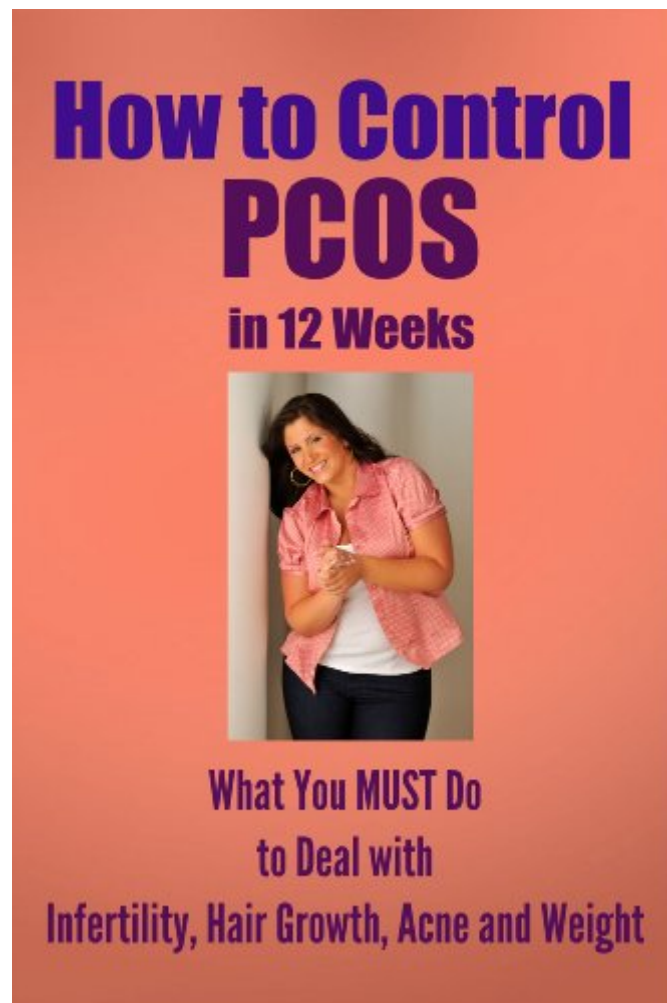


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# How To Control PCOS In 12 Weeks: What You MUST Do To Deal With Infertility, Hair Growth, Acne, And Weight



## Synopsis

Looking for a more effective strategy to reduce the effects of PCOS? If so, this ebook will help you. You've probably been aware of your PCOS (polycystic ovary syndrome) for some time. If so, you've noticed that a piecemeal, haphazard approach doesn't work well. You may have discovered that you still can't become pregnant, lose weight, stop the facial hair, control your appetite, reduce scalp hair loss, suppress acne, relieve depression and restore your self-esteem. What could be the problem? The reason is that PCOS is a very complex systemic disorder, not just an ovarian problem. PCOS is like an iceberg. Only 20% of the disorder is visible as symptoms. 80% of it is beneath the surface. You're not aware of it. But it's there. For example, medical research has shown that up to one of every two women with PCOS has liver disease. If you're one of those with liver disease, your PCOS won't go away until you restore health to your liver. And this is only one example of many. Therefore, a more comprehensive, in-depth approach is required. This ebook describes a science-based strategy that you can implement in 12 weeks, if you focus and are diligent. By fully implementing this strategy, you should notice an improvement in some of your PCOS symptoms within 12 weeks. Maybe your waist will get smaller or maybe you'll get a period or your chin hairs will be thinner. Or your mood will brighten. Whatever it is, something will shift inside you. Within 12 weeks, you can assert a degree of control over your symptoms. The longer you continue the 12 strategies, the greater your degree of control. By continuing the 12 strategies over the coming years, you should expect to see your symptoms substantially diminish. You also greatly reduce your risk of developing heart disease, diabetes and possibly cancer. If you don't complete all of the recommendations in 12 weeks, don't worry. Just persist at your own pace until they are all completed. The truth is, there is no "quick fix" for PCOS. There is only gradual progress. Your first 12 weeks will lay the foundation for accelerating that progress and thus gaining control over PCOS. Here's what we'll cover in this ebook:

- Week 1: Understand Your Enemy: PCOS
- Week 2: Don't Be a Junk-Food Junkie
- Week 3: Good Carbs - Bad Carbs. What's the Difference?
- Week 4: Exercise + Physical Activity = Less PCOS
- Week 5: Fats - You Gotta Love 'Em - But Are They Good for You?
- Week 6: Veggies - Your Very Best Friend
- Week 7: Secret Way to Eat More and Get Away with It
- Week 8: Stress - How It Affects PCOS
- Week 9: Bugs Hiding in Your Gut - Hidden Cause of PCOS?
- Week 10: What's Invisible but Makes PCOS Worse?
- Week 11: No Woman's an Island - Where to Get Support
- Week 12: Is Your Doctor Letting You Down?

About the Author: I'm a health writer who specializes in PCOS: Co-author of "The Natural Diet Solution for PCOS and Infertility, an ebook that comprehensively describes the diet and other lifestyle choices available to women with PCOS. The information in the ebook is based in part on my considerable research of medical

studies on the topic of polycystic ovary syndrome. Author of two special reports: "PCOS Research Highlights for 2012: New Medical Research Helps You Solve the PCOS Puzzle", and "PCOS Research Highlights for 2011: New Research Shows Light at the End of the PCOS Tunnel". Publisher of "PCOS Health News", a twice-monthly newsletter offering new solutions, ideas and research for dealing with PCOS. I'm also author of "Natural Solutions for Female Hair Loss: How to Naturally Regain Control over Your Hair Loss" ebook. You can find more information about these publications at: [www.ovarian-cysts-pcos.com](http://www.ovarian-cysts-pcos.com).

## Book Information

File Size: 540 KB

Print Length: 78 pages

Publication Date: October 8, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00FQU3Y2K

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #193,241 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

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## Customer Reviews

This book gives the best advice on controlling pcos!!! Bill Slater sums up years of research in one very informative e-book. This book goes to show that it's not about the money but about helping suffering women overcome this horrible epidemic which is pcos. If I could thank him in person I would!!! I have followed his newsletter for years and his advice has me on my second pregnancy. The only problem that I've encountered is having the motivation to actually follow the advice such as exercising, omitting foods especially dairy, which is my favorite, and taking certain supplements. It takes a special kind of discipline and pcos women rarely have it. First because insulin resistance equals lack of energy and difficulty losing weight! So this alone is already a challenge to exercise.

Insulin resistance also makes you more hungry and gives you more cravings so this makes you wanna eat the foods you're not supposed to!!! However, the good news is that if you can follow his guidelines for 8-12 weeks, you will get over the hump and your body will be back to normal so you won't feel tired and crave bad foods and THEN it'll get easier. Right now I'm pregnant so I have been spoiling myself, but my doctor said that's when I'm supposed to kick it up a notch even more for the sake of the baby! In other words, once you have pcos there's no mercy!

"How to Control PCOS in 12 Weeks" is a concise and superb guide from health writer Bill Slater. As a PCOS patient, with a daughter, sisters, and nieces who have the condition, I have read Mr. Slater's "PCOS Health News" newsletter for years, own his book, "Natural Diet Solutions for PCOS and Infertility", and rely on him for balanced reporting of up-to-the-minute research, treatments that truly help, and for what I need to manage this thorny health issue. This new book is a welcome addition. It recommends no magic pill or simple solution, for there is no such thing with PCOS, but provides a step-by-step, sensitive companion to understanding and managing this chronic and often disheartening syndrome. Mr. Slater's advice is straightforward, honest and compassionate, and his dedication to helping people with PCOS is evident here, as it is in his other writings on this subject.

I gave this book 4 stars based on the fact that I read this book in one night! That beeing said its great information for anyone with pcos or who has a spouse or family member with pcos. The information on vegetables was very helpful

This is a great book very informative, it has really helped me, the diet is hard to fallow at first but once I get us to it, it really helped me lose weight and keep it off. And i also got pregnant!

Looking into getting more info after I was diagnosed with PCOS. I'm not looking for text book because those are no fun reading, but there was something off putting about this book. It reminds me of manuals you would read in the late 80's. I don't know how to describe it. Also, I felt that everything I read was a copy of everything I read online so why did I pay for something that I could find for free? This was not what I was expecting and I just couldn't relate to it or find it very helpful.

This is the first calm step by step approach that is easy to read and easy to follow that I have found. Each week a new strategy is introduced allowing you to tackle PCOS in bite size chunks. It takes what could be overwhelming and turns it to doable. I start today. I feel excited.

This book is by far the most information that I have found in regards to PCOS. It goes into depth about all the issues concerning PCOS instead of just fertility. After all every woman is not looking to get pregnant. Some of us PCOS sufferers would just like to get a good night sleep and not feel some hormonally imbalanced. Great ideas and tips on managing PCOS. Thanks for providing this great info.

This book explains a lot of what I'm dealing with and how to better control it. I feel like I already knew this but it was a good reminder of what I need to do to feel somewhat in control. It is easier said than done. I do wish those around me would understand what I'm going through. I guess that requires heart to heart discussions.

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