

ROBYN YOKILIS

Gut Health & Intuition Expert

ABOUT ROBYN



Robyn Youkilis is an AADP Certified Health Coach, author, speaker, sought-after TV personality, and leading expert in holistic digestive health. She is the Founder and CEO of the global health coaching practice, Your Healthiest You. For over a decade, Robyn has helped clients shed both physical and emotional weight through her straightforward yet supportive coaching style. She is the author of the best selling books, "Go with Your Gut" and "Thin From Within," and has been featured by The View, The Today Show, E! News, The Cooking Channel, Home & Family, Cosmopolitan, The Wall Street Journal, Health, Mind Body Green, Well + Good, The Chalkboard Mag and more.

Robyn currently lives in New York City and Los Angeles with her husband and their daughter, Navy. She enjoys traveling, music festivals and eating dessert at fancy restaurants, one bite at a time.

7,500

MONTHLY WEBSITE HITS

90K

IG FOLLOWERS

744K

PINTEREST VIEWS



ROBYN'S WORK

Your Healthiest You is the go-to online platform for looking, feeling, and being your best self.

Through her website, social channels and coaching, Robyn offers a unique approach to wellness by addressing what she's coined as three key pillars of health: physical gut health, gut intuition and living life with guts.

Robyn is on a mission to help as many women break free from health issues, poor self image and overwhelm, so that they can step into their own version of living their best life.



@ROBYNYOUKILIS



/YOURHEALTHIESTYOU



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