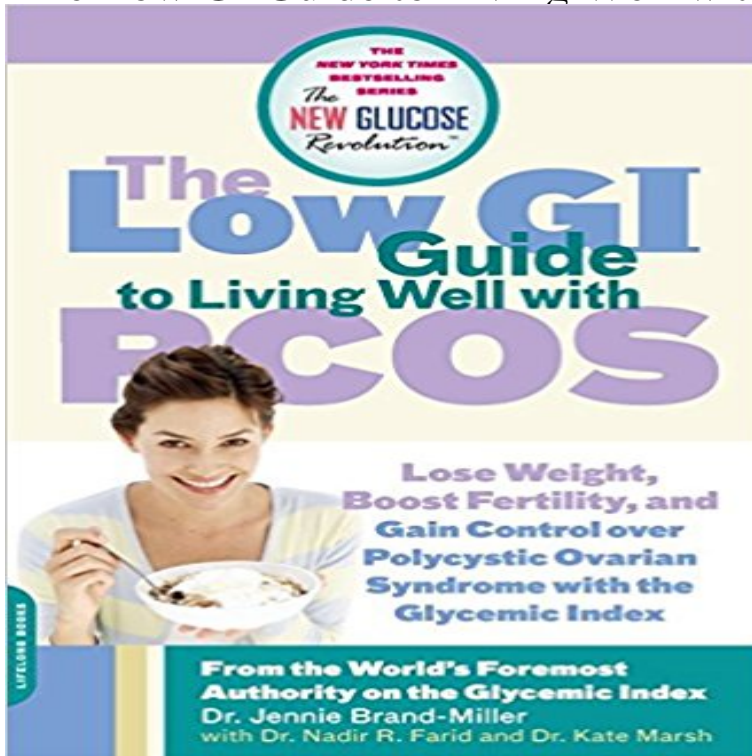


The Low GI Guide to Living Well with PCOS (New Glucose Revolution)



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

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