



2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

NAISHA SOTO



My name is Naisha Soto, and I am an NPC Figure competitor. Not long after the 2016 NPC Border Klash competition, I began suffering from several physical ailments, Angiodema and Prugio Nodules. Angiodema is an abnormality of the immune system causing the immune system to attack your body. The symptoms include severe facial swelling affecting my lower mouth preventing me from eating, drinking and talking.

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Prugio Nodules is a skin disorder causing severe breakouts on your skin of itchy lumps. The itching was so severe it caused me to scratch to the point of breaking skin, developing sores and bleeding through my clothes and linen. I visited several doctors seeking a cure or some form of treatment, however, because it was such a rare disease the doctors didn't know of a cure nor did they have any suggestions regarding treatment. We tried numerous drugs to ease my discomfort, unfortunately, none of them worked and instead caused

weight gain. I was depressed and miserable and had been suffering for so long that I didn't see my life ever returning back to normal. I definitely didn't think I would ever be able to compete again due to the weight gain and the scars that marked my body.

Not one to give up, one day I decided to pray for healing and give everything to God. I let go and let God carry this burden for me. I knew He was the only one who could heal me from all ailments. Not long after, I found a rare disorder specialist. She promised me that she wouldn't give up until she found something that would work and get me back on stage, and that's exactly what she did. I am excited to share that after a year of treatment, my wounds are 100% healed. I am prepping for the Lee Haney Games with every intention of winning and demonstrating God's grace.

Faith is the substance of things hoped for, the evidence of things not seen. I had faith in God and his healing power.....Now I am ready to show His greatness. Looking forward towards the future!