



The Ultimate PCOS Handbook: Lose weight, boost fertility, clear skin and restore self-esteem

Colette Harris, Theresa Cheung

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With this practical handbook you can start to see PCOS symptoms improve in as little as 2 weeks. Based on the latest scientific research and the authors' first-hand experience, it will empower you to take back control of your body- and your life. Packed with all the essential information to naturally beat the symptoms of polycystic ovary syndrome.

PCOS authorities and fellow sufferers Colette Harris and Theresa Cheung will empower you to take back control of your body 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 you how to:

- Take control of your body with simple dietary changes
- Reduce spots and excess hair
- Boost body confidence and self-esteem
- Choose the right supplements and best natural self-help remedies
- Protect yourself from high blood pressure, heart disease and diabetes

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