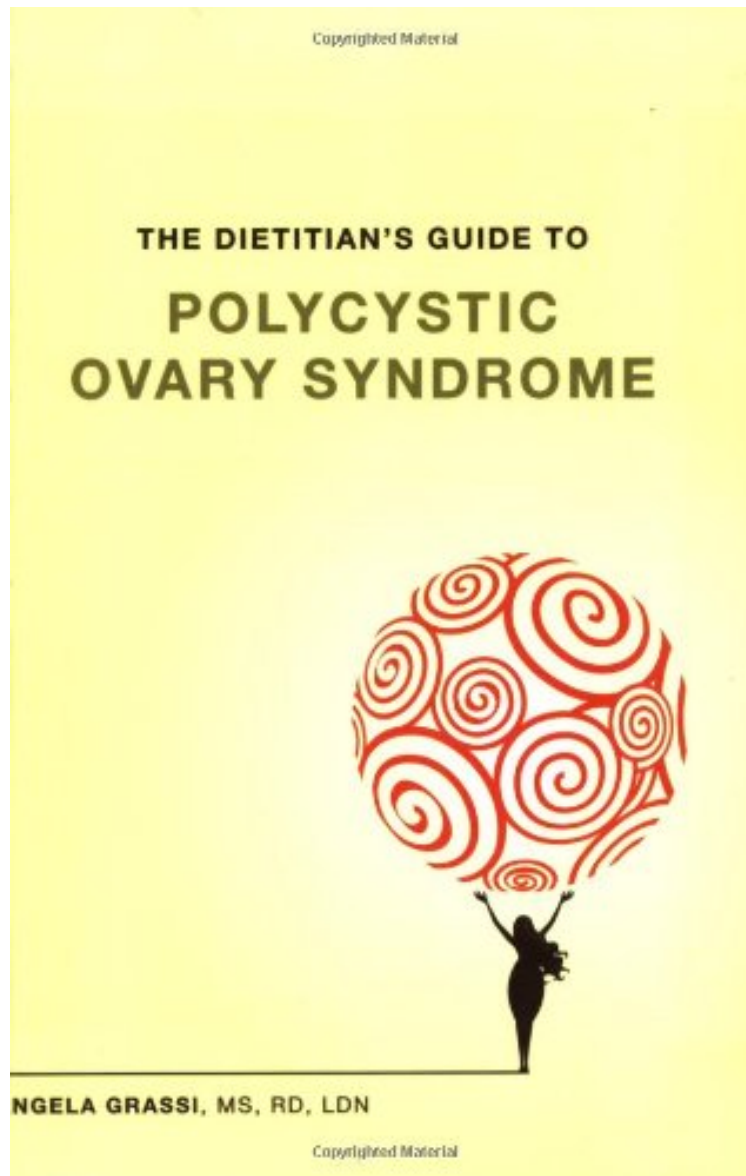


(Free download) The Dietitian's Guide to Polycystic Ovary Syndrome

# The Dietitian's Guide to Polycystic Ovary Syndrome

Angela Grassi, MS, RD

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**Angela Grassi, MS, RD : The Dietitian's Guide to Polycystic Ovary Syndrome** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Dietitian's Guide to Polycystic Ovary Syndrome:

0 of 0 people found the following review helpful. Five Stars By Crystal Beautiful book! 0 of 0 people found the following review helpful. Five Stars By Cathy C. 5-very helpful 0 of 1 people found the following review helpful. Great for RDs and aspiring RDs! By M. Baker The Dietitian's Guide to PCOS is a wonderful book for RDs and individuals

with a desire to know more about the details and science behind PCOS. While it may not be the go to guide for women with PCOS, it is a great resource for RD's to have in their library! (Ms. Grassi's PCOS Workbook is the resource for women with PCOS!) As an aspiring RD and woman with PCOS, I have found this book to be a great source of information!

The most comprehensive evidence-based nutrition resource for PCOS, this book is a must for Dietitians, Nurses, Physicians, Therapists, and other health professionals who work in women's health, along with women who have PCOS themselves! With this book, the first of its kind, health professionals will gain the necessary knowledge and training to work with the PCOS population: Recognize signs and symptoms of PCOS in adolescent and adult patients Learn diet strategies to help women with PCOS improve their fertility, lose weight, and live better lives Obtain sample meal plans and resources for patients Learn which nutritional supplements are best to improve PCOS Understand the quality of life issues affecting women with PCOS and how they may be at a higher risk for developing eating disorders Recognize nutritional concerns that PCOS women have during pregnancy, lactation, and the postpartum period Understand the importance of effective diet strategies for women with PCOS as they age

This book fills a gap in the practical literature on medical nutrition therapy for Polycystic Ovary Syndrome. It is a useful, practice-oriented book written by an experienced dietitian for dietitians. I highly recommend this book for dietitians interested in women's health. --Jeffrey E. Harris, DrPH, MPH, RD, LDN Thank you for writing this book! I'm not a dietitian or health care professional but I do have PCOS and I think all women with this syndrome would benefit from reading PCOS: The Dietitian's Guide. It's full of nutrition and medical information that I haven't seen in any other PCOS book. --Rebecca Cunningham PCOS: The Dietitian's Guide is a book that not only every practicing dietitian and nutritionist should have on their shelves, but any professional who comes into clinical contact with women suffering from PCOS. But not only will professionals working with PCOS clients find this book helpful, but women with PCOS will be well-armed to work with their doctors, dietitians, reproductive endocrinologists, and gynecologists to fight the symptoms of PCOS and its related issues." --Linda Harvey, Editor, PCOS Today Magazine Thank you for writing this book! I'm not a dietitian or health care professional but I do have PCOS and I think all women with this syndrome would benefit from reading PCOS: The Dietitian's Guide. It's full of nutrition and medical information that I haven't seen in any other PCOS book. --Rebecca Cunningham PCOS: The Dietitian's Guide is a book that not only every practicing dietitian and nutritionist should have on their shelves, but any professional who comes into clinical contact with women suffering from PCOS. But not only will professionals working with PCOS clients find this book helpful, but women with PCOS will be well-armed to work with their doctors, dietitians, reproductive endocrinologists, and gynecologists to fight the symptoms of PCOS and its related issues." --Linda Harvey, Editor, PCOS Today Magazine About the Author Angela Grassi, MS, RD, LDN is the author of PCOS: The Dietitian's Guide, and is co-author of The PCOS Workbook: Your Guide to Complete Physical and Emotional Health. She also wrote the PCOS chapter in The Academy of Nutrition and Dietetics Nutrition Care Manual. In 2013, Angela received The Award for Excellence in Practice in Women's Health and is a past recipient of The Award for Excellence in Graduate Research, both from the Academy of Nutrition and Dietetics. Angela is the founder of the PCOS Nutrition Center where she provides evidence-based nutrition information and nutrition counseling to women with PCOS around the world. She speaks frequently to consumers and professionals. Having PCOS herself, Angela has been dedicated to advocacy, education, and research of the syndrome. She resides in the Philadelphia area with her husband and two sons. For more information or to sign up for her PCOS Nutrition Tips Newsletter visit her website, [PCOSnutrition.com](http://PCOSnutrition.com), visit the PCOS Nutrition Center on Facebook or follow her on twitter @PCOSnutrition