



Natural Solutions to PCOS: How to Eliminate Your Symptoms and Boost Your Fertility

Dr. Marilyn Glenville PhD

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Practical ways to manage and treat polycystic ovarian syndrome (PCOS) through diet and other self-management techniques

Offering simple steps to living a symptom-free life with PCOS, this reassuring guide takes a natural approach designed to respect the delicate balance of the female body. It will help a reader clearly diagnose her condition and tailor a personal plan to manage and eliminate symptoms. It offers a 7-Step Diet to control one's cycle and beat PCOS, information on how to protect one's fertility and conceive, the best supplements and herbs to manage symptoms, lifestyle changes to improve health, and clear guidance on surgical and drug options. This practical handbook will help readers lose weight, clear their skin, protect their fertility, beat PCOS, and live a healthy, happy life.

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