

Welcome to TRUHEALING



- Dr. Disha Sridhar (MD, DNB OBGYN)

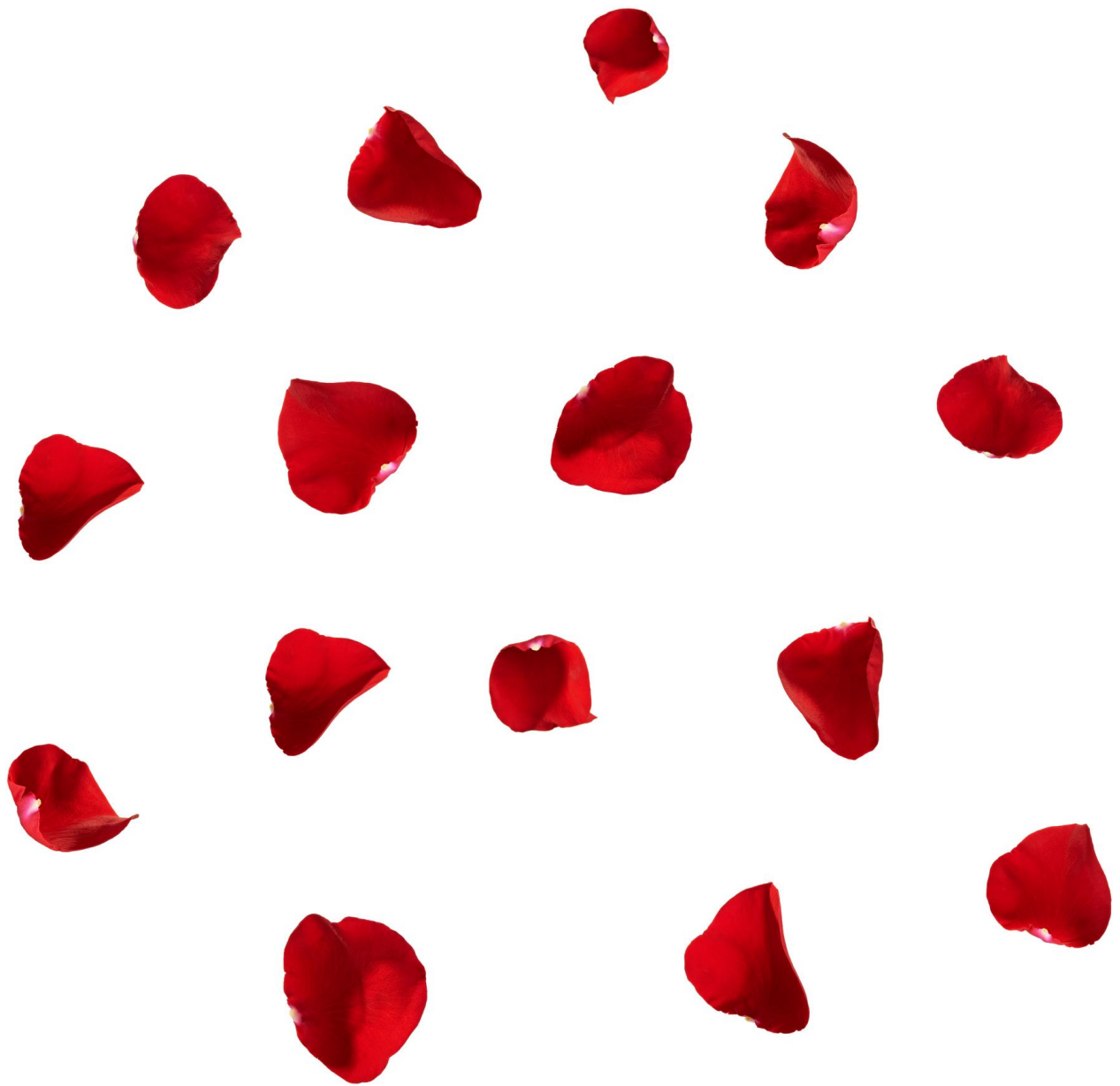
Happy Womanhood Exists... Period!

“

What if I told you that women's
hormonal problems such as
PCOS, period problems,
fertility issues, thyroid diseases
can be healed?

”





I know you must be hearing this for the first time

But it's true!



Because we have similar stories
BUT I CHOSE A DIFFERENT ENDING!

- Dr. Disha Sridhar

Hello! I'm Dr Disha Sridhar - a Gynaecologist, Obstetrician (MD, DNB OBGYN).

Let me ask you something.

Are you feeling as though you are suffering from HORMONE-IMBALANCE- induced problems like PCOS? Are you having issues with periods or are worried about fertility? If yes, then you must also know that these are REAL problems that need to be addressed as quickly as possible. Many underlying **ROOT CAUSES** may have contributed to gaining unwanted kilos, sprouting of hair in places you never thought possible, continue to get pimples well into adult life, having excruciatingly painful periods (along with irregular or just plain non-existent ones). Then there is also fatigue (no, it's not normal), hair-fall, sleep issues, bloating or irritable bowel symptoms snowballing into anxiety and depression. Maybe you are trying to conceive and have been facing miscarriages or multiple unsuccessful, painful, and expensive sessions of IVFs and still, are not getting the desired results.

Now, think about it... was there ever a disorder that could make you feel less feminine?

I highly doubt it.

Your doctor may have prescribed you the pill (oral contraceptives or birth control pill), and maybe a low-grade antibiotic for your acne and told you to lose some weight and eat lesser. Or maybe you have gone through the painful way of IVF and pumped all those synthetic hormones into your system only to be disappointed or even worse underwent an ectopic or a miscarriage. **The only advice you have heard is “just don't be lazy, eat less and exercise more!”** But no one seems to appreciate that you've been trying to do exactly that but to no avail. For many years, you've tried every trick in the book. You have googled until you hit the last page of the search results, late into the night. *Exercising more and more, cutting calories, going low carb, vegan, keto and even intermittent fasting!* When you've become disillusioned with that, you've tried every other diet out there. Worse yet, everyone around you seems to be able to eat well and not gain an ounce. Whereas all you have to do is sniff the chocolate aisle and you gain a kilo. How defeating!

It's not fair and it doesn't have to be this way...



How do I know all this?
Because I've been YOU!



“If I couldn't solve my own problems, how could I help anyone else!?”

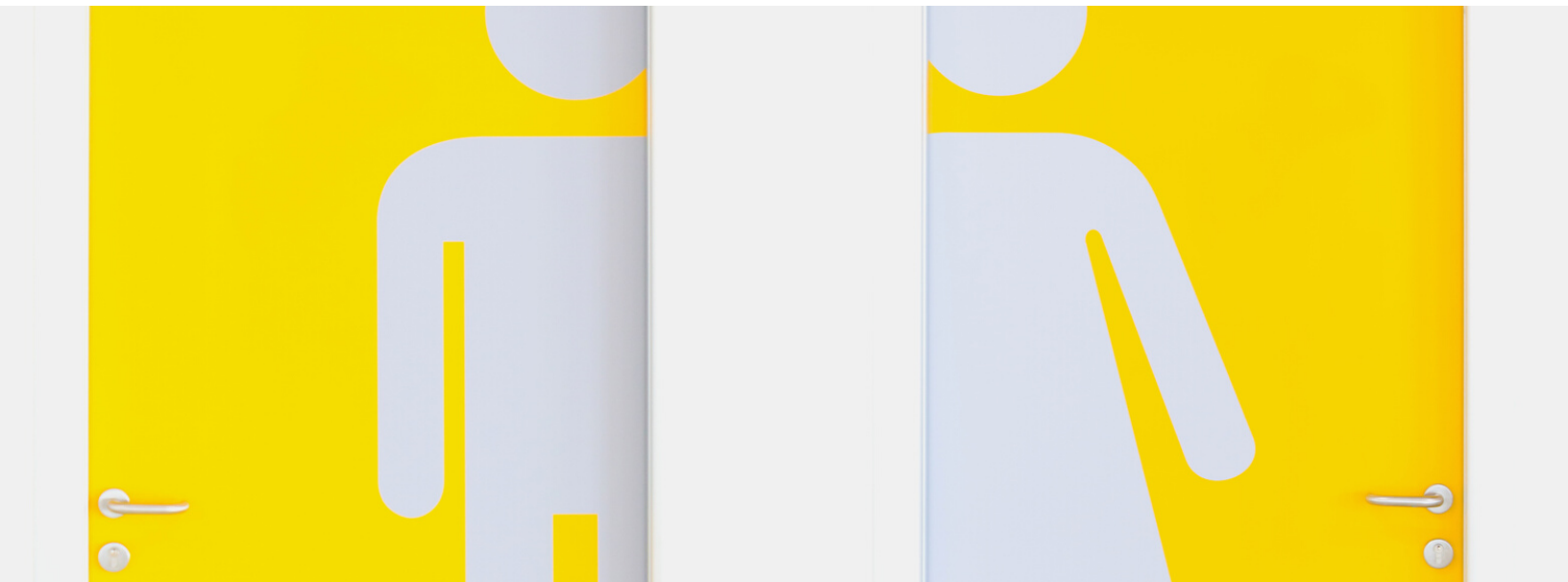
I was told and I knew I needed to lose some weight to reverse my insulin resistance and PCOS, yet I was already doing everything right. I was dieting and exercising daily, yet my weight was gradually increasing instead of decreasing; I was continuously sprouting volcanos out of my face, I was tired all the time, and I hadn't had a period for almost one full year - not to mention all the sleepless nights, mood swings etcetera. At the age of 35 years, I was diagnosed with autoimmune thyroid disease (Hashimoto) apart from PCOS and premature menopause. **Even with a dual, board-certified degree in GYNAECOLOGY AND OBSTETRICS, here I was unable to solve my own problems.** If I couldn't solve my own problems, how could I help anyone else!? Because you know what they taught us. It's all about calories in - calories out...and maybe a bit to do with carbs.



Just go on a birth control pill and period will look regular. And just pop up the thyroid pill and TSH will look normal. I knew this did not work.

I KNEW THERE WAS SOMETHING ELSE GOING ON.

So, I went in search of the right solution with all my might. I voraciously read all the available scientific literature on PCOS, HORMONES, thyroid and explored the modern science of epigenetics, functional medicine as well as the whole gamut of ancient healing sciences. I started trying some of these ideas using myself as a guinea pig. I focused on how to figure out the ROOT CAUSE of the problem and address it from the ROOT.



This became my biggest MISSION. I wanted to find the SOLUTION to my own problems and help other women who are going through such issues as well.

I did a lot of research on women's hormones and timeless principles of health and nature's circadian and infradian cycles, learning everything I could about the potential underlying causes of PCOS and hormone imbalances.

I finally figured out what was going on in my body. We need a more FEMININE APPROACH to women's healthcare rather than conventional masculine approaches.

The result?

I reversed my PCOS and premature menopause, to experience a healthy pregnancy in my 40s!

“

Women's hormones are not just slightly different from men, they are completely different!



That's why I made it my mission to help other women reverse their Hormone imbalances as well. Because just like me, you're hungry. Not just because you've been eating a low-calorie diet since forever, but hungry for an answer. Waiting for a solution.

You know that exercising more and eating less doesn't work because you've been doing that for many years now. You know that it's not just about diet because you've tried them all: **Low GI, Atkins, vegan, the shakes, the juice detox and countless other quick fixes.** You're thoroughly over it.

You want a long-term solution that actually reverses your PCOS, period and fertility challenges rather than treating just the symptoms.



"IT'S NOT ALL ABOUT DIET, BECAUSE YOU'VE TRIED THEM ALL! RIGHT?"

You want to be in control once again. You want to sit in the driving seat of your life. But you feel like you're missing something. But you feel like you're missing something. What is missing in this approach is that they don't take into account your unique FEMALE BIOLOGY. And that's because you are a WOMAN.. Women's hormones and PCOS are really complex topics involving multiple bodily systems. While diet is important, it's only one part of the equation.

HORMONES, HORMONES, HORMONES. FOR WOMEN, IT'S ALL ABOUT HORMONES, RIGHT?

But so many women are told they just have to “deal with” their hormones. That they just have to quietly suffer through the miserable symptoms related to the menstrual cycle and menopause. **They’re told PMS, cramping, bloating, mood swings, hot flashes, cravings and weight gain are just a part of life for women.** And if things aren’t improving, it’s their fault. They’re eating too much, they’re not exercising enough, that it’s their genes.

THE TOP MYTHS WHICH ARE TOLD TO WOMEN AND WHICH WERE TOLD TO ME:

- “Eat Less”
- “Exercise More” or even worse
- “Don't be lazy”
- “Try Harder”
- “Take Meds” (in other words, synthetic hormones)
- “It’s Your Genes”
- “It’s Your Hormones”
- “You’re Doomed”



Turns out, none of this is true.

PERIODS ARE A BLESSING, NOT A LIABILITY!

What is true is that your approaches have been masculine, and they have been failing you! They were never designed right in the first place. *They were never designed for a woman. For your specific metabolism. For your hormones.*

That's where TRUHEALING is different. TRUHEALING is designed to optimise your female metabolism which is laid down on your MENSTRUAL CYCLE. It turns your natural hormonal rhythms - YOUR PERIODS - into a metabolic advantage. Yes, you heard me right! YOUR PERIOD IS A BLESSING, NOT A LIABILITY. It empowers you to work with your hormones, your own unique rhythm, even as they change, to thrive as your authentic self. With the proper understanding and nurturing, your female body is actually quite powerful. And regardless of your age, weight or any health issues, you are NOT doomed. The WOMEN CENTRIC APPROACH of Truhealing allows any woman to balance her hormones and use them as tools to create the life she deserves!

Truhealing is going to be the last program you'll ever need: **It's fully customisable!**



So, as you change month-to-month and year-to-year, it's about education - **learning the language that your body speaks and understands.**

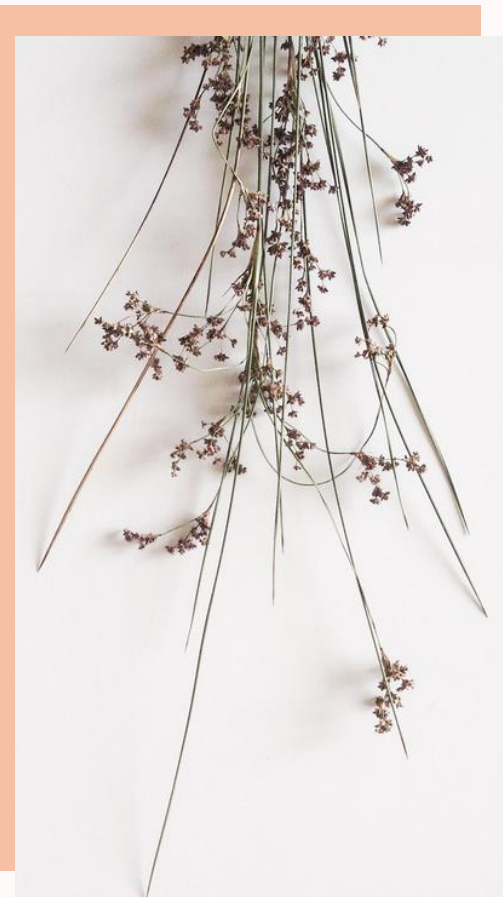


“
It helps you
adapt - how
you eat,
exercise and
live your life
according to
your natural
female
hormonal
rhythms.”

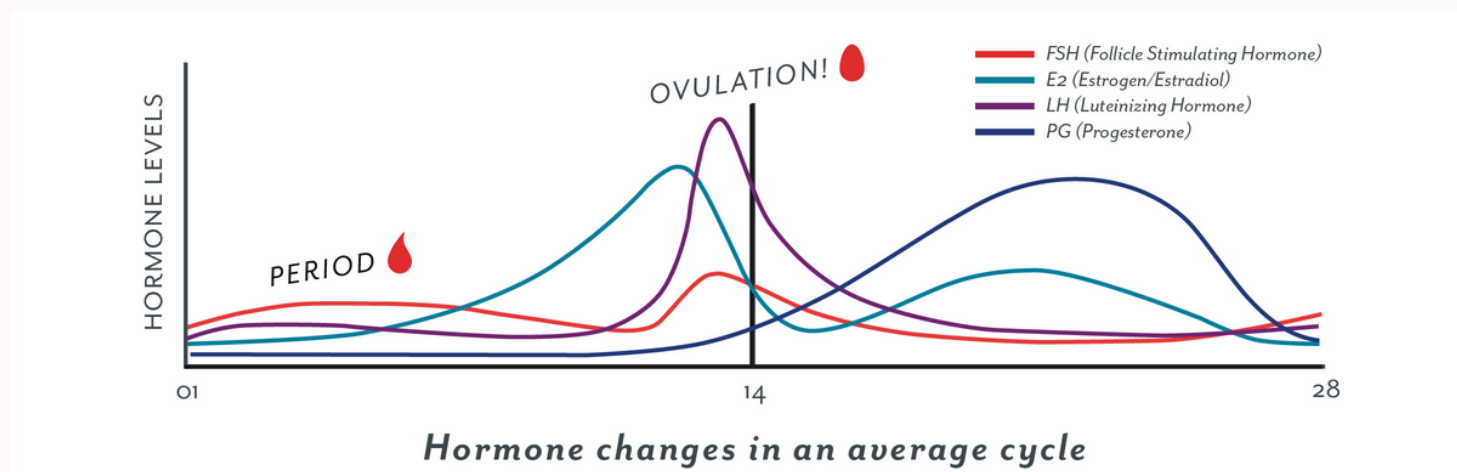
BUILT SPECIFICALLY FOR FEMALES:

Tap into your natural female biological advantage!! Most programs are one-size-fits-all. That's because they're based on the same old research and outdated assumptions. A little-known fact, for the past 100 years, nearly all of the exercise and nutrition research has been done on men - i.e. young, healthy, college-age, MEN! The problem is, women aren't slightly different than men. They're completely different! Women have different hormones, different metabolism and a different mindset. **They deserve a customised solution. And now it's finally arrived.**

Truhealing empowers you with female-specific wisdom and tools.



JUST LOOK AT THE DRAMATIC CHANGES TO FEMALE HORMONES THAT HAPPEN THROUGHOUT LIFE:



Don't you think your daily habits and choices should change as well?

What works for your metabolism in one stage of your life or menstrual cycle may not in another. It's also why exercising and dieting like a man can be dangerous. In fact, one study found exercising like a man can suppress a woman's thyroid and increase the risk of injuries. Every woman has her own guidance system: THE MENSTRUAL CYCLE - which is a map to live your life, only if we learn the language of hormones. These hormonal variations are actually an asset. And when you harness them properly, those can give you a significant biological advantage. They can help you to create not only health but your best possible life.

WE NEED TO FIND YOUR UNDERLYING ROOT CAUSE AND TREAT THAT WHICH IS DEEPLY SEATED IN YOUR ENDOCRINE SYSTEM.

Working with me, first I'll help you discover what your individual ROOT CAUSE and PCOS pattern is, and I'll reveal to you why that's happening and then give you scientifically proven tools to fix it, once and for all. I'm a living proof along with hundreds of my clients that women's hormonal problems can be reversed, fertility and energy can be restored naturally! The fact is that period problems, infertility, PCOS, thyroid disease are reversible. It's your choice whether you want to do it or not. So, you don't have to live like this any longer, hopping from diet to diet, hoping to find the secret someday. It doesn't have to be this way. If you're willing to step up and take the next step, then you can be successful too. **I provide lots of free content right here on the website to help you identify the root cause of your PCOS and treat it.** And, you don't have to go through it, all alone. You can choose my private coaching **'101 with Dr Disha'** program that we can uncover the real issues with proper blood tests and find the root cause and create an effective treatment plan for you. I give you this offer of having me as a mentor and fellow sister who can hold your hand and take you through this journey of Truhealing! So, are you ready to address the ROOT CAUSE of your problem once and for all? Because if I can do it, you can too.

KEY STEP

*Right now the entry to this program is on an **invite-only** basis and candidates are selected by Dr.Disha herself.*



If you want to know the root cause of your problem and see if we are a good fit for each other, book an online appointment with Dr. Disha by clicking on the link below:

<https://www.practo.com/bangalore/doctor/dr-disha-sridhar-gynecologist-obstetrician-1-gynecologist-obstetrician/recommended>

TRUHEALING HOLISTIC HEALING & DISEASE REVERSAL PROGRAM

Based on integrative and evidence-based medicine

WHAT DO YOU GET IN THE PRIVATE COACHING SESSIONS?

Have you been suffering from period problems, fertility issues, chronic diseases like thyroid, poor gut health (dysbiosis, candida, parasites, food intolerance), debilitating symptoms (fatigue, pain), emotional stress (depression, anxiety, sleep issues, eating disorders), or are struggling with your weight (over or under), or are simply feeling sub-optimal and are looking to improve your health and get back to feeling like your best self?

Then you have definitely arrived at the right place.

If you feel like you've tried so many things without resolving your health challenges and are feeling overwhelmed and confused by all of the conflicting information out there, unsure of what the best diet/plan is for your specific situation or simply want to know what is going on in your body and what is the very best detailed blueprint dietary and lifestyle guide that you can follow to reclaim your health, then don't feel discouraged, because we are a perfect fit!

I am SO excited to work with you!



WORKING TOGETHER WILL ALLOW ME TO:



- Fully **analyse your health**, medical and dental history
- Explain your symptoms and why you are experiencing them
- **Assess your current diet** as well as set you up with the best healing program and food recommendations to address your condition(s)
- **Optimise your gut health** and help you re-establish a beneficial microbiome so that you can thrive and **overcome food intolerance**
- Provide you with **stress-coping mechanisms** and **lifestyle modifications** to overcome emotional struggles
- Address and **treat your nutritional deficiencies** via the best supplements or foods
- Empower and inspire you to take responsibility for your body and health so that you finally **achieve the excellent health you deserve!**
- **Your Personalised Healing Program** will include: A detailed medical history questionnaire that you must complete and return to me (*available after program purchase*)
- Health background and **symptom-analysis**
- An **in-depth investigation into the root causes** of your current health challenge(s)
- A **thorough assessment of current habits** and lifestyle identification of all possible roadblocks and addressing/**correcting the negative factors** that have impaired your healing
- A complete list of the **best vitamins, minerals, foods and supplements** to correct your nutritional deficiencies (as well as links on where to find them)
- The best **tips and tools for your specific body to replenish** your healthy intestinal bacteria safely and effectively

WHAT YOU WILL RECEIVE IN THE PROGRAM



My **diagnosis** of what is causing your symptoms



What you can do to **manage your symptoms** for your body and health improve



Answers to your concerns and questions throughout the duration of the program over email and Skype sessions.



Your **specialised tailored dietary and supplemental protocol**



Any **necessary detoxification protocols** or cleanses or purifying regimens to **speed up your healing results**



Example meal options, **meal plans**, recipes



How much of each **food group** to eat



Info on **food combining**, how to **promote proper digestion** and **decrease inflammation**



Links and videos that may be helpful for you, to **emotionally, spiritually or physically thrive**



Any and all **lifestyle modification tools** or recommendations I can think of that will help you recover as quickly as possible

Your MOST comprehensive healing plan!

*One on one Skype sessions with me (Dr.Disha), along with **email support** throughout the duration of the program.*

The number of Skype calls will depend on the level of support you choose...



Here's how you can get started...

- ✓ Email my team at **info@truehealing.com** and they will guide you from thereon
- ✓ Complete your health questionnaire available directly after purchase
- ✓ Within 12-24 hours you will receive a purchase confirmation from me directly that I have received your payment (and medical form, if you have sent it)
- ✓ Once I receive your completed form, I will look through it and let you know if I have any additional clarification questions before I get started and will provide you with an exact program start date(sent via email)
- ✓ Program start date is typically between 3 and 5 business days after receiving your medical form



Congratulations

You are now officially ready to get started on your healing journey!

Enjoy the program. I'm very excited for you to experience the gift of womanhood to the fullest and reap the best results!



Women who reclaimed their womanhood...

using the Truhealing protocol



Good riddance to PCOS, acne, bloating, thyroid imbalance, endometriosis, infertility, BC pills, depression, PMS, anxiety, obesity, laziness, period problems - but most of all, hopelessness!

Join the sisterhood...





Follow us on:



[@truhealing_dr.disha](https://www.instagram.com/truhealing_dr.disha)



[@DrDishaTruHealing](https://www.facebook.com/DrDishaTruHealing)

Read more about us:



<https://www.truhealing.com/>

Thank you!

