

## Polycystic Ovarian Syndrome

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Wow, what a mouthful. It was 3 days ago (for whatever reason) when I thought of writing about this medical condition. Even though it is one those hush-hush terms, millions of girls are medically diagnosed with this condition. It's kind of funny and ironic that, from my understanding, medical doctors have no clear understanding what causes it, or how to treat it successfully using medication or surgery. What doctors *do* know are the symptoms of PCOS. As Silpa explained in her article in my book, *Healing Success Stories*, the symptoms she had included: ovary pain, hair falling out, embarrassing rosacea, terrible skin, and chapped lips. Even at her young age, Silpa's body was falling apart. She began experiencing dizziness, nausea, and fatigue after eating. In other words, Silpa was hurting and had no hope. She felt alone and had no options besides the medical route.

She began making changes—not because she wanted to, but because there was no other choice. She continued along the medical route. Her doctor recommended some dietary changes, and although there were some improvements, she still felt tired and fatigued. She had no choice but to drop out of school and begin her own research.

It was at this point when Silpa found Megan Elizabeth's YouTube channel, where she spoke how many of her symptoms disappeared once she changed her diet to mostly fruit. Silpa also heard about Arnold's Way and Arnold's ongoing raw vegan challenge. It was at this point when Silpa made some drastic dietary changes by switching to a mostly fruit lifestyle. This, my friend, was the secret. Not only did many of Silpa's symptoms slowly disappear, but a lot of her emotional baggage began to surface. Silpa learned that the body is on a continual path of cleaning both internally and externally.

Silpa's symptoms were just signs of the body's intelligence trying to protect her. The rosacea was the body's intelligence pushing the toxins out through her skin. The fatigue and grogginess were the result of the body using all its energy to digest foods of no nutritional value. Processing and cooking foods above 115 degrees destroys all the life force within the food. Cooking also destroys all the glucose, protein, vitamins, minerals, fatty acids, and water in the food. In result, the food becomes devoid of nutrients and causes the body to use all of its energy just to digest and to assimilate it. The body will become very fatigued, especially when this food is eaten over and over without stopping. The kidneys then become over-taxed, causing dizziness, hair loss, and even depression. The body created emotional imbalances so that Silpa shut down, thereby enabling the body more time and energy to deal with the toxic load. But sooner or later, the body could no longer rid itself of the toxic overload and acid waste from the cooked, processed, nutritionally-empty calories through normal channels.

In Silpa's case, the body's intelligence created a storage tank for the excess toxins. These storage tanks, my friends, are called cysts.

This all changed when Silpa switched to mostly fruit. The body only required 30 to 60 minutes to digest the foods in her new diet, whereas digestion took 40 to 100 hours per meal when she ate cooked foods. Since digestion of fruit took less time and energy, her body had more energy for healing. This is when the magic of rejuvenation began. This, my friends, is the secret. All of Silpa's symptoms disappeared in time, and her Polycystic Ovarian Syndrome went away.

You can read her personal story in *Healing Success Stories from Arnold's Way*.