



FAIRY[®]

GUTMOTHER

MEDIA KIT

www.fairygutmother.com

About the Fairy Gutmother

Carley Smith, aka the [Fairy Gutmother®](#), is a Certified Nutritional Therapist(NTP) and Certified GAPS Practitioner (CGP) as well as a 200-hour Registered Yoga Teacher (RYT). She became interested in health and nutrition after being diagnosed with Lyme disease and used food as medicine to help heal. She was so empowered by the progress in her health that she became a Nutritional Therapist and Certified GAPS Practitioner so that she could share her experience and help others feel better, too! Carley developed a nutrition plan called the [70/30 Plan](#) in order to help people transition into eating healthier by incorporating foods to help support gut health. She enjoys working with people and sharing her knowledge and experiences in order to help people restore their health. While she is not working with people one on one, she teaches various nutrition classes and cooking demos as well as leads wellness retreats.



As Seen On The Dr. Oz Show



Carley was recently featured on The Dr. Oz Show making a refreshing and fun Bone Broth Bloody Mary. Carley loves to encourage people to get outside their comfort zone and use broth in their daily routine and with recipes like her [Gut Healing Hot Chocolate](#) and [Apple Cider Bone Broth](#).

Carley also created a cooking video for The Dr. Oz Show on [How To Render Pork Fat](#) for their series on the health benefits of fats.



Cooking Videos



Fairy Gutmother: My Gut Healing Story

216 views • 1 month ago

Hi everyone! Thanks so much for taking the time to visit my YouTube Channel where I will be sharing cooking demos and helpful information around health and wellness.

Be sure to check out my website for more recipes, articles and more!

[READ MORE](#)

Carley recently launched a [YouTube Channel](#) featuring cooking demonstrations as well as a video sharing her story with Lyme disease.

Uploads [PLAY ALL](#)



How to Make Bone Broth: Part 1

49 views • 1 month ago



How to Make Bone Broth: Part Two

42 views • 1 month ago



Fairy Gutmother: My Gut Healing Story

216 views • 1 month ago



How To Render Pork Fat

26 views • 1 month ago

Her channel features a range of cooking and health/wellness videos designed to educate and empower others to live a healthier lifestyle.

Radio Show



Carley is a frequent guest on the Modern Eater Show on iHeart Radio. She currently is working with the hosts on a gut healing protocol as well as adding insight into gut health with various local restaurant chefs and food companies. She also contributes a monthly column to The Modern Eater blog regarding health and wellness.

You can tune into the show every Saturday 6PM MDT or [click here](#) to access replays of the most current shows.

Public Speaking



These classes are designed to help educate individuals on how to eat healthy as well as the best types of foods to eat and avoid in order to achieve optimal health.

Carley leads several nutrition workshops, educational courses and cooking demos to large groups at various rec centers, hospitals and doctor's offices promoting health and wellness. Classes vary in topics ranging from her 70/30 Plan to meal planning, gut health, healthy fats and bone broth cooking demonstrations.



Wellness Retreats

Wellness Retreats are designed to empower, educate and encourage others to take control of their health and restore their vitality. Retreats are held in a luxurious home in a serene environment, perfect for centering and healing. Intimate yoga classes are offered as well as several nourishing and nutrient-dense meals prepared by Carley.



Collaborations

A few of Fairy Gutmother's Collaborations



fatworks



Kesandrinos
EXTRA VIRGIN OLIVE OIL



nuts'n more



KALONA
SUPER NATURAL
BEYOND ORGANIC. BEYOND DELICIOUS



JERF
JUST EAT REAL FOOD



OMghee



Media

Click on images to view a few of Fairy Gutmother's features

Articles

How Yoga Helped Me Heal From Lyme Disease

by Carley Smith March 26, 2017 5:00 AM

SAVE 431



Photo: Shockey

I began my yoga practice roughly 10 years ago when a friend coerced me into trying a rigorous hot yoga class. You know, the type of yoga class you sweat nearly half your body mass in a dark, crowded room. I vividly remember my first hot yoga class spending most of the time wondering if they dimmed the lights or if I needed to take child's pose to refrain from passing out. Fast-forward seven years later and I would have never imagined how this sweaty yet special place on my mat would become an integral part in healing from Lyme disease.

east

Spirituality, Yoga, & Conscious Living



Carley Smith

Carley Smith, aka the Fairy Gutmother, is a Certified Nutritional Therapy Practitioner (NTT) and Certified KAP's Practitioner (KAP) as well as a 200-hour Registered Yoga Teacher (RYT). She became interested in health and nutrition after being diagnosed with Lyme disease and used food as medicine to help heal. She was so empowered by the progress in her health that she became a Nutritional Therapy Practitioner and Certified KAP's Practitioner so that she could share her experience and help others feel better, too.

View Profile

Three Ways To Transform Suffering Into A Heightened Sense Of Self-Awareness

by Carley Smith 5 MINUTE READ

92



3 Yoga Poses For Your Healthiest Gut Ever

Carley Smith



DEPRESSION: IN THE FIRST OR THE SECOND BRAIN?



Gut health is rapidly gaining recognition for its vital role in overall health, especially mental health.

Number 1001 Paleo Magazine Insider

mbg

READ & WATCH

CLASSES

REVITALIZE

What It's Really Like To Date With A Chronic Illness

by Carley Smith June 16, 2016 5:18 AM

SAVE 369



Photo: Shockey

I am a firm believer that things happen for a reason, so I have no doubt that being diagnosed with **Lyme disease** changed my life for the better. As hard as it has been to believe sometimes, it really has pushed me into a much healthier lifestyle. But it's definitely come with hardships along the way.

mbg

READ & WATCH

CLASSES

REVITALIZE

How To Avoid Stress-Eating Over The Holidays

by Carley Smith December 13, 2016 5:44 AM

SAVE 305



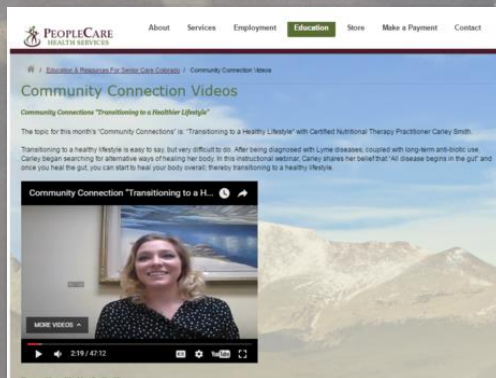
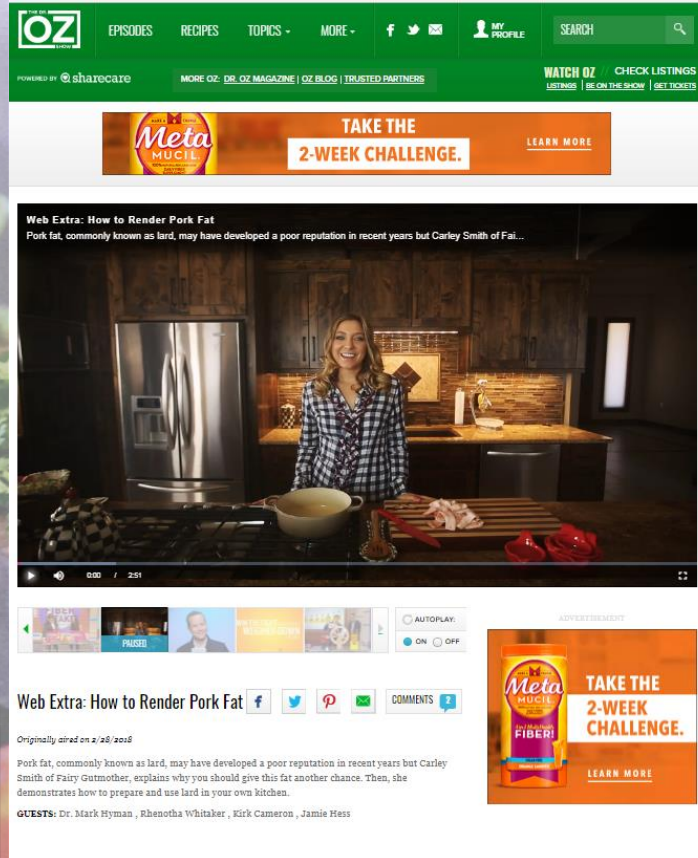
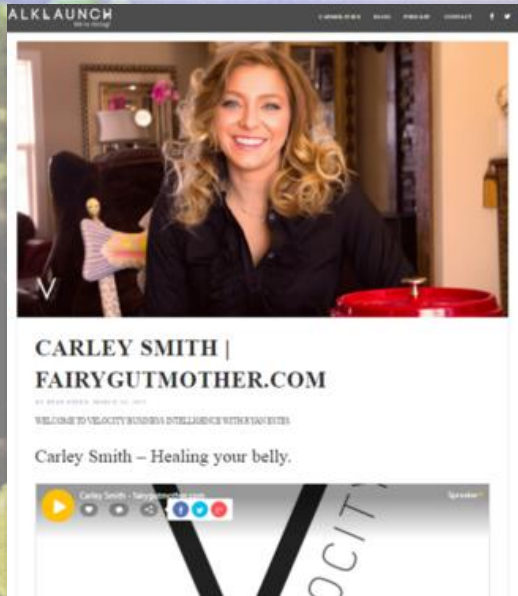
Photo: Shockey

Staying healthy during the holidays sounds nearly impossible, right? I mean, everywhere you look it's temptation at every angle. Cookies, cakes, pies, oh my! But what if I told you that staying healthy had actually very little to do with food itself? What **IF** staying healthy during the holidays depended more on our stress levels and mindset than anything?

Media

Click on the images to view a few of Fairy Gutmother's features

Podcasts, TV & Interviews



Reach



7,000 Instagram Followers



1,400 Facebook Followers



700 Email Subscribers

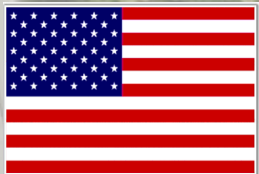


80% Female, Primarily Ages 25-55



Average 3,000+ Unique Website Visitors Per Month

Top Countries



USA



Canada



Australia



United Kingdom



Germany

Contact

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