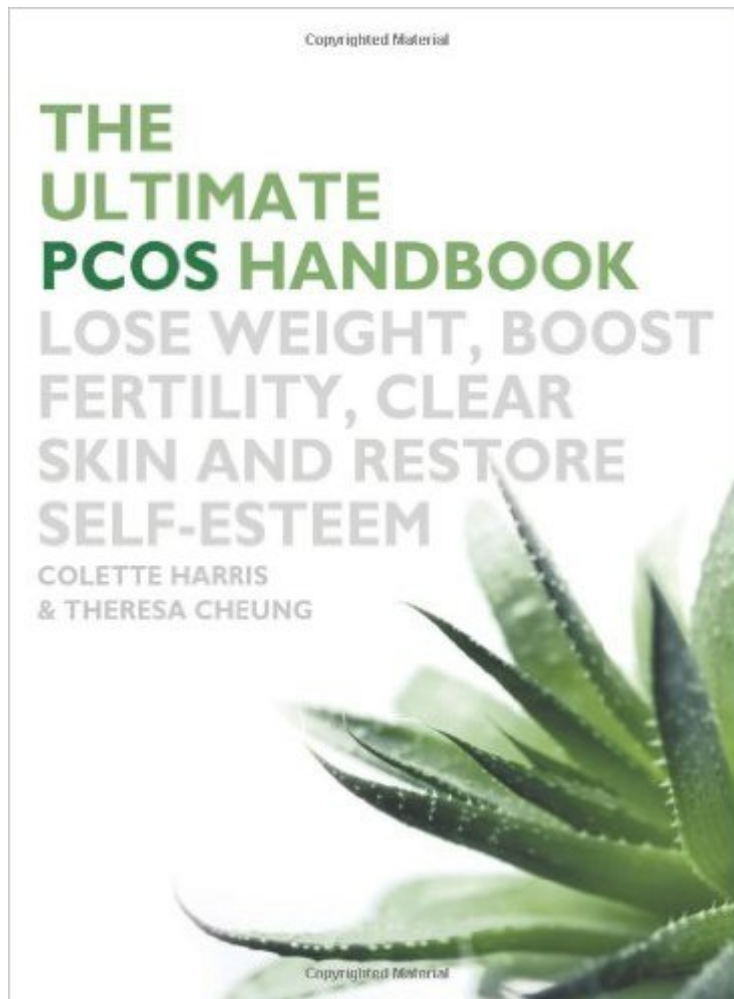


The book was found

The Ultimate PCOS Handbook: Lose Weight, Boost Fertility, Clear Skin And Restore Self-Esteem



Synopsis

About one in every ten women of childbearing age has PCOS (polycystic ovary syndrome), and PCOS is the most common cause of female infertility. PCOS authorities and sufferers Colette Harris and Theresa Cheung will empower readers to take control of their bodies and beat naturally, the often embarrassing symptoms of this syndrome, including weight gain, acne, excess body hair, mood swings, depression, and exhaustion. Packed full of the latest science, up-to-date nutrition, and the best in self-help and natural therapies, their comprehensive book shows how women can start to see their PCOS symptoms improve in as little as 2 weeks.

Book Information

Paperback: 416 pages

Publisher: Conari Press (September 1, 2008)

Language: English

ISBN-10: 157324371X

ISBN-13: 978-1573243711

Product Dimensions: 6.2 x 1.2 x 8.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #447,784 in Books (See Top 100 in Books) #55 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #83 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #1358 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I was diagnosed with PCOS in 1999, before any valuable information about the condition was available. Thanks to The Ultimate PCOS Handbook, I was able to learn about PCOS and its symptoms and discovered many ways to manage the condition and reduce the symptoms or rid my body of them entirely. It's hard to hear that weight loss is often the best solution to the problem, but now that I realize how important it is, I'm willing to focus on that goal and make the changes necessary. I've often felt alone when dealing with PCOS, but this book helped me to realize thousands of other women have experienced and continue to deal with condition as well.

This book presents information on PCOS in a very simple manner. Though the authors present some medication and birth control that is UK specific, some of the information is great.

very much enjoyed the book. great to just pick up and reference, don't have to sit and read chapters at a time. it helped me put together a lot of pieces that i wasn't able to find in the research i did. the only thing that isn't up to date is the medication treatment, because that is constantly changing, but the exercise tips and overall understanding are great.

I wanted to read up on my diagnosis and this book is really helping me. I'm glad that i came across this book and I feel that this book will come in handy with informing myself and treating my self with exercise and healthy eating. Im already half way done with the book.

The Ultimate PCOS Handbook: Loose Weight, Boost Fertility, Clear Skin and Restore Self-Esteem is exactly what it says the ULTIMATE book. There was soo much info that I was overwhelmed and I could not stay focused on the book!!! I never finished it I ended up purchasing an easier read on PCOS.

This book is a quick read and it's full of useful information. I took notes as I read through the book and I was able to come up with a great diet plan for myself. I read through reviews on several other PCOS books and this one looked like the best option.

I really like how this book is in depth and takes the time that your gynae doesn't have to explain this condition to you. Take the time to familiarise yourself with this condition if you or someone close to you have it.

I have had PCOS for about 12 years now and I had been looking for a good book with current information. This book was the best I have found so far. It has a lot of information covering all areas of treatment. I recomend it to everyone looking for options for PCOS.

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

The Ultimate PCOS Handbook: Lose Weight, Boost Fertility, Clear Skin and Restore Self-Esteem
Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt
(Self Esteem, confidence,doubt) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin)
Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby!
(Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1)

Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) A Father's Guide to Raising Daughters: How to Boost Her Self-Esteem, Self-Image and Self-Respect Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field How to Improve Your Sperm Count: Natural Ways to Increase Sperm Count to aid Conception and Boost Fertility (Fertility, infertility, conceive & Get Pregnant Book 1) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)

[Dmca](#)