**BIO PROFILE-**

**AARTI PANDEY**

**CO-FOUNDER, FREEDOM FROM PCOS**

Driven by passion, Aarti Pandey, Hormonal Health Teacher & PCOS Reversal Expert, is on an entrepreneurial mission to create a 'PCOS FREE WORLD', without medication. Conceptualised Freedom from PCOS in **2020**, Aarti **co-founded Freedom From PCOS** intending to empower & enable 10 million women and their families to reverse PCOS naturally with a panel of renowned doctors , wellness experts and PCOS reversal coaches for the women community.

Working with like-minded medical professionals and wellness specialists, Aarti launched ‘**Freedom from PCOS’, which is a digitized platform that offers a Natural Reversal Intensive Program to assist millions of women to reverse this lifestyle disorder.** This platform has not only supported the women with natural reversal of PCOS and its painful symptoms but has also transformed their lives with intrinsic confidence , enthusiasm and fulfillment of their dream to become a healthy & joyful mother.

Initially, Aarti started the company with just 10 ladies and a few PCOS Reversal Coaches, whereas, today the number has grown to approximately **11,000 PCOS** Warriors. As a women entrepreneur, she has over a decade of expertise in the health and lifestyle industry. Aarti has built and inspired a **Facebook page of 35k+ members, most of whom are working women.**

In her previous avatar, Aarti led a popular fitness facility that offered fitness regimes inspired by Indian folk and tribal dances, which also were recognised by the Limca Book of World Records.

She feels that nothing gives her more satisfaction than helping other women to address their issues and experience regaining their health, productivity, and joy. She wants to continue empowering the women community and help them achieve their goals as **individuals, wives, daughters, mothers, working professionals, and entrepreneurs.**