



What to Do When the Doctor Says It's PCOS: Put an End to Irregular Cycles, Infertility, Weight Gain, Acne, and Unsightly Hair Growth

Milton Hammerly, Cheryl Kimball

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Polycystic Ovarian Syndrome (PCOS) is the number one cause of irregular periods and infertility in women - yet most gynecologists fail to diagnose it. The disorder causes irregular cycles, infertility, weight gain, acne, and unsightly hair growth -- symptoms that can ultimately prove life-threatening as well as uncomfortable, humiliating, and emotionally disruptive. Only recently have women realized the danger lurking in what they thought were stress-induced problems. While researchers haven't determined the cause of PCOS, they know it is linked to insulin resistance, which can be controlled fairly easily with a low-carb diet.

Most PCOS cases are diagnosed by reproductive endocrinologists when a woman's infertility has led her to seek a specialist. *WHAT TO DO WHEN THE DOCTOR SAYS IT'S PCOS* gives sufferers a diet and nutritional treatment program that goes beyond the usual regimen of birth control pills and fertility drugs. The millions of women victimized by this debilitating and demoralizing disorder will undoubtedly welcome this new program as an alternative or as a supplement to their current treatment plan.

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From Reader Review What to Do When the Doctor Says It's PCOS: Put an End to Irregular Cycles, Infertility, Weight Gain, Acne, and Unsightly Hair Growth for online ebook

Monicaaaa says

Very extensive and detailed short book about PCOS. It includes symptoms, causes, risks, possible drugs/natural ways to keep it in check, emotional issues, how to explain it to people. All in all this was and is an excellent book to hand to people who have just bee diagnosed with PCOS and don't have a handle on the situation yet. It gives a woman the basics of the syndrome, so she can figure out her way of dealing with it all with the right knowledge. Definitely worth reading. Also worth handing to people who have no idea what's going on when they see their sister/aunt/mother/lover dealing with this issue.

Karen says

I thought that this book was very informative. My doctor had given me a lot of information when I was diagnosed with PCOS, but at the time it was all a little bit overwhelming. Having it all in one place, and broken down the way it is in this book, made it MUCH easier to understand.

Tonya Scott says

Very informative. At one point I just started bawling my eyes out while reading the personal stories. It was overwhelming to read people write about identical things I've experienced. Validating I guess. It gives me hope that some day I can manage my PCOS.

TaleofGenji says

I registered a book at BookCrossing.com!
<http://www.BookCrossing.com/journal/11147556>
