

# the **PCOS** Health & Nutrition Guide

**Polycystic ovarian syndrome** is a complex hormonal disorder that can cause menstrual irregularities, impede fertility, and increase a woman's risk for other serious diseases. The good news is that women can become actively involved in preventing and treating PCOS. This book provides an effective and safe dietary plan for managing PCOS symptoms, restoring hormonal balance, and enhancing fertility.

**Comprehensive, detailed, yet easy-to-understand information:**

**Part 1: Understanding PCOS** describes symptoms, causes, diagnostic procedures, and associated conditions.

**Part 2: Managing PCOS** explains the benefits of dietary therapy, nutritional supplements, and herbal medicines.

**Part 3: Recipes** provides meal plans and more than 125 tantalizing recipes for everything from soups and salads to main dishes and desserts.

## **PCOS fact** **Silent Condition**

Many women have PCOS without knowing it. Between 2% and 18% of all women in North America have PCOS. Because the symptoms are not obvious and are seldom discussed, PCOS is often referred to as a silent or invisible condition.

**The delicious recipes and the recommendations on dietary therapy, nutritional supplements, and medicinal herbs provide women with effective tools for managing polycystic ovarian syndrome.**

**Dr. Jillian Stansbury, ND**, is a naturopathic physician who chaired the Department of Botanical Medicine for over 20 years and is presently on the faculty of the National College of Natural Medicine. She is recognized as one of the foremost medical herbalists in North America, and specializes in women's health and chronic disease.

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with Dr. Sheila Mitchell, MD

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for Managing Polycystic  
Ovarian Syndrome**

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with Dr. Sheila Mitchell, MD**