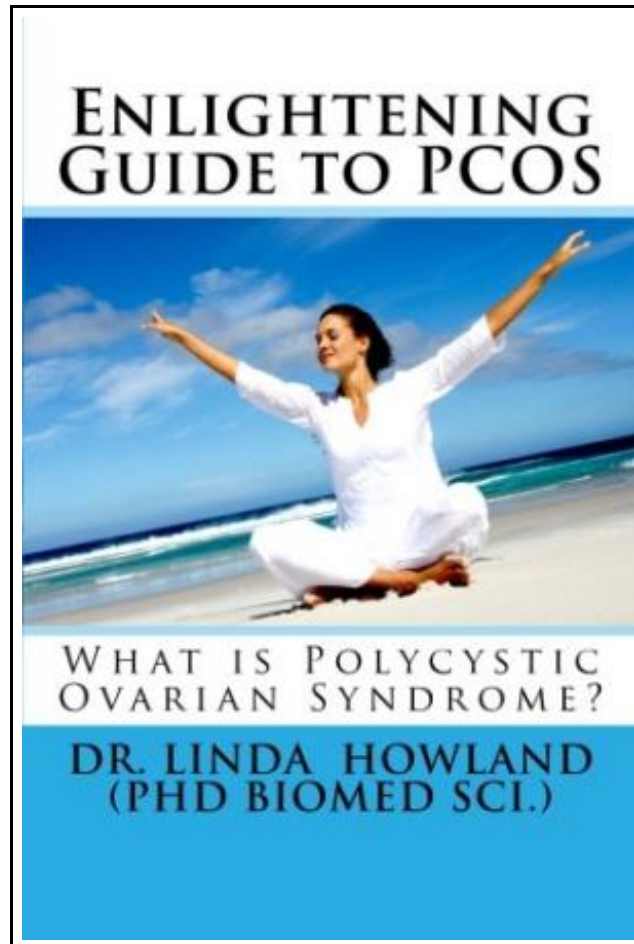


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Here s the book that will take you step-by-step from diagnosis to a position of empowered health choices for women with Polycystic Ovarian Syndrome (PCOS). PCOS is very common condition that affects at least 1 in every 10 women. Yet it is largely undiagnosed and often poorly managed. It affects women all over the world. PCOS is a hormonal imbalance that can affect your appearance, monthly cycles, fertility, mental health and longevity. PCOS differs from person to person, so understanding what to look for and how to diagnose the condition is critical for good care and getting your body back on the right track to health and happiness. Dr Linda Howland has created this easy-to-read guide that doesn t skimp on details. This book is the perfect choice for women who want to understand PCOS and choose a healthy and vibrant life as a PCOS woman. Whether you are struggling with weight loss, acne, hair loss or growth, infertility, miscarriages or further complications like heart disease and insulin resistance/diabetes, this book explains how your hormones are disrupting your life and provides clear insight into how to regain your balance. Jam-packed with Ah-ha! moments and insights into how to regain balance, health and happiness. Knowledge is power - start learning today and start living the life you deserve.



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