EXECUTIVE SUMMARY

ESTHER BLUM

MS, RD, CDN, CNS · INTEGRATIVE DIETITIAN · MENOPAUSE EXPERT

THE SCIENCE, THE STRATEGY, AND ZERO SUGARCOATING.

A **TEDx speaker, five-time bestselling author, HHS Women's Health Ambassador, and consultant to the White House** with three decades of clinical experience, Esther brings policy-level credibility and clinical depth to corporate stages, leadership offsites, and women's health initiatives. She translates the science of midlife into a business case for retention, performance, and leadership pipeline that decision-makers can act on.

30+	5	775K+	TEDx
YEARS CLINICAL	BESTSELLING BOOKS	TOTAL REACH	2026 SPEAKER

RECENT ENGAGEMENTS

- TEDx Normal 2026 (Closing Speaker)
- HHS National Conference on Women's Health
- The M Factor 2
- Franklin Templeton
- Peloton

IDEAL FOR

- C-suite offsites & leadership summits
- Private equity portfolio events
- Financial services leadership programs
- Women's ERGs & leadership programs
- HR, benefits, and DEI summits
- Executive wellness keynotes & retreats

BOOK ESTHER TO SPEAK

WATCH SPEAKER REEL

love@estherblum.com · estherblum.com · @gorgeousesther

SPEAKER
TEDx
2026

ESTHER BLUM

SHE DIDN'T COME TO BLEND IN.
SHE CAME TO GIVE
WOMEN THEIR POWER BACK.

TEDx · Goal I · TIME · well+GOOD · The New York Times · TODAY · Forbes · goop · NBC · LA Times · NCWH · PELOTON · FRANKLIN TEMPLETON · THE M FACTOR 2

INTEGRATIVE DIETITIAN · MENOPAUSE EXPERT · KEYNOTE SPEAKER

Walk into any room Esther is speaking in and you'll feel the shift. The science gets sharper, the conversation gets honest, and the women who have been quietly suffering through midlife finally feel seen. With **three decades of clinical experience** and a voice forged outside the wellness echo chamber, she gives audiences what no one else will: **real answers, the language to ask for what they need, and permission to stop apologizing for getting older.**

> “Esther was selected from nearly 200 applicants and chosen as our closing speaker. She left our audience laughing, moved, and talking about it all over social media. She will take your event to the next level.”
>
> **PETER PONTIUS · CURATOR, TEDX NORMAL 2026**

KEYNOTE SPEAKER • MENOPAUSE EXPERT • DISRUPTOR OF THE STATUS QUO

HHS NATIONAL CONFERENCE ON WOMEN'S HEALTH

Esther Blum, Panelist — Menopause, Hormone Health and Longevity

TEDX SPEAKER

TEDx Normal 2026 — Closing Speaker, selected from nearly 200 applicants

FIVE-TIME BESTSELLING AUTHOR

See Ya Later, Ovulator! · Cavewomen Don't Get Fat · Eat, Drink and Be Gorgeous · and more

HHS WOMEN'S HEALTH AMBASSADOR

Appointed by the U.S. Office of Women's Health, trusted voice in federal women's health policy

THREE DECADES CLINICAL PRACTICE

MS, RD, CDN, CNS — integrative dietitian and menopause expert with three decades of clinical experience

ABOUT ESTHER

Esther Blum, MS, RD, CDN, CNS is an **integrative dietitian, menopause expert, and keynote speaker** with three decades of clinical experience. Appointed as a **Women's Health Ambassador by the U.S. Office of Women's Health**, she brings policy-level credibility to every conversation about hormone health, metabolic function, and women's self-advocacy.

A **five-time bestselling author** and host of **The Midlife Realignment Podcas** , Esther has spoken at Peloton, Franklin T leading financial services firms, and the HHS National Conference on Women's Health, and delivered a TEDx talk in 2026 reaching audiences around the world. She has been featured in Forbes, Oprah Daily, goop, The New York Times, Time, and the Today Show.

She delivers the science, the strategy, and zero sugarcoating. Every audience leaves with tools they can use immediately.

WHAT ESTHER DELIVERS

SIGNATURE TALKS

Each talk is customizable for your audience, your goals, and your runtime. Available as a keynote, fireside chat, executive workshop, or retreat intensive. Ideal for C-suite offsites, leadership summits, private equity portfolio events, financial services leadership programs, women's ERGs, and board-level conversations.

THE MENOPAUSE LEADERSHIP GAP

THE HIDDEN EPIDEMIC DRAINING YOUR PIPELINE AND WHAT YOUR ORGANIZATION CAN DO

The majority of women in senior leadership are in perimenopause or menopause, navigating debilitating symptoms with no workplace support. The result is **a quiet exodus of the women your organization has spent decades developing.** Esther makes the business case with receipts, breaking down the science, exposing systemic failures in women's healthcare, and giving leaders a concrete framework for retaining and elevating women in midlife.

- The true cost of untreated menopause on retention, productivity, and leadership pipeline
- The most common symptoms derailing senior women at work and why they go misdiagnosed
- What evidence-based menopause care actually looks like
- How to equip women with the language and confidence to advocate for the care they deserve

MAKE MENOPAUSE YOUR POWER MOVE

RECLAIMING LEADERSHIP, LONGEVITY, AND THE MIDLIFE ADVANTAGE

Midlife is the decade women have been written out of. Between dismissive medical care, outdated hormone protocols, and a culture that tells women to quietly white knuckle their way through, the result is predictable: **your most experienced women burn out, check out, or walk out.** Esther flips that narrative, drawing on three decades of clinical work, cutting-edge functional medicine, and the kind of humor that makes hard truths land.

- Why the standard medical approach to menopause is failing women and what to do instead
- The three foundations of hormone, metabolic, and cognitive health in midlife
- How to advocate inside a medical system that routinely dismisses women
- Why midlife is a leadership accelerator, not an exit ramp

AUDIENCE & EVENT FEEDBACK

WHAT THEY'RE SAYING

Esther's audiences do not leave with notes. They leave with a different relationship to their own bodies, the words to advocate for themselves with their physicians, and the framework to lead through midlife instead of disappearing inside it.

"Esther created space for open, empowering dialogue that our team is still talking about. **She made a complex, often avoided topic feel accessible, relevant and deeply important for what high-performing women need.** She was light-hearted, relatable and fun - we are still talking about our time together with Esther."

A SENIOR LEADER IN FINANCIAL SERVICES
Senior Executive, Financial Services
CORPORATE KEYNOTE

"I've moderated a lot of conversations, and Esther Blum is in a category of her own. She has **an extraordinary ability to cut through the noise on hormones, healthcare, and what women in midlife actually need,** and she delivers it with energy and humor that makes the hard truths feel like a relief rather than a burden. **The Women of Startup Westport were riveted, and every woman in the room left feeling seen and fired up.**"

ASHLEY ZWICK
Director, Startup Women of Westport
STARTUP WOMEN OF WESTPORT

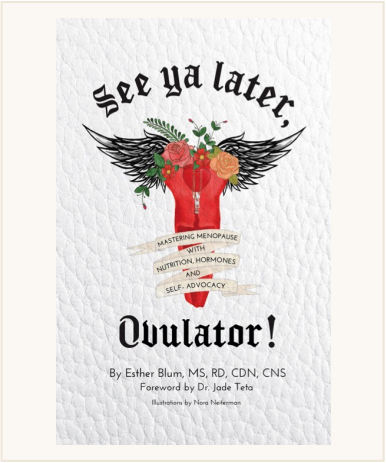
"Esther brought **clinical depth, sharp insight, and a level of candor** to our M Factor 2 panel that left a real mark on the audience. She commands a room and gives people something they do not get from most experts in this space. **I would put her on any stage.**"

ALEJANDRA RAMIREZ
CEO, Ready Cultures
THE M FACTOR 2

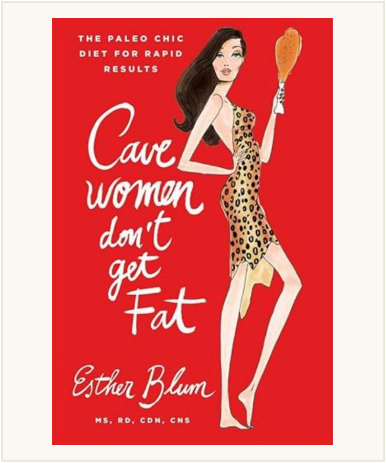
FIVE-TIME BESTSELLING AUTHOR

THE BOOKS BEHIND THE MISSION

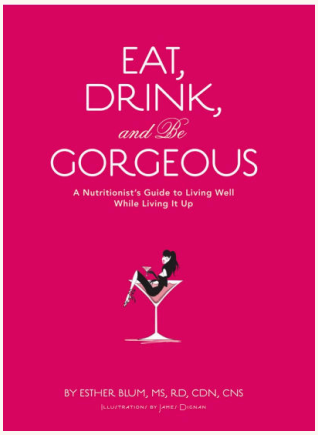
Esther is the author of five bestselling books on women's health, nutrition, hormones, and thriving at every age, each one a reflection of where women needed answers and weren't getting them.



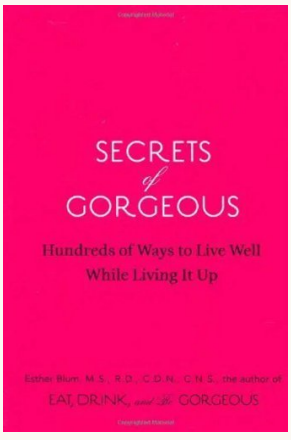
SEE YA LATER, OVULATOR!



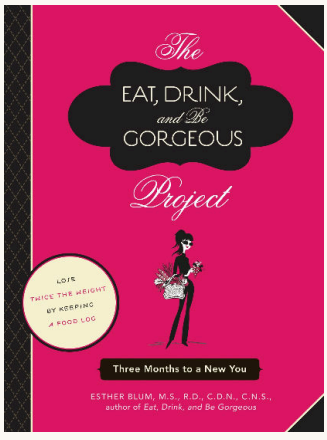
CAVEWOMEN DON'T GET FAT



EAT, DRINK AND BE GORGEOUS



SECRETS OF GORGEOUS



THE EAT, DRINK AND BE GORGEOUS PROJECT

PODCAST

THE MIDLIFE REALIGNMENT PODCAST

Where humor meets hormones. Real talk on perimenopause, menopause, HRT, nutrition, and thriving in midlife, because women deserve real answers.

REACH

41K INSTAGRAM	**698K** MONTHLY IG VIEWS	**23K** FACEBOOK
10K EMAIL LIST	**3.5K** LINKEDIN	**2K** YOUTUBE

SUGGESTED INTERVIEW QUESTIONS

- What is actually happening in a woman's body during perimenopause and menopause that her doctor probably never explained?
- What does evidence-based menopause care actually look like, and how does a woman find a doctor who will provide it?
- How does menopause affect cognition, mood, and sleep, and what can women do right now to protect their brain health?
- Why are so many women in midlife being dismissed, misdiagnosed, or handed antidepressants when they need hormone support?
- What are the biggest nutrition mistakes women make in midlife and what should they be eating instead?
- What is the one thing every woman approaching menopause should do before her next doctor's appointment?

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WATCH SPEAKER REEL

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