

Testimonials for *My PCOS Pregnancy*

In this book, Dr. Laura von Hagen, ND takes a personable, guided, and integrated approach to helping those living with PCOS grow their families. Sharing her experience and learnings, combined with an evidence-based approach makes this book a must-read for anyone going through this journey.

— Swati Matta, Founder and CEO, Koble



Laura combines her own clinical experience with the scientific evidence to yield the most comprehensive user-friendly guide to PCOS I've ever read. And thanks to her own personal infertility journey, her recommendations are uniquely empathetic, realistic, and sustainable. This is the only guide you'll ever need to help you manage and make peace with your PCOS.

— Abbey Sharp, RD



Concise and articulate, Dr Laura von Hagen, ND takes a complicated subject and makes it easy to understand, putting control back into the hands of every woman reading this book. Her own story helps us understand the necessity of treating each person as an individual, and that the research outlined in this book can make it possible.

— Dr. Ashley Margeson, BSN, ND



My PCOS Pregnancy checks all the boxes. Evidence based, easy to follow, and most importantly relatable. Laura is a wealth of knowledge, which is a gift to others who receive her wisdom as their Naturopathic Doctor. Now, there is a compassionately written guidebook for her patients and any person going through their own journey in fertility right at their fingertips. Her suggestions and carefully placed humour give the reader the ability to reach within themselves to advocate for the support they deserve. I highly recommend this to anyone experiencing symptoms of PCOS, fertility challenges, or wants to be best prepared before starting their family.

— Jessica Payne, Chief Excellence Officer,
Co-Owner Helping Hands Doula Inc.