



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

Notable Guests Include:


Episode 158
The Secret Language to Heal Your Body

 GUEST: **KARDEN RABIN**

 with Hilary Russo


Episode 141
True Beauty: Being Mind and Body Positive

 GUEST: **EMME**

 with Hilary Russo


Episode 161
Truth, Trauma and Transformation Through Love

 GUEST: **DR. FRANK ANDERSON**

 with Hilary Russo

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 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 1000 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" for CVSHealth/Aetna in addition to her weekly, **globally top-rated (1.5%) podcast**.

Southern Living

Bustle

redbook

QVC





Hilistically SPEAKING

Globally Ranked

Top 1.5% of podcasts
(Listen Notes. 2024)

Top Pod

#1 Holistic Indie Podcasts
#3 Mental Health Podcasts
#5 Trauma Indie Podcasts
(GoodPods Top 100, 2024)

Listeners

38 Countries
Largest Audience: USA
Predominantly Female

Downloads

Monthly 1177
Per Ep (first 7 days) 160
Growth 56% in 2024

Instagram

Followers 3443
Engagement 1.46%

Brain Candy Newsletter

Subscribers 2K
Open Rate 52%
Click through 3%
Released Every Wednesday

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

For further inquiries

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