



The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome

Hillary Wright

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Polycystic Ovary Syndrome is the most common hormonal disorder among women of reproductive age, and if left unchecked, is linked to serious health issues like infertility, type 2 diabetes, heart disease, and endometrial cancer. In this groundbreaking book, registered dietitian Hillary Wright explains this increasingly diagnosed disorder and introduces the holistic symptom-management program she developed by working with hundreds of patients. With Wright's proven diet and lifestyle-based program, you can influence your reproductive hormones and take charge of your health. Featuring a carbohydrate distribution approach at its core, *The PCOS Diet Plan* also zeroes in on exactly what exercise, supplements, and self-care choices you can make to feel better every day.

With information on how to develop healthy meal plans, choose a sustainable exercise routine, relieve stress, address fertility issues, and find emotional support, this accessible, all-in-one guide will be your trusted companion to a better life.

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