



# **PCOS Diet Book: How you can use the nutritional approach to deal with polycystic ovary syndrome**

*Colette Harris*

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## **PCOS Diet Book: How you can use the nutritional approach to deal with polycystic ovary syndrome**

Colette Harris

The nutritional answer for all women sufferers of polycystic ovary syndrome, a condition which affects one in ten women

Having established herself as the authority on PCOS Colette Harris now provides a practical plan for sufferers of Polycystic Ovary Syndrome with the 'PCOS Diet Book'. The book explains how – with the right nutritional approach – you can lose weight, improve your skin, aid fertility and overcome exhaustion, depression and mood swings.

Various diets to suit each individual, accessible explanations of nutritional science and hormonal health, combined with an emphasis upon personal and emotional well-being make this title essential reading for all PCOS sufferers.

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