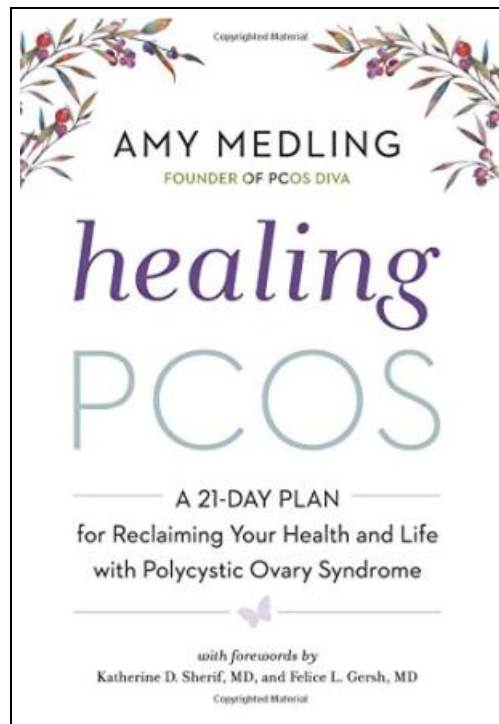


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HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. A proven 21-day diet and lifestyle plan to help women with polycystic ovary syndrome (PCOS) take back control of their health and resolve their symptoms from a certified health coach and founder of the large PCOS Diva online community. PCOS is one of the most common hormonal disorders, and the most common cause of female infertility, affecting roughly five million American women. Because it s symptoms are widespread-including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles-women suffering from PCOS are often misdiagnosed and treated with Band-Aid pharmaceuticals with uncomfortable side effects that only mask PCOS s root causes. While there is no cure for PCOS, women can learn to control their symptoms naturally. In this welcome guide, Amy Medling shows how to combine an anti-inflammatory and hormone-balancing diet, daily movement, and stress-reducing self-care to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge she s acquired dealing with PCOS herself and working with thousands of women, **Healing PCOS** offers women small, manageable steps that help alleviate their symptoms and control the inflammation, hormonal imbalance, and insulin resistance that underlie the condition. Amy s revolutionary program consists of: A 21-day anti-inflammatory, hormone-balancing and gluten-free meal plan, including meal prep and plan-ahead tips to make eating this way simple and fast 85 delicious recipes-half fan favorites and half new dishes Daily self-care exercises, including meditation and journaling prompts Amy has helped tens of thousands of women with PCOS take back control of their health and their lives through lasting, healing, and sustainable lifestyle change. Whether you re newly diagnosed or have struggled with PCOS, her revolutionary program can now work for you.



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