

FOR IMMEDIATE RELEASE

## **THE FIRST DEDICATED COOKBOOK FOR WOMEN WITH PCOS**

**THE PCOS DIET COOKBOOK: EASY AND DELICIOUS RECIPES & TIPS FOR WOMEN WITH PCOS ON THE LOW GI DIET**, by Dr. Nadir R. Farid and Norene Gilletz, ISBN 1-4251-1942-5

*The PCOS Diet Cookbook* is the *first* dedicated low GI cookbook for North American women living with PCOS. Approximately one-third of women of reproductive age suffer from PCOS and need to follow the low glycemic index (GI) diet, a successful treatment for PCOS, either alone, or combined with medication. If you have PCOS, and are on the low GI diet, this cookbook will be a valuable addition to your kitchen. Low GI never tasted so good!

This unique cookbook boasts over 300 delicious low GI recipes and variations created by culinary expert Norene Gilletz. Gilletz, a popular author of several specialty cookbooks, has been hailed “the Julia Child” of specialty cooking. Gilletz is a food consultant, food writer and columnist, cooking teacher and lecturer. She specializes in Recipe Makeovers for food-related websites, magazines, newspapers, cookbooks and the food service industry. Gilletz is a Certified Culinary Professional (CCP) with the International Association of Culinary Professionals (IACP). For more information about Norene Gilletz, visit [www.gourmania.com](http://www.gourmania.com).

This book also includes expert medical information about PCOS, shopping and meal planning, co-authored by Dr. Nadir Farid, an internationally known endocrinologist with special interests in polycystic ovarian disease, diabetes and female infertility. Dr. Farid does basic research in several endocrine disorders, including the diagnosis and treatment of insulin resistance. He is the President of the International Foundation for Biomedical Aging Research (based in Texas). He has trained many successful endocrinologists, internists and scientists, and has published over 469 articles, reviews and chapters. He is also co-author of *The Low GI Guide to Managing PCOS*. For more information about Dr. Farid, visit [www.diagnosemefirst.com](http://www.diagnosemefirst.com).

*The PCOS Diet Cookbook* is published by Your Health Press, a publisher dedicated to rare, stigmatizing or controversial health topics. For more information visit [www.yourhealthpress.com](http://www.yourhealthpress.com).

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