



*Disease 2 Diet*

# WELCOME TO YOUR HEALING JOURNEY WITH DT. SARA

CALMING YOUR  
BRAIN WITH  
MEDITATION,  
PSYCHOLOGICAL  
COUNSELLING,  
YOGA

CUSTOMISED  
DIET PLANS

COMPLETE  
SESSION OF  
WORKOUT





# Welcome!

🌿 Welcome to Disease to Diet™

Dear Client

It brings me great joy to welcome you into the Disease to Diet™ Healing Family. By joining us, you have taken the most important step: choosing your health, your healing, and your future.

This is not just another "diet plan." What you are about to experience is a holistic journey where every detail — your food, your routine, your mindset, your lifestyle — will be lovingly designed to bring balance to your body, mind, and spirit.

At Disease to Diet™, we believe that:

- ✨ Food is medicine.
- ✨ Healing is possible.
- ✨ Every client is unique and deserves a personalized path.

With the combined expertise of my team — from award-winning fitness coaching to deep psychological insights — you will not only receive guidance but also a support system that walks beside you.

I invite you to begin this journey with an open heart and consistent commitment. The transformation you seek is already within you — and together, we will uncover it step by step.

Welcome dear

Your transformation journey to health, peace, and renewal begins now.

With warmth & dedication,  
Dr. Sara Taggor  
Founder  
Disease to Diet™

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

— 3 John  
1:2

[www.disease2diet.com](http://www.disease2diet.com)

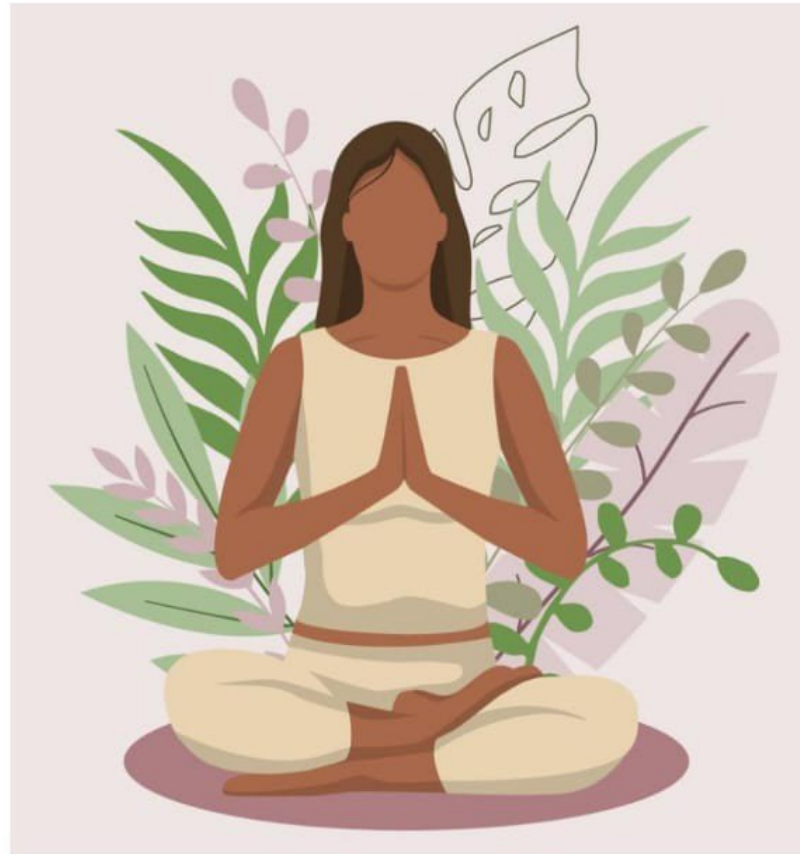




## ABOUT DISEASE 2 DIET™

✨ “Turning Disease into Wellness,  
Through the Power of Food.” ✨

At Disease 2 Diet™, we believe that food is not just fuel — it is medicine, energy, and healing. Our approach is rooted in the science of nutrition, the wisdom of psychology, and the power of lifestyle change. We design personalized diet plans that address the root cause of health issues, guiding every client from illness to wellness with compassion and care.



Over the past years, we have helped hundreds of individuals restore their health, rebuild their confidence, and rediscover the joy of living. Whether it's managing chronic disease, improving fitness, or achieving holistic balance, our mission is to walk beside you on your healing journey — turning every challenge into an opportunity for transformation.



✦ "WHERE SCIENCE  
MEETS SPIRITUALITY IN  
NUTRITION." 🌿

*Jana Taggar*

### ✦ Our Philosophy

At Disease 2 Diet™, we are guided by a simple truth: healing is a journey, not a destination. We don't believe in shortcuts, fad diets, or temporary solutions. Instead, we stand for mindful eating, self-awareness, and faith-driven transformation. Our work is built on the belief that when the body is nourished, the mind is calm, and the spirit is strong, true health blossoms naturally.

We embrace three pillars – Science, Simplicity, and Spirituality. Science gives us the tools, Simplicity makes the process sustainable, and Spirituality keeps us rooted in purpose. Every plan, every consultation, and every interaction reflects these values – because for us, nutrition is not just about food, but about building a lifestyle that honors the body as the temple of God.





# DISEASE 2 DIET™

## *Your Journey with Dt. Sara*



*From the first step to lasting transformation.*

At Disease 2 Diet™, we see every healing journey as sacred. The moment you choose to walk with us, you are no longer alone — you are supported, guided, and embraced with care. Our process is designed not just for short-term results, but for deep, sustainable transformation that restores balance to your body, mind, and spirit.



*“At Disease 2 Diet™, we don’t just create plans — we create paths. Paths that honor the body, calm the mind, and uplift the spirit, because true health is God’s gift when we live in alignment with His wisdom.” – Dt. Sarra*



### Your Path with Us

1. Onboarding & Welcome – Begin with a warm introduction, your welcome kit, and a personal consultation.
2. Deep Health Assessment – A complete analysis of your body, lifestyle, and unique health history.
3. Personalized Nutrition Blueprint – A diet plan crafted to your goals and rooted in science and sustainability.
4. Ongoing Support & Guidance – Regular check-ins, progress tracking, and encouragement to keep you on track.
5. Mind-Body-Spirit Balance – Practical tips to nourish not only your body, but also your mental and spiritual health.
6. Sustainable Transformation – Long-term habits and a renewed lifestyle that keep you thriving for life.

This is more than a program — it’s a journey of rediscovery, healing, and growth. With us by your side, every step becomes lighter, and every milestone becomes a celebration of life renewed.

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# “Science. Simplicity. Spirit.”

## Our Core Values

1. **Compassion First** – Every journey is unique, and we meet you with empathy, patience, and care.
  2. **Science-Backed Solutions**– Every plan is grounded in proven nutrition and health principles.
  3. **Faith & Spirituality** – We honor the body as the temple of God and let spirituality guide our healing approach.
  4. **Simplicity & Sustainability** – No shortcuts, only practical changes you can follow for life
  5. **Integrity & Excellence** – We promise transparency, honesty, and the highest quality in everything we do.
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# “FROM ILLNESS TO WELLNESS, YOUR PATH IS GUIDED WITH CARE.”

## ✦ Your Journey to Healing, Simplified

Every transformation begins with a single step – and at Disease 2 Diet™, that step starts with you. We begin by listening to your story, understanding your struggles, and honoring your goals. Through an in-depth assessment of your lifestyle, health history, and daily habits, we uncover the root cause of your challenges. This allows us to design a personalized plan that is not only science-backed, but also simple, practical, and deeply aligned with your life.

But the journey doesn't end with a plan – it unfolds with continuous guidance and compassionate support. From regular follow-ups to lifestyle adjustments, we walk beside you at every stage, ensuring progress feels natural and sustainable. Our goal is more than disease reversal or weight loss – it is to help you experience true transformation: a nourished body, a calm mind, and a spirit full of joy.





# DISEASE 2 DIET

YOUR DISCIPLINE. OUR DIRECTION —  
TOGETHER WE CREATE LASTING CHANGE."

## ★ Your Commitment Matters

At Disease 2 Diet™, we promise to guide, support, and empower you — but true transformation happens when you walk with us, step by step. Your commitment is the fuel that turns a plan into a lifestyle and a dream into reality.

We ask you to bring:

1. **Consistency** – Follow your plan with dedication, even on tough days.
2. **Honesty** – Share your real challenges so we can adapt the plan for you.
3. **Patience** – Trust the process; healing is a journey, not a quick fix.
4. **Faith** – Believe in yourself, and in the beautiful design of your body to heal.

Together, our partnership will turn your goals into lasting transformation.





# PROGRAMS & PACKAGES

🌿 “From healing to performance, from balance to radiance — Disease 2 Diet™ nourishes every journey of life.”

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## Signature Wellness

✨ For those who seek balance, peace, and a lifestyle of calm vitality.

### 3-Month Harmony Program

Gentle nutrition for vitality & balance

Guided meditation & mindfulness

Light yoga + stress relief practices

Simple psychological counseling

Team-Led: \$3000 | With Sarra + Team: \$3800

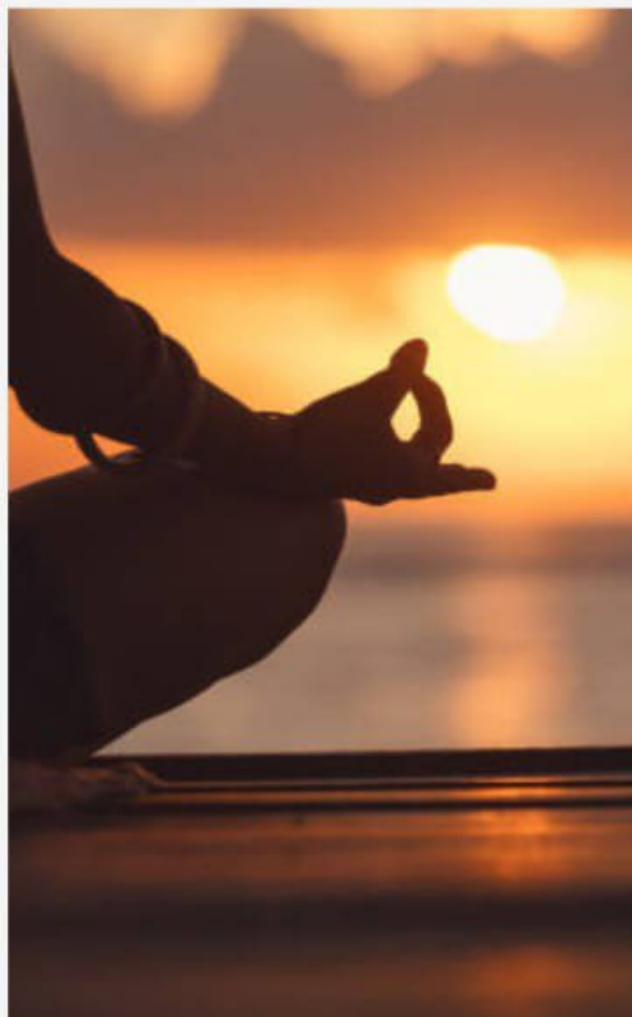
### 6-Month Deep Renewal

Ongoing nourishment for body & mind

Advanced meditation & habit coaching

Lifestyle transformation for lasting calm

Team-Led: \$5600 | With Sarra + Team: \$8600



“But those who hope in the Lord will renew their strength. They will soar on wings like eagles.”  
— Isaiah 40:31

### 12-Month Complete Balance Reset

One year of holistic care

Nutrition + meditation + art-of-living lifestyle

Seasonal renewal sessions

Premium Package (Sarra + Team): \$14,999

# PROGRAMS & PACKAGES

🌿 “From healing to performance, from balance to radiance — Disease 2 Diet™ nourishes every journey of life.”

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## Therapeutic Healing

✨ For those fighting illness or managing chronic conditions with science & care.

### 3-Month Recovery Plan

Personalized nutrition for healing & recovery

Psychological counseling for resilience

Root-cause focused approach

Team-Led: \$3000 |

With Sarra + Team:  
\$3800

### 6-Month Disease Reversal Program

Comprehensive support for chronic illnesses

Mind-body counseling for stress management

Long-term nutritional therapy

Team-Led: \$5600 |

With Sarra + Team  
: \$8600



**"Your body was created to heal — all it needs is the right nourishment, care, and faith."**

### 12-Month Complete Healing Journey

One year of holistic disease management

Continuous monitoring & progress tracking

Faith + psychology + nutrition combined  
Premium Package (Sarra + Team): \$14,999



# PROGRAMS & PACKAGES

🌱 “From healing to performance, from balance to radiance — Disease 2 Diet™ nourishes every journey of life.”

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ports Nutrition

★ FOR ATHLETES, PERFORMERS, AND ACHIEVERS WHO WANT PEAK PERFORMANCE & RESULTS.

## 3-Month Performance Prep

Nutrition for muscle gain, stamina & focus

Gym workout sessions with certified coach

Competition readiness basics

Team-Led: \$3000 | With Sarra + Team: \$3800

## 6-Month Peak Conditioning Program

Advanced nutrition for endurance & strength

Periodized gym + recovery plans

Supplement & hydration strategies

Team-Led: \$5600 | With Sarra + Team: \$8600



**"Your body was created to heal — all it needs is the right nourishment, care, and faith."**

## 12-Month Elite Athlete Plan

A full year of coaching & monitoring

Peak competition prep  
(modeling/bodybuilding/athletic events)

Direct guidance by Sarra + coach

Premium Package (Sarra + Team): \$14,999

# PROGRAMS & PACKAGES

🌿 “From healing to performance, from balance to radiance — Disease 2 Diet™ nourishes every journey of life.”

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## radiance Program (Skin & Hair)

✨ For anyone who desires glowing skin, healthy hair, and beauty from within.

### 3-Month Glow Starter

Personalized diet for glowing skin & strong hair

Detox & hydration strategies

Anti-acne, anti-aging, and hair fall solutions

Stress management for skin health

Team-Led: \$3000 | With Sarra + Team: \$3800

### 6-Month Radiance Journey

Advanced skin & hair nutrition therapy

Hormonal balance support (thyroid, PCOS, stress-related issues)

Natural anti-aging + inner glow plans

Lifestyle & beauty-from-within guidance

Team-Led: \$5600 | With Sarra + Team: \$8600



“Radiance begins within — when your body is nourished, your glow becomes effortless.”

### 12-Month Complete Transformation

One full year of deep nourishment & monitoring

Seasonal glow resets (summer, winter, festive prep)

Long-term solutions for skin, hair, nails

Personalized guidance from Sarra + team

Premium Package (Sarra + Team): \$14,999



# FAQs

In case you had concerns, here are some frequently asked questions and answers to clear things up.

## **WHO CAN JOIN THE PROGRAM?**

Anyone who wants to improve their health — whether you're managing a condition, recovering post-surgery, or simply aiming to build a healthier lifestyle.

## **WHAT'S THE DIFFERENCE BETWEEN 3, 6, AND 12 MONTHS?**

3 Months: Kickstart & stabilize health.

6 Months: Visible energy & lifestyle change

12 Months: Full reset & long-term transformation.

## **WILL I GET THE SAME RESULTS WITH SARA'S TEAM AS WITH SARA DIRECTLY?**

Yes. All plans are designed & supervised by Sara; the team follows her methods.

# FAQs

In case you had concerns, here are some frequently asked questions and answers to clear things up.

## **WHAT HEALTH ISSUES DO YOU COVER?**

Diabetes, Thyroid, PCOD, Obesity, BP, Cancer recovery, Kidney, Skin/Hair, Sports nutrition.

## **DO YOU REPLACE MEDICAL TREATMENT?**

No. Nutrition supports your doctor's care, improves recovery & immunity.

## **HOW ARE CONSULTATIONS DONE?**

Online/phone or in-person. Weekly plans + check-ins + WhatsApp support.



# FAQs

✨ “Healing is a journey — and at Disease2Diet™, you’ll never walk it alone.”

## CAN I PAUSE MY PROGRAM?

Yes. Inform us and we’ll adjust or resume your plan.

## HOW DO I KNOW WHICH PROGRAM IS RIGHT?

First consultation decides — based on reports, goals, and lifestyle.

✨ “EVERY QUESTION MATTERS, BECAUSE YOUR HEALING MATTERS. IF YOU STILL HAVE DOUBTS, WE’RE JUST A MESSAGE AWAY.”

— SARA, DISEASE 2 DIET™

DISEASE 2 DIET.COM