

Publisher's Note

Partnering with Dr. Laura von Hagen on this journey to publishing her first book, *My PCOS Pregnancy*, has been inspiring. She draws you in at the first chapter, *The Loneliest Club I Never Asked to Join*, sharing her own path to pregnancy, and helping us appreciate the difficult challenges of infertility due to polycystic ovarian syndrome. Then she proceeds to educate us about PCOS, and present solid research, professional insights, and positive options women can consider should they be dealing with PCOS themselves.

I love when medical experts in conventional and alternative medicine choose to educate and encourage via their respective roles and platforms. The right knowledge delivered in a respectful and compassionate way can guide us to making tremendously important decisions in taking better care of ourselves and achieving our goals for vibrant health, family planning, and much more.

To complete the production phase of Laura's first book in perfect timing with the birth of her beautiful baby boy made this publication extra special. We are so happy for you and your family, Laura, and we wish you continued and abundant joy and success.

With warmest regards,
Sheri Andrunyk

Publisher, Senior Writer, Author, Mentor
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