
EAT. LOSE. GAIN.

(HEALTH & WELLNESS BLOG)



ERICA MESIROV

Erica lives in Los Angeles with her husband, her poodle & her 2 cats. Her mother's battle with cancer (which she ultimately lost) inspired her to go back to school and earn a masters degree in holistic nutrition. Her goal is to help people see how healthy living is attainable and can even be fun. When she isn't helping people live vibrantly, Erica spends her time running by the beach, watching girl movies, reading books her teachers would have said don't challenge her, and making lopsided pottery creations.

THE BLOG

Eat. Lose. Gain. with Erica Mesirov is a multi award winning blog, and Erica is an internationally know health and wellness coach. She is currently a Star Expert with Curejoy which has exposed her writing to millions. She has been featured on the front page of The Huffington Post (Healthy Living Section.) And she has a following from all over the world.

Her readers come to her blog for weight loss support, to learn easily attainable ways to live better, for easy recipes, and other healthy lifestyle tips.

Erica originally gained notoriety writing for Curejoy. in 2017, her readers more than tripled and the blog continues to grow going into 2018



Blog Readers Tripled in 2017



6,500 monthly
page views



1000 email
subscribers

Articles on First Page In Google Searches

- *How to Get the Allicin Out of Garlic (807 monthly views)
- *No-Sugar Salad Dressings (336 monthly views)
- *Why I Avoid Vitamin Water, Alkaline Water & Other Fad Health Drinks (200 monthly views.)

EAT. LOSE. GAIN.

(HEALTH & WELLNESS BLOG)

SPONSORSHIP POLICIES

All ads and posts on ericamesirov.com

\$30 - one sponsored post

\$60 - one sponsored post with a bonus link to this post from high traffic garlic post (as related post)

\$25/month - 300x300 box in right sidebar

\$30/month - 400x400 box in right sidebar

\$35/month - 500x500 box in right sidebar

\$40/month - banner above comments section

\$75/month - mid-page banner



Contact Erica Mesirov with Eat. Lose. Gain

Please email to go over information or questions.

Serious inquiries only. erica@ericamesirov.com

www.ericamesirov.com