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Cailin Chase

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Cailin Chase : PCOS: The Ultimate Guide to Overcoming Polycystic Ovary Syndrome before purchasing it in order to gage whether or not it would be worth my time, and all praised PCOS: The Ultimate Guide to Overcoming Polycystic Ovary Syndrome:

0 of 0 people found the following review helpful. It seems almost like the book was translated from another language By Cristina C. Doss Save your money. First, it is fairly poorly written/edited. I am no English major, but in the first few pages of the book, I found a misspelling, duplication of terms, and a couple of sentences where the verb and nouns didn't agree. It seems almost like the book was translated from another language. Second, there are several items stated in the book that are not supported by science (for example, there are several references to "remedies" or "cures" for PCOS, which is patently untrue). And third, there are several free websites that give you much more comprehensive information about PCOS and the various treatments. I'm glad I only paid \$2.99. 1 of 1 people found the following review helpful. Nicely done. By Ezra T. Gray I have read so many informative books on PCOS, but this one was straight to the point and had new information I didn't know about. Plus it had great recipes as a bonus treat. Well done! 0 of 0 people found the following review helpful. Three Stars By valerie Good

If you're currently dealing with PCOS, then your quality of life is significantly reduced. What's more, symptoms such as weight gain, abdominal pain, depression, being and unable to conceive make you miss the joy of living life to its fullest. Not anymore! With PCOS by Cailin Chase, you can finally get relief for PCOS symptoms for good! The book has been specifically created to help individuals suffering from PCOS and its associated symptoms, aiming to provide resourceful information that can finally give you the relief that you've been looking for all this time. Apart from prescription and non-prescription medications, the author also proposes natural remedies for PCOS, introducing the listener to prevention methods, risk factors that can lead to this condition, and foods that aggravate PCOS. This book will be your roadmap to understand the following: What is PCOS What are the causes of PCOS What are the signs and symptoms of PCOS What are the complications of PCOS How PCOS is diagnosed What are the treatments for PCOS We have also included some of our favorite PCOS-friendly recipes. Empower yourself by listening and learning about Polycystic Ovary Syndrome today.

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