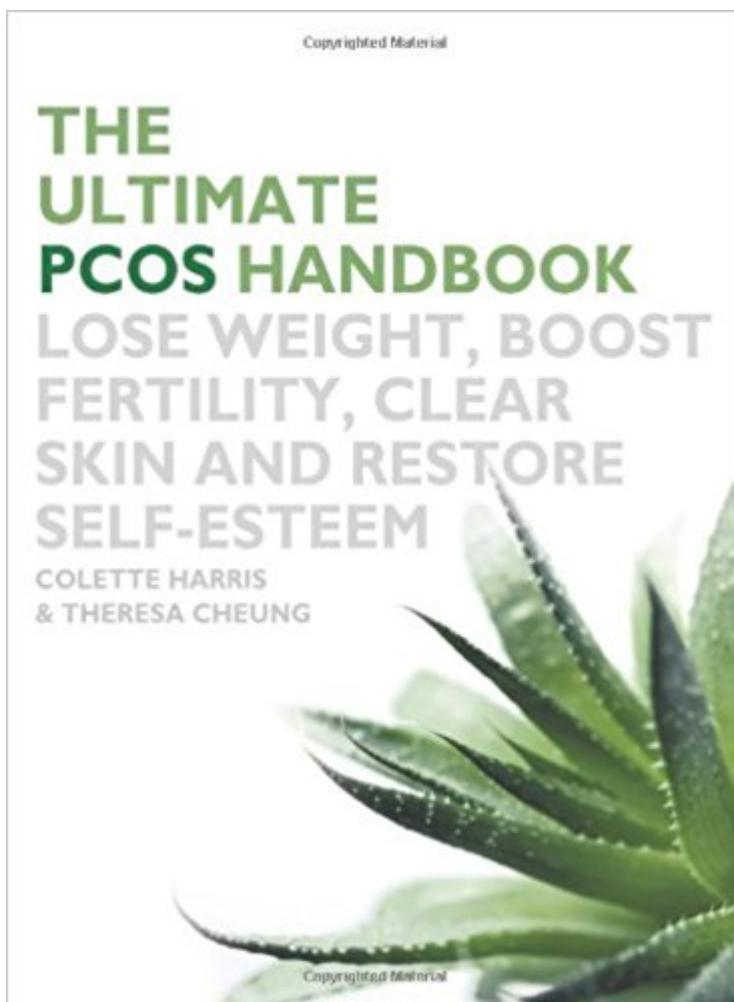


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# The Ultimate PCOS Handbook: Lose Weight, Boost Fertility, Clear Skin And Restore Self-Esteem



## **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

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Average Customer Review: 3.9 out of 5 stars 35 customer reviews

Best Sellers Rank: #567,515 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #105 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #160 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility

## **Customer Reviews**

Praise for 'PCOS': 'Packed with essential advice.' Optimum Health magazine 'A ground-breaking book...helpful and sympathetic.' Here's Health magazine --This text refers to an out of print or unavailable edition of this title.

Colette Harris is a health journalist and editor of Health Plus magazine. Theresa Cheung is a journalist and author of several books including PCOS and Your Fertility (Hay House) and Tea Bliss (Conari).

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. I'm already half way done with the book.

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.

Very pertinent, easy-to-apply information in this book! I would highly recommend The Ultimate PCOS Handbook to anyone searching for natural ways to diminish the symptoms of PCOS.

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.

Again, My mother loves these kind of books. She never really ready them anymore but when she got first got it she was very interested in it.

Extremely informative and helpful information for a woman diagnosed with PCOS. Able to comprehend with clarity!

Very good information :) Must read for anyone girl, woman, or anyone in fact that is curious for information on PCOS.

This book is very helpful. Helped me understand how many choices I make daily without thinking, can impact PCOS. It's in depth and explains how, why, and what to do to control symptoms.

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your  
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Book 8) The Insulin Resistance Diet for PCOS: A 4-Week Meal Plan and Cookbook to Lose Weight,

Boost Fertility, and Fight Inflammation High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation 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) Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility Natural Solutions to PCOS: How to eliminate your symptoms and boost your fertility Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Hypothyroidism Diet Plan: 4 Weeks to Boost Energy, Lose Weight, and Begin to Restore Thyroid Balance The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! Ovarian Cysts and PCOS Miracle: How to Cure Ovarian Cysts and PCOS Naturally! Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) PCOS Diet for the Newly Diagnosed: Your All-In-One Guide to Eliminating PCOS Symptoms with the Insulin Resistance Diet The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types Clear Home, Clear Heart: Learn to Clear the Energy of People & Places

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