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Eating for health when you have polycystic ovarian syndrome

A 90-Day Guide for Couples on How to Prepare for a Healthy Conception Amy Ogle, MS, RD, and Lisa Mazullo, MD (2011) • The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life (2005) • The Ultimate Omega-3 Diet Evelyn Tribole (2007) PCOS Websites • PCOS Nutrition Center: www.pcosnutrition.com

Xo Kym

As promised in my blog post 'Your Ultimate Guide to PCOS', please visit the PCOS Help Centre for a fantastic 550-word explanation of the mechanics of luteinizing hormone, follicle-stimulating hormone, and gonadotropin releasing hormone during ovulation, and the theory behind what goes wrong for PCOS ...

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