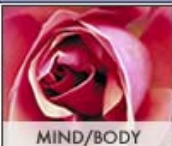


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Polycystic Ovarian Syndrome With Diva Carol

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### A Look at PCOS from the Whole Health Perspective

I, like Diva Delayne, have always had an interest in Alternative Medicine. Being raised in California as a vegetarian, herbs and other untraditional forms of healing were a big part of my experience growing up. This interest extended into my adulthood and continues to play a large role in my life as I battle with PCOS, preferring to treat it with herbs, diet and exercise rather than pharmaceutical drugs.

Various research studies have pointed to heredity as one of the key factors to developing PCOS but, as of yet, there has been nothing definitive pointing to a specific cause or causes. Always on the quest for greater understanding about this disorder, which still has many frustrating unknowns, I often ponder other contributing factors that could lead to an otherwise healthy individual being diagnosed with PCOS.

Always on the quest for more information, especially as it relates to alternative or integrative medicine, I recently came across someone and something that has caused me to look at PCOS in a whole new way. In recent years, the popularity of alternative or integrative medicine has increased significantly but long before this rise took place, in 1977, a fascinating woman, Dr. Georgianna Donadio, pioneered a concept called Whole Health Education. This concept, teaches us that PCOS, as all chronic diseases are, is a multidimensional disease state and that health is not just about our physical symptoms but in addition, four other distinct aspects – Emotional/Social, Nutritional/Chemical, Environmental and Spiritual. According to Dr. Donadio, it is only with an understanding and plan to address each of these areas can we gain control of PCOS and therefore, our overall health.

It goes without saying that in those with PCOS, understanding and addressing the physical and the nutritional or dietary are key. But, according to Donadio, it is important to understand this in relationship to these other key areas. For example, looking at these five aspects from a "bigger picture" perspective provides some interesting and potentially healing information. Donadio explained that a good place to start painting the bigger picture is by looking at and integrating what we know about the physical aspect of the condition. In doing so, we may find some answers to how we might help ourselves.

The physical location of the reproductive organs is in the "root charka" area of the body. In yoga, various models energy healing and Eastern meditative practices, the charkas are vital energy centers, which are critical to health and healing. As we know, in PCOS the reproductive organs or "the root organs" are not functioning correctly. These "root organs" are connected to genetic and tribal survival needs, which are satisfied thru fulfillment of the reproductive drive. Neurologically, the root organs are connected to the central nervous system, which gets its functional marching orders from the brain, both consciously and unconsciously.

It is here Donadio suggests that if we look at PCOS's ovarian hyper-functioning as a metaphor for a possible "hyper-vigilant survival response and behavior" we can begin to understand the possible cause and effects and see how the symptoms and current treatment of PCOS apply.

Donadio points out that there is little agreement when it comes to how PCOS is diagnosed, but what is clear is that other hyper-reactive conditions, i.e. Cushing's Syndrome, Hyperthyroidism, adrenal hyperplasia and so forth, are ruled-out before the profile of the patient's symptoms are analyzed. The basis of diagnosis, the symptoms associated with the

condition and treatment of PCOS is based on hyper-vigilant endocrine responses in the body, and control of the excess secretion of various primary and secondary hormones. She states that "it becomes very empowering to understand that all chronic conditions in the body, including the 2-7 % genetically influenced conditions, must be "nurtured" by our food intake, environmental influences, emotional states and the brain biochemistry that informs cell membranes how to function, our physical activity and exercise levels and our spiritual or worldview values". If we can see the cause and effect relationship between these factors and how are bodies are working or not working efficiently than we can answer the question of, " why one woman who demonstrates polycystic appearing ovaries on ultrasound has regular menstrual cycles and no sign of excess androgens while another develops PCOS."

"It may lie in how we manifest our fears and anxieties, and the messages our brains are sending through our nervous systems to our endocrine glands that cause the hyper-vigilant over response of the glands to begin with. Meditation, breathing techniques, tai chi, visualization, etc. along with low-insulin provoking foods and regular exercise can slow down our hyper-nervous systems, endocrine secretions and the resulting physical reactions. Donadio suggests a great researched reference to this mind-body manifestation is Dr. Candyce Pert's new book, "Your Body is Your Unconscious Mind", which can be found in bookstores everywhere. Her first book "The Molecules of Emotion" was a national bestseller than raised the awareness of the role of unconscious mind plays in the manifestation of chronic diseases.

For more information about this five aspect model of Whole Health Education, visit [www.wholehealtheducation.org](http://www.wholehealtheducation.org) or contact her at [drd@attglobal.net](mailto:drd@attglobal.net).

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### About Carol Arnold

Carol Arnold is a Director for the Polycystic Ovarian Syndrome Association ([www.pcosupport.org](http://www.pcosupport.org)). She joined PCOSA as a volunteer when she was diagnosed with PCOS in 2001 and has been a driving force in increasing the awareness of PCOS. She is a frequent speaker and author on PCOS, women's health and plus-sized issues and has been quoted in numerous publications including Reader's Digest and Low Carb Living.

Outside of PCOSA, she is the President & CEO of Arnold Communications, which is dedicated to cost-effectively increasing the sales and awareness of small to medium sized businesses all over the U.S., using innovative and guerrilla-focused marketing communications and PR.

Having over 15 years of sales and marketing experience, prior to founding Arnold Communications, she held various Vice President and Director level marketing positions where she was instrumental in advancing her companies market position. She is a graduate of Saddleback and Emerson colleges.

A California native, she is married and lives on the New Hampshire seacoast.

### PCOSA Bio

The Polycystic Ovarian Syndrome Association ( [www.pcosupport.org](http://www.pcosupport.org) ) is a non-profit organization, which exists to provide comprehensive information, support, and advocacy for the millions of women and girls with Polycystic Ovary Syndrome and to increase awareness of PCOS to the public and medical communities.

PCOS is a complex hormonal disorder that is related to diabetes, which effects approximately 15 million women worldwide making it the number one cause of infertility in women. A genetic disorder, which stems from the bodies inability process insulin correctly, it's symptoms include weight gain, irregular menstrual cycles, excess body and/or facial hair growth and skin abnormalities including acne. There is no cure for PCOS and untreated it can lead to diabetes, heart disease, stroke and endometrial cancer.

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