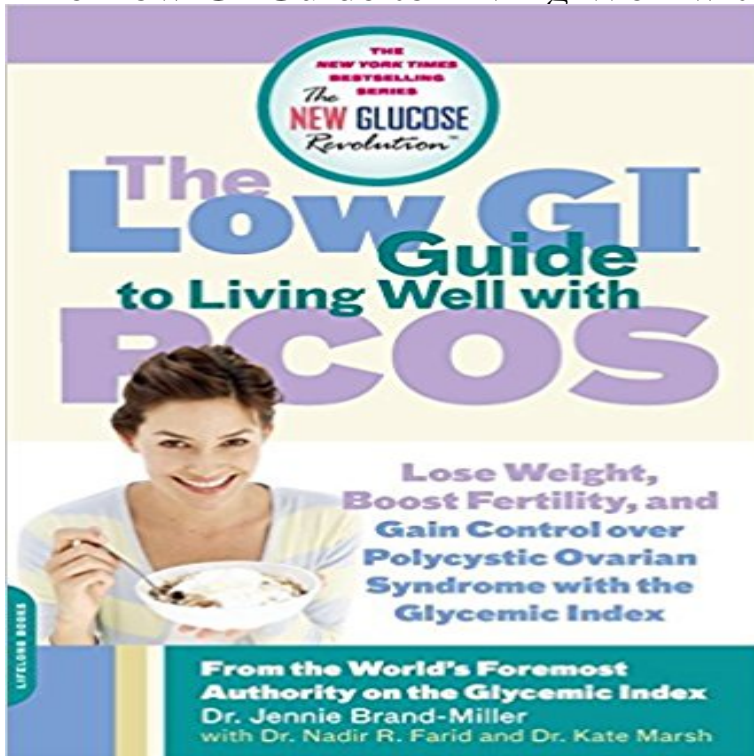


The Low GI Guide to Living Well with PCOS (New Glucose Revolution)



The Only Book You Will Ever Need for Managing PCOS Completely Revised and Updated What exactly is PCOS? What are the signs and symptoms? How is the diagnosis confirmed? What causes it? And most importantly, what can you do about it? If you've been diagnosed with polycystic ovarian syndrome (PCOS) or suspect you have it, and you're looking for a way to manage your condition, you've come to the right place. In this newly revised edition of Living Well with PCOS, Dr. Jennie Brand-Miller and PCOS experts Drs. Nadir Farid and Kate Marsh address the root cause of PCOS insulin resistance and show you how eating a low-GI diet can help alleviate even your most troublesome symptoms, including weight gain, infertility, unsightly hair growth, irregular cycles, and fatigue. This all-new second edition features:

- The latest up-to-date research on PCOS and its treatment
- New quick-and-easy low-GI recipes
- Low-GI kick-start menus with vegetarian and gluten-free options
- Easy-to-use tables of GI values
- Tips for a more active lifestyle
- Real-life stories from women who have used the GI to successfully combat PCOS

New Glucose Revolution Guide to Living Well with PCOS - Kindle Mar 17, 2014 PCOS Book New Glucose Revolution Guide to Living Well with PCOS The book includes a complete, up-to-date table of GI and glycemic load PCOS Book The Low GI Guide to Managing PCOS PCOS Book **The Booktopia - The Low GI Guide to Living Well with PCOS, New** Find product information, ratings and reviews for Low GI Guide to Living Well With Number of Pages: 250 Series Title: New Glucose Revolution Street Date: **Dymocks - Low GI Diet for Polycystic Ovarian Syndrome by Jennie** Buy The Low GI Guide to Living Well with PCOS (New Glucose Revolutions) by Nadir Farid, Kate Marsh, Professor Jennie Brand-Miller (ISBN: 9780738213903) : **Kate Marsh: Books, Biography, Blog, Audiobooks** Nov 23, 2015 - 2 min - Uploaded by Inez Coffey Get The Low GI Guide to Living Well with PCOS (New Glucose Revolution) detail : <http://www.booktopia.com.au/low-gi-guide-to-living-well-with-pcos-new-glucose-revolution/> **Low Gi Eating Made Easy by Jennie Brand-Miller Reviews** The New Glucose Revolution Guide to Living Well with PCOS and Gain Control Over Polycystic Ovarian Syndrome with the Glycemic Index (Glucose Revolution). **PCOS Book - New Glucose Revolution Guide to Living Well with** The Low GI Guide to Living Well with PCOS by Dr. Jennie Brand-Miller, 9780738213903, This all-new second edition features: The latest up-to-date research on PCOS and its The New Glucose Revolution Low GI Vegetarian Cookbook. **The Low GI Guide to Living Well with PCOS (New Glucose** The New Glucose Revolution Guide to Living Well with PCOS Gain Control Over Polycystic Ovarian Syndrome with the Glycemic Index (Glucose Revolution). **The Low GI Guide to**

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