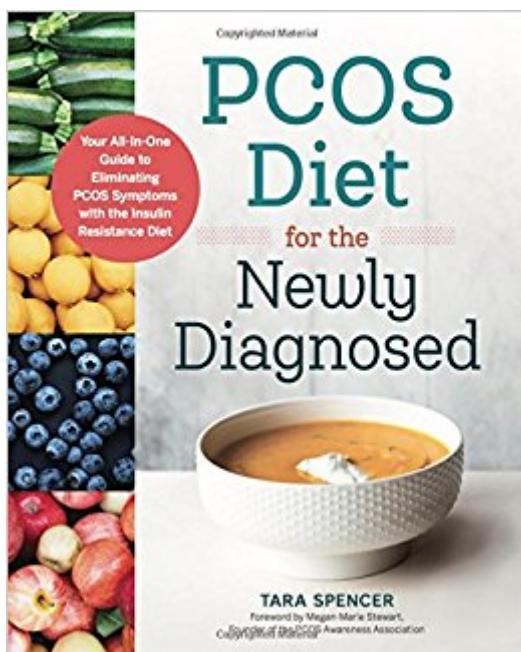


The book was found

PCOS Diet For The Newly Diagnosed: Your All-In-One Guide To Eliminating PCOS Symptoms With The Insulin Resistance Diet



Synopsis

âœTake 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.â "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 with PCOS are more than familiar with its symptoms, most are unaware that following an insulin resistant diet can offer significant reliefâ especially those who have just received a PCOS diagnosis. For Tara Spencer, being diagnosed with PCOS was devastating. The thought of struggling with weight, appearance, and fertility issues (the most common PCOS symptoms) for the rest of her life scared her. Unwilling to rely on artificial hormones and medication, she took matters into her own hands and began looking for natural ways to manage her PCOS. Tara found that changing her diet and exercise was the key to overcoming insulin resistance and eliminating her PCOS symptoms naturally. Now a nutritionist specializing in PCOS, Taraâ™s written the PCOS Diet for the Newly Diagnosed so that other women who have just learned they have PCOS can find the same relief and peace of mind early on. With the PCOS Diet for the Newly Diagnosed, you will:

- Learn about PCOS and how to manage it through diet and exercise
- Gain tools for cultivating self-love and joy while learning to manage your PCOS symptoms
- Kickstart your metabolism with a 2-week exercise routine geared towards newly diagnosed women
- Create healthy recipes that offer tips to boost fertility, control inflammation, and manage calorie intake
- Prepare for your new lifestyle with helpful shopping lists and a 2-week PCOS meal plan
- Living with PCOS doesnâ™t have to mean living with its debilitating symptoms. While there is not yet a cure for PCOS, relief is possible with the guidance offered in the PCOS Diet for the Newly Diagnosed.

Book Information

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Customer Reviews

TARA SPENCER is a nutritionist and certified personal trainer who guides clients along their personal path toward improved health. She is experienced with eating disorder recovery, athlete coaching, and the use of diet as a natural treatment for a number of illnesses. Tara is author of The Insulin Resistance Diet Plan & Cookbook, as well as two other nutrition books. Foreword writer MEGAN-MARIE STEWART is the proud Founder and Executive Director of PCOS Awareness Association (PCOSAA), the second largest nonprofit organization dedicated to Polycystic Ovarian Syndrome worldwide. Her vision and the mission of PCOSAA is to revolutionize PCOS awareness and fight on behalf of those who live with it. Learn more at www.pcosaa.org.

This book is a great read for PCOS as it shows a diet plan that will help rid you of PCOS symptoms. Overall I am very pleased with this book and all the helpful hints. Would I recommend this book to other people? Yes I would including friends and family..I absolutely think this is great book . All opinions are my own if you found this review helpful please vote yes below.

I purchased this for a friend who was recently diagnosed and having "trouble" trying to figure out what she can eat on the "safe" list of foods. It can be incredibly difficult to look at a list of foods that are "safe" and try and figure out what can i make with that. I did look at the recipes and I admit, I'll be jotting some down to add to our family rotation as they looked really good. For example I know I'll be trying the Ruby Red Grapefruit Smoothie and the Oat Energy Balls!!

An excellent resource for those newly diagnosed and feeling overwhelmed. The author's compassionate yet thorough coverage of this disorder is sure to reassure you that you can feel better and live a normal life. Excellent coverage of the diet hows and whys to help get those hormones in check. Highly recommend.

I have always had hormone issues and can't find a doctor with complete knowledge pertaining to my symptoms. This book has excellent information regarding food and your hormones. I have

solved some issues. I highly recommend it for any one having problems with your period or lack of, mood swings, hypoglycemia, and bloating!

This is an amazing book for those with PCOS. I love how they explain a lot about it in the beginning of the book. You'll get a lot of great information about PCOS. These recipes all look very easy to make and they don't take a lot of time either. If you were recently diagnosed with PCOS, I would highly recommend getting this book. You'll find so much great info and good recipes. Disclosure: I received this book for free from the publisher. The opinions are all 100% my own.

I received this as a PDF download. I was diagnosed with PCOS over a year ago but have not had luck finding a diet or nutrition information that I liked. This is a wonderful book. I feel like I can follow this eating plan and improve my health. I would absolutely recommend this to others.

This book has helped me so much! After week on the recommended diet, I already felt better. A little more focused, a little more energetic, and better sleep. I still indulge in sugar, carbs, soy, and dairy a few times a week; but I don't crave them every day anymore, and I am finding new ways to eat my favorite foods without them.

This book is a great resource especially if you need to get start on PCOS diet adapt to this new lifestyle. I'm in my forties and this is exactly what I needed a guide to what to eat and what not to eat. I wish I had read this book in my twenties. I was given this book by Callisto Publishing Company to review and I'm so thankful to have come across this resource. There is a long history of cysts in my family and infertility so this book was a major gem to find. It has a great chapters on what foods to eat and what to avoid and how to live well to feel well. Food is important but how you conduct self care is also important. I love the sample diet plan and the over 70 awesome recipes. My favorite was the Quinoa vegetable ribbon salad and the Dijon lemon marinade so far. Everyday I'm trying something new and feeling great, so many healthy recipes to try. [...]. Many Thanks!

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