



**FAIRY**

**GUTMOTHER**

**MEDIA KIT**

[www.fairygutmother.com](http://www.fairygutmother.com)





# About the Fairy Gutmother®

Carley Smith, AKA Fairy Gutmother®, is a Nutritional Therapist, Certified GAPS Practitioner, and Registered Yoga Teacher. She became interested in health and nutrition after being diagnosed with Lyme disease and using food as medicine emphasizing gut health to help heal. Carley was so empowered in the progress in her healing just based on diet and lifestyle changes emphasizing gut health that she started her business, Fairy Gutmother®, so she could help spread awareness around nutrition and help others. Carley is adamant about promoting the gut health lifestyle as it is more than a diet, rather, a combination of food and environment that play a role in the health of the microbiome.

Carley has been a featured guest on The Dr. Oz Show and is a frequent guest for Fox News Denver and regular guest and writer for the popular iHeart Radio show Modern Eater. She also organizes and leads gut health and nutrition courses for United States Army Special Operations Command (USASOC) as well as consults with their Dining Facility on making their foods more gut friendly. Her articles have been published in major worldwide publications including MindBodyGreen, Newsmax, Yoga + Life Magazine, and Paleo Magazine to name a few. She also leads numerous workshops, public speaking events, and cooking demonstrations centered around the gut health lifestyle. Carley has also partnered with University Hospitals and Case Western University in Cleveland, Ohio to research the relationship between diet and the microbiome.

You can view more on her website: [www.fairygutmother.com](http://www.fairygutmother.com).





# As Seen On The Dr. Oz Show

Carley has been featured on The Dr. Oz Show making a refreshing and fun Bone Broth Bloody Mary. She 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.







# As Seen On Fox News Denver

Carley is a frequent guest on Fox News Denver where she demonstrates how to make simple, delicious gut healthy foods.

Carley shares her back-to-school gut healthy, kid friendly foods in this special segment.





# As Seen On Fox News Denver

Who knew sauerkraut was so funny?! Watch Carley create her popular Fennel Apple Kraut slaw and share with the hosts.



NEW AT 8:30

TIME FOR A GUT CHECK

2 YOUR HEALTH

This segment, Carley demonstrates how to make a simple, nourishing bone broth and touches on the many gut healthy benefits.





# As Seen On Modern Eater Show iHeart Radio



Carley is a frequent guest on the Modern Eater Show on iHeart Radio. She worked with the hosts on a gut healing protocol as well as adds 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.

This episode, Carley talks about her upcoming 5-Course Gut Healthy Dinner for the Modern Eater Show and the importance of sourcing local, sustainable foods directly from your farmer and rancher.





# Modern Eater Show Summer Dinner Series

Catch some of the live action of the Modern Eater Summer Dinner Series [here](#) where Carley designed and prepared a 5-course Gut Healthy Dinner for guests, partnering with all locally sourced, sustainable foods.

THE  
MODERN  
EATER

Grower's  
Organic LLC

SUMMER DINNER SERIES

FEATURING #HYPERLOCAL FOOD AND DRINK

CARLEY SMITH  
THE FAIRY GUTMOTHER



WEEK 4 - MENU

## Apple Cider Vinegar Shooter

+ACV + Lemon Juice + Ginger + Honey + Sparkling Water  
Aids in jumpstarting digestion

Featured local products: Big Bs, HorseThief Honey, Grower's Organic, Alfalfa's Market

## Spicy Kraut Slaw Salad

+Lemon Ginger Sauerkraut + Shredded Cabbage + Jalapeño + Green Apple + Radish + Cilantro + Oregano + Lime  
Helps digest foods, ferments add beneficial bacteria to gut  
Beverage: Red Fox Cellars Rose

Featured local products: Vibrant Veggies, Red Fox Cellars, Grower's Organic, Alfalfa's Market, Field to Fork

## Carrot Ginger Soup with Carrot Top Pesto Drizzle

+Carrot + Ginger + Sweet potato + bone broth => pureed soup  
Gut healing bone broth

Beverage: Spice Trade Brewing Ginger Cream Ale

Featured local products: Field to Fork, Grower's Organic, Pressery Bone Broth, Spice Trade Brewing, Trubucha, Alfalfa's Market

## Shrimp with Lemongrass Cauliflower Rice

+Sautéed Shrimp + Cauliflower Rice + Lemongrass  
Beverage: Kombucha shandy

+Spice Trade Lemoncello + Kombucha

Featured local products: Trubucha, Spice Trade Brewing, Alfalfa's Market, Grower's Organic

## Bone Broth Bloody Mary & Bone Broth Michelada Shooters

+Coconut aminos + kimchi juice + horseradish + siracha and paprika + Colorado honey + chili powder rim  
Featured on Dr. Oz Show

+Brewed Foods Fermented and Live Bloody Mary Mix + Spice Trade Jalapeno Pilsner

Featured local products: Brewed Foods, Spice Trade Brewing, HorseThief Honey, Alfalfa's Market

## Steak with Marrow Butter & Oven Roasted Smashed Potatoes

+Colorado Grass-fed Steak + Bone Marrow Butter + Smashed Colorado Potatoes

Marrow good for gut health, potatoes healthy resistant starch which is food for beneficial bacteria

Beverage: Red Fox Cellars Red Wine (also good for gut microbes)

Featured local products: CornerPost Meats, Strohauer Farms, Red Fox Cellars, Alfalfa's Market

## Homemade Half Sour Pickles + Sparkling Beet Kvass

Field to Fork cucumbers +Burdock Root +Corriander +Bay Leaf +Cinnamon +Mustard Seed +All Spice + Garlic served w/  
Field to Fork beets fermented in sparkling water  
Pickling blend uses herbs and spices that help simulate digestive enzymes paired with beet kvass (fermented beet juice) which helps stimulate bile production

Featured local products: Field to Fork, Alfalfa's Market

## Cherry Pie Crumble with Vanilla Kefir Ice Cream

Field to Fork cherries + almond flour + coconut + Grassfed butter/ghee + almond slices + Homemade kefir ice cream made with raw Colorado honey and real vanilla beans

Probiotics with Kefir, healthy dessert

Beverage: Chicory Root + Bestslope Coffee Brew

Chicory root is a prebiotic fiber, helps promote beneficial bacteria in the gut

Featured local products: Bestslope Coffee, Field to Fork, Alfalfa's Market, HorseThief Honey, Grower's Organic





# Cooking Videos

The Fairy Gutmother®  
YouTube channel features  
cooking demonstrations and  
nutritional videos as well as a  
video sharing her story with  
Lyme disease.

## Grilled Bison Bacon Burgers



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.





# Public Speaking

Carley leads many nutrition workshops, educational courses and cooking demos to large groups promoting health and wellness.



Watch Carley lead a gut health talk and Potato Salad demo at the Colorado Potato Festival in Monte Vista, CO!





# Public Speaking

Carley has partnered with Alfalfa's Market in Boulder, CO hosting talks and cooking demos centered around nutrition and gut health.

Watch Carley demo three recipes using ferments and discuss the health benefits.

Live from Alfalfa's Market in Boulder



Watch Carley talk live about bone broth and give a demo to a gut healthy attuned audience in Boulder, CO.

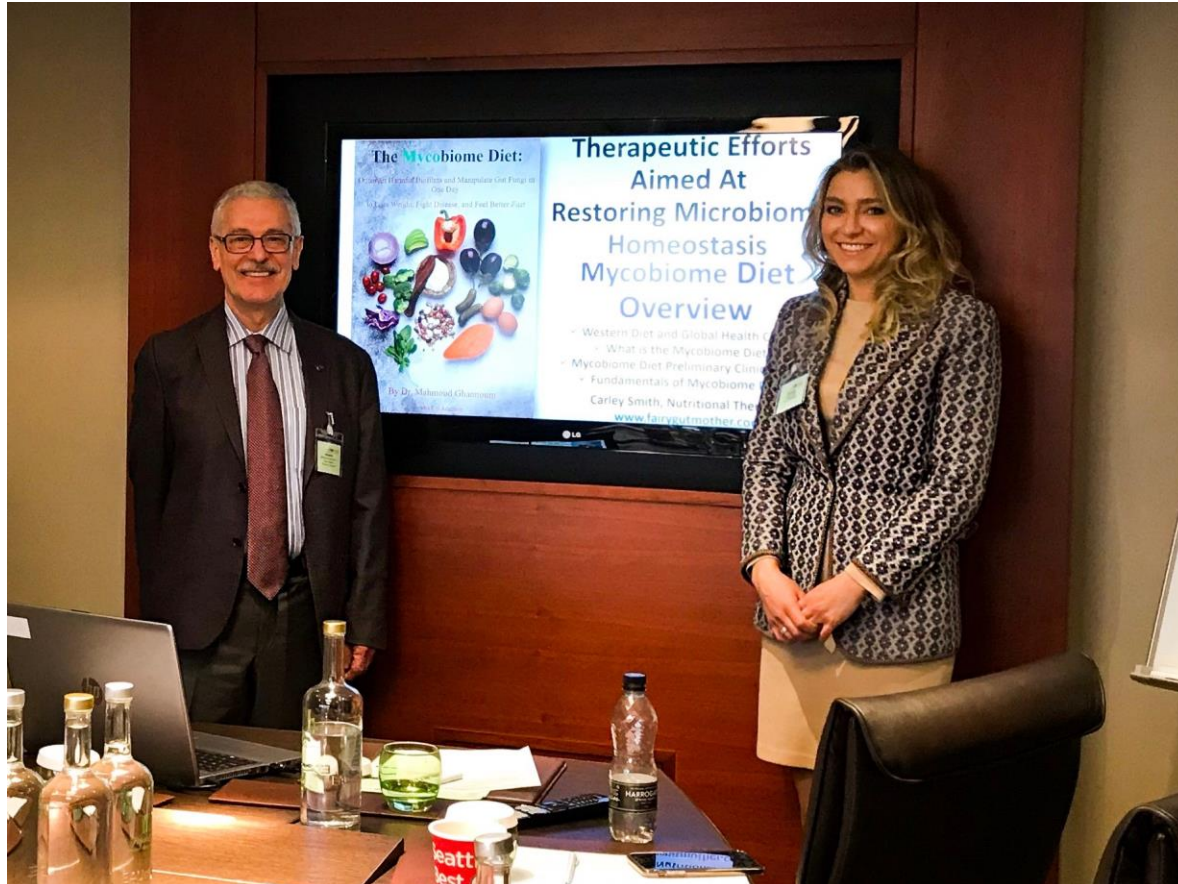




# Public Speaking

Carley speaks around the world on gut health and wellness.

She presented at the Superbugs & Superdrugs conference in London on the findings from a research study she helped develop and implement regarding the effects of diet and the microbiome.



Speaking to a group of gut health enthusiasts at High Mood Food in London, a gut healthy eatery.





# Giving Back

Carley works with the Special Forces of the the military on implementing more gut healthy foods into their routine and Dining Facility.



She helps organize and lead cooking demonstrations in austere environments for Special Forces.

Her efforts with the Special Forces were well received; their Dining Facility now offers “Bone Broth Friday” every week!





# Giving Back

Carley is passionate about sharing the benefits of healthy eating and living to everyone.



Here, Carley organized a gut healthy dinner for Urban Peak, a Denver homeless teen shelter.



She partnered with her Modern Eater Show friends to serve a locally sourced, nourishing dinner to the teens.





# Lifestyle

Carley is adamant about sharing the gut health *lifestyle*, as it is not just a diet, rather a lifestyle, as stress is more damaging on the gut than junk food!

As a Registered Yoga Instructor, Carley blends her knowledge of the practice into Fairy Gutmother® by leading Yoga + Gut Health workshops across the country.





# Publications

Carley has published articles centered around health, wellness, and recipes in major world-wide publications, including: Paleo Magazine, MindBodyGreen, Yoga + Life Magazine, and Newsmax to name a few. Click on the photo to be linked to the publication.



HOME Y+L COMMUNITIES ▾ FEATURED CONTENT ▾ EVENTS ▾ SUBSCRIBE NOW ▾ CONTACT ▾

## The Benefits of Bone Broth | By Carley Smith

5 MINUTE READ · 154 VIEWS · CO YOGA + LIFE™

Originally published in the Winter + Spring 2019 issue.



## HOW HIGH HEALTHCARE COSTS MAY HAVE SAVED MY GUT

By Carley Smith | April 12th, 2019 | Articles, Featured Slider

Like many Americans, I believe that the United States needs some kind of medical reform. It doesn't seem fair that healthcare, our basic foundation for life, comprises astronomical prices, subpar care, and unreliable coverage. As someone who tries to find the silver lining in every situation, however, I feel that high healthcare costs may have been advantageous for my own healing journey. Perhaps the dysfunctional

**PALEO**  
modern day primal living **MAGAZINE**



Visit her website for full list of articles [here](#).



# Publications

Click on the photo to be linked to the publication.

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articles [here](#).

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

by Corley Smith June 18, 2016 5:18 AM

SAVE 369



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 is to believe sometimes, it really has pushed me into a much healthier life. It's definitely come with hardships along the way.

## How To Avoid Stress-Eating Over The Holidays

by Corley Smith December 13, 2016 5:44 AM

SAVE 305



Photo: Shutterstock

ring the holidays sounds nearly impossible, right? I mean, ok it's temptation at every angle. Cookies, cakes, pies, oh my! But what staying healthy had actually very little to do with food. Staying healthy during the holidays depended more on our stress than anything?

## 3 Yoga Poses For Your Healthiest Gut Ever

Corley Smith



December 13, 2017 12:05 PM

100% healthy. 80 percent of the time the subject turned it the other way.

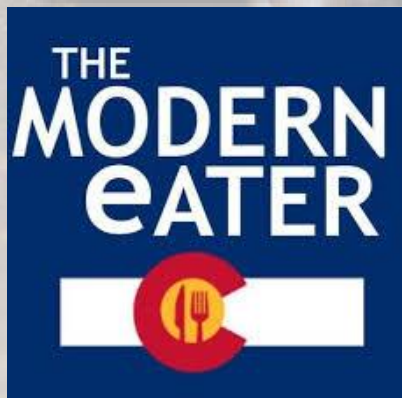






# Collaborations

A few of Fairy Gutmother® Collaborations







# Contact

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Additional recipes,  
cooking demos, and  
health tips



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[www.fairygutmother.com](http://www.fairygutmother.com)

