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Polycystic ovary syndrome, or PCOS, is one of the most common hormonal disorders and the most common cause of female infertility, affecting roughly five million American women. Because its symptoms are so varied - including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles - PCOS is often misdiagnosed and treated with "Band-Aid" pharmaceuticals with uncomfortable side effects that only mask the root causes. While there is no cure for PCOS, women can learn to control their symptoms naturally. In Healing PCOS, certified health coach and founder of PCOS Diva Amy Medling guides listeners step-by-step through her transformative 21-day plan to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge Amy has acquired living with PCOS herself and helping tens of thousands of women take charge of their fertility, health, and happiness, Healing PCOS shows women how to thrive, not just survive, with PCOS. PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

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