

PCOS

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Synopsis

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Discover how you can reverse PCOS with a few simple lifestyle changes

Most people's busy lives, combined with the absence of information on the subject of PCOS, has led many women to an unexplainable, uphill battle against acne, depression, irregular menstrual cycles, and weight gain. Even worse, infertility can be a very possible, albeit reversible, symptom of PCOS. In this book, you will find everything you need to know about reversing PCOS including:

- What it is
- The most common symptoms of PCOS
- The causal factors of PCOS
- The right diet approach to reverse PCOS
- Smart exercising tips to accelerate the reversal process

Plus, many more daily self-care practices that can relieve day-to-day stress and help you avoid exposure to endocrine-disrupting chemicals that lead to the progression of PCOS. Get this book now, and make the right decision for your health and well-being.

Reader's comments

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