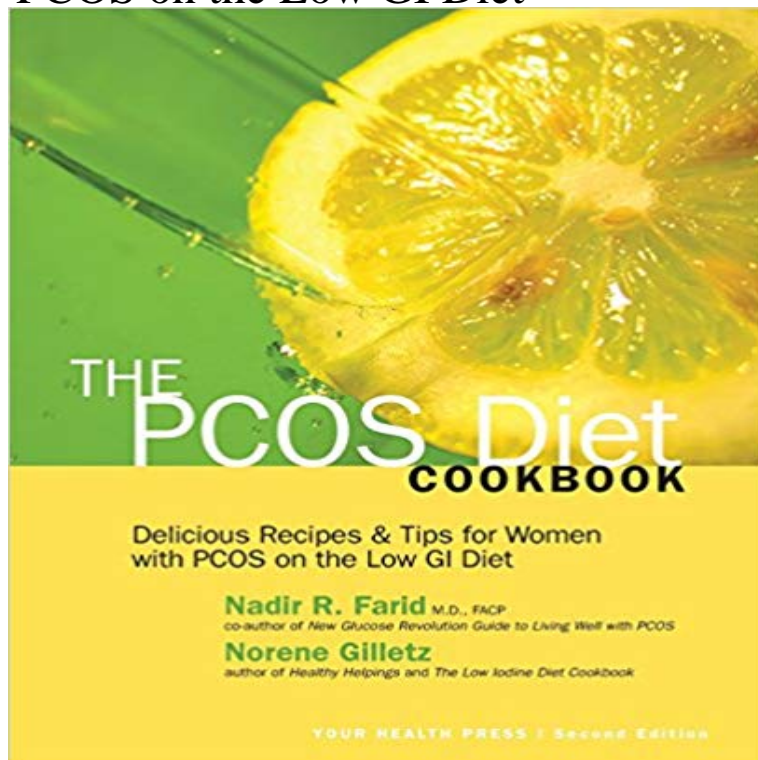


The PCOS Diet Cookbook: Delicious Recipes and Tips for Women with PCOS on the Low GI Diet



This updated 2012 second edition of The PCOS Diet Cookbook is the first dedicated low GI cookbook for North American women living with PCOS. Approximately one-third of women of reproductive age suffer from PCOS and need to follow the low glycemic index (GI) diet, a successful treatment for PCOS, either alone, or combined with medication. Containing over 300 delicious low GI recipes and variations by the culinary expert who has been hailed the Julia Child of specialty cooking you'll also find complete introductory chapters about PCOS, shopping and meal planning by a world renowned expert in PCOS, the late Dr. Nadir Farid. If you have PCOS, and are on the low GI diet, this cookbook will be a valuable addition to your kitchen. Low GI never tasted so good!

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