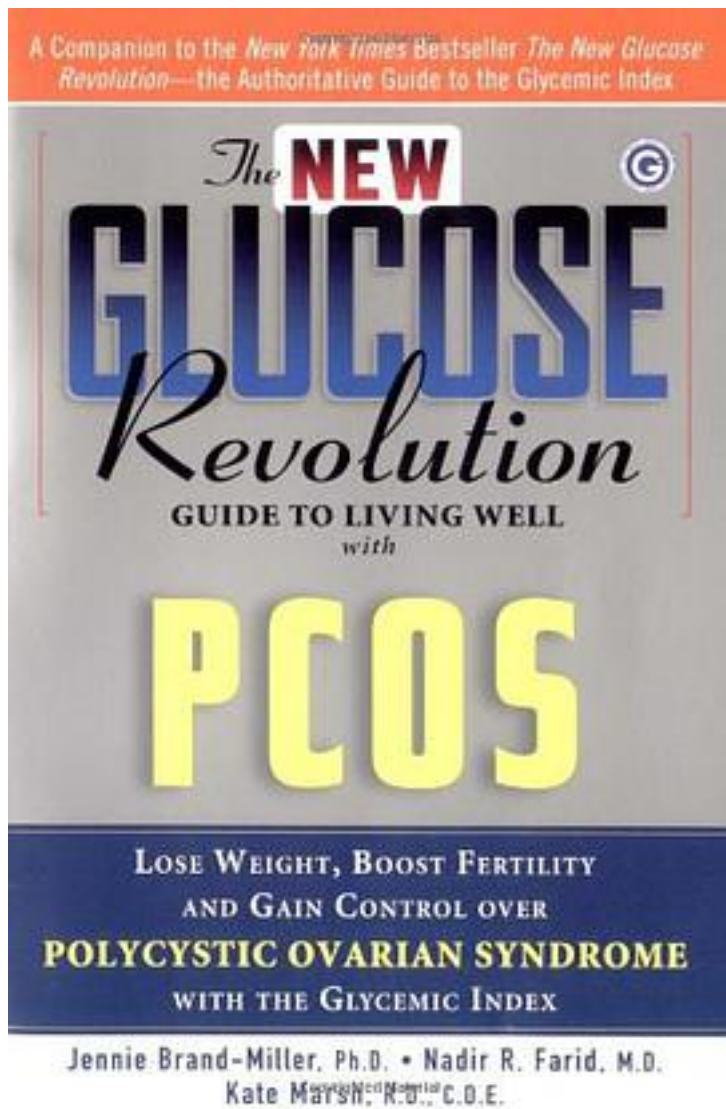


The New Glucose Revolution Guide to Living Well with PCOS



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If you've been diagnosed with polycystic ovarian syndrome (PCOS) or suspect you have it, and you're looking for a way to manage your condition, you've come to the right place. In *The New Glucose Revolution Guide to Living Well with PCOS*, Dr. Jennie Brand-Miller--author of the New York Times bestseller *The New Glucose Revolution*, the authoritative guide to the glycemic index--along with Dr. Nadir Farid and Kate Marsh, address the root cause of PCOS--insulin resistance--and show you how eating a low-GI diet can help alleviate even your most troublesome symptoms, including:

Weight gain

Unsightly hair growth

Irregular cycles

Fatigue

Infertility

Hypoglycemia

Acne

Mood swings Filled with indispensable advice on switching to the low-GI diet, incorporating exercise into your lifestyle, and preserving your overall health and well-being, as well as thirty delicious recipes, *The New Glucose Revolution Guide to Living Well with PCOS* will help you beat your PCOS symptoms and take back control over your life.

作者介绍:

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