

## Webinar Title

### Tired of Hormonal Pills?

From Irregular Periods to Pregnancy — The Permanent Solution for PCOS & Infertility (No Supplements or Medicine)

### Sub-Title

Ayisafarhan's Step-by-Step Plan to Reverse PCOS and Get Pregnant Naturally

**Date & Day:** 31 st August, Sunday

**Time:** 4.00 PM onwards

**Duration:** 1 hour

**Language:** Tamil

**Register Button:** Book Now

**Limited seats available**

**(Need clock here )**

**Register now ₹99 only**

 **Free Bonus for All Attendees**

**Photo**

**5 years of experience**

**1000+ clients globally**

### What You'll Learn in This Session

1. Understand why PCOS is common in Indian women and how to reverse it naturally.
2. Decode what your symptoms are telling you about your body.
3. Learn the hormonal imbalances at play—and how to normalize them.
4. Discover the hidden side effects of hormonal pills.
5. See the long-term risks if PCOS is left untreated—and how to avoid them.
6. Unlock the role of gut health in hormone balance and how to heal it.
7. Explore simple meditation and stress-reduction techniques.

8. Master easy, powerful yoga routines tailored for PCOS.
9. Follow my complete reversal plan laid out clearly and effectively.

## Why You Should Attend

💡 **Learn From Experience** – I've personally reversed my own PCOS and infertility naturally, and helped many women do the same.

🌱 **No More Pill Dependence** – Discover how to balance hormones, improve periods, and boost fertility without medicines or supplements.

📖 **Clear, Step-by-Step Plan** – Get a practical action plan tailored for Indian women's lifestyle and food culture.

🔴 **Avoid Common Mistakes** – Understand the side effects of hormonal pills and why many PCOS treatments fail in the long run.

## 🎁 Free Bonus for All Attendees

When you join this webinar, you'll also receive:

🧘 **Meditation & Stress-Free Living Guide** – Daily techniques to calm your mind, lower cortisol, and balance hormones.

🧘♀️ **Yoga for PCOS Guide** – Simple, effective yoga poses to improve ovulation and reduce PCOS symptoms.

## About Me

Hi, I'm Ayisafarhan — a gold medalist and university topper with over five years of experience as a PCOS and fertility dietitian. Being one of the very few PCOS-specific dietitians in Tamil Nadu, I specialize in Tamil-based diet plans that are practical, affordable, and effective.

I help women regain their periods naturally, improve fertility, and achieve healthy weight loss without crash diets or harmful shortcuts.

My approach is deeply personal — I once faced PCOS and infertility myself for two years, struggling with weight gain, stress, and family pressure. After shifting my focus to a balanced diet and lifestyle, I conceived naturally in just 3 months without medical interventions.

Now, I combine science-backed nutrition, lifestyle changes, and stress management techniques to help other women experience the same transformation.

### **Contact information**

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