

## **2. Why Does PCOS occur?**

Familial and genetic links to PCOS are unclear. However, the families share similar food & lifestyles, so PCOS risk increases if there is a family history. The risk factors for developing PCOS are:

- **Poor dietary choices**- A diet rich in refined sugars (sugary foods and beverages), refined wheat flour and rice, refined cooking oils, and excessive dairy products, specifically dense calorie-rich dairy products such as cheese, Paneer, icecream, and milk-based sweets
- **Physical inactivity**- Sedentary desk jobs, no or minimal exercise
- **Unbalanced lifestyle**- Too many eating opportunities in a day (2-3 significant meals with multiple snacks in between), late-night eating (after 8 PM), insufficient sleep, or lack of deep sleep
- Emotional stress and coping problem

All the above factors lead to hormonal imbalance in the body. The hormones are chemical messengers in the body that regulate the function of body organs.