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Dr. Fiona is the  
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to IVF.ca: Canada's premier  
online fertility community.  
As a woman with PCOS, she's  
passionate about health  
education for women with  
this disorder and holds a



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position on the medical  
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affects ten to fifteen  
percent of women worldwide,  
causing infertility, weight

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cycles, hirsutism, acne, and  
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It afflicts ten to fifteen  
percent of women worldwide

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*•••*  
She has organized her book around 8 steps to reversing PCOS: Address Inflammation. Treat Insulin Resistance. Balance Adrenals and Improve

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Your Mood. Treat Excess  
Androgens. Address Hormonal  
Imbalances. Balance Your  
Thyroid. Create a Healthy  
Environment. Eat a Balanced  
Diet.

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*[Book Review] – PCOS Diva*

The “8 steps” and what to do about each of them. 8 steps sounds deceptive here.

Simple. In fact, 8 steps is more like 8 areas of health to address that could be underlying your PCOS

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symptoms. There is a quiz at the beginning of the book that will help you identify the areas you need to focus on.

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The book: 8 steps to reverse your PCOS. Eating for PCOS is an Online Course that fast tracks you to simple and effective nutrition in a way that's enjoyable. Here's what you can look forward to in the course... Easy, step-by-



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an autoimmune condition, I  
have good news for you. It  
may be possible to reverse  
certain autoimmune  
conditions and free yourself  
from symptoms and flares. I  
have seen it in colleagues  
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which specific factors affect your PCOS, you can go deeper and work on the areas that will improve your health the most. My best-selling book, 8 Steps to Reverse your PCOS has a chapter on each of the 8

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or moderate on a factor  
please read those chapters  
carefully and implement as  
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- [greenleafbookgroup.com](http://greenleafbookgroup.com)

Fiona has published many articles and is a regular contributor to NDNR, one of the leading journals for naturopathic doctors as well as other publications for



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health professionals. Her first book “8 Steps To Reverse Your PCOS” will be published on September 21st, 2016 for PCOS Awareness Month.

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Fiona has published many articles and is a regular contributor to NDNR, one of the leading journals for naturopathic doctors. Her popular research-based blog has 30,000 readers/month and

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her first book “8 Steps To Reverse Your PCOS” will be published on September 20, 2016.

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discoveries on the disorder  
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is a must-have resource for

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women with PCOS, clinicians working with women's hormones or the emotional impact of having PCOS, and mothers of teenage daughters who may be experiencing symptoms related to PCOS. Knowledge is empowering, and

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