

Maria Emmerich

MariaMindBodyHealth.com



BIO

Based in Wisconsin and Hawaii

Maria Emmerich is a nutritionist who specializes in the ketogenic diet and exercise physiology. She struggled with her health and weight throughout childhood which led her to become such a passionate nutrition expert. "My goal is to help transform people's lives and start living again!" She is an International best selling author of over 20 books. Her expertise has sent her around the World speaking about ketogenic diets. She has also cooked with Halle Berry and writes for Halle's website. Some of her readers include, Halle Berry, Valerie Bertinelli and Al Roker.

RECENT COLLABORATIONS

Cooking on Instagram with Halle Berry
Reversed TV Series
Primal Kitchen (Kraft)
Good Day New York Cooking Segments
Video Collaboration with Jewel
Spain Meal Delivery Company (HolaKeto)
Italy Keto Bakery

303K+
INSTAGRAM
FOLLOWERS
(3 ACCOUNTS)

135K+
NEWSLETTER
SUBSCRIBERS

400k+
DAILY REACH
(BLOG + SOCIAL)

201K
FACEBOOK
FOLLOWERS

4k+
DAILY IG STORY
VIEWS

3200
TEXT
COMMUNITY
SUBSCRIBERS

1M
MONTHLY
PINTEREST VIEWS

650K
MONTHLY
BLOG VIEWS

95%
OPEN RATE FOR
COMMUNITY TEXTS



91% FEMALE



21% 25-34
38% 35-44
26% 45-54
10% 55-64



76% USA
#2 CANADA
#3 UK
#4 AUSTRALIA

Keynote Speaker at Events Around the World (Moscow, Spain, United States, Italy, Croatia)

Social Media: [@mariaemmerich](#) | [MariaMindBodyHealth.com](#) | [Keto-Adapted.com](#)