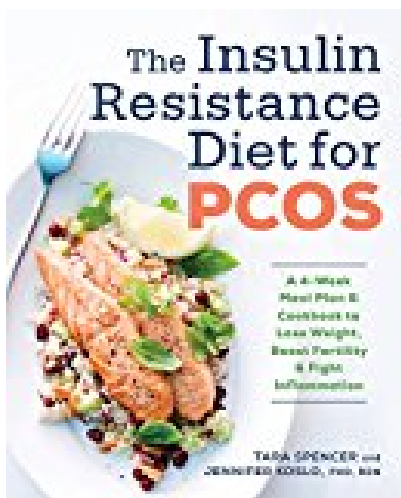


# The Insulin Resistance Diet for PCOS A 4-Week Meal Plan and Cookbook to Lose Weight Boost Fertility and Fight Inflammation



## BOOK DETAILS

- Author : Tara Spencer
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## BOOK SYNOPSIS

### THE INSULIN RESISTANCE DIET FOR PCOS A 4-WEEK MEAL PLAN AND COOKBOOK TO LOSE WEIGHT BOOST FERTILITY AND FIGHT

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