Women's HEALTH Universe

MEDIA KIT · 2026

A Tolu Health production

Women are multidimensional. So is our health.

FULL EPISODES	YouTube	Spotify	Apple Podcasts
SHORT CLIPS	Instagram	TikTok	LinkedIn

ABOUT THE SHOW

Women's Health Universe is the platform for women who have something to say, because our lives and our health are connected in ways worth talking about. Host Nina Mirhabibi brings women's real stories together with thoughtful conversations with health practitioners to explore the physical, emotional and social dimensions of women's health. From perimenopause and mental health to medical scares, care gaps and the questions women are too often discouraged from asking, no topic is off limits. The goal: help women feel heard, better informed and more confident advocating for their health.

AUDIENCE & REACH

Tolu Health digital reach · updated October 2026

48K+	20K+	~2K	6.7%
Impressions	Reach	Page Visits	Click-Through Rate

WHO'S LISTENING

Women 35–55 seeking answers

Women navigating perimenopause, menopause and health questions that never got a clear answer, who've been told their labs are normal when they don't feel normal.

A NOTE FROM THE HOST

> “The woman I want to empower is the woman who is putting the effort to learn more, and still feels like there is something missing.”
>
> **— Nina Mirhabibi, host**

WHAT WE TALK ABOUT

- Early menopause education for women under 40
- Women's health education & resources
- Nutrition & lifestyle
- Mental & emotional health awareness
- Women's health vs. men's health
- Menopause, relationships & divorce
- Women in the workplace
- Bridging clinical & holistic care
- Language gaps in women's healthcare
- Provider credentials & trust
- Mapping the women's health universe
- Health information, social media & AI
- Women's complex, untold stories
- Chronic disease & menopause

AND MORE · BECAUSE WOMEN'S HEALTH GOES BEYOND MEDICINE.

Our health goes beyond medicine.

Women's Health Universe - Tolu Health

MEET THE HOST



Nina Mirhabibi

MBA,CFNLP· Founder & CEO of Tolu Health · Creator and host of Women's Health Universe

With a background spanning technology, business, growth strategy and functional health, Nina created Women's Health Universe after navigating her own complex health journey. After years of being told nothing was wrong, she became a functional nutrition practitioner to find her own answers, and saw firsthand how hard it is for women to understand their options and find the right experts.

“These are the stories that are not being told, and I made it my mission to talk about it.”

WHY BE FEATURED

Your story deserves more than one conversation.

Women’s Health Universe brings women from every field into one honest conversation: beyond what we do professionally, how are we truly doing, and how are we caring for ourselves? That allows practitioners, clinicians, founders, researchers and innovators share expertise while centering the physical, emotional and social dimensions of women’s health.

Professional content

High-quality, professionally edited video and audio you can keep sharing.

WHU - Tolu distribution

Your story extends through WHU and Tolu channels, editorial features and newsletters.

Discoverability

Help women discover your expertise, practice, organization or innovation.

Paid growth

Selected packages include targeted paid promotion to extend your reach.

20–30 min
Interview-led episodes

Biweekly
New episode releases

Up to 8
Short clips per episode

6 platforms
Video, audio & social

GUESTS · PARTNERS · SPONSORS

Your work is changing women's health.

Let's tell your story.

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tolu.health/podcast/whis-2026-specials