

WHO IS TRACY TALKS HEALTH?

“HEALTHY WITHIN, HEALTHY THROUGHOUT”

“Health-psychology first. Human always. Small steps. Real steadiness.”

WRITTEN BY TRACY FARES

I am a Health Psychologist and CPD-certified Health & Wellness Coach with advanced training in gut health coaching. I combine professional expertise with personal experience as an autoimmune disease survivor to guide others toward holistic wellbeing.

In 2023, after a life-changing diagnosis of Multiple Sclerosis, I transformed my own health by adopting a growth mindset and reshaping my lifestyle. This journey deepened my passion for helping others understand that health is more than the absence of illness. It is the balance of mind, body, social connection, and daily habits.



The Power of Mindset to Shift From Stress to Strength.

WRITTEN BY TRACY FARES

My mission is to show that while disease knows no age, gender, or limits, neither does resilience; and that mindset is the foundation for thriving health. Health is not the mere absence of diseases. It represents what we think, how we react, what we consume, the trends we follow, the people we surround ourselves with, and most importantly, our coping mechanisms. In the recent years, there have been many vague definitions for health that have left the public with more questions than answers. And that, my reader, is what makes me stand out in the field, and why you should trust TracyTalksHealth.

FROM MS TO STRENGTH

TRACY FARES

HEALTH PSYCHOLOGIST

The CEO & Founder of TracyTalksHealth is a health psychologist, certified health & wellness coach, and MS warrior. Through workshops, coaching, and advocacy, she empowers individuals to take small, consistent steps that lead to lasting change.

HOW IT ALL STARTED

WRITTEN BY TRACY FARES

TracyTalksHealth didn't start this year, but in 2023 when the founder was fighting for her MS diagnosis.

In February 2022, her life changed overnight. After a viral infection, she suddenly lost the ability to walk.

These episodes kept returning every two months with each time being more intense.

By February 2023, after a full year of unexplained suffering, her body was screaming for help. That's when she was diagnosed with Multiple Sclerosis (MS).

Shortly after, she lost most of my mobility. Her hands went numb. her speech and memory were affected. She began to lose hope of ever feeling "normal" again.

But she wasn't ready to give up. Through the grace of God, and with the support of those around her, she began extensive research for answers. At the time, she was completing her Bachelor's degree in Psychology, and that's when God led me to the field of Health Psychology.

As I studied and researched deeply, I began to understand what it meant to have an inflamed immune system — and more importantly, how to support it naturally. Step by step, I started to reclaim everything MS had taken away.



LIFE JOURNEY

The Light at The End of The Tunnel.

WRITTEN BY JESUS

After countless physiotherapy sessions, two years of dedicated research, multiple certifications and degrees, prayer and healing, I began to rebuild — not just my body, but my mission in life.

"It takes courage to talk about, and even more to rise above it."

TracyTalksHealth is dedicated to everyone whose life changed in a doctor's office. To those who've heard the words: "This is chronic. There is no cure."

To those who wake up every day carrying pain, fatigue, uncertainty.

"A diagnosis does not limit you. It makes you limitless."

By the grace of God and with my strong will power, I stabilized my MS 2 years later and not only did I learn to walk again, I can run, do aerial, and many extreme sports that once felt like a dream. What once felt impossible has become my testimony. That was all possible because of changing my mindset and understanding the purpose behind my pain.

With love, I can say that I went from MS to strength, from darkness to light, from pain to discipline, and from fear to faith.

I truly believe I was placed on this path to make change. My purpose now is to support those who have felt hopeless, those who are navigating chronic illness, and those who are ready to take back control of their lives. Through evidence-based research, personal experience, and my professional qualifications.

Let this be your reminder:

There is life after a diagnosis.
There is purpose in your pain, even when it feels impossible to believe.

There is space to rebuild, to grow, to evolve. There is a way back, not just to who you were, but to someone even stronger. If I could speak to myself two years ago, I would say:

MS will change your world, but in ways you never imagined. It will deepen your faith in God, guide you to a meaningful field, strengthen your mind and body, teach you boundaries, raise your standards, slow you down, and transform your entire outlook. Never be ashamed of your diagnosis.



I learned my lesson to prevent yours

WRITTEN BY AUTHOR NAME

It's not always easy to hear, but many of the health challenges we face today are influenced less by our genetics and more by the environments we live in our daily habits, levels of stress, social support, and overall lifestyle. From a health psychology perspective, this means that the choices we make and the conditions around us play a powerful role in shaping our long-term wellbeing.

At TracyTalksHealth, we believe that knowledge, compassion, and small, sustainable changes can make a meaningful difference. The more we invest in understanding and caring for our minds and bodies, the more we can protect ourselves. Long before we ever find ourselves in a hospital room.

"You can have a thousand problems in life, until you have a health problem, and then you only have one."

In the Founder's words, "I survived MS to live as a health psychologist."

Sometimes it takes our lowest moments to return to God, rediscover our strength, and start truly appreciating life. One of the hardest parts about becoming a health psychologist has been practicing what I preach, even on the days when I felt like giving up. I live this mission fully: to educate, empower, and build a community grounded in health, faith, and transformation."



SOME OF TRACY'S WORK IN THE FIELD

"I am committed to supporting your wellbeing with evidence-based psychology"

When asked what TracyTalksHealth truly stands for, Tracy doesn't hesitate: "I never want another person to reach their breaking point before they learn how to take care of themselves."

After living with multiple sclerosis, Tracy explains that her promise is rooted not in perfection, but in presence.

"People want more guidance like this"

Feedback from the community highlights a growing need for reliable, psychologically informed health education. In response, Tracy promises to continue offering clear, accessible guidance rooted in behavioral science and wellbeing research. She commits to breaking down complex concepts, promoting sustainable lifestyle habits, and acknowledging the emotional realities that influence health decisions.

"I will always give you evidence-based information, honest conversations about health, and tools that make daily well-being feel possible even on the days you feel overwhelmed." From workshops to online content to community events, she promises to continue creating safe spaces where people feel seen, supported, and understood. "My goal is simple," she says. "To teach you the lessons I wish someone had taught me sooner, so your healing starts long before your suffering."

She commits to breaking down complex concepts, promoting sustainable lifestyle habits, and acknowledging the emotional realities that influence health decisions. Her priority is consistency and integrity: providing information that is trustworthy, evidence-based, and supportive of people's autonomy. "My goal isn't to tell people what to do," she explains. "It's to help them understand themselves — and make choices that genuinely serve their long-term wellbeing."

TracyTalksHealth Services

"A HEALTHY MIND CANNOT EXIST WITHOUT A HEALTHY BODY. AND A HEALTHY BODY CANNOT FUNCTION WITHOUT A HEALTHY MIND"

TracyTalksHealth empowers individuals to take ownership of their well-being by combining health psychology, coaching, and lived experience. The brand translates complex psychological and health research into clear, actionable, and evidence-based strategies that support both personal and organizational growth. Through wellness events, corporate coaching, a podcast, one-on-one sessions, and a wellness club.

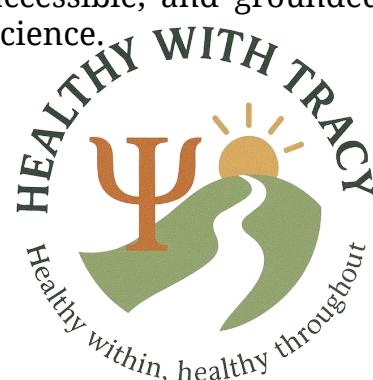
ALL THE SERVICES OFFERED

TracyTalksHealth offers a comprehensive range of well-being services grounded in health psychology and years of experience. The focus is simple: to empower individuals to build sustainable habits, strengthen resilience, and understand their health through evidence-based guidance. Services include wellness events that bring communities together to learn and grow, one-on-one coaching sessions tailored to personal lifestyle change, and a supportive wellness club designed to keep individuals accountable and inspired.



Each service is created to help people transform their health from the inside out and build long-term balance across mind, body, and lifestyle.

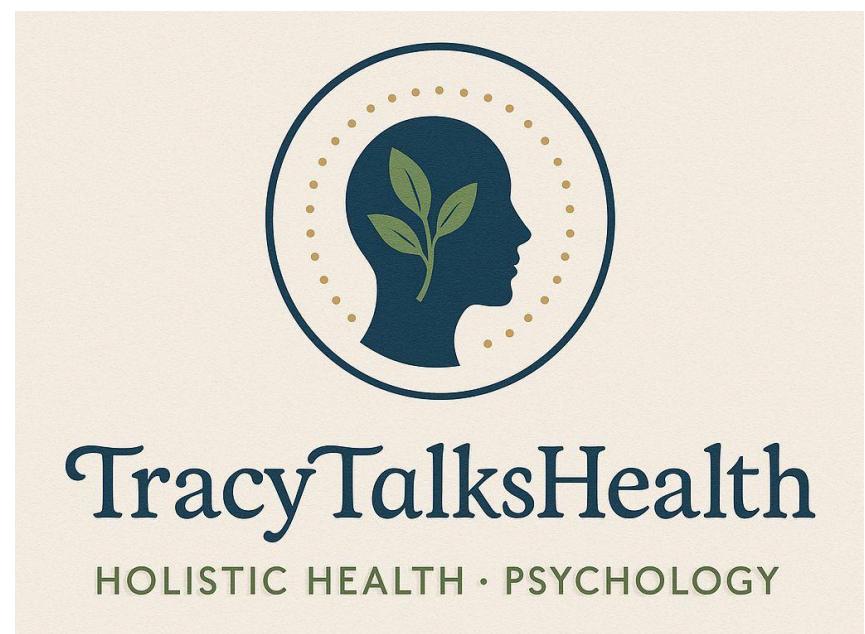
Looking ahead, Tracy is building Healthy With Tracy: an integrative wellness initiative that blends psychology, mindfulness, nutrition, and holistic practices into one transformative model. Each offering reflects a mission to make wellbeing inclusive, accessible, and grounded in science.



Expanding wellbeing through accessible platforms

TracyTalksHealth is committed to meeting people where they are by offering multiple entry points into the world of holistic wellbeing. The podcast shares relatable conversations, practical insights, and evidence-based strategies to help listeners understand their health in a more human way. The wellness club provides community, accountability, and structured guidance for those seeking ongoing support.

TracyTalksHealth offers accessible entry points for people to engage in their health journey. By blending scientific insight with personal resilience, the brand introduces an innovative, human-centered approach to holistic wellbeing, one that emphasizes resilience, sustainable daily habits, and meaningful lifestyle change.



TracyTalksHealth
HOLISTIC HEALTH • PSYCHOLOGY

A closer look at our specialized programs

Beyond individual services, TracyTalksHealth offers specialized programs that blend psychology, behavior change science, and lived experience. Corporate coaching packages are designed to support workplace wellbeing, strengthen team resilience, and enhance performance through practical, research-driven tools. The brand also hosts transformative workshops that simplify complex psychological concepts, making wellbeing accessible for groups of all backgrounds.

Whether supporting individuals or organizations, each program prioritizes clarity, empowerment, and long-term habit formation rather than quick fixes. Her reasoning behind this: True change begins when we gently step beyond what feels familiar. For years, many of us stay where life feels "safe," repeating the same routines and patterns that keep us still. But in health psychology, we know that growth is created through novelty and challenge, the very experiences that help the brain build resilience and form new pathways. So whether it's joining a session, having a difficult conversation, or trying something unfamiliar, taking that small risk can open the door to profound transformation.