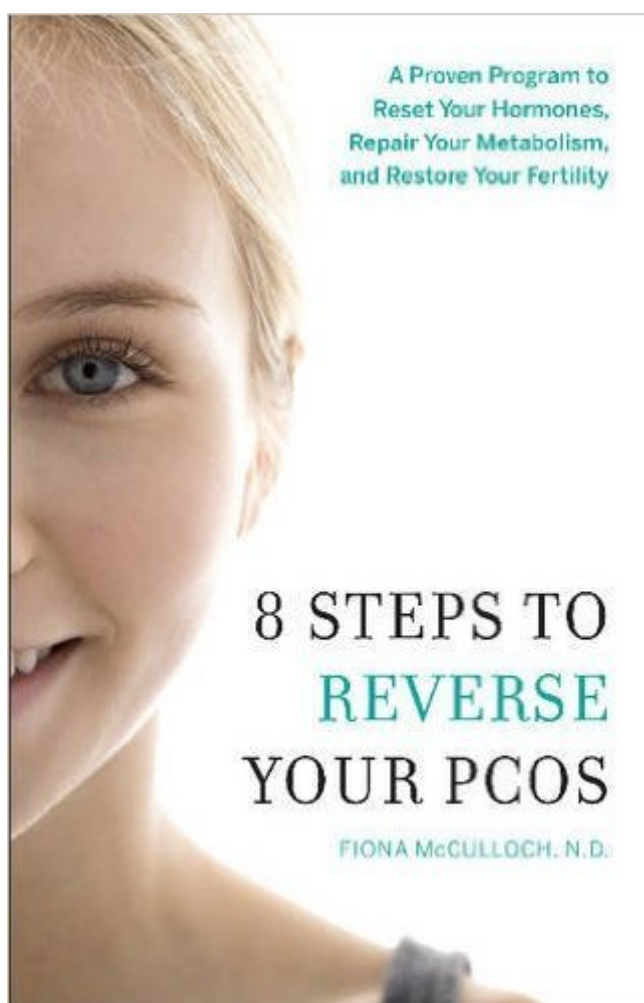# 8 Steps To Reverse Your PCOS: A Proven Program To Reset Your Hormones, Repair Your Metabolism, And Restore Your Fertility

Synopsis

A Unique 8-Step System to Reverse Your PCOS Author and naturopathic doctor Fiona McCulloch dives deep into the science underlying the mysteries of PCOS, offering the newest research and discoveries on the disorder and a detailed array of treatment options. Polycystic ovary syndrome (PCOS) is the most common hormonal condition in women. It afflicts ten to fifteen percent of women worldwide, causing various symptoms, including hair loss, acne, hirsutism, irregular menstrual cycles, weight gain, and infertility. 8 Steps to Reverse your PCOS gives you the knowledge to take charge of your health. Dr. McCulloch introduces the key health factors that must be addressed to reverse PCOS. Through quizzes, symptom checklists, and lab tests, she'll guide you in identifying which of the factors are present and what you can do to treat them. You'll have a clear path to health with the help of this unique, step-by-step natural medicine system to heal your PCOS. Having worked with thousands of people seeking better health over the past fifteen years of her practice, Dr. McCulloch is committed to health education and advocacy, enabling her patients with the most current information on health topics and natural therapies with a warm, empathetic approach.

Book Information

Paperback: 312 pages

Publisher: Greenleaf Book Group Press; 1 edition (September 20, 2016)

Language: English

ISBN-10: 1626343012

ISBN-13: 978-1626343016

Product Dimensions: 5.9 x 1 x 8.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Best Sellers Rank: #22,493 in Books (See Top 100 in Books)   #88 inÂ Books > Health, Fitness & Dieting > Women's Health > General

8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More Menopause Reset!: Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds

in 21 Days Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) Making Babies: A Proven 3-Month Program for Maximum Fertility The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality Period Repair Manual: Natural Treatment for Better Hormones and Better Periods The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You [5 SIMPLE STEPS TO FERTILITY: PREGNANT NATURALLY, AFTER YEARS OF STRUGGLING WITH ENDOMETRIOSIS] By Kesslerova, Pavla (Author) 2014 [Paperback] The PCOS Workbook: Your Guide to Complete Physical and Emotional Health Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies Key Takeaways, Analysis & Review | How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger, M.D. with Gene Stone How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease Natural/Integrative Medicine Protocols in Gynecology: PCOS, Endometriosis, Dysmenorrhea and Menorrhagia Living Candida-Free: 100 Recipes and a 3-Stage Program to Restore Your Health and Vitality

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