

The Holy Mess, Inc. Announces Launch of The Holy Weigh

A New Biblical Weight Loss Program for Women on April 13, 2026



Tonawanda, New York Apr 9, 2026 (IssueWire.com) - The Holy Mess, Inc. Announces Launch of The Holy Weigh, a New Biblical Weight Loss Program for Women on April 13, 2026

The Holy Mess, Inc., an established online platform focused on faith-based wellness and weight loss, announces the launch of The Holy Weigh, a new Biblical, Christian weight loss program for women.

The Holy Weigh is designed to address what the program identifies as “Soul Hunger,” a concept describing the gap between physical eating and deeper emotional and spiritual needs. The program introduces a structured, faith-based system intended to support women in reaching and maintaining a healthy weight.

The program is built around a three-step framework:

Satisfy Physical Hunger – The S.A.F.E. Eating Framework provides a structured approach to eating that includes familiar foods, allows flexibility, and emphasizes consistency.

Identify Your Triggers – The program incorporates daily practices aimed at helping participants recognize patterns related to food and behavior.

Feed Your Soul – Participants are guided to explore underlying emotional and spiritual drivers connected to eating habits.

The Holy Weigh includes a 12-phase structure that provides a defined path for participants. Program

features include meal plans and recipes, weekly member-only video sessions, a private online community, daily Bible verses, prayer support, and ongoing accountability systems.

Sara Borgstede, founder of The Holy Mess, developed the program based on her personal experience maintaining a 100+ pound weight loss for over two decades and her work with more than 50,000 women.

“The problem is not a lack of willpower,” said Borgstede. “Many women have been following diet plans that tell them what to eat, but ignore spiritual and emotional triggers. This program is designed to address both.”

[The Holy Weigh](#) will be available beginning April 13, 2026.

About The Holy Mess

The Holy Mess is an online platform dedicated to helping women pursue weight loss and wellness through a combination of practical tools and faith-based guidance. Founded by Sara Borgstede in 2014, The Holy Mess provides resources including articles, meal plans, coaching, and community support. Borgstede has maintained a 100+ pound weight loss for over 20 years and has worked with thousands of women.

Press Contact:

Sara Borgstede
The Holy Mess
303-627-7923
sara@theholymess.com
<https://theholymess.com/the-holy-weigh/>

Media Contact

The Holy Mess

*****@theholymess.com

303-627-7923

<https://theholymess.com/>

Source : The Holy Mess, Inc.

[See on IssueWire](#)

