



Low GI Guide to Living Well with PCOS

By Dr. Jennie Brand-Miller

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 — 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 — insulin resistance and — 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 — 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...



READ ONLINE
[6.15 MB]

Reviews

Absolutely essential go through pdf. Yes, it is actually play, nevertheless an amazing and interesting literature. You are going to like how the article writer compose this book.

-- Pinkie O'Hara

Very useful to all class of individuals. It is amongst the most awesome publication i actually have read through. You will like just how the blogger create this pdf.

-- Lisa Jacobs