



Gwen is a natural health enthusiast, recipe creator, author, artist, photographer, freelance writer, and research geek. Her blog, Gwen's Nest, has become a trusted resource for healthy recipes and natural wellness information.

As a busy Mom to four, her passions are creating healthy recipes, exploring herbs and natural remedies, sharing practical tips, and creative ideas for home and family. A gifted writer & accomplished community leader, Gwen leads a positive & bustling natural health community in the Herbal Chick Chat Facebook group. She believes that a healthier life can be a joyful pursuit, that should look & taste amazing!

Gwen's Nest

recipes, remedies, & reflections from my neck of the woods...

Gwen's Nest is an engaging and informative health and wellness lifestyle blog that focuses on healthy recipes, tried and true natural remedies, and thoughtful reflections on how to cultivate a healthy, creative, and joy filled life. With uplifting content, a comfortable & easy-to-read style, and a touch of humor, Gwen's Nest fosters a sense of community for thousands of loyal and engaged readers each week, and has become a trusted resource for support and encouragement in the pursuit of sustainable, natural health.

Gwen shares her own experiences in eating low glycemic foods that helped her to lose over 45 pounds. She offers original and effective natural remedies using herbs and foods already found in most kitchens. She inspires readers from all walks of life to pursue healthy weight loss with insights, tips, products, and delicious original recipes. She develops sugar free, low glycemic dishes that her readers can enjoy and be proud to serve their family and friends.

Gwen's Nest readers enjoy insights, reviews, and tips on healthy products, ingredients, kitchen tools, & books that support their weight loss and natural health goals.

400+ 23.5 K+ 50+

3,000+ 49K+ 5K+ 12K+

180,000+ *Unique Visitors per Month*
325,000+ *Page Views per Month*

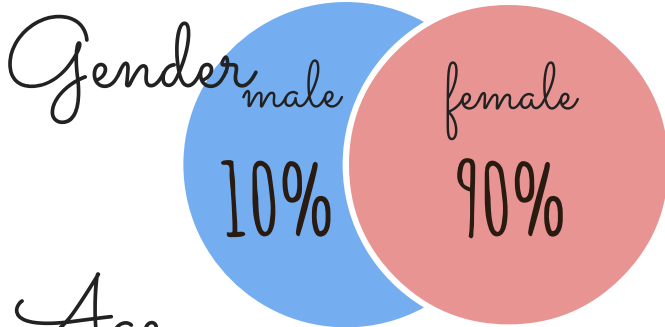




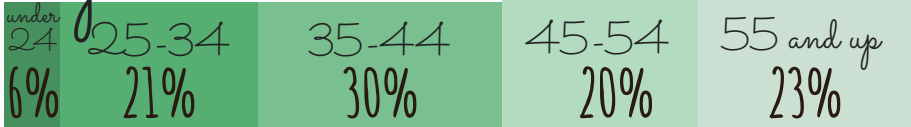
"I really enjoyed working with Gwen. She's professional and good at keeping deadlines and communicating. She creates great content and has beautiful photography. She takes pride in her work, and is someone I would definitely work with again."
 ~Kelli Farley, Content Manager- **Blendtec**

GWEN'S NEST READERS

Gwen's Nest readers are women interested in natural health and wellness. They're healthy cooking enthusiasts, & are interested in natural products, child care, home decor, & organizing.



Age



"Gwen!

Just want to thank you for all the yummy recipes and awesome information that you share. You are a Gem."
 ~Teri, reader

a few of the
BRANDS
 I'VE PARTNERED WITH

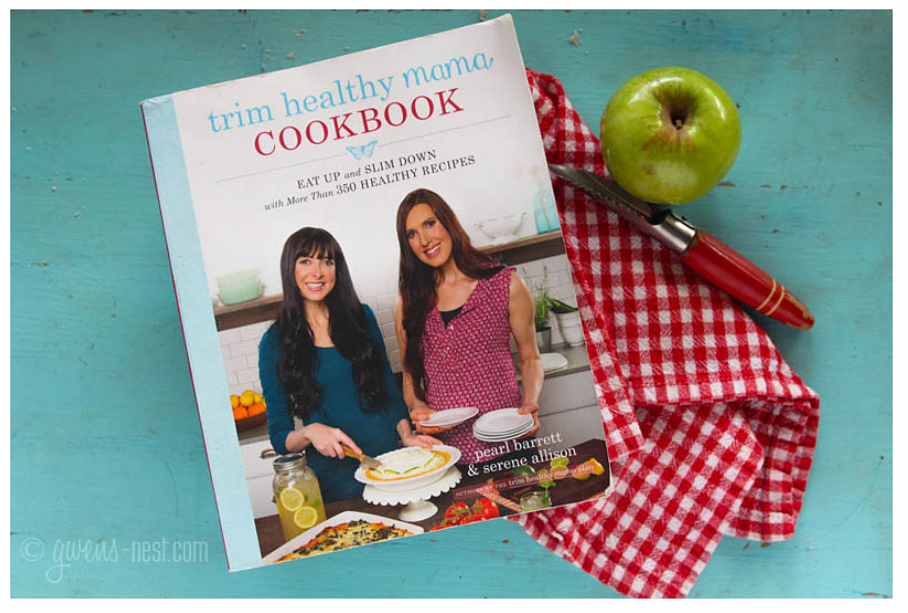
"Gwen has an uncanny ability to connect with readers. She naturally "gets" them and they "get" her. Her way with words inspires excitement. She is swift, witty and able to take a complicated subject and break it down to simple. I would recommend her unique talent to any brand in a heartbeat."

~Pearl Barrett, author **Trim Healthy Mama**



Blendtec





WORK WITH ME!

Dedicated Email	\$200
Sponsored Posts & Reviews	\$3,500
Photography or Illustration	\$100/hr.
Instagram Share	\$50/pic
Facebook Page Share	\$165/pic
Instagram + FB Share	\$200/pic

Idea for a unique project? Contact me at gwensnestblog@gmail.com for a quote

IMPORTANT NOTE

All posts that stem from advertisement or sponsorship conversation will be marked with #afflink or #ad.

All links that stem from an advertisement or sponsored conversation will have the “nofollow” attribute added to it, and will be in compliance with Google’s guidelines and policies.

By placing an advertising order with Gwen's Nest, the Advertiser agrees to our Advertising Policy.

a few of the
PUBLICATIONS
I'VE WRITTEN FOR

 Blendtec®

 Reader's
Digest®

 WONDER MILL



trim healthy
mama



BEEYOUTIFUL® 
Healthy Living for the Real World

LIVING
Nature's Warehouse
HEALTHY