



Gwen's Nest is an engaging and informative health and wellness blog that focuses on delicious real-food recipes, tried and true natural remedies, and thoughtful reflections on how to cultivate a balanced and healthy lifestyle.

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 offers original and effective natural remedies using herbs and foods already found in most kitchens.

Gwen shares her own journey eating low glycemic foods that helped her to lose over 45 pounds, with insights, tips, products, and delicious recipes. She inspires readers from all walks of life to pursue healthy weight loss while still enjoying delicious foods that they can 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.

Gwen is a natural health enthusiast, a real food recipe creator, and a bit of a research geek. She loves to share practical tips and encouragement focused on cultivating a sustainable healthy lifestyle.

A gifted communicator and accomplished community leader, Gwen founded and currently leads a positive and bustling natural health community in the Herbal Chick Chat Facebook group, as well as building her blog, Gwen's Nest, into a trusted resource for healthy recipes and natural wellness information.

Her vision is to encourage the use of herbal and natural remedies, and to inspire others to make informed healthcare choices. She's passionate about empowering women and families to reclaim their health and pursue weight loss by offering real-food recipes and menus with accessible, budget friendly ingredients.

Monthly Pageviews	286,688
Monthly Unique Visitors	66,017
Subscribers/Newsletter	21,613
Alexa Ranking	308,646
Page Rank	2
Facebook	6,762
Facebook: Herbal Chick Chat	7,033
Pinterest	6,507
Twitter	147

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Ad Space

- Above fold: Full Banner- \$430/month or 300x250 Sidebar \$580
- Below fold- Full Banner- \$150/month or 300x250 Sidebar \$220

Gwen's Nest loves to build relationships with brands that are a good fit for our readers. Please contact Gwen at gwen.nest.blog@gmail.com to discuss ideas for your project or brand.