

Hate Diets, Hate Water, Hate Exercising A PCOS Womans Dream To A Flatter Stomach

HATE DIETS
HATE WATER
HATE EXERCISE
A PCOS WOMANS DREAM TO A FLATTER STOMACH



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I've suffered with PCOS for over 18 years and struggled with my weight, infertility, a beard and tons of symptoms. They always bang on about losing weight but I hate diets, I hate water and I hate exercising. I had to find a way that I was comfortable with so I started doing my research, talking to the doctors and other women with PCOS and finally I won. It wasn't easy and all those fad diets didn't work for me but i can successfully say that I now have regular cycles, my cysts have gone from my ovaries and my stomach is flatter (a work in progress) and I am so much happier with tons of self esteem.

Hey look at me now loooooool my head is held high. So I wrote this book to share with you my what I learnt and what I did to get back to a normal lifestyle. I really hope that you enjoy the book and please leave me your feedback and come and join us at www.savannahswift.co.

uk my army is waiting for you, we need you. SS x