

About Tracey Stranger

***Rebirth practitioner, Gnana Yoga
Meditation teacher, Self Healing and
Leadership expert, Author and Natural
Health writer***

Tracey was born in Melbourne and, curious to understand how the body works, began studying microbiology. She then studied business marketing and found work in sales, marketing, business development and management at leading Melbourne hospitals and pharmaceutical companies.

At the same time Tracey was seeking deeper meaning and understanding and began attending personal development, natural healing, yoga and meditation workshops. She has since taught Taoist self healing and meditation throughout Melbourne and Queensland and guided many to connect deeper within themselves to find meaning and passion. To show that mind over matter works and dreams can all come true, she has added fire-walking (without getting burnt feet!), paragliding and husky dog sledding in Greenland to her growing list of achievements.

Curious to learn what happens on the other side of the world, Tracey then travelled extensively all over Europe, Greenland, Egypt, South America, Canada, Thailand and Fiji.

“We are all just the same – everyone wants love and connection,” she says. “I discovered that there is the magnificent variety and spice of life with different cultures.”

Returning to Australia and moving to Queensland, Tracey began consulting in the natural health industry and researched published scientific articles on herbal medicines to ensure quality manufacturing, laboratory testing and clinical effectiveness. As elected President of Queensland Nutraceutical Industry Association (not-for-profit) for over 7 years, Tracey represented the natural health industry nationally and internationally at Conferences and Austrade events. With truth, quality and integrity, she has helped countless individuals in Australia and overseas, personally and in business. Knowing where to go for information and advice, having someone who will listen and understand difficulties, she knows there is always a solution and there can be a win-win, believing adversity and chaos are necessary to drive us toward clarity and harmony.

In 2006, Tracey bought Essential Health Australia Pty Ltd, a company providing essential oils to nourish and nurture the body and soul. For her, meditation is a daily routine that brings freedom, an ever growing sense of self, and stronger intuition. “The power of meditation and the breath are enormous,” she says. “Being grateful and saying Yes to life opens the door to endless



possibilities.”

Travelling and living between Melbourne and Queensland, Tracey’s personal interests are in the ancient wisdom teachings and the magic of meditation. Her passion continues to be to learn, grow and share to help others.

“The human body is truly incredible with the ability to heal itself when we stop putting in toxins (food and thoughts) and nourish (food and thought) ourselves.”

Tracey is passionate about helping people be the best they can be in health, wealth and happiness, for the good of humanity and the good of our planet and its resources.

Read more at www.traceystranger.com