

### Ms. Arti Shah



#### **Biodata:**

Ms. Arti is a content creator and has a passion about creating awareness on endometriosis and my motto is “turning pain into power into purpose.”

Ms. Arti was diagnosed with endometriosis in 2004. After 8 surgeries she decided to take on a holistic approach in managing endometriosis and its sister conditions too. She has an alternate approach to endo and advocacy. It includes using art therapy as a medium for the psychological aspect of it, and lifestyle changes such as diet, meditation, yoga practices, and non-conventional approaches to help with the physical and emotional aspects of it.

#### **Topic of Presentation:**

Turning pain into power into purpose- A holistic, mental, and physical approach to endometriosis.