

The Ultimate PCOS Handbook



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About one in every ten women of childbearing age has PCOS (polycystic ovary syndrome), and PCOS is the most common cause of female infertility. PCOS authorities

and sufferers Colette Harris and Theresa Cheung will empower readers to take control of their bodies and beat naturally, the often embarrassing symptoms of this syndrome, including weight gain, acne, excess body hair, mood swings, depression, and exhaustion. Packed full of the latest science, up-to-date nutrition, and the best in self-help and natural therapies, their comprehensive book shows how women can start to see their PCOS symptoms improve in as little as 2 weeks.

作者介绍:

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