

# This Holistic Life

with Tracie Braylock

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## INTRO | WELCOME TO THIS HOLISTIC LIFE

Welcome to This Holistic Life, the podcast where faith, science, and holistic wisdom come together to help you thrive in every season. I'm Tracie Braylock, a former operating room nurse turned holistic wellness advocate, here to give you practical tools, encouragement, and a reminder to relax and enjoy the journey. Let's dive in!

### **My Journey – From the Operating Room to Holistic Healing**

If you had told me years ago that I'd be here, sitting behind a microphone, talking about holistic wellness, I might not have believed you. For years, I worked as an operating room nurse, standing alongside surgical teams as we performed life-altering procedures. I saw it all—emergency surgeries, chronic conditions that had reached their breaking point, and patients who, in many cases, had no idea that the path leading them to the OR had been preventable. Time and time again, I watched patients come in for major operations that could have potentially been avoided if only they had the right knowledge, tools, and support earlier in their journey. I began to ask myself—what if we could change the conversation around health? What if, instead of waiting until things spiral out of control, we focused on prevention, healing, and true well-being? That question led me to step away from the OR and step fully into holistic wellness, a space where I could help people take control of their health before it ever reaches a crisis point.

And that's how This Holistic Life was born—out of a passion for helping you live well, heal deeply, and embrace a life of joy and vitality.

### **What You Can Expect from This Podcast**

So, what can you expect from this podcast? Well, first and foremost, this is a space for practical, science-backed, faith-filled conversations about wellness. We're going to talk about stress relief, mindfulness, nutrition, movement, self-care, and even things like aromatherapy and music therapy—because true health isn't just about what you eat or how much you exercise. It's about your mind, body, and spirit working in harmony.

But I also want this to be a space of encouragement. Whether you're feeling stuck, overwhelmed, or just trying to figure out the next step in your journey, I want to help propel you forward with wisdom, motivation, and a gentle nudge to keep going.

And finally, we're going to talk a lot about relaxation and joy. Because life isn't just about checking off boxes—it's about truly living. So, I'll remind you often to slow down, breathe, and enjoy the journey.

### **A Simple First Step Toward Wellness**

Before we wrap up today, I want to leave you with something small but powerful—a simple step toward better health and well-being. And that step is... taking a deep breath.

Yes, something as simple as pausing for a deep breath can lower your heart rate, reduce stress, and reset your nervous system. So right now, wherever you are, take a slow, deep breath in... and exhale.

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That's it. Sometimes, wellness begins with the smallest steps.

## **Wrapping Up**

I'm so excited to go on this journey with you! In upcoming episodes, we'll dive deeper into stress relief, holistic healing, and practical ways to take care of yourself—mind, body, and spirit. But for today, I just want to say welcome. You belong here, and I can't wait to walk this path with you.

If you enjoyed this episode, make sure to subscribe so you don't miss what's coming next. And if you're feeling extra generous, leaving a review or sharing this with a friend would mean the world to me!

Until next time, remember to take a deep breath, relax often, and enjoy the journey.