

Fitness & Wellness

September 18, 2021

'For PCOS Treatment, We Need to 1st Understand What Is Causing Hormonal Imbalance Among Women': Dr Nandita Shah

September is PCOS Awareness Month & we interview Dr Nandita Shah to learn more about PCOS treatment through diet and natural methods.

 Haamsini Sridhar



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Data suggests that PCOS (polycystic ovary syndrome) is widespread. In India, one in every five women between the ages of 21-60 is being affected or likely to be affected by it.

To understand PCOS in detail, we spoke to Dr Nandita Shah, founder of Sharan, an organization that is committed to building a culture of health and [disease reversal through food](#). She has also authored 'Reversing Diabetes in 21-Days' and is a recipient of the President's 'Nari Shakti Award' in 2016 for her work in the field of health and nutrition.



Can you explain what exactly is PCOS and what causes it?

to making estrogen, women also make a small amount of testosterone.

And in the case of PCOS, a little extra testosterone is produced that results in irregular or heavy menstrual cycles, extra hair growth on unwanted areas like face or chest, thinning of hair, fertility issues and weight gain.

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[What Is PCOS \(Poly Cystic Ovaries Syndrome\) And Its causes? A Conversation With Dr. Divya Sudarshan](#)



[9 Common Questions About PCOS Answered Here For Your Benefit](#)

PCOS is particularly common amongst **teenage girls**. The medicines used to treat it can have serious side effects.

What has led to PCOS to be on the rise?



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When I graduated as a doctor, almost four decades ago, Polycystic Ovary Syndrome (PCOS or PCOD) was relatively rare. In fact, most hormonal problems were barely known. But now hormonal problems such as **PCOS**, hypothyroid, menstrual problems, prostate enlargement, diabetes and infertility are heard of everywhere. What has changed?

In the last 40 years our consumption of animal products has grown exponentially. In the past when refrigeration was less available, non-vegetarian food was consumed mainly on Sundays. Milk was used in small quantities and concentrated forms of milk like cheese, paneer and dairy sweets were reserved for special occasions.

Now animal products are on every table in every meal. Vegetarians also consume dairy and dairy products. Meat and milk have the same properties – high protein, high fat and no fibre. The result – the same diseases across the population.

Are there any other reasons for the rise on PCOS?

We have more and more chemicals – hormone disruptors – in our food since we eat more restaurant foods, packaged and pre-prepared foods. Then, there is the ubiquitous plastic.

The good news is that most hormonal diseases can be reversed, and the power is in our hands. All that is required of us is to be better informed and make prudent diet choices!

What are the ways we can avoid PCOS and can you give some tips on PCOS treatment through natural means?

So what is the main cause of hormonal imbalance? Hormones and chemicals! Many chemicals are hormone disruptors resulting in various hormonal issues. These are some steps you can follow to reverse or prevent any hormonal imbalance. These are also useful for PCOS treatment...

1. Go Plant-based: Meat and milk products contain both natural and injected hormones that disrupt our own hormonal system. Avoid the trigger itself by going plant based.
2. Go Organic: PCBs and dioxins found in pesticides are hormone disruptors. Buy naturally grown produce and save your health and the environment too.
3. Stop Processed Foods: Preservatives are nothing but chemicals and do nothing to preserve our health. They cause a hormonal havoc in our system.
4. Go for Natural Cleansing Products: Household products (floor cleaner, dish-washing bars, detergents) and personal care products (cosmetics, sun-screens, shampoos, soaps) are full of chemicals. Make that little effort to source natural products, it will be well worth your time.
5. Opt for Steel Cookware: Non-stick coating has chemicals that manipulate our hormones. Invest in heavy bottomed steel cookware or surgical steel cookware.
6. Avoid Plastics: Plastics contain phthalates that are hormone disruptors.
7. Beware of medicines: Medicines, too, are chemicals and play around with our hormones. So take such good care of your health that you wouldn't need to pop any pills.
8. Avoid GMO: Soy, corn, wheat, and a few other grains can be genetically modified. India is yet to approve the commercial production of a GM food crop, so we are relatively safe. However, India does permit the inclusion of GM ingredients in food products. So, buy organic and buy local.

Image source: Sharan

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Newsmakers

October 21, 2021

Patriarchy-Power-Mental Health...Does 'House of Secrets: The Burari Deaths' Throw A Light On Worrisome Traits Of The Typical Indian Family?

Hiding family issues to patriarchy, 'House of Secrets: The Burari Deaths' throws a light on several problematic aspects within the typical Indian family.

Aditi



The spine-chilling Burari deaths that happened in 2018 were brought to light again with the Netflix series 'House of Secrets: The Burari Deaths'. The eleven member Chundawat family were like any other middle class family who had been living in the neighborhood for the last twenty years. They also had a grocery and plywood shop in the same vicinity.

Rajeev Tomar the policeman who entered the Burari house after the incident, stated that he had never seen a scene like this in his entire career and the visuals still haunt him. He was in shock to see the entire family hanging with their hands tied and their eyes covered. The documentary mentions that there were 11 diaries that were found with various other notes that further deepened the mystery surrounding the deaths.

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October 23, 2021

“Signs Of Being A Woman We Have To Hide Didi, But Signs Of Belonging To A Man We Have To Flaunt!”

‘I don’t wear the bindi anymore na, Didi! Neither the thread. He felt I am not wearing signs. Signs of being his. So he lost his temper.’ Preeti pressed the ice against her cheek and walked to the sink full of dishes.



Tanushree Ghosh

‘I don’t wear the bindi anymore na, Didi! Neither the thread. He felt I am not wearing signs. Signs of being his. So he lost his temper.’ Preeti pressed the ice against her cheek and walked to the sink full of dishes.

She stared nervously at the bed again. *It was not going to be a good day* – the dark brown blotches, staring at her as they spread, still fluid, told her.

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Fitness & Wellness

November 29, 2013

What Eating Junk Food Does To Your Hormones

Junk food and hormones: Is there a connection? Yes, 'modern' eating habits cab result in hormonal imbalance. Read on!



Ujwala Shenoy Karmarkar

Junk food and hormones: Is there a connection? Yes, 'modern' eating habits can result in hormonal imbalance. Read on!

The food-court in the mall was filled to capacity with giggling teenage girls and their posturing male counterparts. The queues for burgers, chaat, pizzas were as long as Hanuman's legendary tail. "Lucky me", I thought. My preference was for an Indian snack, available at any near-by Udipi for half the price, but my movie timings did not permit the dash.

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Fitness & Wellness

March 2, 2019

All The Things You Need To Know If You're Living With PCOS (In Very Short!)



Huda Shaikh

Have you heard about PCOS? I am sure you must have. And if you haven't, then let me take you through what PCOS is all about.

PCOS or Poly cystic Ovarian Syndrome is a hormonal imbalance which can happen during the child bearing stage, say between 20-40 years of age. With Poly cystic ovarian syndrome setting in there are a whole range of symptoms which a woman might go through. However these can vary from person to person. If I have to put it down in simple words, PCOS means an increase in the ratio of male hormones also known as androgens out of which the testosterone levels are at their peak.

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