



The Natural Diet Solution for PCOS and Infertility

N.D. Nancy Dunne, Bill Slater

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This book fills a critical gap in the effective treatment of polycystic ovary syndrome (PCOS). Conventional treatment is usually birth control pills or metformin (Glucophage). Unfortunately, the health-building benefits of these pharmaceuticals is open to question. PCOS is a complex disorder that requires a more comprehensive approach than simply taking a few pills. Is there a better way? The authors reviewed hundreds of medical research studies to come up with an amazing discovery: the correct diet, accompanied by regular exercise and management of chronic stress, is the most effective and healthiest long-term method to manage the symptoms of PCOS, normalize metabolism and reduce future risks of PCOS such as cardiovascular disease and diabetes. This research is corroborated by Dr. Nancy Dunne's extensive clinical experience in treating women's health issues. The book describes in detail the components of a diet specifically designed for women who have PCOS and fertility problems. The book provides a shopping list of healthy foods, a 30-day meal plan, and 158 recipes for creating good-tasting meals that meet the dietary requirements of most women who have PCOS. This diet may also be helpful for some women who have not been diagnosed with PCOS but have polycystic ovaries, excess weight or diabetes. The book also includes chapters on exercise and how to manage stress, both of which are major factors in managing PCOS. Also included are "medical" topics related to PCOS such as insulin resistance, appetite disorders that make you hungry, and chronic inflammation. These factors play an important but under-recognized role in PCOS. There is a chapter on nutritional supplements. The goal of this book is to give you natural ways to regulate your monthly cycle, lose weight, lessen hair loss, reduce hirsutism, relieve depression, achieve a healthy pregnancy, reduce acne, diminish the risk of miscarriage, improve skin quality and minimize future risk of chronic disease.

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