She Healed PCOS and Fibroids Naturally—No Pills, No Surgery Transcript

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Early Healthcare Inspiration

I always knew I wanted to be in healthcare and I started being in the healthcare field like very young. I was starting with Operation Smile and, I love that transformation that I would see of like, having patient coming with a cleft palate and leaving without.

And I thought that was really what medicine was about, changing life for the better. So they come in a bad shape. Then I worked in, so I went to medical school, pre-med, suddenly shadowing, and I didn't like it.

I even liked that experience of being, that's not what the ER was about. So when I worked in the E. R., that was not I saw. It was a lot about pills, a little bit about keeping people alive, rather than improving the quality of life and getting their health back.

While I was doing my rotation, I actually worked, in a third world country. That was in Morocco. And I work in public hospital of Casablanca. And I worked with Taiwan diabetes kids and I was working with their parents.

So basically these are families in remote areas of Morocco that don't have the resources to even have insulin all the time. The doctors, they are kind of obliged to help them with nutrition because that would keep their kids alive.

And that was one of those moments of thinking, oh, we could, I could actually help people. without pills, and without worrying about the side effects, without piling on pills and pills.

So that actually made me think about nutrition.

Discovering Nutrition and Holistic Health

I just wasn't such in the allopathic, conventional medicine, I did not know that you could help people with nutrition outside of gaining weight, losing weight.

And I started looking into that. It was the summer of 2013, when I went back to the US the year after that, And I started looking for public health, Mastering Nutrition Epidemiology, because I thought that was it.

You know, that's how you help people with nutrition and public help. And, I was in Michigan, so I start looking at places that I could either shadow or learn from.

That's where I found the Nutritional Healing Center. It really opened my eyes to the whole natural health holistic health and nutrition for health rather than just nutrition hey, here's a diet, like really full of lifestyle changes.

So that was those families that it was able to happen such a short term and mainly just being able see that there was a transformation that that's the only thing that they could do.

And there were the best thing they can do for their families because there is no way you can force a mom to walk 200 kilometers, which is more than a hundred miles.

to get insulin, especially if she doesn't have the resources. But she can keep her child alive by making sure that they don't eat carbs and they eat meat and dairy, which is usually the leading form.

2006, yeah, must have been like 17, 18. I was a freshman in undergrad and I had my first super lower abdomen pain. And I went to the ER. and they said it was a cyst diverse.

So I was like, what does that even mean? They're like yeah, we found cysts and was pretty big one and it's just,

you know, it seems like you have PCOS, they did the CAT scan, and so like microcystic ovaries is even how they call it.

PCOS, Pain, and Conventional Treatment

And I'm like okay, well now what? And they go well, now nothing. It's very common. Everyone has it in those days. All the teenage girls we see have it, so just go your merry way.

So I went my merry away. But then it happened the month after, and it just literally became part of my life. I was just like, okay, my period may come, may not come.

If it don't come it's going to be a cyst. And I'm just going take a leave every two hours until I feel better or I don't, or end up in an ER. And one of the summers, I was actually traveling overseas and I in a plane that had to land.

I wasn't in so much pain that an MD on board was like, we have to learn. So the whole plane landed in Milan, in Italy. so I can go to the ER and the doctor said, well, you should be on some type of medicine because this is happening too often, these are too big.

And so I was like, okay, I came back to the U. S. and same thing. They're like you know what, kind of tried everything with birth control. Your next step would be to take metformin or to have surgery.

I just didn't think that at 20 years old I should have any type surgery, especially if it involved one of my ovaries. But that's, really much that was the solution for it.

And I kinda, really did, like now looking back, I kind of accepted it, that's just how it is. That's going to be my cycle every month. I may or may not have it and even when I didn't have, it I was just in so much pain.

Like a whole day that I cannot get out of bed, as I'm in horrible pain, It was known at my school, at work, but it really, did think it was just being a female in 20 something.

And so that pretty much was it until 2014 and they told me that I may not be able to get pregnant unless I do IVF. So it's like just because of the way you have it and you'll have you the only way maybe able is with IVF, and that was one of the reasons that I said, even if they remove one ovaries, it will not change anything to my fertility because my chance of getting pregnant is already very low.

So when I actually got pregnant, by surprise, not without having any kind of treatment or anything like that, I went to the doctor and they said well, oh, actually I was seven months pregnant.

And the technician, was at U of M, the technicians that were trying, she was learning.

Pregnancy and Nutritional Support

And she was trying to measure the baby and the technician who is her senior actually moved her hand and said, you're measuring the fibroid. You're not measuring.

So actually the Fibroid when I was seven months pregnant was bigger than my baby. And that was like, that's literally how I went through my whole pregnancy.

No one better than I, like literally no one said anything about it. It's just how, how it was. Right after I had the baby, six weeks after, I started working at a nutritional healing center and I've started having female support with supplements.

So I was actually being supported nutritionally. It did help a lot with my cycle, but I will still get it in the cyst. And I think the main reason was also because I, just because that was following directions, So still what I call like I still had a toxic uterus.

It was not, I was getting supported with the supplements, but I wasn't like completely healthy. When we decided with one of the practitioners here that I want to just give it my best chance.

I removed the copper IUD and I really was just getting frustrated. At this point it was 2016, it's been 10 years. As I've had those cysts and then I'm getting angry and pissed.

And so Dr. Schmidt, at that time I was his assistant and he was using, were using ketosis for any kind of what we call metabolic disease.

Ketosis, Healing, and Symptom Feedback

So any kinda abnormal growth of tissue. And I wanted to give it a try. I said, okay, now this is my, I'm gonna give my all. and I really did do it pretty strictly.

Three months with intermittent fasting and ketoses. And the next time I went to get checked, it was after my follow-up to, after I removed the IUD, there was no fibroids, no cysts, even the microcystic ovaries, the little tiny little cyst that usually around the ovary, they're always there.

Just the last 10 years, just being part of my anatomy, I guess, were just completely gone. I was able to pregnant right away with my second baby. There was not fibroid.

It's been now four years I haven't had any any of the hormonal or female issues or anything like that. So I think the biggest thing in my experience, my personal experience that made me change the way I thing from the conventional medicine to the holistic or what we do here is when I really did understand that symptoms are a body feedback.

The body is telling you something. those missed periods, those painful periods. All of those are telling, giving me a feedback. So I could have taken the birth control, I would have taking the medicine.

I will have went and removed that ovary. It will not have actually addressed the cause. so I always say that symptoms are about feedback, don't muffle it.

Don't try to silence your body. If you just, you have to listen. And the other thing that I've learned is even that I'm not made in Ikea, I am a human being, and I don't have any spare body parts.

I cannot just remove my gallbladder because it's not functioning or remove the ovary because I do not need all of my organs and if they are not doing something properly, then I want to go and look for that cause.

So whatever is causing your gall bladder not to function, removing it is not going to solve it. So it's changing that diet that's making the gallbladder being sluggish.

Listening to the Body and Treating Root Causes

Removing the copper iodine, in my case, that was making me toxic, or removing the diets I was eating, whatever that I causing my hormones to go haywire, rather than just being like, oh, there is an extra ovary, let's just remove it, she has another one.

So I want to talk to patients who really do think that they do know that there's something more than that pill. There is something more than the headache is not just a headache, but they feel in their core that it's something else is going on and they are getting the same answer over and over or it either it is in your head or we don't know why or its genetic or everyone who is actually frustrated with that sense of doom or that sense of it is what it.

And we're just going to give you that crutch for the rest of your life. I don't even call it a crotch. It's something that's making you weaker and it's giving more side effects and we have to get you more other crutches to help with the side-effects.

Yes, functioning at 20% is better than being dead, but I think that going back to 100 is really what we thrive to do here.