



Accredited Practising Dietitian & Diabetes Educator Kate Marsh and Accredited Exercise Physiologist Dr Adam Fraser explain everything you need to know about managing your PCOS through lifestyle changes.

Lifestyle changes, including diet and exercise, can significantly improve all or most of the symptoms of PCOS. In fact research has shown that losing as little as 5% of body weight through diet and exercise can restore ovulation, improve fertility and reduce many of the symptoms of this condition.

And if you have PCOS, eating well and exercising regularly also helps regulate your blood glucose levels, improve your energy levels and reduce your risk of type 2 diabetes and heart disease.

This audio CD has been designed specifically for women with PCOS, to help them in making the lifestyle changes needed to manage their condition. It will provide you with:

- an explanation of PCOS and its symptoms
- information on the link between PCOS and insulin resistance and why this is important
- an understanding of the importance of lifestyle changes in managing PCOS
- everything you need to know about eating well with PCOS, including practical tips you can implement right now
- a 6-point exercise plan for managing insulin levels
- tips on getting started with exercise
- the truth about those common exercise myths
- a comprehensive range of fact sheets covering all the main points in the audio CD

Available for only AUD\$50.00 (+\$10P&H).

To order your copy visit our website where you can pay via PayPal using your credit card or PayPal account -

<http://www.pcoshealth.com.au/services/bookshop.aspx>

\$5 from the sale of every copy of PCOS Made Easy is being donated to Project PCOS.

“Eating and exercising your way to better health”

brought to you by
Accredited Practising
Dietitian & Diabetes
Educator **Kate Marsh**
and Accredited
Exercise Physiologist
Dr Adam Fraser

To find out more about
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