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### **KEY=PCOS - TYLER CARLIE**

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### **POLYCYSTIC OVARY SYNDROME**

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### **CURRENT CONTROVERSIES, FROM THE OVARY TO THE PANCREAS**

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Springer Science & Business Media This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.

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### **LIVING PCOS FREE**

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### **HOW TO REGAIN YOUR HORMONAL HEALTH WITH POLYCYSTIC OVARIAN SYNDROME**

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Hammersmith Books Limited When faced with her own premature menopause, Dr. Nitu Bajekal, the "plant-based gynae," learned that the Western medicine in which she had trained and practiced had too long ignored the real impact of nutrition and lifestyle on both health and disease. To allow women to achieve their full health potential, lifestyle medicine and conventional medicine can complement each other, offering an appropriate blend of solutions for the individual patient. Based on her research, 35 years' clinical practice, and her personal experience of a plant-based diet--with input from nutritionist and former PCOS sufferer Rohini Bajekal--she offers this practical lifestyle guide to recovery from polycystic ovarian syndrome. Dr. Bajekal shows how this endocrine condition can be managed via the six pillars of lifestyle medicine, with interventions of Western medicine available as adjuncts as needed. The book features a 21-day lifestyle plan for hormonal health together with tried-and-tested plant-based recipes by the authors and illuminating case histories.

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### **8 STEPS TO REVERSE YOUR PCOS**

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### **A PROVEN PROGRAM TO RESET YOUR HORMONES, REPAIR YOUR METABOLISM, AND RESTORE YOUR FERTILITY**

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Greenleaf Book Group 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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## **REPRODUCTIVE ENDOCRINOLOGY FOR THE MRCOG AND BEYOND**

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Cambridge University Press Understanding endocrinology is central to understanding the key processes that affect normal reproductive function, while an understanding of normal endocrinology and the pathophysiology of endocrine disorders is important when dealing with reproductive disorders. This book provides a comprehensive background for all gynaecologists, covering: sexual differentiation and intersex disorders; adrenal disorders; normal puberty and adolescence; abnormal puberty; the menstrual cycle; disorders of menstruation; amenorrhoea; polycystic ovary syndrome; anovulatory fertility and ovulation induction; lactation and lactational amenorrhoea; hyperprolactinaemia; thyroid disease; diabetes; lipid metabolism and lipoprotein transport; premature ovarian failure; and calcium metabolism and its disorders. The book is primarily designed to provide a comprehensive summary for candidates preparing for the Part 2 MRCOG examination, and as such covers the RCOG curriculum for reproductive endocrinology. It is also a valuable guide for all healthcare professionals working in the field, including trainees, consultants and any health professional coming into contact with women.

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## **IT STARTS WITH THE EGG**

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### **HOW THE SCIENCE OF EGG QUALITY CAN HELP YOU GET PREGNANT NATURALLY, PREVENT MISCARRIAGE, AND IMPROVE YOUR ODDS IN IVF (SECOND EDITION)**

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Franklin Fox Publishing LLC A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, It Starts with the Egg provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges— including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

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## **CLINICAL GYNECOLOGY**

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Cambridge University Press Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

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## **100 CASES IN OBSTETRICS AND GYNAECOLOGY**

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CRC Press A 24-year-old woman is referred from the emergency department with sudden onset of left iliac fossa pain and you are the medic on duty...100 Cases in Obstetrics and Gynaecology presents 100 commonly seen obstetric and gynaecological scenarios. The patient's history, examination and initial investigations are presented along with questions on the di

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## **GYNAECOLOGY BY TEN TEACHERS**

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CRC Press First published in 1919 as 'Diseases of Women', Gynaecology by Ten Teachers is well established as a concise, yet comprehensive, guide. The twentieth edition has been thoroughly updated by a new team of 'teachers', integrating clinical material with the latest scientific developments that underpin patient care. Each chapter is highly structured, with learning objectives, definitions, aetiology, clinical features, investigations, treatments, case histories and key point summaries and additional reading where appropriate. New themes for this edition include 'professionalism' and 'global health' and information specific to both areas is threaded throughout the text.

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## **HEALING PCOS**

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### **A 21-DAY PLAN FOR RECLAIMING YOUR HEALTH AND LIFE WITH POLYCYSTIC OVARY SYNDROME**

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HarperCollins A proven 21-day diet and lifestyle plan to help women with polycystic ovary syndrome (PCOS) take back control of their health and resolve their symptoms from a certified health coach and founder of the large PCOS Diva online community. PCOS is one of the most common hormonal disorders, and the most common cause of female infertility, affecting roughly five million American women. Because it's symptoms are widespread—including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles—women suffering from PCOS are often misdiagnosed and treated with "Band-Aid" pharmaceuticals with uncomfortable side effects that only mask PCOS's root causes. While there is no cure for PCOS, women can learn to control their symptoms naturally. In this welcome guide, Amy Medling shows how to combine an anti-inflammatory and hormone-balancing diet, daily movement, and stress-reducing self-care to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge she's acquired dealing with PCOS herself and working with thousands of women, Healing PCOS offers women small, manageable steps that help alleviate their symptoms and control the inflammation, hormonal imbalance, and insulin resistance that underlie the condition. Amy's revolutionary program consists of: A 21-day anti-inflammatory, hormone-balancing and gluten-free meal plan, including meal prep and plan-ahead tips to make eating this way simple and fast 85 delicious recipes—half fan favorites and half new dishes Daily self-care exercises, including meditation and journaling prompts Amy has helped tens of thousands of women with PCOS take back control of their health and their lives through lasting, healing, and sustainable lifestyle change. Whether you're newly diagnosed or have struggled with PCOS, her revolutionary program can now work for you.

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### **INFERTILITY IN PRACTICE, FOURTH EDITION**

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CRC Press The field of infertility research and practice is one of continuous innovation and change, but alongside the increasing sophistication of assisted reproductive techniques there is as strong a need as ever for clinical experience and expertise and common practical sense to inform diagnosis and clinical decision making. Now in its fourth edition, Infertility in Practice is practical and gives the clinician a clear picture of the aetiology of infertility and a careful assessment of the basis for treatment options. A thoroughly comprehensive book that provides sound theory and evidence based therapy, this book is a must for any practitioner dealing with infertility.

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### **BECKMANN AND LING'S OBSTETRICS AND GYNECOLOGY**

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Lippincott Williams & Wilkins Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Published in collaboration with the American College of Obstetrics and Gynecology, this highly respected resource provides the foundational knowledge medical students need to complete an Ob/Gyn rotation, pass national standardized exams, and competently care for women in clinical practice. Fully compliant with the College's guidelines, treatment recommendations, and committee opinions, the text also aligns with the Association of Professors of Gynecology and Obstetrics' educational objectives, upon which most clerkship evaluations and final exams are based.

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### **SPEROFF'S CLINICAL GYNECOLOGIC ENDOCRINOLOGY AND INFERTILITY**

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Lippincott Williams & Wilkins One of the world's most widely read gynecology texts for nearly 50 years, Speroff's Clinical Gynecologic Endocrinology and Infertility provides a complete explanation of the female endocrine system and offers practical guidance for evaluation and treatment of common disorders. In this fully revised ninth edition, the editorial and author team from Yale School of Medicine have assumed the reins of Dr. Speroff's landmark work, retaining the clear, concise writing style and illustrations that clarify and explain complex concepts. This classic text remains indispensable for students, residents, and clinicians working in reproductive endocrinology and infertility, bringing readers up to date with recent advances that have occurred in this fast-changing field.

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### **THE OBESITY CODE**

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### **UNLOCKING THE SECRETS OF WEIGHT LOSS (WHY INTERMITTENT FASTING IS THE KEY TO CONTROLLING YOUR WEIGHT)**

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Greystone Books FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung,

long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

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## **GUT AND PSYCHOLOGY SYNDROME**

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### **NATURAL TREATMENT FOR AUTISM, DYSPRAXIA, A.D.D., DYSLEXIA, A.D.H.D., DEPRESSION, SCHIZOPHRENIA, 2ND EDITION**

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Chelsea Green Publishing Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book Gut and Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

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## **KETOTARIAN**

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### **THE (MOSTLY) PLANT-BASED PLAN TO BURN FAT, BOOST YOUR ENERGY, CRUSH YOUR CRAVINGS, AND CALM INFLAMMATION: A COOKBOOK**

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Penguin A Goop Book Club Pick A new twist on keto: The fat-burning power of ketogenic eating meets the clean green benefits of a plant-centric plate The keto craze is just getting warmed up. The ketogenic diet kick-starts your body's metabolism so it burns fat, instead of sugar, as its primary fuel. But most ketogenic plans are meat- and dairy-heavy, creating a host of other problems, especially for those who prefer plants at the center of the plate. Dr. Will Cole comes to the rescue with Ketotarian, which has all the fat-burning benefits without the antibiotics and hormones that are packed into most keto diets. First developed for individuals suffering from seizures, keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer's and some cancers. Adding a plant-based twist, Ketotarian includes more than 75 recipes that are vegetarian, vegan, or pescatarian, offering a range of delicious and healthy choices for achieving weight loss, renewed health, robust energy, and better brain function. Packed with expert tips, tricks, and advice for going--and staying--Ketotarian, including managing macronutrients, balancing electrolytes, and finding your carb sweet spot, this best-of-both-worlds program is a game-changer for anyone who wants to tame inflammation and achieve peak physical and mental performance. Let the Ketotarian revolution begin!

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## **NMS OBSTETRICS AND GYNECOLOGY**

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Lippincott Williams & Wilkins "The book provides up-to-date and relevant information in an easy-to-understand outline format for both students and residents. Basic scientific information is balanced by clinical relevance, and a wealth of more than 200 USMLE-formatted questions allows readers to test their knowledge prior to their board examinations"-- Provided by publisher.

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## **THE EVERYTHING FERTILITY BOOK**

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### **ALL YOU NEED TO KNOW ABOUT FERTILITY, CONCEPTION, AND A HEALTHY PREGNANCY**

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Simon and Schuster Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start you family, today.

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## **WOMANCODE**

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Hay House, Inc Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

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## **CLINICAL CASE STUDIES FOR THE FAMILY NURSE PRACTITIONER**

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John Wiley & Sons Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

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## **DIAGNOSIS AND MANAGEMENT OF POLYCYSTIC OVARY SYNDROME**

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Springer Science & Business Media Diagnosis and Management of Polycystic Ovary Syndrome is a comprehensive clinical reference work for primary care physicians, internists, general endocrinologists, obstetricians, gynecologists and students. PCOS is a common but frequently misdiagnosed disease. Many symptoms can be alleviated by early intervention and effective management. Prominent endocrinologists are gathered to detail current research and treatment in this metabolic disorder, affecting a growing population. The chapters are comprehensive, providing cutting edge knowledge on pathogenesis, manifestations, diagnosis and treatment of PCOS. Each chapter will be concise concluding with cogent practice points. The variety of medical issues presenting in PCOS patients result in late referrals or inappropriate advice. This title will be a tool in a further understanding of the metabolic and genetic basis of PCOS, while providing management strategies.

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## **CASE FILES OBSTETRICS AND GYNECOLOGY, FIFTH EDITION**

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McGraw Hill Professional SHARPEN YOUR CRITICAL THINKING SKILLS AND IMPROVE PATIENT CARE Experience with clinical cases is key to mastering the art and science of medicine and ultimately to providing patients with competent clinical care. Case Files®: Obstetrics & Gynecology provides 60 true-to-life cases that illustrate essential concepts in obstetrics and gynecology. Each case includes an easy-to-understand discussion correlated to key concepts, definitions of key terms, clinical pearls, and USMLE®-style review questions to reinforce your learning. With Case Files®, you'll learn instead of memorize. · Learn from 60 high-yield cases, each with board-style questions · Master key concepts with clinical pearls · Cement your knowledge with 25 new integrated challenge questions · Polish your approach to clinical problem solving and to patient care · Perfect for medical students, physician assistant students, nurse midwife and nurse practitioner students

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## **GETTING PREGNANT WITH PCOS**

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## **AN EVIDENCE-BASED APPROACH TO TREAT THE ROOT CAUSES OF POLYCYSTIC OVARY SYNDROME AND BOOST YOUR FERTILITY**

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Clare Goodwin knows from personal experience how debilitating PCOS (polycystic ovary syndrome) is and has seen the devastating impact it can have on women trying to conceive. In Getting Pregnant with PCOS she draws on evidence-based research and her qualifications in exercise, nutrition and fertility treatment to provide a five-step plan for treating the underlying causes of PCOS. Despite suffering unexplained weight gain, out-of-control sugar cravings, unwanted hair growth and loss, acne and painful, irregular or missing periods, many PCOS sufferers are often misdiagnosed or untreated. Clare's PCOS program is grounded in finding the root cause for these symptoms, and then creating an individualised treatment plan. Her breakthrough approach has helped thousands of women who have struggled to find answers elsewhere. Clare will show you how to identify the key factors that

contribute to PCOS, and that by addressing these you can improve both your health and your fertility.

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## **THE BODY SCOOP FOR GIRLS**

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### **A STRAIGHT-TALK GUIDE TO A HEALTHY, BEAUTIFUL YOU**

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**Penguin** An authoritative yet girlfriend-friendly health book for teen and tween girls written by CBS News Medical Correspondent Dr. Jennifer Ashton AS an ob-gyn specializing in adolescent care, Dr. Jennifer Ashton understands better than anyone that being a teenage girl these days is fraught with a special kind of angst. But in her practice she talks openly and nonjudgementally to her young patients like a good friend, answering each of their questions respectfully and with candor. Now she shares this advice in a no-holds-barred guidebook, based on her passion to cut through the embarrassment that girls often feel about their changing bodies and to arm them with the knowledge they need to make smart choices. A comprehensive guide from head to toe, *The Body Scoop for Girls* covers the basics of puberty and beyond, including: •Breast development and nipple bumps •The decision to wait to have sex, and the benefits of waiting •Birth control •The lowdown on STIs •Eating Disorders •Depression and hormone imbalances •Grooming, from hair removal to hygiene products •Body piercings Writing in a funny and fresh, girl-to-girl voice, Dr. Ashton has created a totally up-to-date health book that speaks directly to young women and the unique pressures they face today. From a doctor who "gets it," *The Body Scoop for Girls* makes the road to womanhood an empowering one.

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## **BIO-PSYCHO-SOCIAL OBSTETRICS AND GYNECOLOGY**

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### **A COMPETENCY-ORIENTED APPROACH**

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**Springer** This book will assist the reader by providing individually tailored, high-quality bio-psycho-social care to patients with a wide range of problems within the fields of obstetrics, gynaecology, fertility, oncology, and sexology. Each chapter addresses a particular theme, issue, or situation in a problem-oriented and case-based manner that emphasizes the differences between routine and bio-psycho-social care. Relevant facts and figures are presented, advice is provided regarding the medical, psychological, and caring process, and contextual aspects are discussed. The book offers practical tips and actions within the bio-psycho-social approach, and highlights important do's and don'ts. To avoid a strict somatic thinking pattern, the importance of communication, multidisciplinary collaboration, and creation of a working alliance with the patient is emphasized. The book follows a consistent format, designed to meet the needs of challenged clinicians.

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## **PCOS (POLYCYSTIC OVARY SYNDROME)**

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### **THE HIDDEN EPIDEMIC**

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**Perspectives Press (IN)** Polycystic Ovarian Syndrome, sometimes called Syndrome X, is a widely under-diagnosed, multi-symptomed hormonal disorder with critical health consequences.

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### **PCOS SOS**

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### **A GYNECOLOGIST'S LIFELINE TO NATURALLY RESTORE YOUR RHYTHMS, HORMONES, AND HAPPINESS**

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In seven simple steps, *PCOS SOS* shows women how to beat PCOS naturally, replacing pills with powerful and scientifically-backed lifestyle interventions that harness the body's capacity to heal. *PCOS SOS* is the guide that will help each woman with PCOS chart her personal journey to true health and wellness.

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## **THE ANTI-INFLAMMATION DIET AND RECIPE BOOK**

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### **PROTECT YOURSELF AND YOUR FAMILY FROM HEART DISEASE, ARTHRITIS, DIABETES, ALLERGIES-- AND MORE**

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**Hunter House** Drawing on a premise that many common chronic ailments are related to the inflammation caused by incompatible dietary choices, a naturopathic anti-inflammatory diet program outlines the science behind current theories and provides 108 recipes, in a reference complemented by health tips and substitution suggestions. Simultaneous.

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**PERIOD REPAIR MANUAL**

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**NATURAL TREATMENT FOR BETTER HORMONES AND BETTER PERIODS**

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Lara Briden Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: \* How to come off hormonal birth control \* What your period should be like\* What can go wrong \* How to talk to your doctor \* Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

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**HANDBOOK OF GYNECOLOGY**

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Springer Covering all aspects of gynecology commonly encountered in day-to-day practice, this exhaustive work provides a practical, one-stop reference work for clinicians working in the field. This carefully-designed volume includes ten sections, beginning with comprehensive coverage of office-based gynecology, and continuing on to present disease processes and management information by patient age group. Each chapter includes background information, current recommendations for screening, diagnostic criteria, common and uncommon associated problems, approach to diagnosis, summary of treatment options, and an overview of ICD-9/10 codes for specific diagnoses. The handbook concludes with an easy-to-navigate presentation of minimally-invasive operations, surgical procedures, neoplasms, and pathology. Advantages and risks associated with management of particular diseases are covered, along with multiple tips for avoiding complications. Edited by experts and presenting the most recent developments in gynecological practice, The Handbook of Gynecology is an invaluable reference for OB/GYNs, family medicine and internal medicine clinicians, medical students, residents, physician assistants, nurse practitioners, and other healthcare providers.

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**THE HAPPY BALANCE**

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**THE ORIGINAL PLANT-BASED APPROACH FOR HORMONE HEALTH - 60 RECIPES TO NOURISH BODY AND MIND**

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White Lion Publishing The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more! The human body is complex - it is a delicate balance of systems working together to keep us at optimal health. And we are disrupting it. Instead of working with our bodies, we are constantly stressing them, with toxins and pollutants, with unhealthy lifestyles and high stress levels, with nutrition-poor diets and sedentary lifestyles. We have become hopelessly out of sync with our natural rhythms. By following a simple nutritional plan and easy lifestyle principles, we can bring our bodies back in tune and reap the rewards of uninterrupted mother nature. Sumptuous vegan recipes ranging from Cherry Cacao Teff Pancakes, Beetroot and Carrot Burgers and Healing Shiitake Mushroom Miso Soup, to Yellow Ayurvedic Dahl, Delicata Squash and Black Rice Salad and Salted Maca Caramel Nourish Balls help balance our bodies and improve our nutritional health. With expert advice, lifestyle tips, and delicious plant-based recipes, let The Happy Balance be your trusted guide to a vital and energized life. Put you back in control of you.

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**DC DUTTA'S TEXTBOOK OF GYNECOLOGY**

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JP Medical Ltd Fully revised, new edition presenting latest developments in gynaecology. Includes numerous graphics and diagrams and an interactive DVD ROM. Previous edition published in 2007.

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**GYNAECOLOGY: EVIDENCE-BASED ALGORITHMS**

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Cambridge University Press Provides evidence-based guidelines in schematic flowcharts, representing a step-by-step method of solving clinical problems in gynaecology.

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**ESSENTIALS OF MATERNITY, NEWBORN, AND WOMEN'S HEALTH NURSING LIPPINCOTT COURSEPOINT ACCESS CODE**

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### **PCOS: THE DIETITIAN'S GUIDE**

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An important resource for Dietitians, Nurses, Physicians, Therapists, and other health professionals who work in women's health, along with women who have PCOS themselves! It is estimated that 10% of the female population has PCOS. Lifestyle modification of diet and exercise has been established as the preferred method to treat PCOS. Dietitians, because of their unique role in developing long-term relationships with their patients, may be the first to recognize this syndrome. 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 evidence-based 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 Recognize nutritional 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.

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### **PRINCIPLES AND PRACTICE OF CONTROLLED OVARIAN STIMULATION IN ART**

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Springer This book is on ovulation induction and controlled ovarian stimulation which is an integral part of most infertility therapies like intrauterine insemination and in vitro fertilization. It would deal with causes of anovulation and indications for ovarian stimulation. This book deals with basics as well as current and advanced practices. It provides a step by step protocol for ovarian stimulation. It gives a clear understanding of the science of reproductive endocrinology behind these stimulation protocols and roadmaps the latest therapies, defining their current relevance to treatment. Besides the practical guidance it also covers latest research work done in this field. In this day of information overload it is an attempt to integrate relevant information in a manner which can be applied in infertility practice in evidence based manner, making it rational, logical and rewarding for the reader.

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### **ESSENTIALS OF OBSTETRICS**

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Wolters kluwer india Pvt Ltd Of all the medical specialities, Obstetrics is the only one which deals with the health and well-being of two individuals: the mother and the fetus. This fascinates the medical student, drawing her or him into the intricacies of the subject. What the student of Obstetrics needs is a book that provides a clear and precise description of pathophysiology, clinical features, diagnosis, and management based on current guidelines. Essentials of Obstetrics provides the student with these, in a simple and user-friendly format. Key Features: • Use of hand-drawn and easily reproducible line diagrams, clinical images, and easy-to-read language

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### **TAKING CHARGE OF YOUR FERTILITY, 10TH ANNIVERSARY EDITION**

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### **THE DEFINITIVE GUIDE TO NATURAL BIRTH CONTROL, PREGNANCY ACHIEVEMENT, AND REPRODUCTIVE HEALTH**

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Harper Collins Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include: •New 'Preface to the 10th Anniversary Edition' •Updates on new fertility technologies •Natural approaches to conception •Updated Resources and Books For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to: •Enjoy highly effective, scientifically proven birth control without chemicals or devices •Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception •Increase the likelihood of choosing the gender of her baby •Gain control of her sexual and gynecological health

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### **OBSTETRICS BY TEN TEACHERS**

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CRC Press First published in 1917 as 'Midwifery', Obstetrics by Ten Teachers is well established as a concise, yet comprehensive, guide within its field. The twentieth edition has been thoroughly updated by a new team of 'teachers', integrating clinical material with the latest scientific developments that underpin patient care. Each chapter is highly structured, with learning objectives, definitions, aetiology, clinical features, investigations, treatments, case histories and key point summaries and additional reading where appropriate. New themes for this edition include 'professionalism' and 'global health' and information specific to both areas is threaded throughout the text. Along with its

companion Gynaecology by Ten Teachers the book will continue to provide an accessible 'one stop shop' in obstetrics and gynaecology for a new generation of doctors.

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