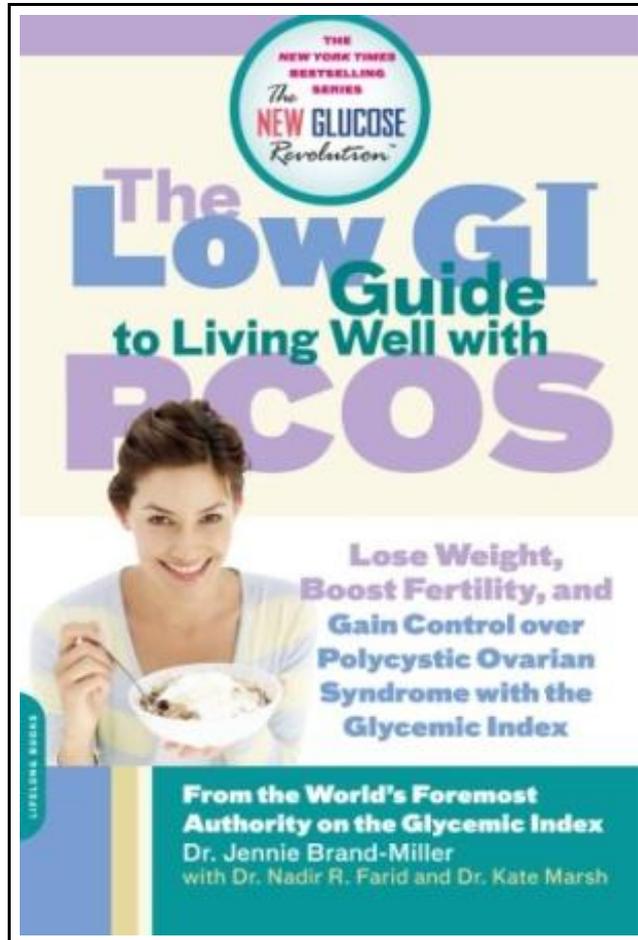


Low GI Guide to Living Well with PCOS



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Reviews

This publication is wonderful. It is amongst the most remarkable pdf i have got read. Its been written in an exceptionally basic way and it is merely after i finished reading through this pdf in which really transformed me, alter the way i really believe.

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LOW GI GUIDE TO LIVING WELL WITH PCOS



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Da Capo Press Inc. Paperback. Book Condition: New. Paperback. 266 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. The Only Book You Will Ever Need for Managing PCOS and mdash; Completely Revised and Updated and 160; What exactly is PCOS What are the signs and symptoms How is the diagnosis confirmed What causes it And most importantly, what can you do about it If you and rsquo;ve been diagnosed with polycystic ovarian syndrome (PCOS) or suspect you have it, and you and rsquo;re looking for a way to manage your condition, you and rsquo;ve come to the right place. and 160; In this newly revised edition of Living Well with PCOS, Dr. Jennie Brand-Miller and PCOS experts Drs. Nadir Farid and Kate Marsh address the root cause of PCOS and mdash; insulin resistance and mdash; and show you how eating a low-GI diet can help alleviate even your most troublesome symptoms, including weight gain, infertility, unsightly hair growth, irregular cycles, and fatigue. This all-new second edition features: The latest up-to-date research on PCOS and its treatment New quick-and-easy low-GI recipes Low-GI kick-start menus and mdash; with vegetarian and gluten-free options Easy-to-use tables of GI values Tips for a more active lifestyle Real-life stories from women who have used the GI to successfully combat PCOS This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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