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Natural Solutions To PCOS: How To Eliminate Your Symptoms And Boost Your Fertility



Synopsis

In this reassuring guide, Dr Marilyn Glenville, PhD, offers simple steps to living a symptom-free life with PCOS. Taking a natural approach designed to respect the delicate balance of the female body, she will help you clearly diagnose your condition and tailor a personal plan to manage and eliminate your symptoms. Her advice includes: - A 7-Step Diet to control your cycle and beat PCOS - How to protect your fertility and conceive - The best supplements and herbs to manage your symptoms - Lifestyle changes to improve your health - Clear guidance on the surgical and drug options This practical handbook will help you lose weight, clear your skin and protect your fertility so you can beat PCOS and live a healthy, happy life. 'A great resource for any woman with PCOS looking to use natural approaches to manage their condition and have a baby' Rachel Hawkes, Chair of Verity, the PCOS charity

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Customer Reviews

I was looking for a PCOS "bible" and this is it. I've bought several books on PCOS and instead of looking at the whole disease, it's symptoms, and looking at it from a whole-you perspective, they

seemed to attack it like a diet book. I was very frustrated with these other books. This one is great. It's smart and gentle in its approach. It helps you understand the why's of the disease and look at eliminating or reducing the symptoms from a gradual, gentle position. It is very thorough and looks at all the aspects of the disease. I'm not trying to get pregnant but just lose some weight and not feel so nuts all the time. ãfÂ Ã ÅÃ ÆœÃ â ¬ this book isn't just about getting pregnant. It addresses diet, supplements and mindset. It's my new bible.

I recommend this to anyone I meet with pcos! The book is written to include medical studies which is hard to find on pcos. I learned a lot from her book.

My daughter has PCOS, so we checked a few books out of the library to research it. This one was worth buying.

It approaches pcos from an integral perspective. The only thing that I think is missing is how to follow up the treatment that she suggests.

This book is great. It really teaches you about what PCOS is and how it affects your body. The author talks about food you should avoid and food you should eat if you have PCOS. Not only does she talk about that, but she talks about WHY we should avoid/eat it. There is also a vitamins/supplements/herbal section where she recommends things we should be taking to help eliminate PCOS. I will say, if you are serious about trying to control PCOS, it is a book you need to get! I have only been following her diet plan/vitamin regimen for a few weeks and already feel better.

Too much repetition. The author must've mentioned the same facts over and over in each chapter about a dozen times throughout the book. I didn't find anything useful that I have not already discovered online.

This is a very informational book on PCOS. It motivated me to take action and take better care of myself, naturally! I am waiting on my supplements to arrive to begin a new treatment process!

The book is interesting, I am glad that I was able to find something that was different than what I could google

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