



# DR. ADRIENNE YODIM MD

## Bio

Dr. Adrienne is a triple board certified physician, author, and TEDx speaker. Her decades of experience caring for executives and seasoned leaders has revealed the key to achieving professional longevity and success is through integrating our personal needs with professional demands.

Dr. Adrienne's core belief that physical, emotional and professional wellbeing are inextricably linked, emanates from two decades of experience in medical practice, academia, executive coaching, and her time as a medical director at Cedars Sinai. Those who have adopted Dr. Adrienne's unique FUEL blueprint have achieved unprecedented impact in their organizations and beyond without sacrificing their personal health and well-being.



Dr. Adrienne Youdim  
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# DR. ADRIENNE YODIM MD

## Full Bio

Dr. Adrienne's core belief that physical, emotional and professional wellbeing are inextricably linked, emanates from two decades of experience in medical practice, academia, executive coaching. Through her professional work and own personal journey, she has seen first hand, that self-neglect not only compromises our personal health but leads to emotional burnout, loss of engagement and impaired professional performance, ultimately undermining the very success we are working so hard to achieve.

Those who have adopted Dr. Adrienne's unique FUEL blueprint have achieved unprecedented impact in their organizations and beyond without sacrificing their personal health and well-being.

Dr. Adrienne is a triple board certified physician specializing in clinical nutrition and mindbody medicine. Formerly a medical director at Cedars Sinai Medical Center, she currently sees clients in her medical practice in Beverly Hills, hosts the HealthBite podcast, teaches extensively and serves as a member of the Forbes Health Advisory Board. Dr. Adrienne is frequently featured in the media including The Doctors, Dr. Phil, Dr. Oz, ABC news, Inside Edition, National Public Radio among other news and media outlets.

She embodies her own teachings and when not engaged in professional pursuits, she can be found running, reading or gathered around a home-cooked meal with her high-school sweetheart, labradoodle and 3 kids.



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## Introduction

"Good [morning/afternoon/evening],

It is my absolute pleasure to introduce an extraordinary speaker who is redefining the way we think about success, health, and well-being. 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 FUEL blueprint has empowered countless individuals and organizations to achieve remarkable impact without sacrificing personal health or well-being. Her core belief—that physical, emotional, and professional well-being are deeply interconnected—stems from both her professional expertise and personal journey.

A sought-after thought leader, Dr. Adrienne is the former medical director at Cedars-Sinai Medical Center, a member of the Forbes Health Advisory Board, and the host of the popular HealthBite podcast. You may have also seen her featured on The Doctors, Dr. Phil, Dr. Oz, ABC News, NPR, and more.

When she's not inspiring others, Dr. Adrienne practices what she preaches—whether it's 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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