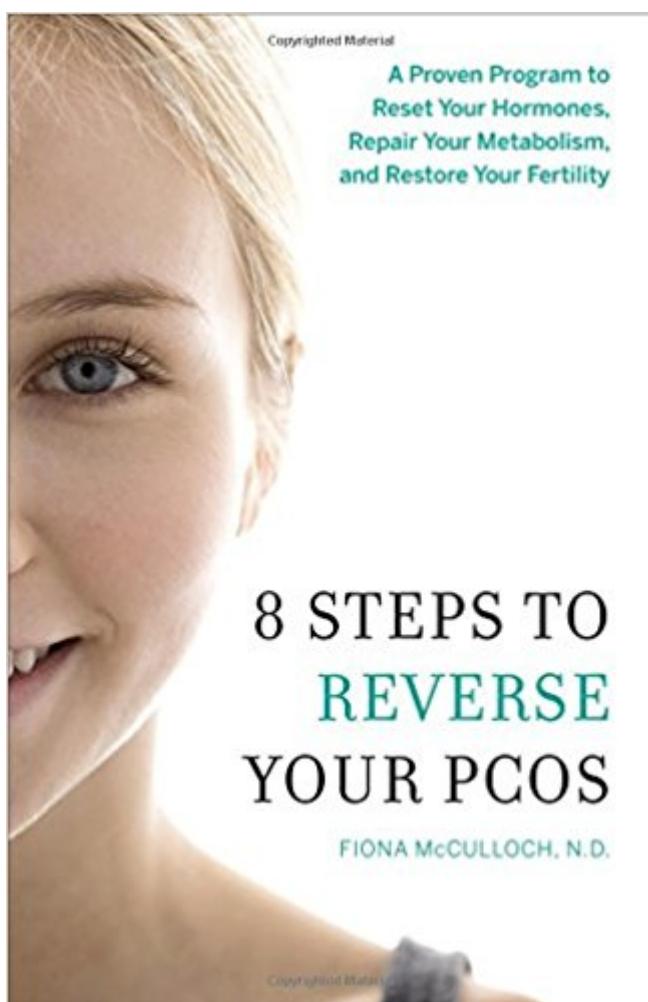


The book was found

8 Steps To Reverse Your PCOS: A Proven Program To Reset Your Hormones, Repair Your Metabolism, And Restore Your Fertility



Synopsis

A Unique 8-Step System to Reverse Your PCOS Author and naturopathic doctor Fiona McCulloch dives deep into the science underlying the mysteries of PCOS, offering the newest research and discoveries on the disorder and a detailed array of treatment options. Polycystic ovary syndrome (PCOS) is the most common hormonal condition in women. It afflicts ten to fifteen percent of women worldwide, causing various symptoms, including hair loss, acne, hirsutism, irregular menstrual cycles, weight gain, and infertility. 8 Steps to Reverse your PCOS gives you the knowledge to take charge of your health. Dr. McCulloch introduces the key health factors that must be addressed to reverse PCOS. Through quizzes, symptom checklists, and lab tests, she'll guide you in identifying which of the factors are present and what you can do to treat them. You'll have a clear path to health with the help of this unique, step-by-step natural medicine system to heal your PCOS. Having worked with thousands of people seeking better health over the past fifteen years of her practice, Dr. McCulloch is committed to health education and advocacy, enabling her patients with the most current information on health topics and natural therapies with a warm, empathetic approach.

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Customer Reviews

"When it comes to managing PCOS symptoms, knowledge is power. For women with PCOS, Dr. Fiona McCulloch's Groundbreaking new book is a wealth of this immediately applicable information that can make a difference in learning to manage their symptoms. Dr. McCulloch has interpreted all of the latest PCOS research and applied her own knowledge and expertise to create an easy-to-read, comprehensive resource. This brilliant Book is the must-have guidebook for any woman who wants to manage her PCOS with a holistic lifestyle approach. Dr. Fiona can certainly be

counted among the great PCOS medical experts, such as Dr. Walter Futterweit and Dr. Samuel Thatcher, who have blazed a trail of empowerment for the PCOS patient.” -- Amy Medling, PCOS Diva ”Dr. Fiona’s eagerly awaited book on PCOS is everything I hoped it would be: comprehensive and insightful.” -- Dr. Lara Briden, author, *The Period Repair Manual* ”8 Steps to Reverse Your PCOS is a detailed, engaging, and practical approach to the very complex issue of PCOS that it is easy to understand. Dr. Fiona puts each piece of the PCOS puzzle in place to provide a truly complete answer in restoring proper hormonal balance.” -- Dr. Michael T Murray, coauthor, *The Encyclopedia of Natural Medicine* ”I highly recommend this book! PCOS is a topic that is past due for global attention and clarity, and Dr. McCulloch’s book delivers on these needs. 8 Steps to Reverse Your PCOS helps readers understand if PCOS may be the hidden cause behind their weight gain, hair loss, or missed cycles. It will also help them understand why they are afflicted and give them a path back to health. The recommendations given are safe, well-balanced, and evidence-based, and they come from Dr. McCulloch’s clinical experience and extensive research. The steps outlined also serve as an excellent guide for those with metabolic syndrome or prediabetes.” -- Dr. Alan Christianson, New York Times best-selling author of *The Adrenal Reset Diet* ”I was impressed by the comprehensive and integrative approach that Dr. McCulloch has achieved in this book, which will help women with this complex endocrinological disorder. Medicine’s understanding of PCOS has come a long way in the last three decades, and Dr. McCulloch has grasped that evolution and embraced our modern scientific understanding of PCOS, including the science and importance of natural medicine in treatment strategies for PCOS” -- Dr. Tori Hudson, Clinical Professor, National University of Natural Medicine, Bastyr University, Southwest College of Natural Medicine; author, *Women’s Encyclopedia of Natural Medicine*; Director of Education and Research, Vitanica; Medical Director, *a Woman’s Time* ”Dr. McCulloch has done an impeccable job at capturing the whole picture of PCOS, including the emotional effects that are so commonly experienced throughout the journey. This book clearly and thoroughly outlines a step-by-step process that can be easily followed. 8 Steps to Reverse Your PCOS is a must-have resource for women with PCOS, clinicians working with women’s hormones or the emotional impact of having PCOS, and mothers of teenage daughters who may be experiencing symptoms related to PCOS. Knowledge is empowering, and Dr. McCulloch provides the knowledge and guides us through the actions necessary to grab hold of our life and turn it around!” --Dr. Julia Sen, psychologist

Dr. Fiona McCulloch, the founder and owner of White Lotus Integrative Medicine has worked with

thousands of people seeking better health over the past fourteen years of her practice. She is committed to health education and advocacy, empowering her patients with the most current information on health topics and natural medicine therapies with a warm, empathic approach. Dr. Fiona has published several articles in NDNR, one of the leading journals for naturopathic doctors and other publications for health professionals. Her popular research-based blog receives a monthly readership of 30,000 per month. 8 Steps to Reverse Your PCOS is Dr. Fiona's first book. Dr. Fiona is the Naturopathic Doctor advisor to IVF.ca: Canada's premier online fertility community. As a woman with PCOS, she's passionate about health education for women with this disorder and holds a position on the medical advisory committee of the PCOS Awareness Association. Dr. Fiona also frequently lectures to professionals, including naturopathic doctors and integrative medicine clinicians, and to students at the Canadian College of Naturopathic Medicine. She is a proponent of evidence-based natural medicine and peer reviews for Natural Medicines Database, an international research group affiliated with Harvard Medical School. Dr. Fiona is a graduate of the Canadian College of Naturopathic Medicine (2001) and the University of Guelph (Biological Science/Molecular Biology and Genetics).

I have read a lot of books on PCOS and hormones since I have been diagnosed about 10 years ago (I am now 31) Dr. Fiona's book is by far the best book on PCOS I have ever read. She breaks it all down what your endocrine is doing and why you are having the symptoms. She then goes step by step with supplements and diet on how you can help your body reverse your PCOS. One of the top things I loved about this book she is didn't just name off a supplement but gave a description of what it does for PCOS and how much of that supplement you should be taking to see an effective change. I had taken some of those supplements she recommends but when I saw what she recommended in dosing I was so off. I was taking far to little to see healing in my body. The diet part of the book was super eye opening as well. I have been gluten free for awhile now, and minimize my sugar intake, and low carb as much as I can, but I am still eating some higher carb things (like rice). Dr. Fiona introduces how we should eat to according how foods spike our insulin not only focus on blood sugar. Anyways, lets get to the nitty gritty. I have done the diet to best of my ability for over a month now (only cheated like 3 times on, cheese at a restaurant). I added an arrange of supplements about 3 weeks ago as well. I am happy to inform that I feel a lot better! My acne is about 75% improved, I've lost 8 pounds, and started my period yesterday. I don't deal with facial or body hair, but I have excessive hair loss on my head. I know to see a visible improvement on hair growth will at least take 6 months. This has been a huge blessing to me. I can't wait to see how my

body changed over the next 3-6 months.

Excellent product! Spend the time and fix this condition it does get worst without treatment, sadly.

Amazing book! This has helped so much.

Lots of information, fantastic resource. Highly recommend. The eating plan is really helpful. Can't wait for it to be even further developed in years to come.

Great book, very useful easy reading, and the recipes

So informative and detailed, read every page closely. Thankful for this book!

I love this book. Very informative. Very helpful and the recipes in the back are great. Wish there were more.

Loved the book and was very informational. Recommend it to every women suffering from PCOS.

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