

Welcome to TRUHEALING



- Dr. Disha (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 MD

Hello! I'm Dr Dish- 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!?"

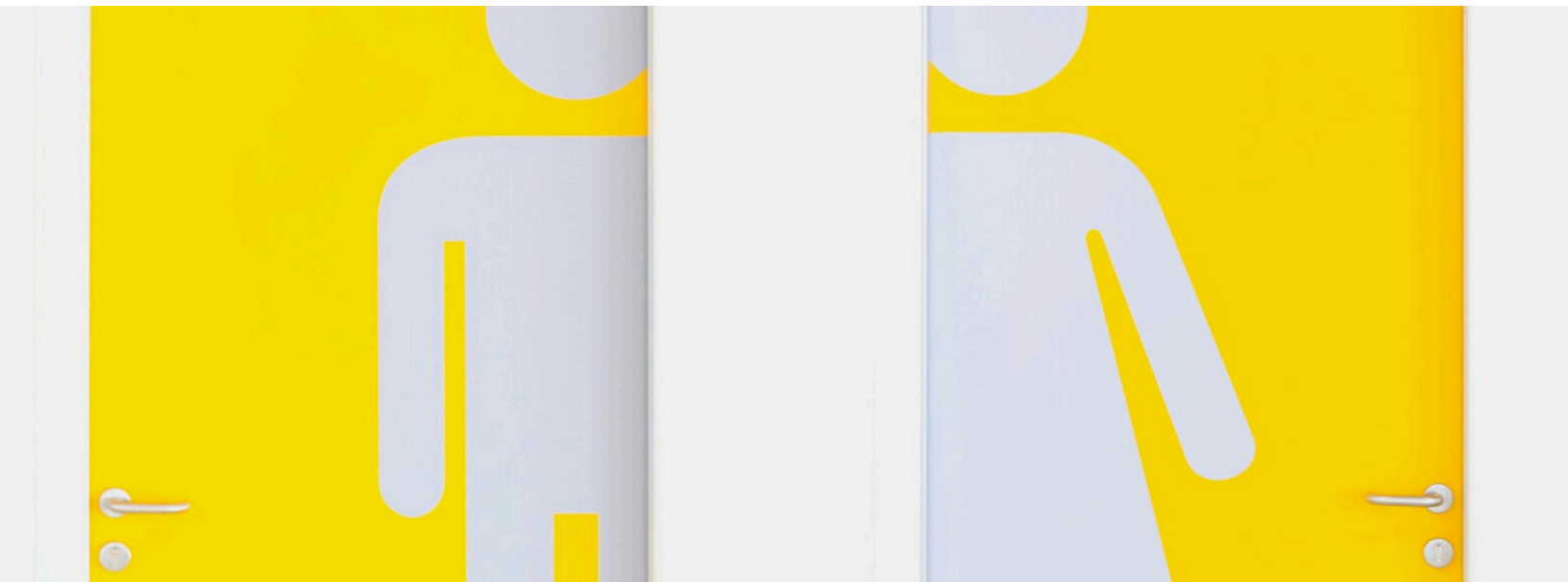
I was told and I knew I needed to lose some weight to reverse my insulin resistance and PCOS, yet I was already doing everything right. I was dieting and exercising daily, yet my weight was gradually increasing instead of decreasing; I was continuously sprouting volcanos out of my face, I was tired all 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, thyroid and HORMONES, 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”

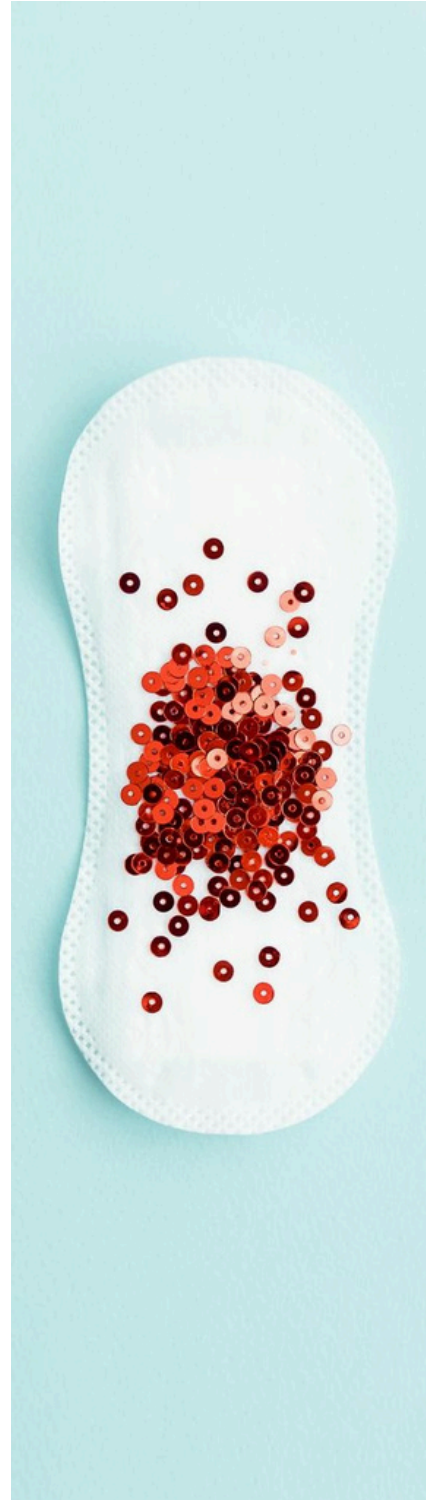
“Try Harder”

“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.



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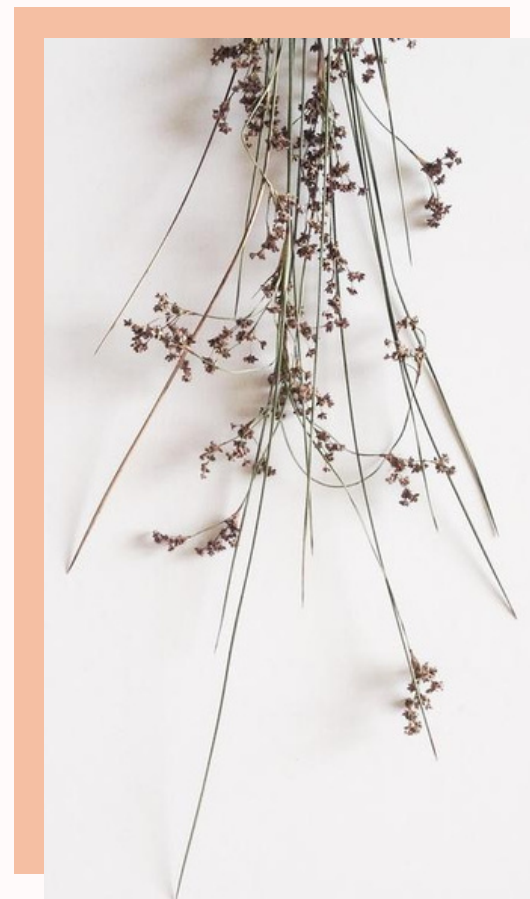
It helps you adapt - how you eat, exercise and live your life according to your natural female hormonal rhythms.

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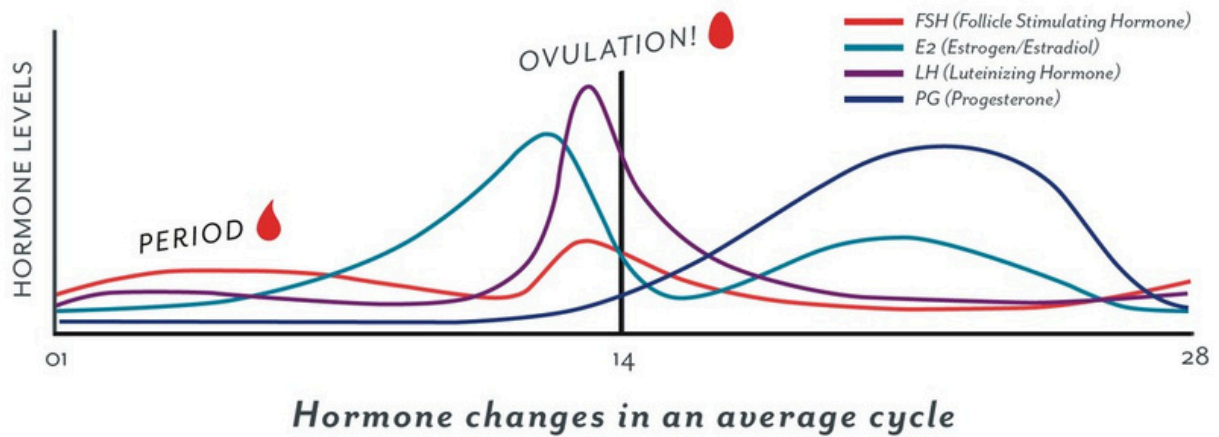
BUILT SPECIFICALLY FOR FEMALES:

Tap into your natural female biological advantage!! Most programs are one-size-fitsall. 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 femalespecific 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.

PCOS REVERSAL PROGRAM!

The first program created by a female OBGYN Physician for women, who put her own PCOS into permanent remission and helped thousands of women do the same!



500+ women have successfully completed the 3 MONTH HORMONE BALANCING CURRICULUM, based on Truhealing_protocol and SHE-TO METHOD, and have

Achieved incredible results!

1



PCOS REVERSAL
PROGRAM ON THE
INTERNET

1

ROOT CAUSE
HORMONE BALANCE
program

First time by a Gynaecologist!
12 week program.

Get access to Dr.
Disha MD

TRUEHEALING 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!



100%

Had cravings faded away

93%

Feeling less anxious.

100%

Experience a magical transformation and lose weight and inches effortlessly.

91 %

Were able to conceive naturally despite experiencing setbacks in their IVF journey.

92%

Feeling more energetic.

90%

Experienced fewer mental health issues.

89%

Experienced reduced flashes or night sweats.

85%

Had better focus & improved skin



JUST IMAGINE



Reviving Your
Healthy Period

Regain Your
Fertility and Rock
Parenthood Again!

Hatching Your
Dream Baby

Most Importantly, the life you love!

Unleash endless possibilities and more, by
embracing your feminine side and healing your
hormones from ROOT CAUSE!

DESIGNED TO HELP YOU

LET'S GET THIS SHOW STARTED!

- Reap the Benefits of a healthy Hormone experience with these Principles
- Check out the significant health benefits of alkalinity and discover how it can help you have a healthy hormone experience.
- Learn how to achieve a peaceful, alkaline state with guidance, tools, and tricks. Plus, start easing your body into fat-burning mode!

STAY IN SHETO METHOD

- Understand how to determine if your body is truly in fat-burning mode
- Determine the permissible indulgences that won't hinder your progress
- Explore ways to eliminate toxins safely that have been trapped in fat deposits for years
- Eliminate cellulite naturally without expensive laser treatments!

UNLEASH THE POWER OF YOUR BODY'S WISDOM

- Learn how to identify whether your body is in fat-burning mode
- Determine which indulgences won't hinder your progress
- Discover safe methods to eliminate toxins that have been trapped within fat deposits for years

GENEROSITY FROM ABUNDANCE

- Discover how to make the most of your day
- Make simple lifestyle changes to achieve quality sleep
- Enhance your environment to give your energy a significant boost
- Recharge yourself, enabling you to provide better service to others

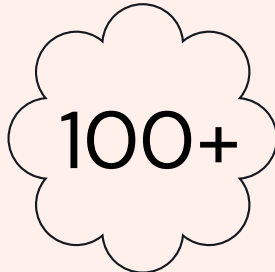
A LIFE OF SERENITY AND MEANING.

- Say goodbye to the hormone roller coaster
- Prompt your body to release more of the "love hormone" for a quick sense of relief
- Counteract the detrimental "stress hormone" and learn to protect yourself against it



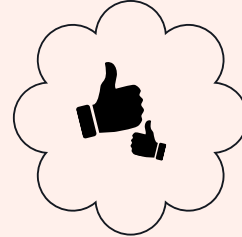
SHE-TO RECIPES

To Help You Succeed
With the Program



Recipes

This collection offers over 100 unique She-To recipes to help you never run out of delicious meal and snack ideas.



GET CUSTOMISED SUPPORT!



The 4 Reasons

Why Women Feel So Miserable With PCOS, infertility and hormone imbalance



01

Wild and Unpredictable Hormones

Imbalanced hormones can make it extremely challenging to shed weight or maintain a positive mood. That's why TRUHEALING PCOS REVERSAL HORMONE BALANCING PROGRAM is specifically crafted to tackle the underlying factors contributing to hormone imbalance.

02

Inflammation on the loose!

Inflammation is responsible for numerous health issues that affect individuals as they grow older. If you want to quickly improve your well-being, you can rely on the PCOS REVERSAL HORMONE BALANCING PROGRAM to help extinguish the flames of inflammation.

03

The Issue of Excess Toxins

Toxins are harmful substances all around us these days. Some of them can act like the hormones in women. The PCOS REVERSAL HORMONE BALANCING PROGRAM will teach you how to safely remove these toxins and make your body healthy again.

04

Intense Stress Levels

There are many things that can make your life shorter because they cause stress. The things that stress you out in your everyday life will probably continue to exist, so the TRUHEALING PCOS REVERSAL HORMONE BALANCING PROGRAM is made to help you feel better and healthier by making your mind happy.

Here's a sample of countless love letters I've received from my PCOS REVERSAL FERTILITY RESTORATION PROGRAM from beautiful ladies over the years



Asha Menon

A patient with a history of infertility received a diagnosis of an autoimmune issue from Dr Disha's program, which included strict adherence to specific food, lifestyle, and supplement guidelines. After a year, the patient conceived naturally with no synthetic hormones or antibiotics and is now in her third trimester.



Rekha Goyal

Rekha Goyal found relief from hormonal imbalance through Dr. Disha's Truhealing program, which addresses the root cause of issues through diet, lifestyle changes, and detoxification. The program offers positive changes such as weight loss, clearer skin, and increased energy and is recommended for those with period problems, fertility issues, and fatigue.



Dr. Hema

A dentist diagnosed with endometriosis, shares her experience of natural healing with Dr. Disha, who helped her reduce pain and conceive naturally through lifestyle changes, good diet, and vitamins. Dr. Hema credits Jesus for her blessings and thanks Dr. Disha for her care and positive encouragement.





Pallavi

TruHealing program aided an individual with hypothyroidism, high homocysteine, and pre-diabetic blood reports in improving their health, controlling their thyroid and homocysteine levels, and conceiving naturally. The program enabled the individual to sustain their energy levels, work, and perform household chores throughout a healthy pregnancy and avoid postpartum depression. They recommend the TruHealing program to others.



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...

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 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

SIGN UP

Is there something you would like to ask me?

Q:

Will TRUHEALING PCOS REVERSAL HORMONE BALANCING PROGRAM work with my favorite weight loss program?

A:

This program can Complement Your Low-Carb Weight Loss Program
If you're following a low-carb weight loss program, such as Atkins, Paleo, Mediterranean, Weight Watchers, Ketogenic, or South Beach Diet, Truhealing PCOS reversal hormone balancing program is the perfect complement to your efforts.

Q:

I have an existing health condition. Can I still participate in TRUHEALING PCOS REVERSAL HORMONE BALANCING PROGRAM?

A:

PCOS REVERSAL HORMONE BALANCING PROGRAM can help relieve any menstrual or reproductive health issue symptoms and potentially improve other ailments such as eczema, arthritis, and anxiety. While not a cure, following the plan may lead to noticeable improvements in symptoms, and some participants have even reduced their medication doses with physician supervision.

Q:

Will I have to survive on meager salads and go hungry?

A:

Introducing the Hormone balancing nutrition plan, which includes a variety of delicious and hearty foods high in healthy fats to keep you feeling full. The breakfast shakes are both tasty and energizing, making for a great start to your day. I recommend Coconuts, olives, fermented foods, nuts and seeds.

Q:

How long is this going to take??

A:

As a busy woman, it's easy to prioritize the needs of others over your own, but taking care of yourself is essential. Men prioritize self-care without guilt, and women should do the same. By prioritizing your health and well-being, you set a positive example for your children and ultimately benefit your loved ones. Learning and implementing self-care practices may require carving out time, but the benefits are worth it. Experience more peace and happiness in your daily life by taking care of yourself.



You can consult Dr. Disha from
the comforts of your own house!

*Healing has never been easier
than this*

1-on-1 consultation!
with me

Women spent 1000's of Dollars seeking
relief from PCOS & Hormone problems
throughout their lives, but often with
disappointing results.

Hormone Imbalance can cause long-lasting symptoms that can lead to
severe after-effects, including depression, and diabetes. While
experiencing these symptoms can be miserable, taking action to
address them is a cost-effective solution in the long run.

When I was trapped in my own "hormone hell" me and everyone close
to suffered right along with me.

Look closer, and you'll see that inaction can come with a bigger price
tag!

Not investing in your health can lead you to investing in your disease
which can be much more expensive in the long run, not to mention the
suffering which no one can takeaway from you.

JOIN NOW



Many women waste \$1,000's on...

PRESCRIPTION DRUGS



SCARY SURGERIES



BUYING NEW BIGGER CLOTHS



COSMETIC PROCEDURES



MARRIAGE COUNSELLING



GETTING DIVORCED



...but none of those actually fix the **ROOT CAUSES** of
Hormone Imbalance

PICTURE A LIFE WERE YOU COULD...

Wakeup
feeling great



Looking
wonderful



Be more
fulfilled



Rejuvenated
mind



Feel so much
younger



Enjoy
your life



Yes! I'm ready!



More Reviews for Truhealing programs...



Sneha Sungar

I had bad PMS, anxiety , irregular periods, PCOS, 4 miscarriages and 2 failed IVF. After doing true healing program I got pregnant Naturally.

I'm very happy to post a positive review for Dr. Disha Sridhar who helped me to conceive naturally and help to heal my body from core....

We met Dr Disha 3 years back. I had severe hormonal imbalance at that time, Dr Disha helped me to balance my hormones mainly through food, gut healing, lifestyle changes and managing stress. Dr Disha is very practical and a very good mentor... She always says food is medicine which is very true...After 2 years into truehealing ...I got pregnant naturally...I delivered twins on March 2018...Because of monochorionic, twin pregnancy was little complicated. Throughout the pregnancy she stood behind me like a mother...She made my pregnancy very easyand I got my two beautiful angels

Thanks to Dr Disha who made our dream come true.



Swati

Dr.disha has given me new life with her knowledge...and I mean it... I remember the day I went to her with lots of problems in my health... she had confidence that she can cure this problem and that confidence made me believe her and yes guys she is truly an angel who can make you believe in yourself and within few weeks you will notice all the problems vanish...

I had severe Pcod problem,which was root for all other problems.... I used always feel exhausted and had lot hair loss dark circles etc.... I didn't know what to do , then it was doctor Disha who gave me new life with her " food is medicine" program... it is just lifestyle changes and using food wisely which can transform your life.



Yes! I want to join!

**JOIN GOLD PACKAGE
3 MONTHS**

**JOIN GOLD PACKAGE
6 MONTHS**

OR UPGRADE TO OUR

PLATINUM

PACKAGE

(BUNDLE OF 6 COURSES)

VIP VAULT/ ONE ON ONE PRIVATE COACHING

If you are the kind of woman, who always wants VIP experience, upgrade to our Platinum package.(Bundle of 6 courses)

DR.DISHA MD TAKES ON A HANDFUL OF PRIVATE COACHING CLIENTS IN A GIVEN YEAR...

Investment starts at ~~\$3,333~~ **\$2,400**

Apply here:

3 MONTHS : ~~\$3333~~ **\$2400 / Rs 2 Lakh**

6 MONTHS : ~~\$5555~~ **\$4800 / Rs 4 Lakh**

The platinum packages perfect for women who want to fast track unimaginable results in their menstrual reproductive health and feminine energy with the most customized VIP experience possible. In this package the upgrade of all upgrades you will have access to everything in the gold package plus coaching call every month with Dr. Disha, apart from unlimited email support with Dr. Disha for the duration of your chosen program. Platinum support also has bonuses to uplevel in all areas of your life, not just health. Following are the bonuses.

PLATINUM PROTOCOL WITH 6 MONTHS CURRICULUM INCLUDES:

GOLD PACKAGE 3 MONTHS	\$555/ Rs 46,000
PLATINUM PACKAGE WITH 6 MODULES VIDEO,AUDIO, PDFS AND PERSONAL COACHING	\$ 1,900 / Rs 1,59,527
UNLIMITED EMAIL SUPPORT FROM DR.DISHA FOR THE DURATION OF THE PROGRAM, EXPECT RESPONSE WITHIN 24HRS	\$ 3,333 / Rs 2,79,845.
MONTHLY CALLS WITH DR.DISHA FOR THE DURATION OF YOUR PROGRAM	\$ 6,000 / Rs 5,03,772 FOR 6 MONTHS

PLATINUM BONUS

FEMININE SELF CARE PROGRAM	\$ 333 / Rs 27,959
FEMININE ASCENSION PROGRAM	\$ 888 / Rs 74,558
MASCULINE AND FEMININE ENERGY RELATIONSHIP DYNAMICS	\$ 555 / Rs 46,598
SECRETS OF FEMININE ENERGY	\$ 333 / Rs 27,959

YES, I WANT THE VIP VAULT!

CLICK TO JOIN PLATINUM PACKAGE

3 MONTHS

6 MONTHS

TOTAL VALUE

~~\$14,200 / RS 11,92,262~~

DISCOUNT PRICE

~~\$4444~~

3 MONTHS

~~\$7777~~

6 MONTHS

LIMITED TIME OFFER

\$2400 / 2LAKH

3 MONTHS

\$4800 / 4LAKH

6 MONTHS

So you will have an intimate access to Dr.Disha where she will answer your biggest burning questions and troubleshoot your hormonal health and fitness issues to provide expert guidance and direction for the next level results.

As Platinum has the highest level of personalized access to doctor Disha, there are strictly Limited spots available

Apply for platinum package to see if this is right fit for you...

Click here to get a
Complimentary assessment form
to apply for platinum



GOLD PACKAGES DETAILS

GOLD PACKAGE BASIC : \$555 / Rs 46,000

What to expect : Total duration 3months

BASIC 3 MONTHS CURRICULUM

SELF LOVE COURSE, 28 DAY CURRICULUM.

2 CALLS WITH DR.DISHA

(CURRICULUM ACCESS ACTIVE FOR 5 MONTHS)

GOLD PACKAGE ADVANCED : \$950 / Rs 77,777

What to expect: (Total duration 6 months)

GET EVERYTHING IN GOLD BASIC PLUS ACCESS TO

6 MONTHS PREMIUM CURRICULUM .

4 CALLS WITH DR.DISHA.

(CURRICULUM ACCESS ACTIVE FOR 1 YEAR)

GOLD PACKAGE PREMIUM 1 YEAR : \$1666 / Rs 1.38 lakh

What to expect :(Total duration 12 months)

GET EVERYTHING IN GOLD ADVANCED PLUS

3 BONUS PROGRAMS (ASCENSION, SECRETS OF FEMININE ENERGY, RELATIONSHIP LEVEL 1)

4 CALLS WITH DR.DISHA.

(CURRICULUM ACCESS ACTIVE FOR LIFETIME)

PLATINUM PACKAGES DETAILS

VIP VAULT/ PLATINUM PACKAGE

PLATINUM PACKAGE BASIC - \$2400 / Rs 2 lakh

What to expect: Total duration 3 months.

BASIC 3 MONTHS CURRICULUM

SELF LOVE COURSE, 28 DAY CURRICULUM

6 MONTHS PREMIUM CURRICULUM .

3 CALLS WITH DR.DISHA.

UNLIMITED EMAIL SUPPORT WITH DR.DISHA FOR 6 MONTHS.

(CURRICULUM ACCESS ACTIVE FOR LIFETIME)

PLATINUM PACKAGE ADVANCED - Total duration 6 months Price - \$4800 / Rs 4 lakh

What to expect:

GET EVERYTHING IN PLATINUM BASIC PLUS

3 BONUS PROGRAMS (ASCENSION, SECRETS OF FEMININE ENERGY,
RELATIONSHIP LEVEL 1)

6 CALLS WITH DR.DISHA.

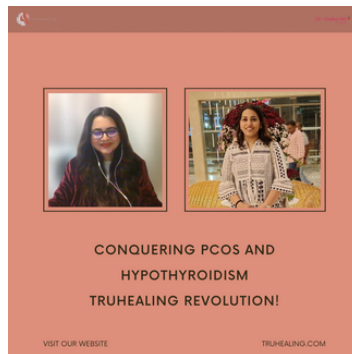
UNLIMITED EMAIL SUPPORT WITH DR.DISHA FOR 12 MONTHS

(CURRICULUM ACCESS ACTIVE FOR LIFETIME)

SUCCESS STORIES

HEARTFELT MESSAGES AND TRANSFORMATION

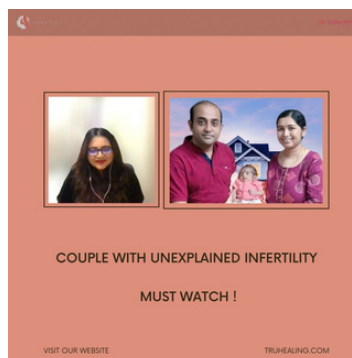
LAKSHMIPRIYA: FROM HYPERTHYROIDISM STRUGGLE TO TRIUMPH



JANANI : DR. DISHA'S PROGRAM UNLEASHED HER TRUE POWER



SANCHITA : OVERCAME UNEXPLAINED INFERTILITY



COMPLIMENTARY ASSESSMENT FORM

PERSONAL INFORMATION

Full Name *

Best email (that you check daily) *

Phone number *

Occupation *

Current health status *

PCOS

INFERTILITY

THYROID DISEASE

WEIGHT

ACNE

OTHERS

What's your biggest struggle in your health or life right now? *

What inspires you to apply for our highest level of premium PLATINUM personal coaching support? *

If it's a good fit, do you have the financial resources to invest? *

If there was just one goal you could achieve with us that would make the coaching worth it, what would it be? *

Are you a Coachable person who can take advice and implement? *

We consider your time and ours extremely precious. Will you make time to show up for the assessment call should we decide to invite you? *

Yes

No

Your MOST comprehensive healing plan!

One on one Video Calls with me (Dr.Disha), along with E-mail support throughout the duration of the program in Platinum package.

The number of Video 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!





BEST

THING TO BE EXCITED ABOUT!

YOU'VE DEDICATED COUNTLESS YEARS TO BUILDING YOUR
KNOWLEDGE AND SKILLS.

NOW IT'S YOUR TURN TO SHARE THAT WISDOM AND
EXPERIENCE, INSPIRING THE YOUNGER GENERATION. BUT TO
GIVE GENEROUSLY, YOU MUST FIRST FILL YOUR OWN CUP

NO MORE EXHAUSTING YOURSELF; LET'S COLLABORATE TO
ENSURE YOU'RE HEALTHY, VIBRANT, AND CONNECTED IN THIS
UNIQUE PHASE OF LIFE.

I'M EXCITED TO ASSIST YOU IN EMBRACING A WONDERFUL
JOURNEY AS A WOMAN!

WITH AFFECTION,

DR. DISHA

MD, DNB, GYNAECOLOGIST

TRUEHEALING PERSONAL COACHING IS FOR YOU IF -

YOU ARE A WOMAN WHO LOVES HER CAREER SUCCESS AND ENJOYS MAKING MONEY- BUT TREATS HER HEALTH AS THE BIGGEST PRIORITY RIGHT NOW!

YOU ARE A WOMAN WHO KNOWS THE IMPORTANCE OF HAVING A BALANCED PERSONAL LIFE, WHO WANTS TO EXPERIENCE PEACE IN ALL AREAS OF LIFE, HEALTH WEALTH AND RELATIONSHIPS. YOU WON'T SETTLE DOWN FOR ANYTHING LESS

YOU ARE A WOMAN WHO PLACES AS MUCH VALUE (IF NOT MORE) ON PERSONAL SUCCESS, AS SHE DOES ON BUSINESS SUCCESS.

YOU ARE A WOMAN WHO UNDERSTANDS THE PRICELESS IMPORTANCE OF HER TIME, AND WHO WANTS HER BEST HEALTH NOW, NOT LATER IN THE FUTURE.

YOU ARE A WOMAN WHO VALUES BEING SUPPORTED AND SEEN IN A LOVING SISTERHOOD CONTAINER VS. DOING IT ALONE.
AND YOU WANT TO DO THIS WITH EASE, FUN AND JOY!

THIS PROGRAM IS FOR GROWTH MINDSET WOMEN, FROM PUBERTY TO MENOPAUSE, LOOKING TO EXPERIENCE THEIR NEXT LEVEL HEALTH!

TRUEHEALING PERSONAL COACHING IS NOT FOR YOU IF -

YOU ARE LOOKING FOR SOMEONE ELSE TO SAVE YOU FROM YOURSELF.

YOU PLACE THE RESPONSIBILITY OF YOUR RESULTS OUTSIDE OF YOURSELF.

YOU ARE OFTEN URGENT, UNHAPPY, IMPATIENT, DISSATISFIED WITH LIFE AND OTHERS IN GENERAL.

YOU HAVE A DIFFICULTY FOLLOWING ANY KIND OF DISCIPLINE.

YOUR PHYSICAL AND MENTAL HEALTH IS NOT A PRIORITY FOR YOU, RIGHT NOW.

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Read more about us:

Truhealing.com

Thank You