



How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight

Bill Slater

Download now

[Click here](#) if your download doesn't start automatically

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight

Bill Slater

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight Bill Slater

Looking for a more effective strategy to reduce the effects of PCOS?

If so, this ebook will help you. You've probably been aware of your PCOS (polycystic ovary syndrome) for some time. If so, you've noticed that a piecemeal, haphazard approach doesn't work well. You may have discovered that you still can't become pregnant, lose weight, stop the facial hair, control your appetite, reduce scalp hair loss, suppress acne, relieve depression and restore your self-esteem. What could be the problem?

The reason is that PCOS is a very complex systemic disorder, not just an ovarian problem. PCOS is like an iceberg. Only 20% of the disorder is visible as symptoms. 80% of it is beneath the surface. You're not aware of it. But it's there. For example, medical research has shown that up to one of every two women with PCOS has liver disease. If you're one of those with liver disease, your PCOS won't go away until you restore health to your liver. And this is only one example of many.

Therefore, a more comprehensive, in-depth approach is required.

This ebook describes a **science-based strategy that you can implement in 12 weeks**, if you focus and are diligent. By fully implementing this strategy, you should notice an improvement in some of your PCOS symptoms within 12 weeks. Maybe your waist will get smaller or maybe you'll get a period or your chin hairs will be thinner. Or your mood will brighten. Whatever it is, something will shift inside you.

Within 12 weeks, you can assert a degree of control over your symptoms. The longer you continue the 12 strategies, the greater your degree of control. By continuing the 12 strategies over the coming years, you should expect to see your symptoms substantially diminish. You also greatly reduce your risk of developing heart disease, diabetes and possibly cancer.

If you don't complete all of the recommendations in 12 weeks, don't worry. Just persist at your own pace until they are all completed.

The truth is, there is no "quick fix" for PCOS. There is only gradual progress. Your first 12 weeks will lay the foundation for accelerating that progress and thus gaining control over PCOS.

Here's what we'll cover in this ebook:

- Week 1: Understand Your Enemy: PCOS
- Week 2: Don't Be a Junk-Food Junkie
- Week 3: Good Carbs - Bad Carbs. What's the Difference?
- Week 4: Exercise + Physical Activity = Less PCOS
- Week 5: Fats - You Gotta Love 'Em - But Are They Good for You?
- Week 6: Veggies - Your Very Best Friend

- Week 7: Secret Way to Eat More and Get Away with It
- Week 8: Stress - How It Affects PCOS
- Week 9: Bugs Hiding in Your Gut - Hidden Cause of PCOS?
- Week 10: What's Invisible but Makes PCOS Worse?
- Week 11: No Woman's an Island - Where to Get Support
- Week 12: Is Your Doctor Letting You Down?

About the Author: I'm a health writer who specializes in PCOS:

- Co-author of "The Natural Diet Solution for PCOS and Infertility, an ebook that comprehensively describes the diet and other lifestyle choices available to women with PCOS. The information in the ebook is based in part on my considerable research of medical studies on the topic of polycystic ovary syndrome.
- Author of two special reports: "PCOS Research Highlights for 2012: New Medical Research Helps You Solve the PCOS Puzzle", and "PCOS Research Highlights for 2011: New Research Shows Light at the End of the PCOS Tunnel".
- Publisher of "PCOS Health News", a twice-monthly newsletter offering new solutions, ideas and research for dealing with PCOS.
- I'm also author of "Natural Solutions for Female Hair Loss: How to Naturally Regain Control over Your Hair Loss" ebook.

You can find more information about these publications at: www.ovarian-cysts-pcos.com.

 [Download How to Control PCOS in 12 Weeks: What You MUST Do ...pdf](#)

 [Read Online How to Control PCOS in 12 Weeks: What You MUST D ...pdf](#)

Download and Read Free Online How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight Bill Slater

From reader reviews:

Eric Hough:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight can be great book to read. May be it could be best activity to you.

Ebony Thornton:

People live in this new day time of lifestyle always attempt to and must have the spare time or they will get lot of stress from both lifestyle and work. So , when we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity have you got when the spare time coming to an individual of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, often the book you have read is How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight.

Anita Jones:

That guide can make you to feel relax. That book How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight was colourful and of course has pictures around. As we know that book How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight has many kinds or style. Start from kids until young adults. For example Naruto or Investigator Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading which.

Margaret Honig:

As a college student exactly feel bored in order to reading. If their teacher expected them to go to the library or to make summary for some publication, they are complained. Just small students that has reading's spirit or real their leisure activity. They just do what the educator want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that studying is not important, boring and also can't see colorful photos on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this How to Control PCOS in 12 Weeks: What You MUST Do to Deal

with Infertility, Hair Growth, Acne, and Weight can make you truly feel more interested to read.

**Download and Read Online How to Control PCOS in 12 Weeks:
What You MUST Do to Deal with Infertility, Hair Growth, Acne,
and Weight Bill Slater #PGIXER4S9VC**

Read How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater for online ebook

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater books to read online.

Online How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater ebook PDF download

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater Doc

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater Mobipocket

How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight by Bill Slater EPub