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Health: the truth about thyroid and your hormones - life and style

Rujuta Diwekar, expert in sports sciences and nutrition has released her fourth title, The PCOD Thyroid Book. It has been described as an

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SynopsisThe PCOD - Thyroid Book is a book that is written to help you leave behind the heritage of health, just like your grandmother did for

Pcod & thyroid in women in growing like an urban epidemic: rujuta

In Bengaluru for the launch of 'The PCOD-Thyroid Book', the 38 year-old said that her book is an answer to random words of advise that

Talking health & pcod with nutritionist rujuta diwekar

The fitness expert was visiting the Capital to officially launch her new book, 'The PCOD-Thyroid Book' published by Westland Books.

The pcod - thyroid book - compiled from women and the weight

Writer and nutritional expert Rujita Diwekar, in her book 'The PCOD – Thyroid Book' claims that PCOD has become a common occurrence in

Launch of the pcod thyroid book by rujuta diwekar at dlf place

Events in Delhi - Launch of The PCOD Thyroid Book by Rujuta Diwekar at DLF Place Saket on 27 March 2016, 6.pm at the Central Atrium.

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Extract: the pcod-thyroid book - livemint

A book to understand PCOD/PCOS and thyroid, the most common hormonal disorders.

Holistic lifestyle strikes hormonal balance - deccan chronicle

This nutritionist and author is now out with The PCOD/Thyroid Book as she has seen the rise of thyroid disease affecting millions of people

Eat local, be global - the hindu

Rujuta Diwekar's latest book "The PCOD Thyroid Book" makes a case for choosing the right food and fitness to fight abnormal hormones.

Home-brewed happiness: book review: the pcod - thyroid book

Summary: While this one might appear as another extremely informative, refreshing read from Rujuta, it, in reality, sounds starkly familiar if you

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Endocrine problems or simply thyroid, is perhaps less talked and is all set to launch her book titled 'The PCOD- Thyroid Book' in February.

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Rujuta Diwekar's The PCOD Thyroid Book throws light on a baffling and complex disorder that affects women's lives in very fundamental ways

What renowned nutritionist rujuta diwekar thinks women should be

If you read Diwekar's recently released The PCOD Thyroid Book, you'll realise that we've all ignored our innate logic about food and nutrition

Understanding food, weight loss and hormones | latest news

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Rujuta Diwekar is a Mumbai-based celebrity nutritionist and winner of the prestigious 'Nutrition award' from the Asian Institute of

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Rujuta diwekar's diet tip - the telegraph

I have a confession. When I went to meet Rujuta Diwekar at Starmark South City for the launch of The PCOD-Thyroid Book (Westland Books,

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