



# 35 Recipes: PCOS Diet Plan for Rapid Weight Loss: Whole Food Plant Based Vegan

*Patricia M Karnowski MSOM*

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36 PCOS Diet Plan Recipes for Rapid Weight Loss contains amazing whole food plant based recipes for women with Polycystic Ovarian Syndrome. Author Patricia Karnowski is a Practitioner of Traditional Oriental Medicine who has specialized in treating women around the world with infertility including many women with PCOS for the past 16 years. She also has PCOS herself and has had weight problems her entire life. When she switched to a whole food plant based diet her weight dropped and it remained off effortlessly. When Patricia started recommending this diet to her patients with PCOS it was like the heavens opened. Their weight came off and their periods started to regulate. This book of recipes is a labor of love. It contains the recipes Patricia gives to her patients to get them started on this new healthy lifestyle. They start out eating this way for health but you will continue for taste. The book contains: Recipes with Favors and Spices from Around the World. Easy to Make Recipes Foods You Love The Rule for the Life Changing Diet SPECIAL BONUS: Access to FREE educational videos that will help you understand why this diet is so helpful to women with PCOS.

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