

Common Signs & Symptoms
PREMATURE OVARIAN DECLINE • EARLY PUBERTY • FATIGUE
POLYCYSTIC OVARIAN SYNDROME • ENDOMETRIOSIS
INFERTILITY • PREMENSTRUAL SYNDROME • INSOMNIA
LOSS OF LIBIDO • MOOD SWINGS • ALLERGIES • PANIC ATTACKS
DEPRESSION • MIGRAINES • HEART FLUTTERS • WEIGHT GAIN
ACNE • HAIR LOSS • EXCESS BODY HAIR • PAINFUL PERIODS

It's My Ovaries, Stupid!



Includes a self-test

Lifestyle factors, dietary and environmental toxins . . . and even doctors can sabotage your hormones and fertility. Find out what you can do about it.

ELIZABETH LEE VLIET, M.D.

Bestselling author of
SCREAMING TO BE HEARD AND WOMEN, WEIGHT, AND HORMONES

Its My Ovaries Stupid

Pamela Wartian Smith



Its My Ovaries Stupid:

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