



Gwen's Nest

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

Gwen is a natural health enthusiast, a recipe creator, an artist, and a 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 developing healthy recipes, exploring herbs and natural remedies, sharing practical tips, and fun creative ideas for home and family.

A gifted communicator and accomplished community leader, Gwen leads a positive and bustling natural health community in the Herbal Chick Chat Facebook group. She believes that a healthier life can be a joyful and creative pursuit, and that it should look and taste amazing!

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.

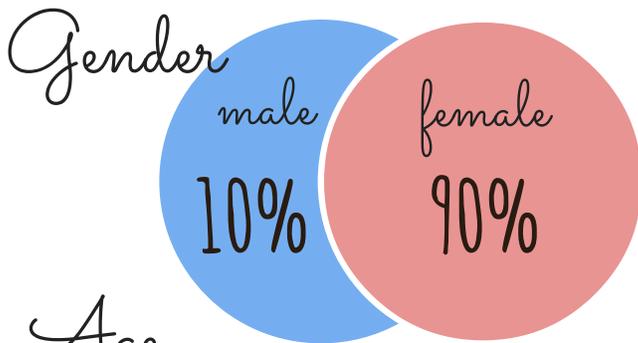




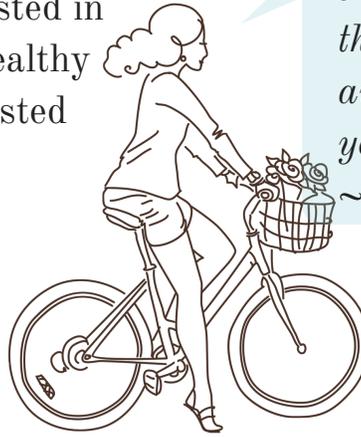
"I really enjoyed working with Gwen. She's professional and good at keeping deadlines and communicating. She creates great content and has beautiful photography. She takes pride in her work, and is someone I would definitely work with again."
 ~Kelli Farley, Content Manager- **Blendtec**

GWEN'S NEST READERS

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

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"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**

