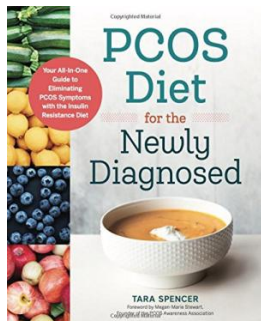


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# PCOS DIET FOR THE NEWLY DIAGNOSED: YOUR ALL-IN-ONE GUIDE TO ELIMINATING PCOS SYMPTOMS WITH THE INSULIN RESISTANCE DIET (PAPERBACK)



Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Take power over your future by becoming an advocate for your health! In the PCOS Diet for the Newly Diagnosed, Tara Spencer helps women with Polycystic Ovarian Syndrome (PCOS) do just that. -- Megan Stewart, Founder and Executive Director of the PCOS Awareness Association Though the exact causes of PCOS are unknown, research suggests that insulin resistance and low-grade inflammation worsen its symptoms. And while the women who live...

**Read PDF Pcos Diet for the Newly Diagnosed: Your All-In-One Guide to Eliminating Pcos Symptoms with the Insulin Resistance Diet (Paperback)**

- Authored by Tara Spencer
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