
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



25% Traffic Increase in March

Top Articles and Posts



8,291 monthly
page views



1000 email
subscribers

*How to Get the Allicin Out of Garlic (968 monthly views)

*No-Sugar Salad Dressings (777 monthly views)

*6 Health Promoting Seeds (446 monthly views.)

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I'm not taking guest posts at this time

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\$50/month - banner above comments section

\$85/month - mid-page banner



Contact Erica Mesirov with Eat. Lose. Gain

Please email to go over information or questions.

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