



# Women's Health & PCOD/PCOS Nutrition Programme

Nutrition science for hormone balance, fertility enhancement, and long-term PCOS control tailored specifically for Asian women's unique metabolic needs.

## Balanced Macronutrients

Tailor carbs, protein,  
fats

## Insulin Management

Low GI foods and  
portion control

## Micronutrient Support

Iron, B12, vitamin  
D, chromium zinc

## Lifestyle Integration

Exercise, sleep, stress  
care



# Why Personalised Nutrition Transforms PCOS Management

According to *Krause's Endocrine Nutrition* and global PCOS guidelines from the AE-PCOS Society, nutrition serves as the **first-line therapy** for polycystic ovarian syndrome. Food becomes hormonal medicine when strategically chosen to address the root metabolic dysfunctions driving PCOS symptoms.

Personalised nutrition addresses multiple pathways simultaneously: regulating menstrual cycles through hormone modulation, balancing androgens to reduce hirsutism and acne, improving insulin resistance that affects 70% of PCOS cases, enhancing fertility and egg quality, reducing systemic inflammation, supporting healthy weight management, and improving gut health which directly influences hormone metabolism.

For women specifically, genetic predispositions toward insulin resistance and unique dietary patterns require culturally adapted approaches that honour traditional foods whilst incorporating evidence-based PCOS nutrition principles.



## Cycle Regulation

Balance hormones naturally



## Fertility Support

Enhance egg quality



## Insulin Control

Reverse resistance

### Balanced Macronutrients

Tailor carbs, protein,  
fats

### Micronutrient Support

Vitamin D, B12, iron,  
zinc



### Insulin Management

Low GI foods and  
portions

### Lifestyle Integration

Exercise, sleep, stress  
care

# Comprehensive PCOS Care Programme Structure

Our evidence-based programme addresses every dimension of PCOS through systematic nutritional intervention, hormonal assessment, and personalised lifestyle modification.

**1 Comprehensive Assessment**

Detailed menstrual mapping, PCOS type identification (insulin-resistant, inflammatory, adrenal-driven, or post-pill), hormonal review including LH/FSH ratios, testosterone, and AMH levels. We evaluate fertility readiness, thyroid-PCOS connections, blood sugar trends, body composition with belly fat scoring, and stress-sleep patterns to create your complete metabolic profile.

**2 Personalised PCOS Diet**

Your customised plan incorporates low-GI nutrition, anti-androgenic foods, phytoestrogens from flax and sesame, fertility-boosting nutrients including omega-3 and antioxidants, resistant starch therapy, and metabolic-boosting foods. Every meal is designed to support hormone balance, improve insulin sensitivity, and enhance fertility potential.

**3 Targeted Supplementation**

Evidence-based nutraceutical guidance including myo-inositol and D-chiro inositol (the PCOS gold standard), chromium for insulin sensitisation, omega-3 EPA/DHA, vitamin D correction, B12 for hormonal support and energy, and magnesium for stress and sugar control—only when clinically indicated.

**4 Symptom Protocols**

Specialised strategies for irregular periods, acne and skin healing, hair fall reduction, weight-loss resistance, bloating and gut inflammation, emotional eating patterns, and fertility optimisation. Each protocol addresses the underlying metabolic dysfunction driving your specific symptoms.

**5 Monthly Monitoring**

Track cycle trends, ovulation improvement scores, craving patterns and insulin resistance mapping, waist and belly fat measurements, mood-sleep-energy scores, and lab interpretation including FSH/LH ratios, insulin levels, and testosterone. Data-driven



# Choose Your PCOS Transformation Journey

## 3-Month Hormone Balance

**Ideal for:** Irregular periods, insulin resistance, weight gain, fertility preparation

**Month 1:** Reset and stabilise with low-GI PCOS diet, anti-inflammatory foods, blood sugar regulation, and menstrual correction protocols.

**Month 2:** Balance hormones with omega-3 foods, protein-enhanced meals, fertility nutrition including egg-quality foods, and stress reduction strategies.

**Month 3:** Metabolic repair through slow carb cycling, hormone-balancing meals, vitamin D and B12 correction, and long-term sustainability planning.

Includes 12 consultations, weekly diet plans, PCOS-friendly recipes, and comprehensive hormone-balance report.

## 6-Month Advanced PCOS & Fertility

**Ideal for:** Infertility, severe insulin resistance, long-term irregular cycles, high testosterone

**Phase 1 (Months 1-2):** Stabilise hormones and improve insulin sensitivity with inositol support, anti-inflammatory foundation, gut repair, and craving resolution.

**Phase 2 (Months 3-4):** Ovulation and fertility nutrition with follicle-support diet, omega-3 and antioxidant-rich meals, cycle enhancement plan, and workout-timing nutrition.

**Phase 3 (Months 5-6):** Long-term PCOS control with circadian eating patterns, acne-hair fall protocols, preconception nutrition planning, and comprehensive 6-month hormonal report.

Includes 24 consultations, phase-specific protocols, complete lab interpretation, and fertility-focused nutrition strategy.

## Why Choose CCN for PCOS Care?

- Doctor-led hormone nutrition with clinical expertise
- Cycle regulation and fertility-specific nutrition strategies
- Evidence-based myo-inositol and chromium guidance
- Culturally adapted Indian PCOS diet plans—affordable, home-style, delicious
- Weight-loss resistance protocol for stubborn metabolic dysfunction
- Gut-hormone axis focus addressing root causes
- Complete hormone and lab interpretation with every consultation