

Nutrition Therapy for PCOS & Its Comorbidities 1 Month Lifestyle & Diet Mastery Program

Categories: Clinical / Medical Nutrition

Wishlist Share



Course Info Reviews

About Course

This course helps women with PCOS and related health conditions understand their body and manage symptoms through practical nutrition and lifestyle strategies. Every week, you learn simple, actionable steps that help balance hormones, improve metabolic health, and reduce the risk of comorbidities. Content is tailored for real-life settings in Pakistan using locally available foods and culturally relevant guidance.

After This Course You Will Receive

- Personalised PCOS diet plan
- Practical assignments for home practice
- Real case studies
- Simple progress-tracking checklist
- Guidance on long-term hormone and metabolic health

Duration: 4 Weeks (1 class per week – 2 hours each)

Group Access

After the course, you will get access to a private group Nutrition coaches available for support and guidance Share meals, ask questions, and get weekly updates

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What Will You Learn?

- Why PCOS develops and how hormones affect your health
- The link between PCOS and insulin resistance, weight gain, and thyroid issues
- How diet impacts hormone balance
- Building your daily plate for better metabolic health
- Portion sizes, meal timing, and smart food swaps
- Managing sugar, cravings, and emotional eating
- Lifestyle strategies: sleep, stress, hydration, and physical activity
- Early signs of complications and prevention

Course Content

| | |
|--|---|
| (Week 1) Understanding PCOS & Your Body | ^ |
| What PCOS is and its symptoms | 🔒 |
| Common comorbidities: insulin resistance, thyroid, weight issues | 🔒 |
| Identifying personal triggers | 🔒 |
| (Week 2) Food & Hormone Balance | ^ |
| Foods that support hormone balance | 🔒 |
| Anti-inflammatory and low-GI options | 🔒 |
| Building the daily plate with local ingredients | 🔒 |
| (Week 3) Practical Diet Planning | ^ |
| Breakfast–lunch–dinner templates | 🔒 |
| Safe snacks | 🔒 |
| Eating out, social meals, and festivals | 🔒 |
| (Week 4) Long-Term Routine & Complication Prevention | ^ |
| Lifestyle interventions for long-term health | 🔒 |
| Managing stress, sleep, and activity for hormone balance | 🔒 |
| Your personalized PCOS health plan | 🔒 |

Rs 7,000

ADD TO CART

All Levels

0 Total Enrolled

8 hours Duration

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A course by

Curelimum International

Material Includes

- Ready Diet Plan Templates for real-world patient use.
- You must have Google meet and Zoom.
- Case Studies & Assignments to master applied nutrition care.

Requirements

- Basic understanding of your health condition
- A notebook or phone for taking notes
- Commitment to apply changes for 4 weeks
- No prior nutrition knowledge required

Tags

HormoneBalanceNutrition

PCOSDietPakistan

PCOSLifestyleManagement

PCOSNutritionCourse

WomenHealthProgram

Audience

- Women with PCOS or hormonal imbalance
- Anyone experiencing weight, skin, or menstrual issues linked to PCOS
- Women who are "struggling to conceive"
- People wanting lifestyle-based solutions for hormone and metabolic health