



"A Masterclass in Health and Wellbeing!"



Notable Guests Include:



About the Podcast

Named **#1 of the "15 Interview Podcasts You Should Tune Into"** by SquadCast and **#1 Indie Holistic Podcast on GoodPods**, Hilistically Speaking is a master class in conversations of 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® Trainer and 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 one of only 50 Certified Havening Techniques® Trainers in the world and one of the first 100 Certified Havening Practitioners in the US. 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" for CVSHealth/Aetna in addition to her weekly, **globally top-rated (1.5%) podcast**.



Hilistically[®] SPEAKING

with Hilary Russo

Globally Ranked

Top **1.5%** of podcasts
(Listen Notes. 2025)

Top Pod

#1 Holistic Indie Podcasts
#2 Holistic All Time Podcasts
#5 Wellbeing All Time Podcast
(GoodPods Top 100, 2025)

Listeners

51 Countries
Largest Audience: USA
Predominantly Female

Downloads

Daily 1912
Growth 56% in 2025

Instagram

Followers 4000+
Engagement 1.46%

Brain Candy Newsletter

Subscribers 5K
Open Rate 52%
Click through 3%



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



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



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