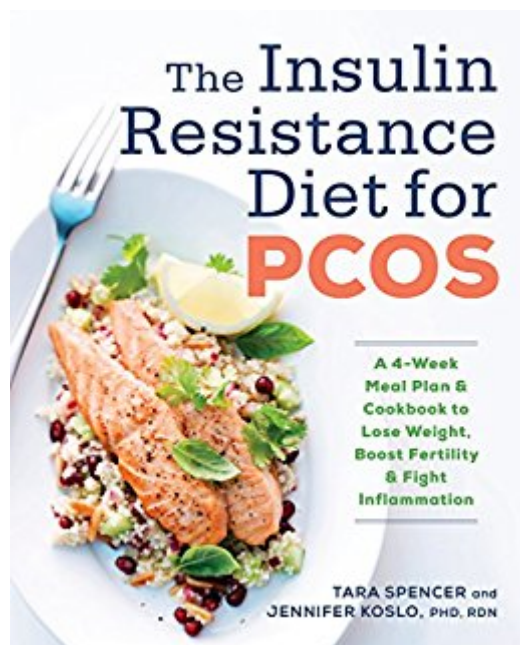




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# The Insulin Resistance Diet For PCOS: A 4-Week Meal Plan And Cookbook To Lose Weight, Boost Fertility, And Fight Inflammation



## Synopsis

You can regain control of your health. You will find relief from your PCOS symptoms. You are not alone. If you're living with PCOS, chances are that you're all too familiar with its symptoms. But when it comes to treating them, it's not always clear what actually works. A study released by the US National Library of Medicine indicates that at least 50% of women with PCOS are insulin resistant. And following an insulin resistance diet is now the #1 method for treating PCOS naturally and effectively. No one knows this better than co-authors of The Insulin Resistance Diet for PCOS, Tara Spencer and Jennifer Koslo. As a nutritionist and fellow PCOS thriver, Tara has gained control over her PCOS through an insulin resistant diet and now helps others do the same. As a registered dietitian nutritionist of sixteen years, Jennifer has helped numerous women manage their PCOS through critical lifestyle changes and the use of an insulin resistance diet. In The Insulin Resistance Diet for PCOS, Tara and Jennifer deliver the simplest, most up-to-date resource for women who are ready to begin reversing the chronic, debilitating effects caused by PCOS through an insulin resistance diet. Get the facts with clear, easy-to-understand information about insulin resistance, how it affects women with PCOS, and how an insulin resistance diet can help. Know what to eat with a practical meal plan and easy recipes specifically designed to help you overcome insulin resistance and manage the impact of PCOS on women's bodies. Enjoy affordable, tailored recipes customized to your unique PCOS concerns, including three distinct labels for "Lower Calorie," "Inflammation Fighter," and "Fertility Boost." With The Insulin Resistance Diet for PCOS, relief from your PCOS symptoms is within your reach.

## Book Information

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## Customer Reviews

There are TONS of wonderfully delicious recipes in this book. I love how listed is what the foods do... i.e. anti-inflammatory, high in protein, etc. And it says the recipes all take about 15 minutes of prep time. I don't do Tofu or Tempeh due to it being a processed soy product and not ideal for women's breast health, but the recipes appear to be easily adaptable to use chicken or turkey in replacement (obviously organic and non hormone meats). The only downside is the initial purchase of altering ones kitchen pantry around to accommodate this new lifestyle, but it is so entirely worth it.

My wife was recently diagnosed, this book explained EVERYTHING! Great information. Highly recommend. Even the binding is good quality (she says it's a "pretty book")

love this book

great recipes! i live the white bean chicken chili and the asian lettuce wraps. i cant wait to try more!

Love this cookbook, packed full of useful information! Packed safely, thanks

Lot's of great recipes in here!

Very informative , if you need to be careful of what your putting in your body

Quick and easy recipies.

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Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories  
(vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)

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