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DR. TENESHA WARDS

INFINITY WELLNESS CENTER

www.austinholisticdr.com



About Dr. Wards

Dr. Tenesha Wards (D.C, A.C.N) is the Founder and Medical Director of Infinity Wellness Center in Austin, Texas. Dr. Wards supports the top 5% most difficult cases that are often written off by other doctors. She founded The Infinity Way™ program to uncover and correct the root cause of chronic fatigue and other patient symptoms. The Infinity Way™ custom care plans, followed by her whole team, meet the unique needs of individual patients and help them achieve their wellness goals. Dr. Wards established her practice with science-backed, holistic principals that support whole-body health. Additionally, Dr. Wards is a published author, public speaker, wife and mother.

WHAT MAKES DR. WARDS SPECIAL?

- After suffering from misdiagnosed Lyme's disease at age 15, Dr. Wards was left hopeless when medical doctors could not find the cause of her ailments. Because of this experience, Dr. Wards is able to empathize with the pain and frustration of her patients and offers an alternative approach that promotes healing and wellness where the traditional healthcare system falls short.
- Dr. Wards has treated thousands of patients who were weary of traditional practitioners and cookie-cutter programs. Unlike traditional medicine that solely aims to alleviate symptoms, Dr. Wards uses the latest scientific data and technology to discover the root cause of her patients' ailments and craft an individualized, holistic treatment.
- After the birth of her daughter, what Dr. Wards thought was just "mom tired", quickly escalated into debilitating fatigue, Epstein-Barr Virus and several autoimmune diseases. To combat her declining health, Dr. Wards created The Infinity Way™, a program that finds and heals the root cause of chronic fatigue. The The Infinity Way™ has helped Dr. Wards, as well as thousands of her patients, regain their energy and step into their healthiest life.
- Dr. Wards is a graduate of Texas Chiropractic College and Applied Clinical Nutritionist, and she is certified in Acupuncture, Applied Kinesiology and Activator Technique. Throughout the years, she has studied under the world's most renowned medical doctors, nutritionists and physicians where she learned the latest and most advanced techniques of drug-free healthcare.

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About Infinity Wellness Center

Founded in 2006, the Infinity Wellness Center is a holistic health practice based in Austin, Texas that believes everyone deserves a life of optimal health and vitality. Dr. Tenesha Wards and her team of holistic health professionals serve their clients by finding the root cause of the issue and tailoring a customized plan that heals and restores the entire body. Known as the The Infinity Way™, the team draws from data-driven diagnostic tools to assess, identify and correct the critical imbalances that are at the root of all illnesses. The Infinity Wellness Center focuses on the physical, mental, emotional and spiritual health of their patients and ensures total-body healing and wellness.

Areas of Expertise

- Arthritis
- Asthma
- Autoimmune diseases
- Chronic Fatigue
- Depression & anxiety
- Digestive disorders
- Environmental & Food Allergies
- Female disorders (PMS, Menopause, Infertility)
- Fibromyalgia
- Hormonal Imbalances
- Lyme Disease
- Migraines and Headaches
- Skin issues & Acne
- Sleep/insomnia
- Thyroid Imbalance



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Potential Topics



- The Infinity Way™: Data-driven approach to finding root cause
- Influx in complex, chronic conditions
- What your skin conditions say about internal issues
- 8 warning signs of parasites
- Early thyroid symptoms to watch
- Natural ways to overcome anxiety
- Insomnia relief: Find it in your kitchen
- How to improve total body health: physical, mental, emotional and spiritual
- Natural remedies for post-COVID conditions

Suggested Interview Questions

- What inspired you to open Infinity Wellness Center, and how do you serve your patients?
- Tell us about your personal experience with the traditional healthcare system. Why did you turn to holistic practices and functional medicine to heal your body?
- Your mission at Infinity Wellness Center is to promote holistic healing and drug-free healthcare. Why are you passionate about this mission?
- What is gut-brain connection, and how does it affect our mental and physical well-being?
- Many patients come to you with fatigue, burnout and brain fog. Why is there an influx in these chronic conditions and how do you help alleviate these symptoms?
- What holistic practices and remedies improve hair, skin and nails?
- What are some health issues Texans should keep an eye out for, and what at-home remedies can they use to prevent these issues?
- In your practice, you focus on total body healing. What does this mean?

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