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I just finished reading the book, The Ultimate PCOS Handbook, by Colette Harris and Theresa Cheung. If you want to know more about PCOS (Polycystic Ovary Syndrome), have just been diagnosed with PCOS, or are thinking you might be suffering from PCOS, this is a great resource!!!!

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The Ultimate PCOS Handbook Lose Weight Boost Fertility

Thanks to The Ultimate PCOS Handbook, I was able to learn about PCOS and its symptoms and discovered many ways to manage the condition and reduce the symptoms or rid my body of them entirely. It's hard to hear that weight loss is often the best solution to the problem, but now that I realize how important it is, I'm willing to focus on that goal and make the changes necessary.

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In The Ultimate PCOS Handbook (Conari Press, September 2008), PCOS authorities and sufferers Colette Harris and Theresa Cheung empower readers to take control of their bodies and beat naturally, the often embarrassing symptoms of this syndrome, including weight gain, acne, excess body hair, mood swings, depression, and exhaustion.

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The Ultimate PCOS Handbook Lose weight boost fertility

That's why we decided to write The Ultimate PCOS Handbook. We've both got PCOS ourselves, and have found that there's nothing like fighting back to help you feel better about yourself, better about life, and better physically as your self-help strategies help your symptoms recede.

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