



Tracy Robert

*The Hope Dealer
Holistic Health Practitioner-Detox Coach
Art of the Restart Academy*



Tracy is a Hope Dealer, a Cancer Thriver & CEO of Mosaic Wellness Hub which offers an innovative, multi-therapeutic approach to chronic health issues. She is passionate about helping millions of people get to root causes, heal from the inside out, embrace their survivor to thriver story and create a life of impact.

Tracy leveraged her 25 years of expertise as a Health, Fitness & Wellness professional, complimented by her PhD level knowledge to successfully restart her life again after her own struggles with autoimmune disease and colorectal cancer led her to a place of hopelessness. She overcame and obtained her health practitioner certification learning the PompaMethod of "fixing the cell to get well." Tracy coaches individuals & groups to start again, rebuild their body, mind and spirit and reclaim their health through her Art of the Restart Academy.

Tracy delivers her Hope Dealer keynotes to groups, organizations, and conferences around the globe.

SIGNATURE TALK:

The Art of the Restart

Your Roadmap to healing from the inside out

Tracy shares her transformative journey born from her personal battle with chronic health conditions, emotional insecurities, and colorectal cancer before age 40. Feeling like a repeated failure from constantly hitting life's "restart" button, she developed strong disciplines yet struggled to truly live well—until implementing five powerful principles that unlocked profound healing. This signature talk offers an inspiring roadmap to break free from cycles of illness, embrace adversity as a teacher, and achieve lasting wellness physically, emotionally, and metabolically through root-cause resolution, multi-therapeutic strategies, and a mindset of victory.

Key Takeaways

- Identifying root causes of inflammation and cultivating deep emotional awareness to unlock true inner healing.
- Breaking the start-stop cycle of illness to build a sustainable healthy lifestyle through true cellular detox—physically, emotionally, and metabolically.
- Embracing adversity as a powerful teacher and becoming a "Hope Dealer" to create a ripple effect of wellness in others' lives.



CLIENT FEEDBACK

Working with Tracy has been nothing short of life-changing. Today, I feel like a completely different person
~KERI HUTH

She is GREAT at meeting you where you are at... and not letting you stay like that!
- MELISSA DANNER

Tracy has been my HOPE dealer & Tough Love Trainer all in one!
- LASHONDA MANN

I have so many wins..... scale and nonscale victories! I'm down 18 lbs and still loosing
CHERYL GREY

