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It does recommend a low GI diet, which is the best diet for PCOS, and talks extensively about insulin resistance as well- a great key word for those with PCOS. The book is more like a manual of

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For PCOS, the main method of

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treatments are diet and exercise in order to ensure stable blood sugar and lose weight. The bulk of the book concerns diet, specifically the low GI diet because that. There are plenty of recipes, though I would have preferred a longer list of foods and their GI contents.

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