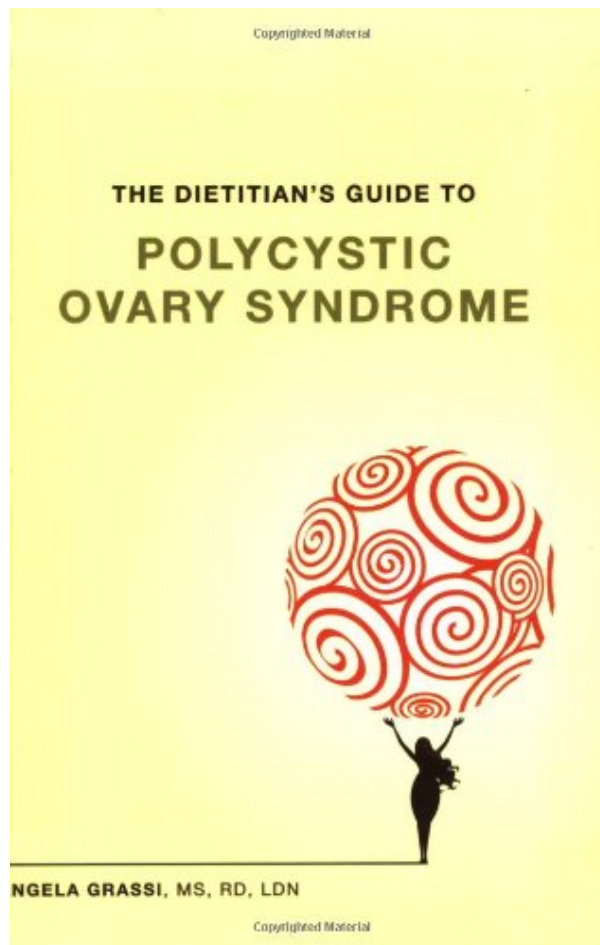


THE DIETITIAN'S GUIDE TO POLYCYSTIC OVARY SYNDROME BY ANGELA GRASSI, MS, RD



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As one of guide compilations to recommend, this *The Dietitian's Guide To Polycystic Ovary Syndrome By Angela Grassi, MS, RD* has some solid reasons for you to read. This publication is quite appropriate with what you require currently. Besides, you will certainly additionally love this book *The Dietitian's Guide To Polycystic Ovary Syndrome By Angela Grassi, MS, RD* to review since this is among your referred books to check out. When going to get something brand-new based upon encounter, amusement, as well as other lesson, you could utilize this publication *The Dietitian's Guide To Polycystic Ovary Syndrome By Angela Grassi, MS, RD* as the bridge. Beginning to have reading routine can be gone through from various methods as well as from alternative kinds of publications

Review

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*

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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, visit the PCOS Nutrition Center on Facebook or follow her on twitter @PCOSnutrition

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THE DIETITIAN'S GUIDE TO POLYCYSTIC OVARY SYNDROME BY ANGELA GRASSI, MS, RD PDF

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

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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

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16 of 18 people found the following review helpful.

Grassi's book excellent for dietitians and PCOS patients alike.

By Linda Harvey

This is the review I wrote for my magazine, PCOS Today

Angela Grassi, a licensed dietitian headquartered in Haverford, Pennsylvania, has been a regular columnist published in PCOS Today Magazine. She has focused her entire practice on the service of women and girls with PCOS. Earlier this fall, she completed and published her new book, "The Dietician's Guide to Polycystic Ovary Syndrome." Her book is well worth the purchase price...for both professionals working with PCOS clients, as well as women with PCOS. Here's the review.

My copy of Angela Grassi's recent book, "The Dietician's Guide to Polycystic Ovary Syndrome," has a glass-bottom stain on it and part of the cover is ripped. Ms. Grassi's jam-packed tome of up-to-date information about PCOS has been used and reused by this author since its release just a few months ago.

During the past decade or two, a number of books about PCOS have been released. Some are rather general, others carry a heavy load of relevant content. The difference with Ms. Grassi's book is that while it was originally written with practicing dietitians and nutritionists in mind, women with PCOS will find it a thorough resource. Its more than 200 pages, including appendices, cover topics including both the physical and psychological aspects of PCOS, dietary strategies, alternative and complementary treatments, PCOS in adolescence, pregnancy, eating disorders, and sample menu plans. For dietitians, Ms. Grassi provides common IDC-9 codes and case studies, as well as organizations and publications that can provide both professionals and PCOS patients with more information about the disorder.

Throughout the book, Ms. Grassi asks a number of compelling questions and makes a number of compelling

statements about working with women with PCOS. Does the American diet cause PCOS? The role of the dietician in treating PCOS. Weight loss to improve PCOS: Is it necessary? Polycystic ovary syndrome and pregnancy. In full detail, Ms. Grassi covers the Glycemic Index, postpartum weight management with PCOS, antiandrogen therapy in adolescence, thorough descriptions of herbs and supplements that can be used to decrease the severity of PCOS symptoms, and questions dietitians can use to screen patients for PCOS. Especially helpful to this author, who likes to have quantifiable information to gauge her food intake by, is a table of suggested carbohydrates amounts for women with PCOS, dependent on calorie intake. As a reformed label reader, I can now decipher how each serving's grams of carbohydrates fit into the grand scheme of my diet.

Rounding out Ms. Grassi's book are sample menu plans and a candid discussion of quality of life issues affecting women with PCOS, and how they can lead to the development of eating disorders. Following each chapter is a complete list of references for both professionals and women with PCOS to find more information.

Designed to accompany this guide is the PCOS Nutrition Handout Series on CD. Included on the CD (sold separately) are 20 printer-ready assessment, food exchange, mindful eating exercises, resources for PCOS clients, shopping for whole grains, and nutritional supplement handouts, among many more, for use by dietitians and nutritionists working with PCOS clients.

Published by Luca Publishing of Haverford, Penn., *The Dietitian's Guide to Polycystic Ovary Syndrome (PCOS)* is a book that not only every practicing dietician 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. "Although it's a little technical," Ms. Grassi said, "I think it is a great resource for all women with PCOS."

3 of 3 people found the following review helpful.

PCOS

By Amazon Customer

A very informative book for anyone wishing to know more about the nutritional aspect of PCOS with great suggestions.

2 of 2 people found the following review helpful.

If you are looking for a comprehensive book on PCOS..

By T. Breeding

This one is very good. There are explanations of the disorder, common symptoms, all of the various treatment options including diet and supplements. It is a great place to start.

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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

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