

- Polycystic Ovary Syndrome (PCOS)

How can PCOS patients lose weight effectively?

HT City · 20 Oct 2022 · 10

Getting rid of that stubborn fat is no cakewalk, more so for those grappling with Polycystic Ovary Syndrome (PCOS), as the body is already going through multiple changes and imbalances. If you're someone struggling to lose weight while tackling PCOS, here are some tips. Don't be harsh on your body. It is best to avoid crash diets and strenuous exercises like weights and push-ups. Eat more of uncooked food instead of cooked food, such as salads, sprouts, fruits, dry fruits, fresh juices, coconut water, etc.

Strictly avoid refined sugar, sweets, junk food and aerated drinks.

Go for a nature walk early in the morning. The rising sun triggers your body to synthesise vitamin D and also helps in regularising your circadian rhythm. A gut-healthy diet should be your goal. Increase the intake of fibre through salads, fruits and millets. Also, drink more water at regular intervals to flush out toxins.

B-12 intake should be regular, through green vegetables and cereals. When all this is coupled with regular exercise, cravings reduce significantly and you can lose weight in a much more effective way.

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