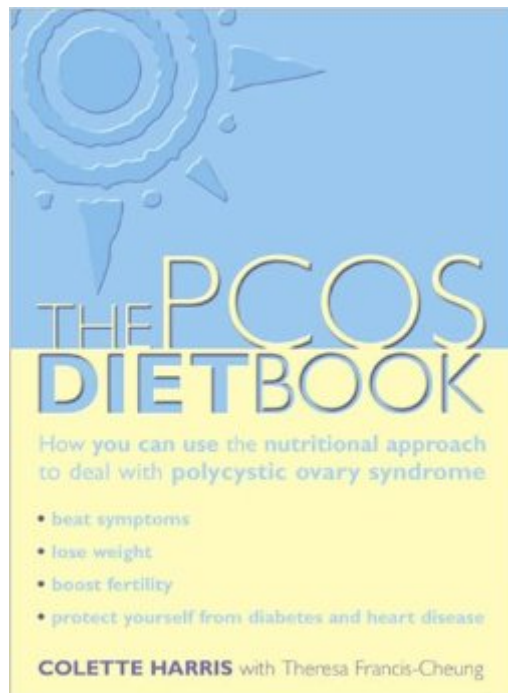


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# PCOS Diet Book: How You Can Use The Nutritional Approach To Deal With Polycystic Ovary Syndrome



## 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

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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 is "written by women with PCOS for women with PCOS" 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:

- How to beat symptoms and boost fertility with simple healthy eating plans
- Why the right nutrition can balance hormones and reduce insulin resistance
- A-Z of nutritional and herbal supplements for PCOS

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