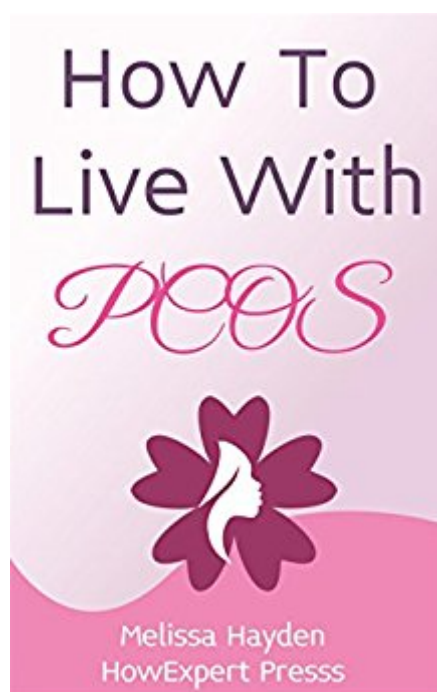


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# How To Live With PCOS



## Synopsis

If you want to learn how to live with PCOS, get this book. Author Bio: Melissa Hayden is a writer, graphic designer, and cyster living near Seattle, Washington. She began her journey with PCOS when she was diagnosed at 18 years old. After dealing with many doctors, and feeling frustrated with the lack of personalized care, she has spent the last decade researching her condition and its many possible treatments. She is excited to be able to share that knowledge with others. Book description: Polycystic ovary syndrome is a hormonal disorder which affects about 1 in 10 women. But, despite its prevalence, many women struggle to find reliable and useful information about how to manage PCOS. One reason for this is the wide variety of symptoms that PCOS can cover. The seven steps outlined in this book for managing PCOS make no assumptions about the type of PCOS you have; they are designed to work for any woman who wishes to live a healthier and happier life while dealing with polycystic ovary syndrome. Covering everything from the basics of what PCOS is to how one can best deal with its emotional effects, How to Live with PCOS helps women to take control of their PCOS and get on with their lives. Click [BUY NOW](#) to learn more!

## Book Information

File Size: 146 KB

Print Length: 40 pages

Publisher: HowExpert.com (September 6, 2016)

Publication Date: September 6, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01LR9AE2G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #854,482 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

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## Customer Reviews

The book is factually inaccurate from the get-go. The Author writes that estrogen rises early in the cycle to thicken the uterine lining. That's wrong...while estrogen does affect the lining, the hormone that causes the lining to thicken is progesterone. Then the author writes that progesterone triggers the release of the egg to cause ovulation. That's wrong, the hormone that does this is luteizing hormone. These factual inaccuracies are stated as some of the premises underlying support of the author's lifestyle recommendations. And the factual inaccuracies about these things of such central importance to don't bode well for the soundness of the recommendations that she makes. In and of themselves errors about basic facts of biology that are so readily available on the Internet do not inspire confidence. There are many other books out there about this important topic.

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