRREGULAR PERIODS, WHICH IS A BIG REASON WHY THEY CAN'T GET PREGNANT. MOST OF THEM ARE NOW DEPENDENT ON VARIOUS MEDICINES TO MAKE THEIR PERIODS REGULAR.

BUT THE ISSUE IS THAT, THIS DOES NOT FIX THEIR PROBLEM PERMANENTLY. THEY ARE NOW TRAPPED IN A SITUATION WHERE THEY HAVE TO KEEP TAKING MEDICINES TO GET THEIR PERIODS. SO NOW, MOST WOMEN HAVE LOST HOPE THAT THEY WILL EVER GET PERIODS WITHOUT MEDICINES. BUT..ITS DOESN'T HAVE TO BE THAT WAY.

MEDICINE IS NOT THE SOLUTION. OUR 15-MINUTE MICROSHIFT SYSTEM HELPS WOMEN LIKE YOU GET REGULAR PERIODS NATURALLY, WITHOUT ANY MEDICINE. ALL THAT IS EXPLAINED IN THE VIDEO BELOW. CLICK THE LINK BELOW AND SPEND A FEW MINUTES TO WATCH IT TO AVOID A LIFETIME OF PAIN



**HOW TO GET  
REGULAR PERIODS**

**USING 15- MINUTE  
MICROSHIFT SYSTEM™**

Dr. Thasleem Shareef  
Cofounder Of Sugerilla  
Former Medical Officer  
Central Health Services

[CLICK HERE TO WATCH](#)

# YOUR FINAL STEP TOWARDS NATURAL PREGNANCY

You now have the key actions and food guidance needed to regularize periods, support ovulation and pregnancy in PCOS. Nothing here is complicated, and nothing here needs extreme effort. What matters is following this guide consistently and giving your body the same clear signals every day. When actions and food work together, the body starts correcting itself naturally.

As a final step, we strongly recommend you to follow us on YouTube and Instagram where you will get a better clarity about how to reverse your condition and achieve your goals. This is a trusted space where you'll find everything you real facts, expert tips, lifestyle guidance, and inspiring stories, all in one place, so that you won't get confused again by the hundreds of unscientific 'medical' advices on social media.



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