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# WomanCode: Perfect Your Cycle, Amplify Your Fertility ...

WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source

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"WomanCode is a brilliant nutrition program for all of the hormonal challenges that prevent women from looking and feeling their best. Let Alisa guide you to eat right from your brain to your ovaries and start feeling better!"--JJ VIRGIN, New York Times bestselling author of The Virgin Diet

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Sara Gottfried OB/GYN, author of The Hormone Cure WomanCode is a brilliant nutrition program for all of the hormonal challenges that prevent women from looking and feeling their best. Alisa Vitti provides a practical food approach to ease your periods, improve your fertility, and get more energy for your life!

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Start with my book WomanCode: Perfect Your Cycle Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source if... You suffer from missing or irregular periods or other period problems like PCOS, Fibroids, Endometriosis, bloating, acne, PMS, severe cramps, heavy bleeding, or menstrual migraines.

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Womancode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive and Become a Power Source. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes.

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As a student at Johns Hopkins, I was diagnosed with Polycystic Ovarian Syndrome, or PCOS. When my physicians gave me band-aid solutions to manage it, I discovered that food and functional nutrition...

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