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Conquer Your Pcos Naturally: How to Balance Your Hormones, Naturally Regain Fertility and Live a Symptom-Free, Well Life (Paperback)

By Rebecca Harwin, Dr Rebecca Harwin

Publishing Queen, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Unlock The Secrets To Conquering Your PCOS Finally, international author, PCOS expert and experienced clinician, Dr. Rebecca Harwin reveals the secrets to overcoming Polycystic Ovary Syndrome. In this breakthrough book, you'll learn proven success methods and simple step-by-step, easy to follow strategies to achieve the success you've been dreaming of. Whether you suspect you have this condition, or have been suffering for years, if you've been searching for the pieces of the PCOS puzzle, then you've picked up the right book at the right time. You'll discover: Why what you've been told about PCOS is probably killing you The 7 proven steps to boost your fertility Simple weight-loss methods: how I lost 20kg (44 pounds) you can too Tips and secrets for clear, radiant skin How to regain a healthy, pain-free menstrual cycle How to feel sexy, feminine and beautiful again What really causes PCOS? This book has been life-changing for me. I now understand what is happening to me and what changes I need to make. Thank you, Dr. Harwin,...



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