## Introduction to Dana Al Sheikh and her PCOS journey

Welcome to this episode of the PCOS SOS Summit. I'm your host, Dr. Felice Gersh. With me for this episode, which I think you're going to find fascinating, is Dana Al Sheikh.

She is quite an unusual practitioner. I think if you don't know about this, you're going to really this is going to open your eyes. She practices energy healing.

She helps women to find self-empowerment, self-love. And she's going to tell us about her own journey and how she became an energy healer, because this is really an area that very few know about.

So welcome, Dana. Thank you so much for joining me. And I hope initially you'll tell everyone about your own personal journey with PCOS and then how you became this really amazing healer helping women throughout the world.

Now, I know you're located in Dubai, but you can reach out, I think, on any continent, correct? Yes. Thank you for having me. I'm a I'm a life coach. And that's what I initially got trained as.

And then, you know, as you know, I was always interested in health and, you know, with my PCOS diagnosis and and, you know, doing that, working with you and understanding like how to get my health better, my PCOS symptoms and you know, like.

But then I got, I was always fascinated with understanding the, the, let's say the psychic roots of disease or the, or the emotional or the what's at the back end of it?

What is causing these symptoms from an emotional standpoint? Because I notice even when might when I would take care of my own, I would eat right to the right foods, take all the right supplements, do the right things.

My nervous system was still. So then the symptoms would subside only for so long. So that's when I started really delving more into this and into healing and going into I started with fetal healing.

I did a bit of Reiki, chronic healing. So just, you know, I started with different modalities first and then and then picked up different things along the way.

And I found that really like opened my eyes to a lot of things with myself first because I'm very about let myself, let me go on that journey first and let me because it was about me and about me understanding my symptoms and the meaning behind it and what my symptom, my body was trying to tell me and like kind of going in that underworld journey.

And I think I still I'm still there. I'm coming out of it. But it's it's it's in that journey has been about helping other women as well because you realize you're not alone.

So many people are having different symptoms or diagnosed with different things.

## From life coaching to energy healing

And yes, the the medical world and whatever it is is great and supporting them. But then there's one side that we don't look at, which is the emotional side, you know, which is a big factor in what could be contributing to the symptoms coming back or never fully going.

And every symptom. So that's something that I'm continuing to learn and continue continuing to dove. Into

because. It's fascinating and it's something that I've seen work on me and work on numerous people that it's like, there must be something in this we need to do, you know?

And that's probably why different healing modalities exist and are very successful. Certainly women with PCOS often feel overpowered with emotions and really out of control.

So when a woman with PCOS will come to you and and she feels like out of control, she has so many symptoms. She maybe has been on her own health journey and hasn't found a community of health care provider.

Is anyone who's even helped her? She does. She feels very isolated. Where would you begin with such a woman to to find the power within, to help herself, to heal?

Where do you start? So what usually happens is usually I get people who come to me with specific emotional issues and not necessarily that they want to work on is the symptoms.

They're usually still focused on finding the right practitioner. But what we find is when we start working on the emotions, they're all linked. And you know, I found like when you look at, for example, the weight like weight gain, especially with PCOS, it's it's a big one difficulty to lose weight sometimes, you know, like going on diets or trying to cut out certain foods.

The weight loss is still very slow. And yes, there's many aspects to it from a health perspective. But also when you think about the nervous system, it's not going to let you lose the weight if it doesn't feel it's safe.

If it feels that it's every day and fight or flight and you're always you're always in insight mode, it's never going to let you lose the weight no matter what you do.

So a lot of times it's been good working with clients on understanding their perception of the world, how they live their day to day, how they view what they're doing, what they're working, how their their partner, their relationship with their family.

Because it's that nervous system that's on high alert and it's about trying to get them to see why it's that way and how is it serving them that there's another way to maybe live their life and kind of like training, that their nervous system, that it's safe to live and to to, to, to to be in rest and digest.

But before we even go into it's safe to rest and digest. We need to also see why this is there in the first place, because it's obviously there and it's obviously in fight or flight to serve them in some way.

So we need to understand why it's there to serve them, what it's getting out of it, and then kind of reteach them that there's another way to do it and that you can still be safe.

So it's kind of like rewiring the brain, you know, like rewiring how we perceive things, how we believe things. So it's so like weight is one element, you know, because as you know, with PCOS, there's many different symptoms and some people will have one or two.

Some people have many. Some people have very different symptoms. So really what I do first is as a life coach is I work with people who come to me, mainly come to me with emotional stuff.

And from that we start finding the links when it comes to the symptoms. Because still I feel in this world it's more about if I have physical symptoms, I will go to the doctor and that's all well and good.

But I think also if they were to work together, you know, whether healers, therapists, coaches were to work together with doctors in helping people, I think the results will be more long term.

Well, it sounds like you are really focusing on the mind body interconnection and how it's really one body and the emotions and the mind actually control the physical and vice versa.

So when a woman recognizes that her emotions are out of control and maybe she doesn't have really the support that she needs, maybe her family members really don't even understand her, you know, and so on.

And she really has to find the support system that she needs.

## Working with emotions, nervous system, and PCOS symptoms

Does she find that going into a group like yours, does that create a community? And how does community kind of foster self-love and self self-care and get into that and find a community of of others who can really help them to support them in their their journey to try to heal.

I think you hit the nail on the head when it comes to community. I think especially as women, I think ancestrally we were we were we were communal in nature.

We as women, we we did things together. We supported each other. You know, it takes a village. When a woman would have a child, the whole village will come together to help.

And now we've become so isolated. And I don't think it serves our nervous system and our longevity to be so isolated. And this is why, you know, when I get women who I work with one on one or even now because we do these workshops, I co-lead and co facilitate these workshops with my partner who she is also a therapist.

So what we do is it's we, we explore the areas of the feminine, what we've been conditioned to believe, what we've been told, and kind of like look at it from many aspects, from our relationship to food, our relationship to our body aging.

We explore, you know, getting into the body, what the body is telling us, how our symptoms are talking to us. You know, our relationship with creation, our relationship with source, like we explore so many areas of as women, our divinity, our ability to manifest, our ability to create our voice, being able to I think it's very important.

I think as women ancestrally also, I think there's something around courage and really setting boundaries. I think we struggle with that and I think that suppression shows up in a lot of our symptoms and sometimes maybe even disease.

And so what we do in these workshops, which is all women and we explore these different things and, and we do many different exercises. And I found that we've been doing it now a year and it's been so successful where we've created the sense of community, the sense of feeling like you're not alone.

It's like a sisterhood, how we all support each other. And it's funny, out of these workshops, people have come up with creative ideas for projects, for businesses, or it's amazing how when women come together and share and kind of like are vulnerable and just shed that that layer of expectation or of a facade or whatever we've been kind of we built to kind of succeed or to live in this world.

When you kind of take all those layers, you find that the rawness and I think that rawness and together ness create something really miraculous and a lot of healing like it there there's this group healing that happens when people are ready to share and ready to be vulnerable and realize that they they can be vulnerable.

It's safe to be. And that they they feel seen and heard. It's it's been really therapeutic for everyone, including myself and my partner as well. She you know, we talk about it a lot.

So we do it physical face to face, but we also do online as well. So to tap into a bigger community because I know my partner sees a lot of clients internationally and so it's a nice way to get these women all over the world together.

Yeah, and it's funny, but, you know, women all over the world, different ethnicity, religion, everything we all share very similar struggles. It's really interesting, you know, and and I feel when when we're sharing and we realize while we might be so from different places, maybe even different upbringings, but we share a lot of the the similar

wounds and we become even closer.

And it's kind of like even more even more barriers come down. Well, everything you say is so resonating with me, looking at what I have seen out there.

And it sounds like you've created like the ultimate sort of emotional mindshare where everyone kind of contributes to help each other and coming up with new ideas and sort of like exponential in terms of the emotional growth of the group.

It's like, you know, like a collective, you know, it's like amazing. Like, you know, like you think about in nature you have aunts and one aunt can do nothing, but you put a group of aunts together and they make a giant anthill or the same thing with bees.

One bee can't do anything. You put them all together and they can create this amazing collective of a beehive. So maybe, you know, we're just getting back to our roots.

I remember years ago, I read the book, the Red Tent, where every woman would tend to have her periods together. They kind of cycled together and then they would actually go through the whole the life together as a, you know, a community of women.

We really have lost that. And so I see that you are like recreating that and it taps into like the the energy. So maybe you could talk about what the word what do the words energy healing even mean?

Like what is energy in the body? And and how does that relate to emotions? So it's a good question. You know, the my teacher in class was saying, you know, disease always starts in the energy field before it comes in the physical body.

## The power of community and womenu2019s workshops

And, you know, when we think of like when we do, for example, I'll give you an example with chronic healing when we connect and you know, you can you can visualize a person's energy center and you can feel the vibration of the energy and what happens is when we have stress, negative thoughts, sadness, you know, all these things which are normal kind of and it kind of like suppresses that energy or like makes it more fixed and it kind of creates like, okay, I see like a blockage, right?

And, but when, when, when we're feeling happy thoughts, when we're feeling good, when we're feeling like, you know, as Mama Gina, she's she's as a really good book.

She talks about living a life from turn on. You become expansive and it's true when you when you're around certain people, you feel that who just are very light and expansive.

You feel that in their energy, you know, and that's the feeling you're getting. But where you're get someone that's very down, very, you know, you feel it.

It feels very, very, very stuck. Very. And so that's when you're thinking in terms of energy. And, you know, it's interesting when you're looking at many different modalities that I've done, they all go back and back into the chakras, which are the energy centers of the body and all the different modalities I've tried or experience.

All go back to that thing about the energy centers and with each thought, with each feeling that you feel an emotion, it taps into that specific energy center that's responsible for that feeling.

So or like if you look at German medicine, which really looks at as well, that, you know, we're all born and raised in specific environments which planted seeds on how we perceive the world.

So that can be even how we when we were born and how we were raised, but also maybe ancestry, right? Like we

learn how to see the world from our mothers and our fathers who learned it from their mothers and fathers.

So we form a perception. And so how we react to life is always based on that perception and that sense of belief system. So then we will develop specific symptoms and we will turn on specific genes based on that specific belief system that we keep living in.

And it can be positive or can be negative. So if I always look at the world from a place of lack and that the world is not giving me enough say, those are beliefs that I learned from a young age, from my experiences watching my parents, watching life treat me.

You know, you end up recreating those experiences later on in life. And those experiences generate certain and you know, and you know, they call the body the second brain.

It generates certain like things that happen in the body and certain like. So, for example, if I'm like, how can I say I'm trying to think of expanding it?

So if you have a specific belief system and you kept recreating that same belief system throughout your life, you're going to be turning on the same genes, which will then be showing up as the same symptoms.

So that can be negative or positive beliefs, right? But when it's obviously negative, beliefs are obviously showing as symptoms in the body and when you start changing your belief system.

So if you start looking at your life instead from a place of abundance and that whatever you create brings you abundance or that you are worthy of life, or you start shifting how you believe and how you believe the world treats you.

You start having a different experience of the world. And so what happens is and they found this, you know, like Joe Dispenser talks about this a lot because in his one week retreats, he brings a scientist to come and do tests on the body and do as blood tests, urine samples.

They check the brain. And so when you start changing beliefs, you actually start turning on different genes. So that's why when you know, you have people coming to a lot of his retreats who can't walk, but after a week, all of a sudden can walk a few steps, like how does that even happen?

You know, they say like the miracles. So the thing is, it's like what's happening is you're turning on different genes because you're changing how you're viewing the world.

So when they interviewed people who were able to walk again, for example, they asked them, What changed in your life? They said, I changed my whole my whole personality, changed who I am, changed how I view the world, changed.

So then what happened is they're no longer that person. They're no longer that person that was stuck and that felt inadequate or whatever beliefs that they had about themselves in the world that didn't serve them.

It changed into into a perception of expansion. So when that happened, the symptoms went away, because what happened is different genes started turning on.

So that's one way of looking at it. And when you look at the German new medicine way, which is all they're all very similar. It's just worded differently and it all goes back down to in Germany medicine they say like depending on the specific belief you have and the way you look at the world, the way you and you kept recreating it, specific symptoms will show.

So when they say, you know, it's a very radical view and but like it's for example, if you have genetic disease, it's your genetic way of viewing the world.

So you're recreating that same view of the world. So if you're viewing the world from a place of lack and and scarcity, and so you, you keep living a life of lack and scarcity.

So it's obviously going to bring certain emotions that are not pleasant. It's going to bring on certain symptoms. But those certain symptoms, you would say, oh, are hereditary.

Your mom had it. Your dad had it. But what they also had was their beliefs of scarcity and lack that you also inherited. So they're you know, Dr.

## What energy healing means and how beliefs affect the body

Gabor, Monty talks a lot about this as well, about, you know, when the body says no and about like trauma, how it stays in the body, how these emotions, how like, for example, autoimmune diseases, how you've if you think of autoimmune disease, the body attacking itself, but that's also the fight between the self, right?

Like self rejection, not accepting the South. So it's going to manifest its way some way by energetic. It's like these thoughts you're living these thoughts, you're living these feelings.

And so that's consuming your energy body, which then after doing it for so long, it's going to come into your physical body. So if you think about all the the issues that women with PCOS face, many of them would actually have a form of PTSD.

So do you feel that when you see and you work with women, many of them have PCOS or similar types of of problems that they have. What you would label like the person that you work with, the psychologist would label a form of PTSD and you can actually kind of create that that sort of like blooming change of the world view without having to take drugs just through using inner powers.

So is that possible that you don't you can do what people try to do with drugs, but you can do it through your inner inner like just creative powers. You know, yes and no.

So so when you look at PCOS, which is very interesting, I remember reading something ten years ago about this and I'm like, Yeah, this resonates so much like when you look at PCOS, right, it the infertility that it can cause the hair around the face like and like a very masculine and related symptoms.

Right. And you look at the world we live in now, women are becoming more masculine in the sense to live in this world and to survive and to create, we have to embody masculine traits.

You see it even in the workplace. Like when I used to work and my bosses were in the corporate world, they they became kind of very masculine in their ways.

For example, when women would give birth or need to take time, they weren't very understanding towards that. They were like, No, no, no, you can you take off.

But then you come back to it because they've already looked at the world from the masculine perspective. And we are different. We are the feminine energy is very different than the masculine energy.

And I think in order to fit in in this world, in order to create and live in this patriarchy on some level, I think we've we've disowned that feminine part of us in order to survive, in order to create, in order to do, to to grow.

And I think as a consequence of that, I think these are why we're having the rise of these PCOS symptoms that are very male really know they only androgen you know I androgens it makes sense because I don't think we were meant to work this much in this way and in this style of way.

You know, like you were saying this earlier about women where we're supposed to all be together and communal and we're not like that anymore. We're not working in an environment or in environments that are conducive for our

bodies.

I feel this is my which is why I'm seeing this rise of these type of symptoms. And, you know, you were saying about can this be done without drugs? I think yes.

But I feel we it is very challenging to do in this society fabric that we are in. We have to make really drastic changes, you know. So, for example, why does the retreat with your dispenser work?

You see, he recommends that whole one week, that whole one week, you're disconnected from the world. You're doing your meditations. You're you're doing so much of, you know, connecting to your body and connecting to this.

And the vortex, the feel that that it's possible to really experience something. But when you're doing these workshops, you know, it's like 2 hours a week, which is great because it starts to plant seeds.

But I think for us to make really lasting changes, we really have to start changing how and the way we work and and how we are living in this patriarchal world.

Well, I sort of came of age when the world transformed with the concept of feminism, but feminism really wasn't about embracing your feminine side. It was really women are the same like men, and that's when they invented women's pantsuits.

You know, and women would dress like men and they would sort of disown their feminine roots. And so it's really a fascinating thing. It's like instead of saying women are unique and special, but we're different, it was no, we're just the same as men.

You know, we can wear men's clothes. We can have men's jobs and we can work, you know, 12 hour days, just like men and I don't know. And delay having kids or not having kids.

Right. That's sort of a problem, especially with women, with PCOS, if they keep delaying childbirth, you know, even though they want to have kids because of their careers.

And we don't really have you're right, accommodations for women having babies and still having careers. That's why in many areas, women are not at the higher echelons of the the corporate world or in even in medicine.

You know, the people that are running the academic worlds are usually men, even though they're equal numbers of men and women in medicine. And so it really is a challenge.

And when women have families, you know, say that are very patriarchal, patriarchal in their orientation, then how do you deal with like, well, the family?

I mean, if you find this inner strength and self-love and self-empowerment, but then you're living in a solider within a family that really puts you down or, you know, just doesn't believe in this whole concept of self-love and self-empowerment and and women should be sort of communal.

What do you do about your family? Yeah. Yeah, I know. That's, you know, so far I haven't like when I think of all the different people I've worked with or encountered.

And what I found is when they started working on their healing and their and themselves, the things around them started to shift, which I find very interesting.

You know, they whether with their job, with the kind of job that they brought into their life, with the kind of partner that they attracted that was more suitable for them, you know, like, and that allowed them to flourish.

So it kind of was a win win. Like, I notice that every one that I've worked with so far or even within the groups, every experience that they've had, they worked with it to learn from it, to grow from it, just to to to see it for what it is and

kind of shifted and changed their belief system the way they view the world.

And what happened was the world around them shifted.

## PCOS, patriarchy, and reclaiming feminine power

And that's what, you know, you know, again, I go to George spends are different people they always say the minute you start that there's miracles in every in your day to day.

It's just about you having to change how you view the world. And it really goes back down to you. And I think we've been so trained for people and me, myself included, and this is my own work too.

We've been so trained to other people have the answer. They know what's good for me. But if I do the inner work and yes, if I feel supported and seen and given tools and I have to go on that journey, I realized the answers lie within me.

The power lies within me and I think, especially as women, I don't think we realize the power we have in terms of in terms of receiving, in terms of giving, in terms we have a lot of powers.

And that's why I think we need to have a more matriarchal society like, you know, because I think it benefits everyone in the corporate world, in the globalization world. And and I don't necessarily think that when we have women, I don't think they need to embody the masculinity.

They need to be allowed to be women. And so that we have that diversity. Because I think when you start, we start creating a culture where for a woman to go high up, she needs to embody these specific traits.

You lose out then on the power of what that woman really has to give and bring, because she suppressed it so much, which then also brings in the disease and all of those other stuff.

But if you can recreate a system or environment where we allow multiple kinds of women and in their own way of expressing it to flourish and allow them to feel safe doing so and to feel seen doing so, I think we can we can change a lot of what we're seeing now as problems in the world, because we're only looking at from this patriarchal, one sided view, sadly.

But I but that's why I'm very passionate about the workshops that we do, because when you start planting seeds and women start changing how they live their life, how they view themselves in their life, then they start changing their life.

Their life starts changing, then their children's life start changing. Then you know that everybody when I feel when the woman starts awakening, she starts awakening her partner, her parents, her her children at whatever level they're capable of doing, as in the parents, whatever.

But her life starts changing, you know? And that's why I'm very passionate about these women's groups, because we realize the force of nature that we are, the power that we are.

And when we start seeing that, we start making changes within our own nuclear homes and then within our own communities at work, our communities and life.

And then it just becomes a domino effect. So to think that you have the power not only to lift yourself up and feel good about life and your potential and your capabilities, but then to empower and give energy, positive energy to the people you love in your life, in your home and so on, and in your workplace around you.

Is like like it's just, you know, phenomenal, really, to think that everyone has this power to create the positive energy in the room, both for themselves and all the those around them.

It's it's such a beautiful picture. And I know that everyone out there who's hearing this, maybe they've never heard about the idea of all the different things that you've just described.

It's like alien to them because nobody ever even brought this sort of idea up to to like like learn about yourself from an energetic point of view and from an emotional point of view and not just enumerating symptoms and drugs.

Right? It's a whole different way about a woman approaching healing. And so and so if a woman now is just learning about this and she has PCOS and she really says this really resonates with me.

How can she become more involved in this? What could be her next steps and how could she follow you and like maybe join you on your path in terms of, you know, just exploring this whole new world of energy, healing the way that you've described it.

So where could everyone out there go from here? So see it as well. Why don't we do the so many different things so are many different great modalities out there.

And there's so I'm just thinking, you know, so like one part that it's maybe not necessarily energy healing, but it looks at the biological conflicts and which I think are really good because when you're if like you were saying, if you're not fully aware of that and you just know the body and the bodily functions and stuff, but you want to go to understand the meaning of the symptoms.

I think German new medicine is really great and there's a lot of them on Instagram. We talk a lot about this, which I find very helpful and has helped me a lot and is still helping me a lot because it really goes into each specific symptom, what that means for you.

So for example, with acne, it's about an attack conflict. It's basically feeling attacked, feeling so like there's so much associated with specific feelings, so feeling attacked, feeling soiled.

And then it describes it even more so that you can start seeing like, oh my God, you know, this acne didn't just come out of nowhere. Well, how have I been perceiving the world from this perspective to be attracting this?

Because the body is just trying to heal from every conflict you experience. So it's just doing what it's meant to be doing in order to keep you alive.

So the symptoms are just there in order to heal you from whatever conflict, fight or flight you just experience. So with understanding what are the specific conflicts and where you're viewing the world in relation to your symptoms.

I find that very helpful and I think maybe working with a therapist to understand why are you viewing the world this way? What what has happened that you viewed the world this way?

How is it serving you and really to break that down and explore it further because once you come to terms with that, you can start saying, okay, I don't need to do that anymore.

I can do something else. I can teach my nervous system that there's another way to handle these kind of complex when they arise, you know? So it's, it's, it's, it's one part is looking at the German medicine and looking at your symptoms and then maybe working with someone, a coach or therapist on these specific symptoms and what they mean for you and how they show up for you.

So that's one part. Another part is also, you know, I think that's actually essential. And then another part is the woman groups we do are really great because it's like a, you know, a sharing circle.

It's where we talk about different things from shame to sexuality, sensuality, courage.

## Healing patterns, resources, and closing reflections

We explore many aspects of the of the issues we as women face. And I think in hearing each other stories and exploring different ways to move forward and sharing, I think it's also very healing as well because you kind of like see each other and that armor goes down.

Because I feel in that in those spaces that's where like magic starts creating. So I think those are two places and yeah, and then there's, you know, I like Jodi spends a lot because I find that he talks a lot about creation and how to create how and when you start understanding how we can actually create from this infinite field, you start realizing your power.

And when you start realizing your power, I think that's also when you start kind of valuing yourself and you're like, Oh, well, I'm actually really powerful.

I'm not what I thought I was, you know, and you can start playing with that, start playing with creating things, start manifesting things. A healing is also a lovely modality and that's a modality I really enjoyed and it's helped me a lot.

So they can see maybe a good fit, the healer that can help with the specific symptom as well and explore what what is that symptom telling them or also if it healing is really good for understanding your belief system, the specific belief system that are creating a specific issue in your life.

So everything in your life that you have that you are unhappy about. So for example, or actually everything in your life that you have is your belief system.

So if, for example, you keep attracting bosses that are very narcissistic, that's not a coincidence. There is something within you and your belief system and your nervous that keeps you in the loop of attracting narcissistic bosses, for example, because you you are you.

This is what makes you feel safe, even though you hate it and you hate him and you hate all that whole thing. But this relationship dynamic, this feeling is a very familiar feeling.

So your body feels that the familiar is safe, even though it's not good for you. So it's actually trying to tell you something. So seeing a healer will help you understand that.

Oh, wow. I see that this is part of a pattern. How can I break that pattern? What am I getting out of this? And it's the same with attracting narcissistic partners or shitty friends or whatever, whatever, or why you're not attracting enough abundance.

Because on some level you think that this is what you deserve, because on some level you're getting something out of it. So detailing healing is really good because it helps you on understand what is at the bottom of it.

What is the belief that you really believe in? Where was this created and how is it serving you? So once you understand all of that, then you can understand like, okay, how can I teach my nervous system something else, that something else is possible, that it's safe for something else to be possible.

So it's really about reclaiming your own power that everything lies within you, not with other people. It's not other people did things to you. It's about why are you recreating these patterns?

You know, I like the saying things Don't happen to you, they happen for you. So if we use these things in order to heal, to grow, to integrate, yeah, we can really step into the person we were meant to be or want to be.

Well, I love that message of hope that you have the power within. You mean that you can change, that everything is not set in stone like your destiny is preset, you know?

So I just love that message. And by the way, do you have like a website that people can locate you and that sort of thing? I have my Instagram. It's called keepingitrealwithd So you can follow me there.

I have some posts, I have some reels as well, and then you can always message me on Instagram if you have any questions or want to work with me or the workshops or, or want guidance, you know, for information more than happy.

And you know, you said something, Dr. Gersh, that the woman we have the power within us. You know, we do when you think about it, we have the power to actually create life.

That's that's I mean, that's some that's not to be taken lightly. You know, that's huge. We actually create life. And I sometimes say I'm like, wow. And I think when we look at older, older, ancient, it was a matriarchal society because before when they'd see these women, they would create life.

They thought, again, Mother Earth, you know, it's the Earth, this is the womb, this is what that carries all of us that carries life. This is we are really powerful.

And I don't know where along the line where we thought we are not and why we need to be somebody else in order to be to survive in this world. Because we actually create life.

So we are good just the way we are. We don't need to change or be anybody else in order to succeed. So we need to just embrace who we are and really bring out the parts that we've suppressed and integrate it so that we can move forward and be the souls.

That why you? We are souls. We came here for a reason to create, to do so that we can go and do that. Well, I don't know about everyone out there, but I feel personally very inspired, you know, and to embrace who you are, not feel, you have to be something else.

And to find your community, to find self-love and to move forward and set your own path. So, Dana, thank you so much for this really just empowering and inspirational interview.

And I know everyone out there has really just changed their world view of themselves. Right, because that's where it starts from within yourself. So thank you again so much.

It was such a pleasure having on my PCOS SOS Summit. Thank you so much Dr. Gersh for having me. I really enjoyed this conversation.