

VINKA WONG

Location: Waikato

Vinka Wong is a Clinical Nutritionist and trusted health content creator, known for making complex science clear, practical and relatable. With more than a decade of experience across nutrition, blood chemistry, hormonal health and genetics, she creates credible, engaging content that helps people make informed decisions about their health.

Through Vinka Diagnostics and Nutrition, Vinka works with individuals, businesses, GPs and healthcare professionals, while also mentoring nutritionists and delivering workplace wellness programmes throughout New Zealand. She is the founder of a health technology platform that enables people to request their own blood tests and receive detailed analysis.

Vinka has contributed to Cuisine and other publications, sharing an honest and achievable approach to nutrition and long term wellbeing. She also leads guided fasting and wellness retreats in partnership with Resolution Retreats at Lake Karapiro.

Warm, articulate and confident on camera, Vinka is an excellent partner for aligned brands across health, wellness, nutrition, food, lifestyle and technology. Her content combines genuine clinical expertise with clear everyday advice audiences can understand and use.

SKILLS

Other	Public Speaker
Speaking Topics	Inspirational, Menopause, Motivational, Nutrition, Parenting, Perimenopause, Well-being, Women's Health, Work-Life Balance