

The Top 10 Females Disrupting the Health Industry in 2023

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The mental health, physical health and well-being industry is constantly evolving, and there are a number of leading female entrepreneurs who are making a significant impact in this space. These women are using their expertise, passion, and innovative strategies to disrupt the industry and make a real difference in people's lives.

From developing new technologies to providing cutting-edge therapies, these entrepreneurs are leading the way in mental health, physical health and well-being. In this article, we will be highlighting the top 10 leading female entrepreneurs who are disrupting the mental health, physical health and well-being industry in 2023.

These women are breaking boundaries and making waves with their unique approaches, and they are definitely ones to watch in the coming year. Whether you're a mental health professional, a physical health professional, a patient, or simply someone who is interested in the field, these women are sure to inspire and motivate you to improve the quality of your life.

1. **Maria Benardis**

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Intuitive Chef, Author, Motivational Speaker, Health & Wellness Coach, and the founder of [Greekalicious](#), Maria Benardis, believes that a lot of the answers to our health lie in our past. Her health, wellness, and spiritual coaching services are Ancient Greek based. Forgotten practices that bring balance between the mind, body, and spirit can help individuals achieve optimal health and reclaim their lives. These practices are based on the belief that everything is vibration and frequency, and by raising the vibration, the body can self-heal. These techniques can assist in harmonizing the energetic flow within the body to promote overall well-being.

Maria is also the author of 'My Greek Family Table,' which won the Gourmand World Cookbook Award for Mediterranean cuisine in 2009, and *Cooking & Eating Wisdom for Better Health*. Since then, she has thrived on the personal development boom as a motivational speaker and health coach through her Greekalicious platform.

For Maria, it all comes back to food, though. She took Hippocrates at his word when he said, "Let food be thy medicine and medicine be thy food." With each innovative recipe, she continues his legacy in the culinary world.

2. **Stacey Chillemi**



Stacey Chillemi

Knowledge about herbal medicines is pretty central to Stacey's game. Encouraging people to look outside the box to feel better about themselves is the subject of her book, *The Complete Herbal Guide*, which precedes three new releases about empowerment, positivity, and epilepsy. If she provides the tools, Stacey believes anyone can live a happier, healthier life, regardless of how much life gets in the way.

You can't put [Stacey Chillemi](#) in a box. Author, speaker, coach—they're all accurate labels. In the speaking realm, she relishes events and TV interviews. But Stacey is more about helping people break out of their predetermined identities than conforming to expectations.

A survivor of potentially life-changing conditions, including encephalitis and epilepsy, Stacey had to learn the hard way to take back control of her life. Her work today couldn't exist without the turbulent journey she took to get here.

3. **Lucy Townsend**



Lucy Townsend is the founder of [Functional Medicine Associates](#). She holds an advanced degree in Counseling, is a published researcher, a Certified Functional Medicine Health Coach, and is a Bredesen Certified ReCODE Practitioner. For the last 25 years, she's been helping people affected by neurodegenerative diseases, such as Alzheimer's.

Her inspiration goes back to when she was seven years old. Back then, she visited her grandmother in a nursing home. She had dementia. She was 72 years old. She played with a doll. She had no idea who she was, nor did she know her own daughter. Back then, no one believed such diseases could be treated.

Today, Lucy uses the Bredesen protocol, which was developed from insights gleaned after decades in the laboratory and years of clinical work with hundreds of patients, and sees dramatic improvements in cognition and a reverse decline in her clients.

4. **Sofia Klof**



Sofia Klof

Sofia Klof, the founder of Sofia Klof Health Coaching, is a Holistic Health Coach who specializes in helping women with chronic health issues heal holistically. She believes that turning your life around doesn't happen by making big, intimidating changes. Instead, the correct approach is to make small swaps to your diet, habits, and any other area you want to improve.

So, she worked hard on her new 14-Day Detox Ebook and Guide to Wellness 2023 Planner, through which she guides her clients so they can make small changes that compound over time. Eventually, they end up reaching their goals and get showered with the confidence that comes with achievement.

When she was younger, Sofia herself had serious health issues from chronic migraines, hypothyroidism, and gut health problems. When she didn't get much help from medical professionals, she decided to take control of her health by changing her lifestyle. Today, she helps others do the same.

5. Adrienne Marie Irizarry



Adrienne Marie Irizarry

Adrienne, founder of [Moon Essence](#), is an eastern medicine practitioner using non-invasive approaches to restore harmony and health in women's bodies. She uses her experience as a certified peristeam hydrotherapist, herbalist, Acutonics sound healer, and Chinese nutritional therapist to educate and empower women to heal their bodies naturally.

Adrienne believes most of the medication today hides symptoms without getting to the root of the problem. Using her methods, she helps women improve their cramps, period problems, and fertility issues so that they can live symptom-free lives.

Adrienne's mission is to help as many women solve their problems naturally. Her goal is to hand them the tools they need to be in the driver's seat of their health instead of being dominated by their issues. This is why she started hosting her own podcast, The Reproductive Rebel. She's passionate about educating young women on the influence they have on their bodies.

6. **Dr. Meredith Hansen**



Dr. Meredith Hansen

Dr. Meredith is a marriage psychologist, who successfully helped hundreds of women find happiness, love, and motherhood. Today, she's also the mother of three amazing children, who bring her and her husband incomparable joy. But her marriage wasn't always smooth sailing.

Years ago, she was feeling unhappy, disconnected, and dissatisfied with her marriage, even after the birth of her first son. As a result, she'd have fights with her husband over meaningless issues like golf and laundry. However, she took matters into her own hands and started taking steps to turn things around. Eventually, with skillful improvements, the dark clouds had lifted and they were in love and happy again.

Dr. Meredith believes that marriages aren't supposed to be perfect or argument free. However, they're supposed to help two people in love become better versions of themselves, and possibly raise wonderful children.

7. **Kristy Kilcup**



Kristy Kilcup

[Kristy](#) is a certified hypnotherapist, health, life and mastery level transformation coach, personalized health and nutrition coach, and international presenter.

Kristy's mission is to achieve global transformation by helping as many people as possible transform their lives so they, in turn, can change the lives of those around them by modeling what is possible. Kristy believes that the weight loss industry has failed people, as it expects them to follow generalized meal plans, caloric restricted diets, and exercise prescriptions which leads to a high turnover of clients but 95% failure rate.

Instead, she offers a personalized approach, having partnered with a biotechnology company that has over 20 years of research and development in epigenetics.

Kristy's approach is to address the root cause of weight gain, as weight loss is never just about weight loss, it's about understanding and overcoming the psychology behind the behaviors and the reason for weight gain such as overeating, not making oneself a priority, stress, and others.

8. Rachel Randolph



Rachel Randolph

[Rachel Randolph](#) is a certified NLP master practitioner and communication coach who helps clients draw out their natural confidence and voice. She is the founder of Spec: Introspective Communication Consulting which uses introspection and self-

awareness techniques to help clients make subtle yet powerful changes to their communication.

Rachel understands that people struggle to apply self-improvement information to their lives and Spec bridges that gap by providing a holistic approach to drawing out what is authentic for the client. Through Spec, Rachel helps high-performers who have tried everything in self-improvement but continue to be stuck and people who desire “work-life balance” but lack the confidence to create boundaries, express needs and communicate effectively.

Rachel's own journey of empowering her life through mindfulness and introspection gives her a unique perspective on the struggles of reframing.

9. **Reka Robinson**



Reka Robinson

Reka Robinson is a leading coach in the mental health and well-being industry who uses her personal experiences to help other women transform their lives. After surviving an abusive relationship, Reka has had a hard but needed journey in self-healing, and instead of dwelling on the past, she has chosen growth and to help other women grow and navigate the uncertain path back to oneself; the path of healing.

Reka's online community and resource, Single You, has empowered countless women from all walks of life to learn how to fall in love with themselves and find fulfillment outside of relationships. She has a proven track record of helping women realize that they have purpose beyond their relationship status.

Reka is quick to call out the negative emotions that many women attach to the idea of being single and teaches how to overcome this self-sabotaging and limiting belief. Her mission is to be a light for women, using her own story to help them find strength, create intrinsic happiness, and show them how to take their power back.

10. Erin Treloar



Erin Treloar

Erin Treloar is a celebrity health and life coach, meditation teacher, and host of the Raw Beauty Talks podcast. Her approach to wellness is rooted in intuitive eating, mindfulness, self-love, and mind-body wellness. She has been featured in numerous publications, including Elle magazine, the LA Times, and Marie Claire.

Her journey to becoming a health coach began with her own struggles with an eating disorder in her teens. Her personal experience has made her passionate about helping women break free from the debilitating cycle of dieting and overeating and create a healthy relationship with food and their body. She offers a 12-week coaching program through [Raw Beauty Co.](#) called the Raw Beauty Reset that is designed to help people transform their relationship with food and their bodies, through four pillars: nourishment, movement, mindset, and self-love.

The program provides the fundamentals of wellness and helps people get to know their unique bodies, learn to adopt intuitive eating, build a more empowering mindset, and create healthy habits.

Overall, the top 10 leading female entrepreneurs in the mental health, physical health and well-being industry are making a significant impact in the industry. They are using their expertise, passion, and innovative strategies to disrupt the industry and make a real difference in people's lives.

By developing new technologies, providing cutting-edge therapies, and breaking boundaries with their unique approaches, these women are leading the way in the field. They are an inspiration to many and their contributions to the mental health, physical health and well-being industry are undeniable.

As we move into 2023, it will be exciting to see how these women continue to innovate and make a positive impact in the lives of many. We encourage you to follow their work and take inspiration from their stories to improve the quality of your life.