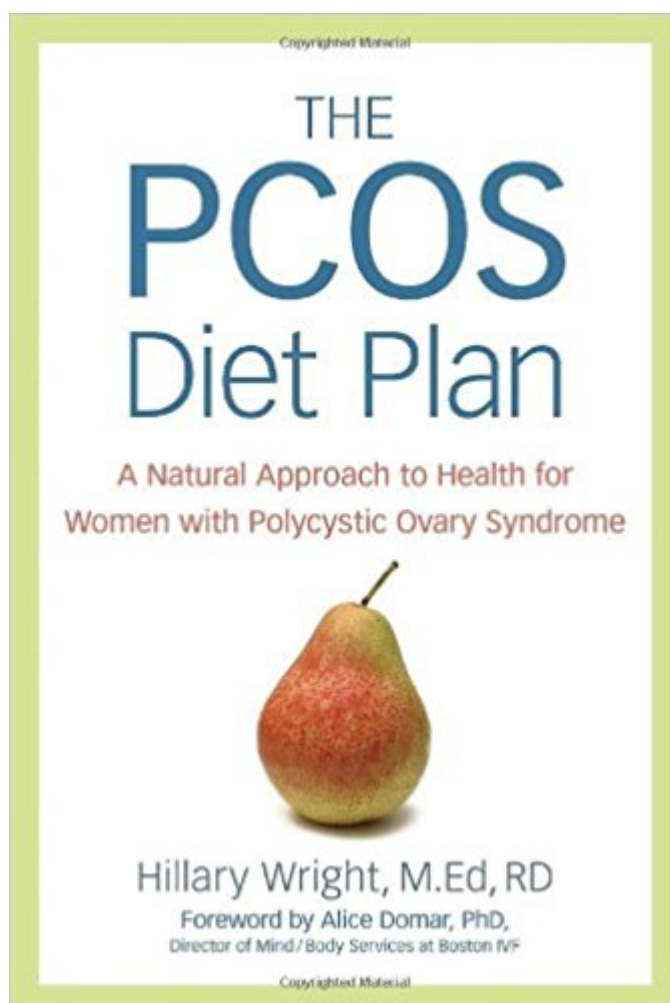


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# The PCOS Diet Plan: A Natural Approach To Health For Women With Polycystic Ovary Syndrome



## Synopsis

Polycystic Ovary Syndrome is the most common hormonal disorder among women of reproductive age, and if left unchecked, is linked to serious health issues like infertility, type 2 diabetes, heart disease, and endometrial cancer. In this groundbreaking book, registered dietitian Hillary Wright explains this increasingly diagnosed disorder and introduces the holistic symptom-management program she developed by working with hundreds of patients. With Wright's proven diet and lifestyle-based program, you can influence your reproductive hormones and take charge of your health. Featuring a carbohydrate distribution approach at its core, The PCOS Diet Plan also zeroes in on exactly what exercise, supplements, and self-care choices you can make to feel better every day. With information on how to develop healthy meal plans, choose a sustainable exercise routine, relieve stress, address fertility issues, and find emotional support, this accessible, all-in-one guide will be your trusted companion to a better life.

## Book Information

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## Customer Reviews

"Hillary Wright's book on PCOS is a must-read for the millions of women affected by this common disorder. It not only explains the why of PCOS, but offers practical solutions that are critical to beat the disorder. This book empowers women to understand their bodies and live longer and healthier lives."--Michael M. Alper, MD, Associate Clinical Professor of Obstetrics and Gynecology, Harvard Medical School  
"This comprehensive, researched-based resource demystifies PCOS and offers hope to women with the condition. Wright's wealth of professional knowledge shines through on every page, and I am particularly impressed by how

deftly she translates the latest scientific studies about PCOS into specific diet and lifestyle advice that's easy to incorporate into your daily routine. --Elizabeth M. Ward, MS, RD, author of *Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy*

Hillary Wright, M.Ed, RD, is the director of nutritional counseling at the Domar Center for Mind/Body Health at Boston IVF, a Harvard-affiliated fertility treatment center, and a nutritionist at the Dana Farber Cancer Institute in Boston. She lives with her husband and three sons in Arlington, Massachusetts.

One of life's many paradoxes seems to be waiting until you're finally ready to get pregnant, only to run into delays and difficulty. I was beginning to experience this frustration and looked into my symptoms with my doctor; she noted my family history of diabetes and suggested I begin taking Metformin. For me personally, taking prescription medication is usually not a first option, so I researched alternatives that can help overcome PCOS symptoms. Several infertility blogs inspired me to consider changing my diet as one powerful solution, and my search brought me to Hillary Wright's *The PCOS Diet Plan*. Ms. Wright clearly explains PCOS, the impact it can have on your hormones and health, and how you can influence your hormones and even the quality of your eggs by managing your diet. As an athlete, I trusted her advice and diet plan over others because she did not recommend cutting out carbohydrates or severely restricting them. Instead, Ms. Wright explains how to choose quality complex carbs and then distribute them appropriately throughout the day. The diet is balanced and easy, especially if you bake chicken and chop vegetables ahead of time. I didn't know it at the time, but after one week of following *The PCOS Diet Plan* strictly, I ovulated much earlier in my cycle than usual and conceived. While there are many factors that go into successfully achieving pregnancy, I feel strongly that the information I learned from this book helped tremendously. If you are experiencing PCOS symptoms and are motivated to make dietary changes in hopes of getting pregnant, hold that dessert and read this book.

Before reading this book I had never even heard of PCOS. This book is such a wealth of information that I can't say enough good things about it. This really opened my eyes to the impact food has on this syndrome and made me feel that this is something that doesn't have to radically interrupt my life. This book gives sufferers hope because it teaches that management is possible and wellness is attainable. It can be a little complicated at times (calculating your BMR, and then finding how many

carbs per day you should have based on that number) but once you establish some baseline data everything else is easy to follow. This is NOT a cook book! One reviewer was disappointed because of that. This book DOES provide tons and tons of examples of common foods for meal plan examples for both full meals and snacks.

Very good book and very educational.

I thought the author did a great job explaining the pathophysiology of PCOS and the importance of eating the right diet for those with insulin resistance. My only criticism is her advocating the use of artificial sweeteners in the PCOS diet as new research is suggesting that ingesting foods with these substances can actually cause a spike in blood sugar. I would say just eliminate the artificial junk and drink water or sparkling water and use a little of natural sweetener (I.e. honey, maple syrup) very sparingly if you have to get a sweet fix. Other than that, though, I learned a lot and I appreciate the information she presents.

EVERYONE who has PCOS should read this book... Its a huge eye opener, great information! I bit of a tedious read but if you can make it through, its great! Ive lost 10 pounds in a few weeks just loosely following the guidelines!

This book changed how I looked at carbs and PCOS. Every time I would try to lose weight by cutting carbs, I was weak and miserable. I thought I could never manage my insulin resistance without medication and its awful side effects. This book has changed my life.

It's the best thing I've read for helping control my PCOS symptoms! Changing my diet has helped me bring down my fasting blood sugar to below 100!!! I bought a glucometer to monitor it at home occasionally. Its great. I highly recommend this book!

Save your money

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