



DR. ADRIENNE YOUDIM MD
Triple Board Certified Physician
Former Medical Director
Expert in Human Performance and Leadership

Introduction

"Good [morning/afternoon/evening],

It is my absolute pleasure to introduce an extraordinary speaker who is redefining the way we think about leadership, resilience, and high performance. Dr. Adrienne Youdim is a triple board-certified physician specializing in clinical nutrition and mind-body medicine, with over two decades of experience in medical practice, academia, and executive coaching.

Dr. Adrienne's transformative frameworks—including Hidden Hungers™, Resilient Minds™, and the FUEL Blueprint—have empowered countless individuals and organizations to move from reactivity to clarity, composure, and intentional leadership. Her core belief—that our physical, emotional, and relational states shape how we lead, perform, and connect—is rooted in both scientific expertise and real-world experience supporting high-performing professionals.

A sought-after thought leader, Dr. Adrienne is the former Medical Director at Cedars-Sinai, a member of the Forbes Health Advisory Board, and the host of the globally ranked HealthBite podcast. You may have seen her on The Doctors, Dr. Phil, Dr. Oz, ABC News, NPR, and other major media outlets.

When she's not inspiring others, Dr. Adrienne practices what she teaches—whether running, reading, or enjoying a home-cooked meal with her husband, three kids, and their lovable labradoodle. Please join me in welcoming Dr. Adrienne Youdim!



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