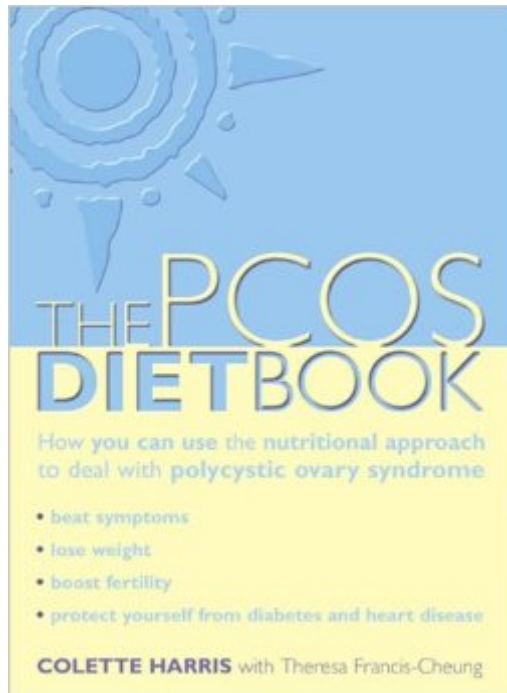


The book was found

PCOS Diet Book: How You Can Use The Nutritional Approach To Deal With Polycystic Ovary Syndrome



Synopsis

The nutritional answer for all women sufferers of polycystic ovary syndrome, a condition which affects one in ten women. Having established herself as the authority on PCOS, Colette Harris now provides a practical plan for sufferers of Polycystic Ovary Syndrome with the *PCOS Diet Book*™. The book explains how “with the right nutritional approach” you can lose weight, improve your skin, aid fertility and overcome exhaustion, depression and mood swings. Various diets to suit each individual, accessible explanations of nutritional science and hormonal health, combined with an emphasis upon personal and emotional well-being make this title essential reading for all PCOS sufferers.

Book Information

Paperback: 368 pages

Publisher: Thorsons (August 5, 2002)

Language: English

ISBN-10: 0007131844

ISBN-13: 978-0007131846

Product Dimensions: 6.3 x 1 x 8.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #220,844 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #100 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #748 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

As many as one in 10 women suffer from Polycystic Ovary Syndrome [PCOS] and Colette Harris explains how with the right nutritional approach sufferers can lose weight, improve their skins, overcome exhaustion, depression and mood swings.

"Help is at hand! This book is full of tips on diet and lifestyle changes that can help! It shows how the vicious cycle of weight gain, with increasing difficulty of weight loss, can be broken “ and that the debilitating and embarrassing signs and symptoms of PCOS really can disappear.” Dr Ann Walker, Ph.D., MNIMH, MCPP Senior Lecturer in Human Nutrition, University of Reading. 'As many as one in 10 women have polycystic ovary syndrome. Its symptoms often include weight gain,

fatigue, excess body hair, acne, irregular periods and mood swings. Most doctors advise losing weight to help you control your symptoms if you have PCOS. But as weight gain is one of the symptoms, it can be a demoralising cycle to break. This practical book shows you that what you eat every day is a powerful self-help tool that can help you beat symptoms, protect yourself from diabetes and heart disease, boost fertility as well as helping you get to a healthy weight. Using the latest scientific evidence, real-life stories and expert advice, Colette Harris, author of the bestselling book 'PCOS: A Woman's Guide to Polycystic Ovary Syndrome' and Theresa Francis-Cheung, author of 'Androgen Disorders in Women', have teamed up to offer women with PCOS a practical plan for nutritional self-help. Most PCOS experts now recognise that what you eat has a major role to play in treating PCOS. This book â€œ written by women with PCOS for women with PCOS â€œ explains exactly why and shows you how you have the power to change your health by changing your diet and healing your emotional relationship with food. You will discover:â€¢ How to beat symptoms and boost fertility with simple healthy eating plansâ€¢ Why the right nutrition can balance hormones and reduce insulin resistanceâ€¢ A-Z of nutritional and herbal supplements for PCOS

[Download to continue reading...](#)

PCOS Diet Book: How you can use the nutritional approach to deal with polycystic ovary syndrome
How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight
Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)
Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)
Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet)
South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)
Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines
PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)
Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet

Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss)

[Dmca](#)