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# THE COMPLETE HERBAL GUIDE

NATURAL HEALING, HEALTH AND WELL-BEING WEBSITE

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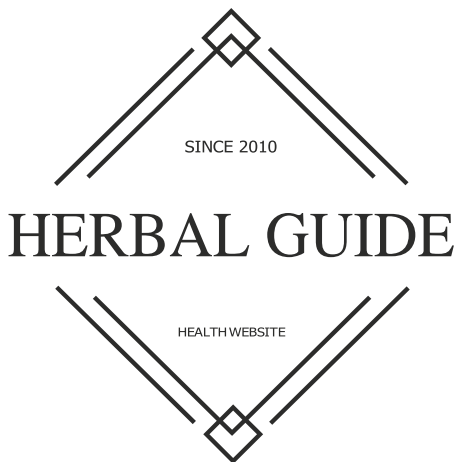
## STACEY CHILLEMI

Stacey Chillemi is a popular and recognizable health and lifestyle reporter and expert, columnist and health host. Author of The Complete Guide to Natural Healing, along with 20 other published books, Stacey is the founder of The Complete Herbal Guide ([thecompleteherbleguide.com](http://thecompleteherbleguide.com)), which currently has over 300,000 monthly visitors. Stacey has been a guest on numerous lifestyle and health-related TV and radio programs, and is a recognized health and natural remedies expert, with over 20 years in practice as a Health Coach. Stacey has been a guest on the Dr. Oz Show, local news, and numerous radio shows.

## THE WEBSITE

The Complete Guide to Natural Healing believes that food, vitamins, supplements and alternative medicine can be your best medicine. This website will show you the truth about health and wellness, so you can help your family and closest friends get even healthier. You'll learn exactly what you should do and how to eat to get healthy, exercise to get your leanest, healthiest body and how to take control of your family's health, using natural remedies as medicine.

Thecompleteherbalguide.com was created to give you the truth about health, so you can live a vibrant, energetic life based on a natural approach to healing the body and maintaining optimal health using alternative medicine, herbals, vitamins, fruits, and vegetables. Try living a healthier lifestyle and watch your body transform before your eyes, feel your energy levels increase from one day to the next, and discover the power of alternative medicine, herbals, vitamins, fruits, and vegetables, just as tens of thousands of others already have discovered.



6 thousand  
Followers



14.1 K  
Followers



1.9 k  
Followers



3.6 Million  
Readers



522  
Subscribers

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# STACEY CHILLEMI

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AUTHOR. WRITER.  
SPEAKER. HEALTH EXPERT



Stacey Chillemi is on a mission to transform the health of millions all across America. In 2010 Stacey Chillemi founded The Complete Herbal Guide and quickly her website grew it to see over 40,000 readers weekly on her website, making it one of the largest natural health websites in the United States.

Stacey Chillemi has authored 20 books, the Complete Guide to Natural Healing: A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements, Vitamins, Minerals, Fruits, Vegetables and Alternative Medicine and Natural Remedies for Common Conditions: How to Prevent, Heal and Maintain Optimum Health Using Alternative Medicine, Herbs, Vitamins, and Food, How Thinking Positive Can Make You Successful: Master the Power of Positive Thinking along with 20 other published books.

As a speaker, writer and frequent guest on radio shows and TV show, Stacey Chillemi offers life-changing health solutions to readers and listeners globally. She also is a highly sought after speaker in communities, organizations, and businesses.

Stacey Chillemi has been a writer for many professional doctors. In 2009 she wrote a book called, Epilepsy and Pregnancy with Dr. Blanca Vazquez, MD and she was one of the very few writers who was not a doctor allowed to write for Neurology Now Magazine giving advice on nutrition, epilepsy and common medical conditions. She recently was a guest on ESPN910 with Dr. Jeff and Brain Andrews discussing Alternative medicine for athletes.

Stacey Chillemi has created one of the top 50 natural health websites in the world. She was awarded the Natural Medicine Website Award for 2017. She runs two health websites, [thecompleteherbalguide.com](http://thecompleteherbalguide.com) and her natural Health website [store.thecompleteherbalguide.com](http://store.thecompleteherbalguide.com). The website receives over 300,000 monthly visitors, where the main topics include nutrition, fitness, health recipes, ways to reduce stress and current health news and videos.

She has built a significant Twitter following of over 14,000 followers where she answers questions from her fans. She has been featured on CBS, Dr. Oz, New Jersey Women and NJ 12 News.

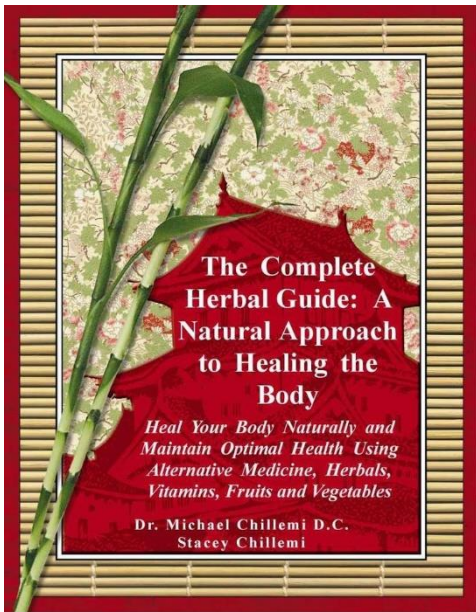
Stacey is a regular writer for the Huffington Post, one of the largest and credible news media outlets. In 2016 Stacey Chillemi was asked by Arianna Huffington to review her book The Sleep Revolution.

Stacey Chillemi has even spoken in front of Congress in Washington for employment discrimination for people with epilepsy.



## THECOMPLETEHERBALGUIDE.COM

Stacey Chillemi founded thecompleteherbalguide.com in 2010 and quickly grew the website to see over 300,000 monthly visitors, making it one of the largest natural health websites in the United States



## THE COMPLETE HERBAL GUIDE

In 2015 Stacey Chillemi released her first edition of The Complete Herbal Guide, A Natural Approach to Healing the Body. Her book is an essential reference book for anyone interested in maintaining optimal health and overcoming disease. The book contains concise and comprehensive listings of hundreds of herbs, vitamins, and supplements that can cure common medical conditions.

## Natural Remedies

*For Common Conditions*



*How to Prevent, Heal and Maintain Optimum Health  
Using Alternative Medicine, Herbs, Vitamins and Food*

Stacey Chillemi & Dr. Michael Chillemi, D.C.

## NATURAL REMEDIES FOR COMMON CONDITIONS

This book is packed with informative information on how to naturally prevent, treat and overcome hundreds of common conditions that affect our society on a daily basis.

## The Complete Guide to Natural Healing

A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements, Vitamins, Minerals, Fruits, Vegetables and Alternative Medicine



By Stacey Chillemi  
Dr. Michael Chillemi

## THE COMPLETE GUIDE TO NATURAL HEALING

This 2016 Edition teaches people how to heal their body without having to rely on medicine and over-the-counter drugs. The valuable information in this book helps guide readers on how to maintain optimal health and overcome disease naturally.



## HERBAL GUIDE ONLINE STORE

Stacey Chillemi recently launched the Herbal Guide Online Store, a reliable resource for customers favorite health products. We formed The Herbal Guide Online Store because we were frustrated with the supplements and products available to us. We realized that the products we were using contradicted our principles of good nutrition with fillers, artificial flavors, and ingredients our bodies just didn't need. Our goal is to make a healthy difference in people's lives every day and travel with each customer on their wellness journey. We gained a significant following during the pre-launch.

# Stacey Chillemi



## STACEY CHILLEMI'S PRODUCTS

Stacey Chillemi is getting ready to launch her line of organic soaps, hand sanitizers, Epsom salts and face serums. These products will launch in the Fall of 2017 and they have already gained a significant interest from investors and sponsors.





# The Complete HERBAL GUIDE

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## VIDEO PRESENCE. PUBLIC SPEAKING

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### Stacey Chillemi Speaks Up

Stacey Chillemi is a popular promotional speaker, regularly making presentations for Parker Nursing Homes, the Epilepsy Foundation, The Chiropractic and Physical Therapy Center of New Jersey, Get FIT, many local events, and often appearing as a guest, on national radio programs. She is mentored by Joe Dunne Owner of the Natural Wakenings magazine in Central NJ and the other one in Essex County New Jersey and author of the Amazon Best Seller, "The Complete Guide: A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements."

### Appeared On

Have Lunch with the Biggest Celebrities with Bert Martinez  
ESPN910 with Dr. Jeff and Brain Andrews  
Lauren Laurino Show On the Dr. Ren Show discussing herbal safety in the third trimester  
The Dr. Oz Show on a segment about anti-aging  
The Dr. Oz Show on a segment about nutrition & Protein  
The Dr. Oz Show on a segment about sleep  
The podcast Health Media Now-Stacey Chillemi-How to Heal Your Body Using Natural Remedies hosted by Denise Messenger  
The Dr. Oz Show - 60 Second Life Hacks  
The Dr. Oz Show - How to Relieve Back Pain in 15 Minutes  
The radio show "The Wellness Ultimatum Radio Show: Optimal Health with Stacey Chillemi!"  
The radio show "Bliss Hacker Radio: Optimal Nutrition and Health with Stacey Chillemi"  
The podcast show "Vegetable Gardening with Mike the Gardener"  
The podcast show "My Seven Chakras with Aditya"  
The radio show "Talk Story Radio with Julia Widdop"  
The radio show "Your Golden Years" hosted by Dr. Mara Karpel 2014 -2015 on (Herbal Remedies)  
The radio show "Your Golden Years" hosted by Dr. Mara Karpel 2014 -2015 on (Epilepsy)  
The "Jennings Wire: World to Success Podcast  
News12 hosted by Journalist Della Crews  
The TV Show New Jersey Women  
Four talk shows to discuss epilepsy focusing on the importance of understanding epilepsy, how to help someone having a seizure and giving people with epilepsy encouragement and hope for the future.  
Radio stations discussing epilepsy  
The Michael Dressor Show – Health Radio  
Spoke in front of Congress in Washington for employment discrimination for people with epilepsy  
Spoke at different events for schools, organizations, political events



# The Complete HERBAL GUIDE

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## PUBLISHED BOOKS

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### Author Stacey Chillemi

1. Natural Remedies for Common Conditions: How to Prevent, Heal and Maintain Optimum Health Using Alternative Medicine, Herbs, Vitamins and Food
2. The Complete Herbal Guide: A Natural Approach to Healing the Body
3. The Complete Herbal Guide: Heal Your Body Naturally and Maintain Optimal Health Using Alternative Medicine, Herbs, Vitamins, Fruits and Vegetables
4. Asthma: Clear Answers and Smart Advice for Someone Diagnosed with Asthma
5. Epilepsy You're Not Alone: A Personal Approach on How to Cope with Epilepsy
6. Eternal Love: Romantic Poetry Straight from the Heart
7. My Mommy Has Epilepsy (Children's Book)
8. My Daddy Has Epilepsy (Children's Book)
9. Keep the Faith: To Live and Be Heard from the Heavens Above (poetry book)
10. Live, Learn, and Be Happy with Epilepsy
11. Epilepsy and Pregnancy: What Every Woman Should Know  
Co-authored by Dr. Blanca Vasques
12. Faith, Courage, Wisdom, Strength and Hope
13. Life's Missing Instruction Manual: Beyond Words
14. Breast Cancer: Questions, Answers & Self-Help Techniques
15. How Thinking Positive Can Make You Successful: Master the Power of Positive Thinking
16. Beginners Tips for Horse Training: What Every Horse Trainer Should Know
17. Natural Cures for Common Conditions: Learn How to Stay Healthy and Help the Body Using Alternative Medicine, Herbs, Vitamins, Fruits and Vegetables
18. The Ultimate Guide to Living Longer and Feeling Younger
19. How to Buy a Home Using a VA Loan: What Every Home Buyer Should Know
20. How to Purify Your Drinking Water: Understanding the Importance of Purifying Water and How Purified Water Can Keep You Healthy and Prevent Unwanted Illnesses and Diseases from Occurring

STACEY CHILLEMI STORIES AND POETRY HAVE BEEN PUBLISHED IN:

Chicken Soup for the Recovering Soul  
Chicken Soup for the Shoppers Soul  
Whispers of Inspiration





# The Complete HERBAL GUIDE

## WHAT OUR CLIENTS HAVE TO SAY

"Stacey is an amazing writer. The book review she created for us went above & beyond our expectations. It was clear she thoroughly read the book and brought out some positive attributes that we didn't even see. We're very thankful to have discovered Stacey and her services. We highly recommend her!" ~ **Ryan McCormick from Goldman McCormick PR**

"I have enjoyed working with Stacey at The Complete Herbal Guide. They have a great social media presence and has assisted me so much these last few years in promoting my client's brands. They are timely and they keep their word and very pleasant to work with. I recommend doing business with the group!" ~ **Sandra Parker**

Having an army of qualified experts (my personal vouch goes for Dr. Lynda White) and a wealth of healthcare related advice, I found The Complete Herbal Guide's community to be a home for both my queries and ideas. I humbly recommend you check them out and find for yourself a perfect alternative health-related guide. ~ **Mike Jones from TGC Media**

The Complete Herbal Guide has been an amazing resource for natural brands I represent. Stacey Chillemi and her team have provided excellent product reviews for supplements and skincare products from SeabuckWonders, Devera Naturals, Good Karma Skincare and many others--helping to increase brand awareness, while providing key insight and trial results to their many followers. The Complete Herbal Guide is truly a one-stop shop for researching information on all the latest natural brands and products. ~ **C Boldt Consulting**

I am so glad I found Stacey Chillemi for all my website writing needs. No more searching for nonexperienced writers because I have found Stacey. She is formative, reliable and creative. ~ **Vic C from Owner, Goteck1.com**

"What a thrill to have Oubliette--A Forgotten Little Place reviewed by Stacey Chillemi on the Huffington Post. Not only is her review one we spotlight on our website and through social media, but it is exceptionally well-written and gives great insights into the book. We've received many comments from fans who mention reading Stacey's review." **Desiree from Black Chateau Enterprises**

Stacey Chillemi Is My Go-to Person for the Best Reviews and Ideas for Media ~ **Shirley Sandler Shirley from Sandler Public Relations**

"Stacey was an absolute joy to work with. She was so efficient and effective and gave Dr. Axe's first published book, Eat Dirt such an amazing review. We highly recommend working with her, we know that you will be very impressed, just like we were." ~ **Kaley Lamberson from Draxe.com**

I have worked with Stacey for several years now and she has never disappointed. She is responsive, gives her honest input on what venue and format are best for your client, and delivers promptly. I have always been pleased with her work as have my clients. I trust her marketing, editorial and writing skills and the ease in which she fits into my client's budgets. She is my go-to person on the web. **Kelly Charles from Kc Communications**







## SERVICES OFFERED

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- Sponsorship
- Social Media
- Promotions
- Attending Events
- Product Reviews
- Website Advertising

## AUDIENCE REACH

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- 300k Mon. Readers
- Top 60% on Social Network
- 14.1 k Twitter Followers on social network
- 6 K Facebook Reach



## PARTNERSHIP/ AFFILIATES

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The Chiropractic and Physical  
Therapy Center of New Jersey  
Hair Restoration Laboratories  
Hubshout

## CONTACT

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- Belleville, NJ 07109