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5.0 out of 5 stars Managing PCOS for dummies Reviewed in the United States on July 19, 2008 Its a great book it tells me alot of information that is easy to understand rather than something thats really hard to understand.

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PCOS For Dummies gives you a practical, plain-English guide to living with and managing Polycystic Ovarian Syndrome. In addition to providing valuable information concerning the causes and symptoms of Polycystic Ovarian Syndrome, PCOS For Dummies gives you the facts about the various treatment options that are available, including both traditional medical treatments and alternative therapies.

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Polycystic ovary syndrome (PCOS) is the commonest endocrine disorder affecting women of reproductive age. Some 20% of women will have polycystic ovaries on an ultrasound scan and around 7% of ...

A guide to understanding polycystic ovary syndrome (PCOS)

Managing PCOS For Dummies; Managing PCOS For Dummies. Author: Gaynor Bussell. Print, 376 pages, April 2007. ISBN: 978-0-470-05794-0. Description. Don't be held hostage by Polycystic Ovary Syndrome - with the right diet and effective exercise, you can minimise its impact on your day-to-day life and future wellbeing.

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PCOS For Dummies: Gaynor Bussell, Sharon Perkins ...

How to Manage PCOS. If you're willing to overhaul your diet and start a simple exercise program, you can gain a great deal of control over your PCOS symptoms. Insulin resistance causes many PCOS symptoms, and diet and exercise help control insulin resistance. If you're overweight, lose weight by limiting yourself to 1,500 calories per day.

PCOS For Dummies Cheat Sheet - dummies

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There are ways to address the symptoms of polycystic ovary syndrome, or PCOS, through lifestyle changes and dietary supplements, but there's no one-size-fits-all approach to treatment. Natural ...

Natural Treatment PCOS: 30 Ways to Help Hormones, Insulin ...

The book: Managing PCOS For Dummies The author: Gaynor Bussell The subject: Exactly what it says on the tin... errr, cover! Why I chose it: I was recently diagnosed with polycystic ovaries and wanted to know how to manage the symptoms and how best to incorporate a weight loss regime. I chose a "For Dummies" book because I trust the brand and tend to like how they do things.

Managing PCOS for Dummies by Gaynor Bussell

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