

WORX
COACHING
E-book





Welcome!

From Burnout to Balance

Introduction: My Journey Back to Peak Health

For most of my life, I was fit and I believed I understood health — I worked in the medical field, stayed active, and thought I was doing everything right. But over time, something shifted. Long hours, stress, and age started taking a toll. My energy dropped, my workouts lost their spark, and no matter how hard I pushed, I couldn't feel like myself again.

It wasn't laziness or lack of discipline — it was imbalance. My hormones were off, recovery was slow, and my body wasn't responding the way it used to. That realization was humbling, but it also lit a fire in me.

I decided to take control and apply the same level of care and precision I gave to my patients — to myself. I dove deep into hormone replacement therapy (HRT), peptide optimization, and the powerful connection between gut health and metabolism. I rebuilt my nutrition, restructured my training, and focused on recovery just as much as intensity.

Within weeks, everything began to change. I slept better, my mood lifted, and my strength returned. The brain fog disappeared, and I started seeing my body transform — leaner, stronger, and more resilient than it had been in years.

This wasn't a quick fix. It was a total reset — built on science, consistency, and self-awareness.

This eBook isn't about perfection; it's about taking back control of your health and building a foundation that lasts. Inside, you'll find the exact framework that worked for me — combining the right medical support, smart training, and lifestyle balance.

If you've ever felt like your body stopped listening, know this: it's never too late to get it back on your side.

Welcome to your reset. Let's get started.

Tracy Youngblood-McDaniel

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The Process as a Whole

Getting into the best shape of my life wasn't about finding a single "miracle" treatment — it was about creating a system where every piece worked together. Hormones, peptides, training, recovery, gut health, and mindset all played a role. When aligned, they created a synergy that changed everything.

Here's how it looked from the top down:

1. Reset the Foundation

It started with testing — understanding where my body actually stood. Comprehensive labs revealed what needed attention: hormone imbalances, nutrient deficiencies, and signs of chronic inflammation. Instead of guessing, I treated data as my roadmap. I utilized our DEXA to look at muscle mass, visceral fat, and bone density, and I did a RMR test to check metabolic rate and VO2 Max.

2. Rebuild with Precision

Next came hormone optimization, GLP kickstart, and peptide therapy. HRT helped restore the internal chemistry that drives strength, energy, and metabolism. I also got my drive back, if you know what I mean!

By utilizing a GLP and peptides that accelerated weight loss and metabolic health, tissue repair, improved sleep quality, and reignited muscle growth I quickly felt better. This wasn't about pushing harder — it was about recovering smarter. No guesswork either, simply RESULTS!

3. Reinforce with Training & Recovery

Once my body had the internal support it needed, I implemented a structured training program — one that balanced intensity and restoration. I focused on compound strength work, metabolic finishers, and mobility to keep my joints healthy. Recovery became as sacred as training — consistent sleep, stress management, and cold/hot therapy all became part of the process.

4. Repair the Gut, Fuel the Cells

I quickly learned that gut health isn't just about digestion — it's the command center for hormones, immunity, and energy. Utilizing our gut health testing, cleaning up my nutrition, reducing inflammatory foods, and adding probiotics and digestive support helped everything else fall into place. When your gut is balanced, your hormones respond better, recovery improves, and your mental clarity skyrockets.

5. Reignite the Mindset

The final step was mental. You can't rebuild your body without rebuilding your mindset. I shifted from chasing quick results to focusing on sustainable habits — consistency over perfection. That mental shift created momentum I could actually maintain.

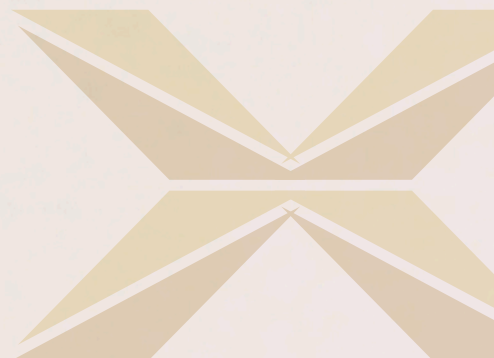
The process wasn't overnight, but it worked — because it addressed why my body had stalled, not just how to push harder. Each layer — hormones, peptides, training, gut health, and mindset — amplified the next.

That's the foundation we use at Wellness Worx today. A science-based, individualized approach that helps men and women reset, rebuild, and reclaim their best selves — for life.

YOUR THOUGHTS:

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CHAPTER 1: HOW I DISCOVERED THE POWER OF HRT, PEPTIDES & GLP THERAPY



Chapter 1

When I first started feeling “off,” I assumed it was just part of getting older — longer recovery times, stubborn fat, low motivation, and restless sleep. I told myself I just needed more discipline, a cleaner diet, or another round of caffeine to get through the day. But deep down, I knew something wasn’t adding up.

The problem wasn’t effort. It was chemistry. My body wasn’t producing what it used to. My hormones were unbalanced, recovery was sluggish, and my metabolism had slowed down. I wasn’t broken — I was out of alignment.

As someone who had spent years helping others achieve balance, that realization hit hard. I decided to treat myself like I’d treat a client: start with data, not guesses. I ran comprehensive labs to look at everything — hormones, nutrient levels, inflammation, and metabolic markers. What came back confirmed what I was feeling: testosterone was low, cortisol was high, insulin sensitivity was poor, and inflammation was quietly undermining everything.

That’s when I made the decision to take a more advanced, science-driven approach to my own health.



Step 1: Hormone Optimization (HRT)

The first step was restoring my internal balance. Through Hormone Replacement Therapy (HRT), I was able to stabilize my testosterone, reduce fatigue, and regain the mental clarity I had been missing. I utilized pellet therapy every 3-4 months and take oral Progesterone in the evenings before bed.

Within weeks, I noticed my focus returning and my workouts feeling productive again. My recovery improved, my sleep deepened, and for the first time in years, my energy felt steady.

HRT didn't turn back the clock — it simply restored the chemistry my body was meant to have.

What is Pellet Therapy?

Pellet therapy is one of the most effective and low-maintenance ways to do it. Tiny bioidentical hormone pellets are placed just under the skin (usually in the hip or glute). They dissolve slowly over several months, releasing a steady, natural dose of hormones into the bloodstream.

Unlike creams or injections that cause highs and lows, pellets provide consistent, balanced hormone levels — giving you steady energy, better mood, improved strength, and sharper focus.

Why It Works

- Bioidentical: Matches your body's natural hormones for smoother absorption
- Consistent: No peaks or crashes — just stable levels
- Convenient: One quick treatment lasts 3–6 months
- Effective: Supports lean muscle, libido, sleep, and overall vitality
-

In short, pellet therapy helps you feel like you again — stronger, clearer, and more balanced from the inside out.

Step 2: Peptide Therapy

Once my hormones were optimized, I added in peptides — short chains of amino acids that communicate directly with the body's own repair systems. Peptides help to accelerate my recovery process and improve my overall performance .

Peptides helped my joints and tissues heal faster, supported deeper sleep, lean muscle gain, and overall vitality. My recovery time shortened dramatically, inflammation decreased, and I began training consistently without setbacks.

These weren't shortcuts — they were precision tools. They helped my body do what it was designed to do, but more efficiently.

Step 3: GLP Therapy — The Missing Metabolic Link

Even with hormones and recovery on point, I still noticed one lingering challenge: metabolic efficiency. My appetite signals were off, and my body composition wasn't changing as quickly as I knew it could. That's when I decided to start GLP therapy (Glucagon-Like Peptide agonists) — a newer class of metabolic regulators that work with the body's natural pathways to improve blood sugar control, insulin sensitivity, and appetite regulation.

I added a 60-day GLP protocol into my program. The goal wasn't extreme fat loss — it was to help my metabolism "relearn" balance. The results were exactly what I needed. My cravings leveled out, inflammation decreased, the "food noise" stopped, and I began to see visible changes in body composition without adding more stress to my routine.

The combination of HRT, peptides, and GLP therapy worked in perfect harmony. HRT restored my baseline chemistry, peptides accelerated my body's repair and growth processes, and GLP optimized how my metabolism responded to nutrition and training.

Within weeks, everything started working together instead of against me.

A New Understanding of Health

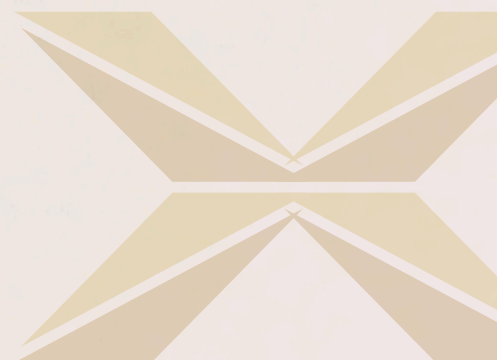
This experience completely changed how I viewed wellness. I realized that fatigue, weight gain, and slow recovery weren't signs of weakness, they were signs of imbalance. By aligning hormones, metabolism, and recovery, I wasn't just improving my health — I was reclaiming it.

At Wellness Worx, that discovery became our foundation. We now help clients rebuild their health using the same science-backed approach — identifying what's missing, restoring balance, and building longevity from the inside out.

*Once your body is aligned—
your potential becomes limitless.*

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CHAPTER 2: REBUILDING FROM THE INSIDE OUT — MY TRAINING AND RECOVERY BLUEPRINT



Chapter 2

Once my hormones were balanced, weight and food intake improved, and my peptides started doing their job, it was time to rebuild my body — not from a place of exhaustion, but from alignment. I wasn't chasing a "perfect" physique anymore; I was chasing performance, energy, and confidence.

That shift changed everything about the way I trained.

Personal Disclaimer: I've had 7 left knee surgeries which has included a partial knee replacement. I have successfully used stem cell therapy in combination with peptides to prevent further surgeries on my left knee, no surgeries on my right knee (I was able to cancel a scheduled partial replacement and I am proud to say I am able to run and workout with strength and recover in a way I never thought would be possible.

Phase 1: Reconnection

The first few weeks weren't about going hard — they were about reconnecting with movement.

I focused on proper form, stability, and rebuilding the mind-muscle connection. Each workout started with activation work and mobility to prepare my body to move efficiently again.

Focus:

- Controlled tempo and form
- Core activation
- 3–4 strength sessions per week
- Walking or light cardio on off days

Goal: Wake the body up, build momentum, and prevent injury.

Phase 2: Rebuild

Once my energy returned, I moved into a structured hybrid training split — combining resistance training, metabolic conditioning, and active recovery. I wanted something I could maintain and not get burnt out from. Too often I go too hard too fast and end up failing. My schedule only allows for certain amounts of time to workout and while its a priority, lets be honest - life gets super busy!

Each week looked something like this:

3–4 Day Training Framework

Day	Focus	Notes
Monday	Full Body Strength	Compound lifts (squat, press, pull) + 1–2 mile run warm-up
Tuesday	Active Recovery	Walk, sauna, or mobility work to support recovery
Wednesday	Conditioning + Core	Circuit or HIIT style with peptide support and GLP balance
Friday	Upper/Lower Power	Explosive and functional movements + 1–2 mile warm-up run
Saturday <i>(optional)</i>	Light Cardio or Recovery	Rowing, cycling, or stretching session
Sunday	Rest	Sleep, hydration, and mental reset for the week

During this phase, I also began stacking additional peptides that worked synergistically with my training. They enhanced sleep and recovery, improved skin and connective tissue health, and supported fat metabolism and mitochondrial efficiency.

Combined with optimized hormones and targeted supplementation, the results were profound — my recovery time shortened, strength increased, inflammation decreased, and muscle definition returned faster than I expected. The changes were not just visible — they were undeniable.

Phase 3: Refinement & Sustainability

At this point, I wasn't chasing progress — I was maintaining momentum. Nutrition tightened up, gut health became a daily priority, and recovery was treated like a skill. I made sure to:

- Sleep 7–8 hours nightly
- Hydrate aggressively with electrolytes
- Use sauna and cold therapy for recovery cycles
- Support gut function with probiotics and collagen

This was where aesthetics followed performance. My body fat dropped, strength climbed, and most importantly — I felt in control again.

The Wellness Worx Way

This experience became the framework we now share with clients at Wellness Worx — a system that aligns hormones, metabolism, and mindset.

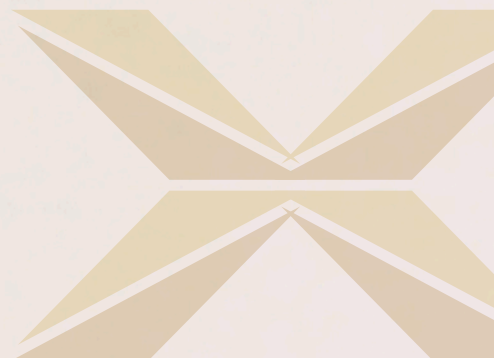
No extremes. No shortcuts. Just intelligent, sustainable optimization using proven medical science and real-world structure.

When every layer — HRT, peptides, GLP's, training, nutrition, and recovery work together, transformation becomes predictable.

You don't force change. You become it!

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CHAPTER 3: SUPPLEMENT & PEPTIDE PROTOCOL OVERVIEW



Supplement & Peptide Protocol Overview: The tools that rebuilt my health from the Inside out.

This isn't a list of "magic shots" or "quick fixes." Each element in this protocol played a specific role in restoring balance, improving energy, and helping my body perform at its best. When used together and under medical guidance, they create synergy that supports true, lasting transformation.

Hormone Optimization (HRT)

Goal: Restore hormonal balance, energy, and performance.

Role in the protocol:

- Stabilized mood and motivation
- Improved muscle retention and fat utilization
- Supported better sleep, libido, and mental clarity
- Takeaway: Balanced hormones create the foundation for every other therapy to work more efficiently.

GLP-1 / GLP-1 Analogues (60-Day Metabolic Reset)

Goal: Improve insulin sensitivity and appetite regulation.

Role in the protocol:

- Controlled cravings and stabilized blood sugar
- Reduced systemic inflammation
- Helped reset metabolism for more efficient fat burning
- Takeaway: GLP therapy isn't just for weight loss — it's a metabolic "reboot" that helps the body respond better to nutrition and training.

Peptides (Some examples)

NAD+ (Nicotinamide Adenine Dinucleotide)

Goal: Recharge cellular energy and promote longevity.

Benefits:

- Boosts mental focus and stamina
- Enhanced mitochondrial health for better endurance
- Improves recovery and reduced fatigue
- Takeaway: NAD+ helped me feel sharper and younger at a cellular level — it's like giving your body a new power source.

BPC-157 (Body Protection Compound)

Goal: Repair soft tissue and enhance recovery.

Benefits:

- Accelerates joint and tendon healing
- Reduces inflammation and gut irritation
- Speeds recovery after workouts or injury

CJC-1295 / Ipamorelin Combo

Goal: Support growth-hormone release and deep recovery.

Benefits:

- Improves sleep and muscle tone
- Boosts collagen and skin health
- Enhances recovery between workouts

AOD-9604

Goal: Target fat metabolism and protect lean mass.

Benefits:

- Stimulates fat breakdown without raising blood sugar
- Works synergistically with GLP for body recomposition
- Improves energy and recovery during caloric restriction

TB-500

Goal: Support repair and flexibility.

Benefits:

- Accelerates soft-tissue healing
- Promotes cell regeneration
- Aids recovery from high-intensity training

GHK-Cu

Goal: Cellular regeneration and skin rejuvenation.

Benefits:

- Improves collagen synthesis
- Promotes wound healing and tissue renewal
- Enhances skin elasticity and tone

Gut-Health Support (Daily)

Goal: Optimize digestion, absorption, and inflammation control.

Included:

- Probiotic and digestive enzyme support
- Collagen peptides and clean, anti-inflammatory meals
- Adequate hydration and electrolyte balance
- Adequate protein intake to accommodate muscle growth and prevent muscle wasting
- Takeaway: A healthy gut amplifies everything else — hormones, peptides, and nutrition all work better when digestion is optimized.

Lifestyle Anchors

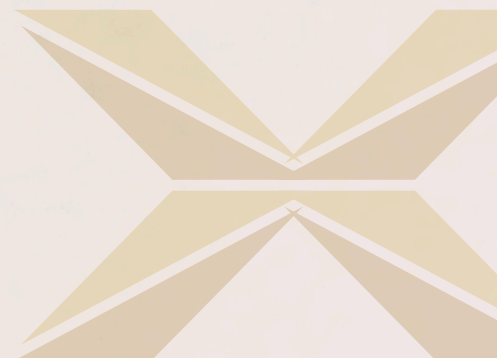
- 3–4 focused workouts per week (1–2 mile run warm-up)
- Sleep 7–8 hours nightly. I utilize an Oura ring to track this data because I love data driven knowledge
- Daily sunlight + hydration - I love drinking water so I had to also incorporate electrolytes to keep my levels right
- Cold plunge or sauna several times per week
- Mindset reset: gratitude, reflection, and consistency

The Big Picture: Every tool had a purpose. None worked alone.

When hormones, peptides, metabolism, and mindset aligned — my results became sustainable, not seasonal. That's the same system we now personalize for clients at Wellness Worx.

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CHAPTER 4: NUTRITION & GUT HEALTH — THE FOUNDATION OF TRANSFORMATION



Chapter 3

If hormones are the command center of the body, your gut is the engine that keeps everything running. I learned that no amount of peptides, training, or recovery can outperform a poorly functioning digestive system. When I began this process, I thought I was eating “healthy.” But even clean food won’t serve you if your gut can’t absorb nutrients, your blood sugar spikes and crashes, or inflammation is quietly running the show. Once I repaired my gut and fueled intentionally, everything else clicked into place.

Phase 1: Reconnecting with Real Food

The first step was simplifying — not restricting.

I removed the noise from my diet and focused on whole, nutrient-dense foods my body recognized. That meant high-quality protein, healthy fats, fiber-rich carbs, and plenty of hydration.

I followed a few simple rules that completely changed my energy and body composition:

1. Prioritize Protein

Protein became the cornerstone of every meal. It supported muscle recovery, stabilized blood sugar, and kept me full.

- Lean sources: chicken, fish, eggs, turkey, grass-fed beef
- Supplemental: collagen peptides, whey isolate, or plant-based protein

2. Clean Carbs for Fuel

Carbs weren’t the enemy — the wrong carbs were. I focused on nutrient-rich sources that fueled performance:

- Sweet potatoes, jasmine rice, oats, and fruit
- I timed most carbs around workouts to maximize energy and recovery

3. Fats for Hormone Support

Healthy fats became my hormonal insurance policy.

- Avocados, olive oil, nuts, seeds, omega-3s
- Helped stabilize testosterone and support cellular repair

4. Hydration and Electrolytes

I aimed for one gallon of water daily with added electrolytes. Proper hydration improved digestion, focus, and performance.

Phase 2: Repairing the Gut

During my transformation, I learned that gut health controls everything — from hormone balance to inflammation to mental clarity. Once I focused here my progress accelerated.

What I Changed:

- Removed triggers: ultra-processed foods, excess sugar, less alcohol, seed oils
- Added support: probiotics, digestive enzymes, L-glutamine, and collagen
- Ate mindfully: slowed down during meals to support natural digestion. As a busy mom THIS WAS HARD!
- Improved sleep: since gut repair happens overnight

I also noticed a major connection between gut integrity and peptide response. When digestion improved, my recovery peptides worked better, my sleep deepened, and my metabolism became more efficient.

“THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.” – ANN WIGMORE

Phase 3: Fuel Timing & Real-World Consistency

To stay consistent, I built my nutrition plan around my life, not the other way around.

With 3–4 training days per week, my nutrition rotated between performance days and recovery days, but I felt like my body told me what I needed. The days I trained hard I needed more nutrients.

Day Type	Nutrition Focus	Example Meals
Training Days	Higher protein + moderate carbs	Grilled chicken, jasmine rice, avocado, fruit pre-workout
Recovery Days	Higher fats + moderate protein	Eggs, salmon, greens, olive oil, mixed nuts
Every Day	Gut support + hydration	Collagen peptides, electrolytes, probiotic supplement

This approach was flexible — no calorie counting, no obsession. Just rhythm, quality, and balance.

Phase 4: Supplements for Optimization

While food came first, a few key supplements made a huge difference in maintaining energy, hormone balance, and gut health:

- Collagen Peptides – for joint and gut repair
- Probiotics & Enzymes – to improve digestion and absorption
- Omega-3s – to reduce inflammation and support heart health
- Magnesium Glycinate – for recovery and sleep
- Electrolytes – for hydration and muscle function
- Vitamin D3 + K2 – for immunity and hormonal support

These weren't fancy – they were foundational.

The Wellness Worx Nutrition Philosophy

At Wellness Worx, we teach that nutrition isn't about perfection — it's about consistency.

You can't out-train poor digestion or out-supplement a broken metabolism.

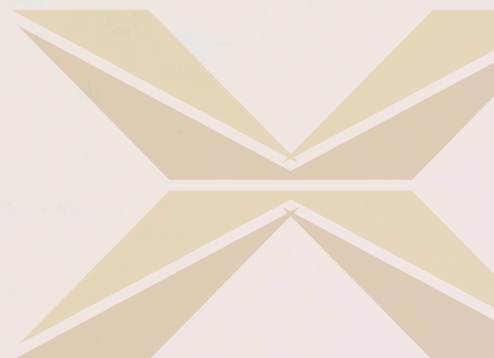
The goal is to fuel your body so it can perform, recover, and adapt. True wellness isn't just about what you eat — it's about what your body can use, absorb, and turn into energy. When your gut is healthy, your hormones stabilize, your workouts improve, and your mind clears.

That's when transformation becomes effortless.



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CHAPTER 5: RECOVERY, MINDSET, AND LONGEVITY — THE MISSING PIECE



Chapter 4

The truth is, transformation doesn't happen in the gym — it happens in recovery.

When I finally started treating recovery with the same intensity as training, everything changed. My body began to respond faster, inflammation dropped, and I actually looked forward to rest days because I understood their purpose.

In the beginning, I thought results came from more — more workouts, more effort, more grind. But real results came when I gave my body permission to rebuild.

Phase 1: Mastering Recovery

Your body can't perform if it's constantly trying to repair. Recovery isn't passive — it's where your system adapts, rebuilds, and grows stronger. I used to think people who slept a lot were just lazy, but now I know better. Sleep is one of the most powerful recovery tools we have. If your body allows you to rest — sleep. It's where real progress happens.

Here's what I implemented that made the biggest difference:

1. Sleep Became Non-Negotiable

- 7–8 hours every night — in bed by 10 p.m., phone off.
- Magnesium glycinate in the evening and NAD+ (injections 1x/week and NAD+ supplement daily in the morning) helped improve sleep depth and cellular recovery.
- Dark room, cool temperature, and consistent routine — it sounds simple, but it's a superpower.

2. Active Recovery

- On non-training days, I walked or stretched-especially my tight hips.
- Movement kept inflammation low and blood flow high without stressing the nervous system.

3. Sauna and Cold Therapy

- Alternating infrared sauna and cold plunge became frequent.
- The heat flushed toxins and boosted growth hormone; the cold reduced inflammation and sharpened mental focus.
- The combination left me calmer, more clear, and ready for the next challenge.

4. Mobility and Bodywork

- I started treating mobility as training: band work, foam rolling, and occasional deep tissue sessions.
- When joints and fascia moved freely, strength and recovery skyrocketed.

Phase 2: The Mindset Shift

Physical change is easy to measure; mental change is what sustains it. When I stopped training from frustration and started training from gratitude, my results compounded.

Here's what changed for me mentally:

- I replaced “discipline” with consistency. It wasn't punishment — it was self-respect.
- I used my 1–2 mile runs as moving meditation. No phone, no music — just breathing, reflection, and presence.
- I began each day with gratitude and prayer, grounding myself before the chaos began.

This mindset made health feel less like a project and more like a lifestyle.

Phase 3: Longevity & Maintenance

Once I hit my transformation goals, my focus shifted from short-term progress to long-term performance.

I wanted to feel this good 10, 20, 30 years from now — not just for a photo or a season.

So longevity became the new metric of success.

What longevity means to me:

- Staying mobile, strong, and pain-free as I age. Keeping my knees healthy!
- Keeping hormones and inflammation balanced.
- Protecting cognitive health through NAD+, clean nutrition, and stress management.
- Living in alignment — mentally, spiritually, and physically.

Longevity isn't a finish line. It's a rhythm — a way of living where energy, confidence, and clarity stay consistent.

The Wellness Worx Difference

At Wellness Worx, this is what we teach: transformation without obsession, science without overwhelm, and wellness that actually lasts. We don't chase burnout. We build health from the inside out — through alignment, education, and consistency.

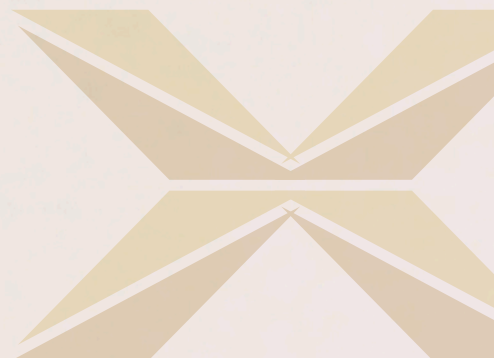
When you learn to recover as hard as you train, everything changes.

Because health isn't just about living longer.

It's about living stronger, clearer, and more connected every single day.

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CHAPTER 6: YOUR TURN TO RESET



Chapter 5

If there's one thing I've learned through this journey, it's that transformation isn't reserved for a select few — it's available to anyone willing to take the first step.

I didn't just change my body; I changed the way I live.

I learned that fatigue isn't normal, brain fog isn't permanent, and getting older doesn't mean giving up your edge. When your hormones, gut, mindset, and recovery align, your entire system comes back online — stronger, sharper, and more resilient than before.

I've experienced what it feels like to wake up clear-headed, energized, and confident again. I've seen countless clients do the same through our protocols at Wellness Worx. That's why I created this guide — to show you that you're not broken, you're just out of balance.

You don't need a miracle. You need a plan.

So, What Happens Next?

You have two choices:

You can close this eBook and go back to hoping things change on their own —

or you can take the same step I did and begin your own reset.

At Wellness Worx, we customize every plan to the individual — hormone optimization, peptide therapy, nutrition, and training all built around you. We don't guess. We test, design, and guide you through every phase until your body feels like it's finally working for you again.

Whether your goal is to lose fat, regain energy, rebuild confidence, or simply feel like yourself again — it starts with one decision.

Ready to Start Your Transformation?

Click below to schedule your complimentary consultation:

[Book Your Wellness Worx Reset Call](#)

During this session, we'll review your goals, discuss lab testing, and discuss a personalized plan that aligns with your lifestyle — not against it.

Because this isn't about chasing perfection.

It's about finally feeling your best — every day.

Final Thoughts

Burnout to Balance

When I started this journey, I didn't realize how far it would take me.

What began as a search for more energy became a full transformation — physical, mental, and spiritual. I discovered that health isn't a finish line; it's a lifestyle of alignment and self-respect.

You have that same potential within you. Your body is capable of incredible things — it just needs the right guidance, balance, and care to unlock it.

So here's my invitation to you:

Don't wait until you "have time." Don't wait until you feel worse.

Start now — while you still have the power to choose your future. Because it's not too late to rebuild. It's never too late to reset.

Here's to your health, your confidence, and the version of you that's been waiting to come back to life.

With pride and gratitude,

Tracy Youngblood-McDaniel

Science-Driven Wellness for Real-Life Results



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“Health isn’t something you find
—it’s something you build. Brick
by brick, set by set, prayer by
prayer. The foundation you lay
today becomes your legacy
tomorrow.”

From Burnout to Balance

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