



PCOS DIET AND COOKBOOK: How to Eat to Control PCOS Naturally For Weight Loss and Fertility (Desert Recipes Included)

Toolsie Semper

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When it comes to staying healthy and losing weight, women with Polycystic Ovarian Syndrome (PCOS) face a unique set of challenges to achieve their goals. Creating and maintaining a healthy lifestyle may seem a daunting task when it seems as if the genetic lottery odds are stacked against you! But as fortune would have it, what we have compiled here is a series of valuable pieces of information regarding how you can regain control and get on the right track.

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