Dr. Tabatha

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Physician · Speaker · Faith-Based Women's Health Expert

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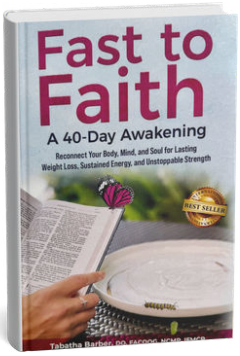
THE MISSION

Dr. Tabatha is redefining what it means to truly heal—bridging the gap between modern science and timeless truth to restore the body, mind, and soul. Using her signature FAITH IT™ Method and the framework of Romans 12:2, she helps women understand that Scripture and science have been saying the same thing all along: true healing starts in the mind, moves through the body, and is sustained by faith. She doesn't just treat symptoms. She finds the root — and helps women rebuild their identity, their hormones, and their health God's way.



"YOUR BODY ISN'T BROKEN, YOUR APPROACH IS."

What if science is just now discovering what biblical truth has revealed about health all along?

Dr. Tabatha on other podcasts

HER MESSAGE IS UNIQUE:

- Connects thought patterns, physiology, and identity in a way other doctors don't
- Teaches healing through alignment with how the body was designed to function
- Challenges the cycle of restriction, burnout, and symptom-chasing
- Reveals how the gut-brain connection is the missing link to hormone balance
- Helps audiences understand that true health is built by reconnecting the body, mind, and soul

SIGNATURE KEYNOTES:

From the Soil to the Soul (featured keynote)
- God's design for gut health, hormones and wholeness

Calm the Conductor
- The Symphony Framework for your hormones

Quiet the Food Noise
- Why your body is G.A.S.P.ing for R.E.S.T.

You Can't Out-Pray a Pattern
- **Romans 12:2, the original neuroplasticity protocol**

Also available
- Root Cause or Nothing · The 40 Day Fast to Faith · Preventing Burnout

Candace Cameron Bure The Podcast · FOX · abc · CBS · NBC · THE MIDLIFE RESET

AN INTRODUCTION

Dr. Tabatha Barber is a triple board-certified physician — and one of the most distinctive voices in faith-based women's health today. Her story begins where most would have stopped. A teenage mother and high school dropout, she rebuilt her life through faith and perseverance — earning her doctorate and certifications before realizing the very system she trained in was missing the whole point. Today, as owner and medical director of Her Higher Health, creator of the Fast to Faith Coaching Academy, 40 Day program, supplement line, and international bestselling book Fast to Faith, Dr. Tabatha brings one message to every stage and microphone: your body is not broken — your approach is. She is known for doing what no one else does: mapping Scripture directly with how the body works — showing women that Romans 12:2 is the original neuroplasticity protocol, that Genesis 2:7 describes the gut-brain connection, and that God designed healing to happen in community.