

VINKA WONG

Location: Waikato

Vinka Wong is a highly regarded Clinical Nutritionist, known for her science-based yet down-to-earth approach to health. With over a decade of experience, she helps individuals, businesses, and health professionals make sense of complex health issues, using personalised strategies grounded in blood chemistry, hormonal health, and genetics.

As an educator and speaker, Vinka works closely with GPs and healthcare practitioners, mentoring nutrition professionals and delivering practical, engaging talks to workplaces and community groups across New Zealand. Her ability to break down health science into everyday language makes her a sought-after speaker for those wanting clear, actionable insights.

She is also the founder of a cutting-edge health software platform that allows individuals to self-request blood tests and receive detailed analysis, putting control of their health back in their hands. Through her practice, Vinka Diagnostics and Nutrition, she offers tailored wellness programs and online courses to support long-term health improvements.

Vinka's expertise extends beyond the clinic and into media, having contributed to Cuisine magazine and other publications, sharing her insights on making good nutrition practical, enjoyable, and sustainable.

She also leads health retreats in partnership with Resolution Retreats, offering guided fasting and wellness programs at their award-winning retreat on Lake Karapiro. These retreats combine structured fasting, education, and personalised health strategies to help participants reset their health in a supportive environment.

Whether you're looking to improve workplace wellbeing, upskill your team on health fundamentals, or gain deeper insights into your own health, Vinka brings credibility, clarity, and a refreshingly real approach to every collaboration.

Vinka has worked alongside leading organisations and events including PwC, Tompkins Wake, KPMG, Chartered Accountants, The Food Show, Dairy Women's Network, and more.

SKILLS

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