

MICHAELA BALLMANN, MS RD CLT



ABOUT MICHAELA

Michaela is a holistic dietitian, nutrition consultant, podcast host and blogger. She is enthusiastic about guilt-free eating, whole person care, and nourishing food. She graduated summa cum laude from Loma Linda University with a Masters and Bachelors of Science in Nutrition and Dietetics.

Michaela lives in Los Angeles with her husband where she enjoys ballet, CrossFit, learning languages and painting.

ABOUT WHOLIFY

Wholify features plant-based recipes, product reviews and giveaways, intuitive and mindful eating and diet-free living. Wholify's demographic is predominantly females aged 25-44 from the U.S., Canada and the U.K.

Michaela also hosts the Nutritionally Speaking podcast to broadcast the truth about nutrition and interview experts in the field on topics ranging from weight loss, fitness and diets to food sensitivities, supplements and integrative nutrition. Guests on her podcast include Ben Greenfield, Jonathan Bailor, Dr. Pam Peeke, Dr. Mark Haub and Clotilde Dusoulier.

In 2016, Michaela launched Nibblee Bits, a grain-free, paleo and vegan cookie mix to make healthy baking fun, easy and tasty too.



1,200+
Users
per Month

2,000+
Pageviews
per Month

2,000+

300+

200+

PARTNERSHIP OPPORTUNITIES

- Product Reviews and Giveaways
- Brand Ambassadors
- Sponsored Posts
- Social Media Promotion
- Freelance Writing
- Cooking Demonstrations and Workshops
- Recipe Development
- Speaking Opportunities
- Representation at Events

Michaela changed my relationship with food. No longer do I wrestle with guilt over my choices. I am more at ease with picking out the healthiest (and most delicious!) items at the grocery store, ordering from a restaurant menu and making a well-balanced meal at home.

– Candice (client)

CONTACT DETAILS

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Michaela Ballmann is stellar and solid in the highly reputable, evidence-based information she brings...listen to this podcast!

– Susan (iTunes)

COMPANIES SHE'S WORKED WITH

