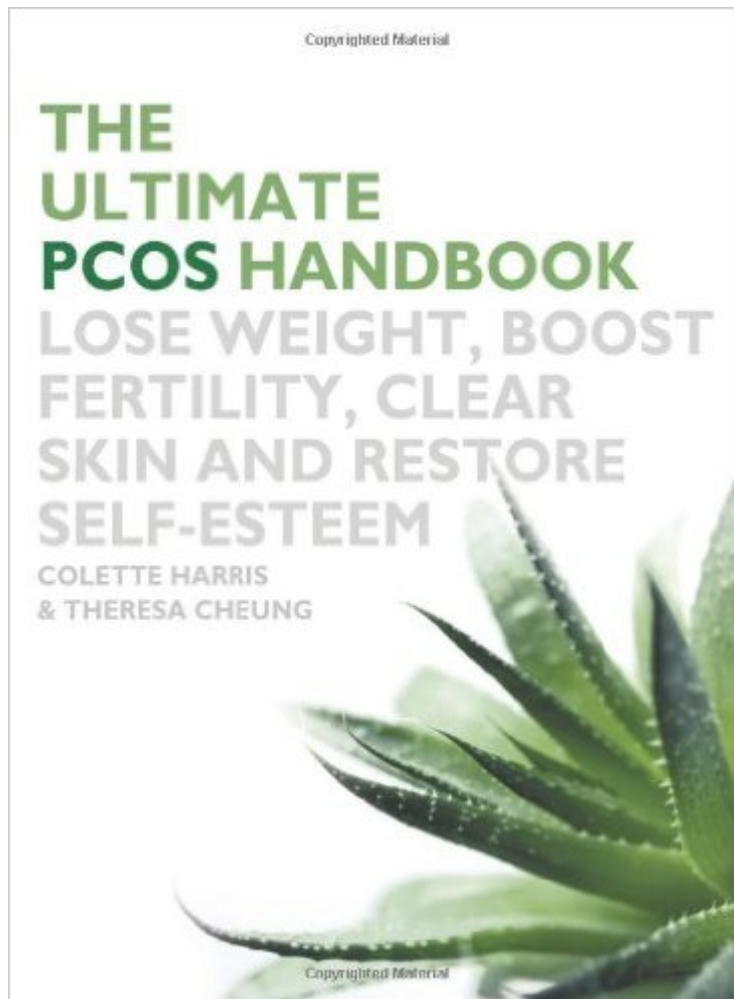


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# The Ultimate PCOS Handbook: Lose Weight, Boost Fertility, Clear Skin And Restore Self-Esteem



## Synopsis

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.

## Book Information

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #447,784 in Books (See Top 100 in Books) #55 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #83 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments](#) #1358 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

I was diagnosed with PCOS in 1999, before any valuable information about the condition was available. Thanks to The Ultimate PCOS Handbook, I was able to learn about PCOS and its symptoms and discovered many ways to manage the condition and reduce the symptoms or rid my body of them entirely. It's hard to hear that weight loss is often the best solution to the problem, but now that I realize how important it is, I'm willing to focus on that goal and make the changes necessary. I've often felt alone when dealing with PCOS, but this book helped me to realize thousands of other women have experienced and continue to deal with condition as well.

This book presents information on PCOS in a very simple manner. Though the authors present some medication and birth control that is UK specific, some of the information is great.

very much enjoyed the book. great to just pick up and reference, don't have to sit and read chapters at a time. it helped me put together a lot of pieces that i wasn't able to find in the research i did. the only thing that isn't up to date is the medication treatment, because that is constantly changing, but the exercise tips and overall understanding are great.

I wanted to read up on my diagnosis and this book is really helping me. I'm glad that i came across this book and I feel that this book will come in handy with informing myself and treating my self with exercise and healthy eating. Im already half way done with the book.

The Ultimate PCOS Handbook: Loose Weight, Boost Fertility, Clear Skin and Restore Self-Esteem is exactly what it says the ULTIMATE book. There was soo much info that I was overwhelmed and I could not stay focused on the book!!! I never finished it I ended up purchasing an easier read on PCOS.

This book is a quick read and it's full of useful information. I took notes as I read through the book and I was able to come up with a great diet plan for myself. I read through reviews on several other PCOS books and this one looked like the best option.

I really like how this book is in depth and takes the time that your gynae doesn't have to explain this condition to you. Take the time to familiarise yourself with this condition if you or someone close to you have it.

I have had PCOS for about 12 years now and I had been looking for a good book with current information. This book was the best I have found so far. It has a lot of information covering all areas of treatment. I recomend it to everyone looking for options for PCOS.

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