Healthcare Professional And Popular Freelance Writer Expands Into Luxury Travel

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Tracey Ingram, M.A., M.S. a healthcare professional and author of Accessibility Disabled World Travels has expanded the topics she writes about to include luxury travel and wellness. As a freelance writer with a medical background, she aims to introduce people to different ways of traveling and different places to go, as well as showing them how this will benefit their overall health and well-being. To introduce people to her concepts, she has launched her Facebook page at https://www.facebook.com/LuxuryWellnessRX/.

"The World Travel Jaunts Facebook page focuses on the latest trends in wellness, spa treatments, and alternative medicine," explains Tracey Ingram. "The goal is to provide methods proven to optimize performance, increase energy, and to enhance your overall health."

Besides launching her Facebook page, she has also created a new website, https://www.worldtravelsjaunts.com, where she shares her thoughts and views on different destinations. Most recently, she has compared Vail Valley and Telluride, two of the best ski resorts in the country. She also went swimming with dolphins in Key Largo, Florida, traveled to Pompeii, the Amalfi Coast Italy, and numerous spas all over the world. Those are just some of her most recent destinations, but they showcase just how

much variety there is in her travel.

The culmination of all her works and travels are published in Tracey's latest book, Accessibility - Disabled World Travels - Safe Senior Travel Made Easier. Tracey Ingram adds: "There are over 50 million people in the United States with disabilities and over 180 million worldwide with evidence suggesting that people with disabilities face many barriers in accessing the services they need. In my book, I bring together my experience as a Clinical Audiologist and as an Occupational therapist, helping to educate these individuals about the barriers and provide numerous resources."

In the book, which is available at http://www.sovereignedmedia.com, Tracey discusses a number of specific disabilities and offer solutions for each of these. The disabilities and issues she addresses include tips for the visually impaired, hearing impaired, wheelchair accessible solutions, traveling with mobility issues, traveling with oxygen, traveling with medication, the diabetic travelers, traveling with arthritis, and much more. People are encouraged to read her book so that they too can plan better and have the trip of a lifetime.

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