



Join the conversation and  
"be kind to your mind".

## Notable Guests Include:



## About the Podcast

Named #1 of the "15 Interview Podcasts You Should Tune Into " by SquadCast, *Hilistically Speaking* is conversations of stories from trauma to triumph through health, healing and humor. Discover what it takes to be a happy and healthy grownup and "be kind to your mind".

Host Hilary Russo creates the space for stories to be shared, lessons to be learned and lives to be changed. From her own healing journey and work as a Certified Holistic Health Coach and Certified *Havening Techniques*® Practitioner, she's discovered that the sweetest tools for transformation and active, emotional well-being are within each and every one of us. It's what she calls "Brain Candy". Finding balance is possible once we choose to connect to the deepest part of self and "HUG it Out" with healing, understanding and gratitude.

## About Hilary

Hilary Russo, is "The *Hilistically Speaking*® Health Coach". She is one of the first 150 Certified *Havening Techniques*® Practitioners in the United States and one of only 800 in the world. Trauma-informed and educated, Hilary has been nationally recognized as a leader and public figure for her work in holistic health. Award-winning in both the holistic health and journalism fields, she's also a Certified Integrative Nutrition Holistic Health Coach, Hypnotherapist, and multimedia host/journalist focusing on health and wellness. Considered a guest expert in health/wellness, Hilary has been a regular on QVC as well as TV affiliates across the country. She hosts the monthly health travel show "Healthy Communities News" for CVSHealth/Aetna in addition to her weekly podcast.

Southern Living

Bustle

redbook

QVC





# Holistically SPEAKING

## Reviews



### **A toolkit for teachers—and ANY human!**

Every episode is like being in the most beautiful conversation with a close friend—there is such incredible depth and simplicity at the same time. I am a special education teacher, and I think there are gems from listening to help me help students deal with trauma, self care, self efficacy, relationships, and holistic living. Mind, body, spirit—all here in great supply. I listen while I run and I notice that just by listening, I run taller.

— **dannybrook734**



### **So good for the mind and soul!**

Hilary is such a great conversationalist! When she talks I feel like I'm listening to a good friend. Her podcast is warm, humorous, and heartwarming while also being educational and informative....I'm picky with the podcasts I listen to but Hilary makes the list!

— **suzanne1980**



### **Sound Advice and Topics that Matter**

Love this show! Hilary covers important wellness topics with wonderful guests as well as really sharing her own personal experiences! Thru the show there's great advice and insight into things that MATTER!

— **jgranacki**

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"15 Interview Podcasts  
You Should Tune Into"  
(SquadCast, 2021)

Globally Ranked in the  
Top 1.5% of podcasts  
(Listen Notes)

#1 Holistic Indie Podcasts  
#5 Wellbeing Podcasts  
#5 Trauma Indie Podcasts  
(GoodPods Top 100)

Listeners in more than  
35 Countries  
(Libsyn)

Available on all  
podcast platforms  
and YouTube

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