



Reshape your family's meal, Enhance your life!

About Healthy Mama Info.

Is a website dedicated to healthy family eating and living. Healthy Mama Info is about reshaping family's meals to enhance a family's life. Full of healthy recipes, nutrition advice and activities for kids, this website promotes health and family's wellness.

Anastasia's fun, but authoritative voice has created a strong readership of those that want to eat healthier foods and live fuller, healthier lives.



Healthy Mama Info Readers

Mostly women between the ages of 25 and 45, who are mothers of young children (0-15 years old) College-educated shop in Whole Foods supermarkets and live all across the country.

Interested in healthy foods, supplements, organics, "green" toys and other products that fit into a healthy, active family lifestyle Are social media-savvy and use online resources, such as social media networks and shopping sites to connect and to buy.

Advertising Options

There are multiple advertising options on <http://www.healthymamainfo.com>:

Text Link Ads: can be placed on the front page on a monthly basis.

Sponsored posts: available only for a fee if the post relevant.

Monthly sponsorship: For one month, your 125 by 125 ad will be placed on Healthy Mama Info's page sidebar. You also get one review of your company's goods or services and four plugins on Healthy Mama Info's social media accounts. Additionally, you get up to three text links a month (integrated into blog posts).

Giveaways: available.

About Dr. Anastasia Halldin

Anastasia has a Ph.D in holistic nutrition. She is a mother of three who loves to share her knowledge of health and nutrition with other mothers to help them raise healthier families.

Anastasia believes that reshaping one's family meals can greatly enhance the family's life. Anastasia has produced and appeared in thirteen yoga DVDs, starred on a national yoga TV show and has had articles published in multiple magazines and online.

Healthy Mama Info Stats

Unique visitors: 31,671

Pageviews: 56,496

Email subscribers: 4,200+

Twitter: 6,359 followers

Facebook: 5,700 fans

Youtube: 3,763 subscribers

Pinterest: 5,255 followers

In the past, Healthy Mama Info has worked with **Vitacost, Tropical Traditions, Vitamix, Cultures for Health, Larabar, Kickboard USA, Boan Health, Sunfood, Learning Resources** and more.

For current rates and promotions, email anastasia@healthymamainfo.com