

Management of Hypothyroid, PCOS through good diet and nutrition

Hypothyroid	Hypothyroidism happens when the thyroid gland doesn't make enough thyroid hormone.	Symptoms - Tiredness, Hair Fall, Weight Gain, Constipation, Depression, Slow Movements And Thoughts, Muscle Aches And Weakness
Benefits of Fruits	Fruits – Berries, dates, prunes and Pineapple	Excellent sources of iodine, Pineapples have high amounts of vitamin C and manganese that ease the symptoms of Hypothyroidism
Benefits of Diet	Beans, peas, Peanuts, lentils and seed, Yogurt	Ensure optimal functioning of the thyroid gland
Benefits of Nuts	Hazelnuts, macadamia nuts, almonds and olives	Contain Selenium which contributes to the healthy function of the thyroid
Consult a Dietician and Nutritionist for more benefits	AVOID – Goitrogenic foods – Cabbage, Cauliflower, Broccoli, Raddish, Turnips and many other	Along with good diet, medication is needed for optimum functioning of thyroid hormone. Timely eating and eating right portion of meal consisting of all sources of food.

PCOS	Polycystic ovary syndrome (PCOS) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts.	Symptoms - A. Menses Irregular B. Weight Gain C. Skin Darkening D. Facial Hair E. Hormonal Imbalance
Benefits of Fruits	Fruits – Berries, Cherry, Papaya, Melon	Rich in antioxidants and fibre & low in glycemic index
Benefits of High Fibre Diet	Green Leafy, Cauliflower, Broccoli, Lentils(Dal), Chickpeas, Kidney Beans, Peas, Brown Rice, Whole Wheat, Oats & Figs	Helps maintain blood sugar levels and lower your cholesterol
Benefits of Nuts	Almonds & Walnuts	Almonds - Vitamin E, magnesium, iron, calcium, helps reducing glucose and insulin levels. Walnut - Rich in Antioxidant & Omega3. It is extremely beneficial as they aid in reducing free testosterone levels and help balance the female hormones
Water Benefits	Drink more water	Dehydration is one of the most important causes for PCOS. Drinking at least three to four litres of water every day is a must
Consult a Dietician and Nutritionist for more benefits	AVOID - Fried, Oily Food, Maida, Too much Dairy, Packaged Food, Juice, Sugar, Chocolates, Fast food etc.	Exercise & Walking. 10000 steps/day Timely eating and eating right portion of meal consisting of all sources of food.

Sangeeta Srivatsan, DHNE

Diet and Health Nutritionist

Consulting at

Victory Homoeo Speciality Clinic

50 Years of Traditional Homoeopathy

E Block, 13th Main, 12th Cross, Opp.Basketball Court, Sahakamagar, Bengaluru 560092 Timings -5pm to 7pm (Sunday Holiday)

For Appointment Call -6364752557

Website :- www.victoryhomoeo.org

