Prepared By

DIVISION OF LIFESTYLE DISEASE REVERSAL AND RESEARCH, SUGERILLA

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 PCOD, PCOS & PMOS

PCOD, PCOS and PMOS are all the same.

You may have heard the terms PCOD (Polycystic Ovarian Disease) or PCOS (Polycystic Ovary Syndrome) or PMOS (Polyendocrine Metabolic Ovarian Syndrome) used to describe your condition. While social media and other sources often present them as different, they are in fact the same. PCOD and PCOS are simply the older, outdated name, while PMOS is the new name. Going forward in this guide, we will use only the term PMOS 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 PMOS- 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 PMOS 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 PMOS 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 PMOS who is struggling trying to get pregnant, please share this guide with them.





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)

BE POSITIVE, BE HEALTHY, BEAT PMOS

Dr Rincy M Basheer

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

നിങ്ങളറിയേണ്ടത്:-

1) ഇതൊരു അണ്ഡാശയരോഗമല്ല, 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 കൂടാനും കുറയ്ക്കാനും ഒക്കെ Use ആക്കേണ്ട ഒന്നാണ്. എന്നാൽ അതു മാത്രമല്ല ലക്ഷ്യം. ദിവസവും ഉള്ള Body Activity Hormones നന്നായി പ്രവർത്തിക്കാൻ ആവശ്യമാണ്

7) പെട്ടെന്ന് Weight കുറയ്ക്കാനും കൂട്ടാനും 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 ദിനചര്യ 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

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

BE POSITIVE, BE HEALTHY, BEAT PMOS



Dr Rincy M Basheer

MBBS MS DNB
Obstetrician & Gynecologist
Booking Number: 9645880444

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CAN A WOMAN WITH PMOS GET PREGNANT?

For many women with Polyendocrine Metabolic Ovarian Syndrome (PMOS) , getting pregnant feels difficult and uncertain. This is mainly because PMOS 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

PMOS does not mean you cannot get pregnant. PMOS-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 PMOS 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 guides 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 MICROSHIFT SYSTEM™: A NEW APPROACH TO OVULATION AND PREGNANCY IN PMOS

PMOS 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 PMOS that interfere with ovulation, conception and other PMOS symptoms

KEY DISCOVERIES FROM THE RESEARCH

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

- PMOS related infertility is usually functional and reversible, not permanent
- Most PMOS 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 PMOS 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**– PMOS 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 PMOS. 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 PMOS

NO NEED OF HARD EXERCISES | NO DRASTIC LIFESTYLE CHANGE | ONLY NEEDS 15 MINUTES A DAY

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 PMOS. 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 PMOS



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 PMOS. 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 PMOS

NO STRICT RESTICTIONS | NO CALORIE COUNTING | NO NEED TO AVOID RICE

In this section, you will find the key nutrients your body needs to support ovulation and pregnancy in PMOS, 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 PMOS. 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.



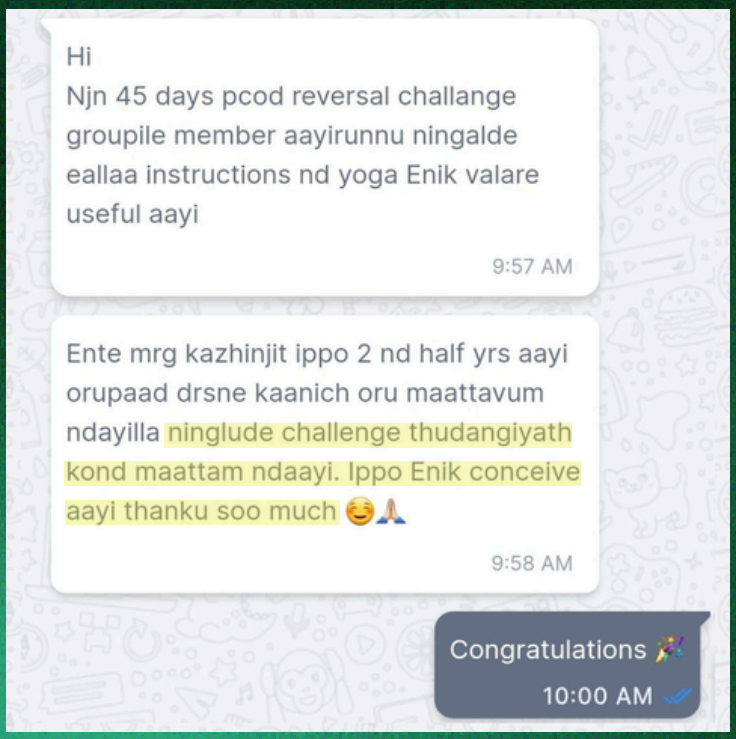
- **SUGARY FOODS AND SWEETS LIKE CAKES, BISCUITS AND DESSERTS**
- **REFINED CARBS LIKE BREAD, KUBBOOS, NOODLES**
- **SUGARY DRINKS LIKE PACKAGED JUICES AND SOFT DRINKS**
- **FRIED AND PACKAGED FOODS LIKE DEEP FRIED SNACKS AND PACKAGED CHIPS**
- **OTHER FOODS HIGH IN FAT LIKE MAYONNAISE, PASTRIES AND 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 IN YOUR PREGNANCY JOURNEY WITH SUGERILLA

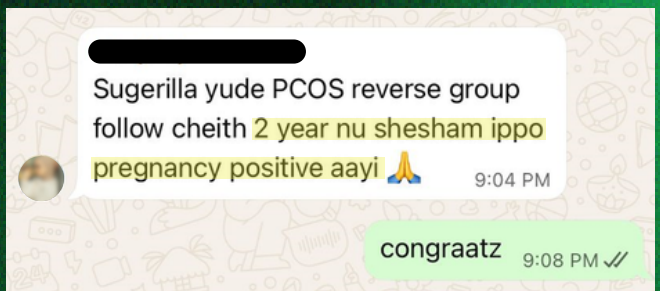
GET STEP-BY-STEP GUIDANCE FROM EXPERT DOCTORS TO REVERSE PMOS AND GET PREGNANT NATURALLY!!

SEE HOW MANY OF OUR CLIENTS FROM THE PAST MONTHS TALKS ABOUT THEIR HAPPY AND POSITIVE EXPERIENCES ON HOW THEY GOT PREGNANT NATURALLY THROUGH SUGERILLA 👇



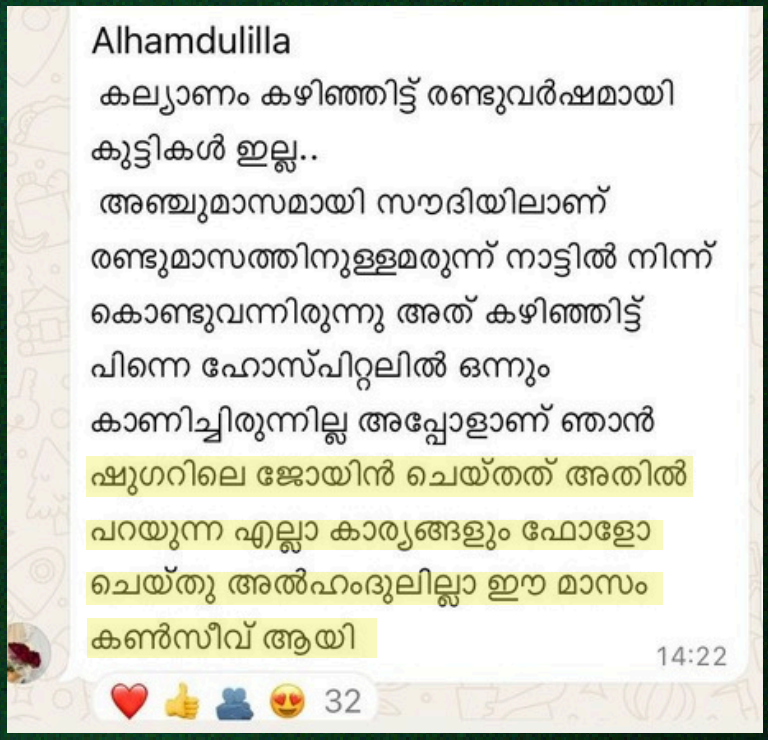


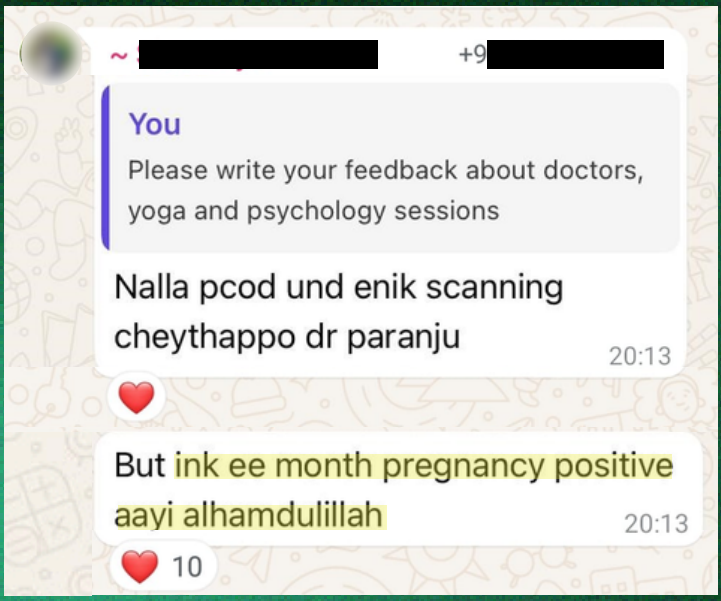




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(CHECK OUR INSTAGRAM STORY HIGHLIGHTS TO SEE MORE PREGNANCY RESULTS)

THESE SUCCESS STORIES PROVE IT'S POSSIBLE TO BEAT PMOS AND GET PREGNANT. CHECK OUT YOUR NEXT STEPS BELOW SO THAT YOU CAN GET SIMILAR RESULTS AS WELL !!

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YOUR FINAL STEP TOWARDS NATURAL PREGNANCY!

- DO YOU WANT A COMPLETELY PERSONALIZED PCOD/PMOS PREGNANCY PREPARATION METHOD?
- DO YOU WANT EXPERT DOCTORS TO GUIDE YOU ON HOW TO REVERSE PMOS AND CONCEIVE NATURALLY?
- DO YOU WANT A PLAN THAT WILL HELP WITH PREGNANCY WITHOUT STRICT DIETS OR HARD EXERCISES?

IF YES, THEN TAKE OUR FREE ASSESSMENT TO UNDERSTAND YOUR PCOD/PMOS PATTERN AND YOUR CHANCES FOR PREGNNACY

CLICK HERE TO TAKE THE FREE PCOD/PMOS REVERSAL ASSESSMENT 👇

PCOD/PMOS REVERSAL ASSESSMENT

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