

CHARMING HEALTH

GUT HEALTH • NATURAL WELLNESS • HEALTHY LIFESTYLE

ABOUT ME

Charming Health is a wellness-focused digital platform dedicated to weight balance, gut health, digestion support, and natural lifestyle education.

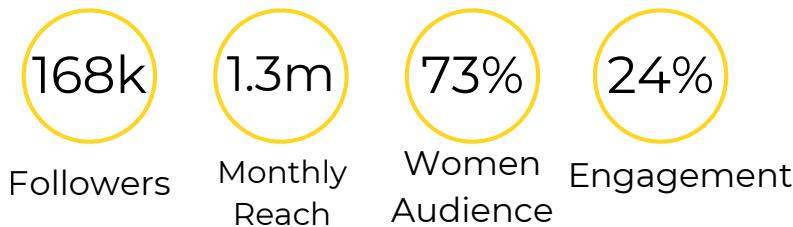
I create simple, practical, and trust-based content that helps audiences improve digestion, reduce bloating, and build healthier daily habits.

Content Focus

- Gut health & digestion
- Natural drinks & herbal remedies
- Healthy lifestyle habits
- Weight balance support



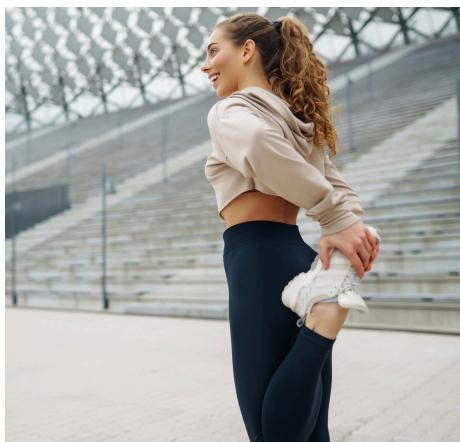
STATISTICS



Gut Health



Healthy Lifestyle



Healthy Weight Management



+ charming.health • 865 posts 168K followers 88 following



Health/beauty
Charming Health Weight Loss | Belly Fat | Healthy Living | Amazon Finds
Simple habits that actually work
My tested Amazon essentials... more

www.amazon.com/shop/char... and 1 more

charming.health @charming.health 2 more

Professional dashboard

Professional dashboard
1.3M views in the last 30 days.

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you shared

18 Dec-16 Jan

1.3M > Home

72.8K >

2.1K >

18 >

Contact About

CHARMING.HEALTH

WEIGHT LOSS

FASHION AND BEAUTY

HEALTHY REC

CHARMING HEALTH

WEIGHT LOSS

FASHION AND BEAUTY

HEALTHY REC

Gut Health

Download Free PDF Gut Reset

14-Day Gut Reset Diet Plan for Weight Loss (Free
Printable PDF for Beginners)

LETS WORK TOGETHER!

Interested in collaborating? Let's work together.

I collaborate with health, wellness, and lifestyle brands to create authentic, educational content that builds trust and delivers real engagement.

Through meaningful storytelling, I help brands connect naturally with the right audience.



COLLAB OPTIONS

PLATFORM PERFORMANCE

- Instagram Followers: 168,000+
- Weekly Reach: 400,000+
- Engagement Growth: +24%
- Facebook Followers: 4,900+

WHY BRANDS TRUST CHARMING HEALTH

- Highly engaged wellness audience
- Educational, authentic content
- Policy-safe messaging
- Long-term brand alignment
- Helps brands increase awareness, trust, and engagement through educational wellness content

COLLABORATION FORMATS

- ✓ Instagram Reels
- ✓ Feed Posts
- ✓ Story Promotions (Link + Tag)
- ✓ Educational Content
- ✓ Blog Mentions
- ✓ Affiliate Promotions

AUDIENCE INSIGHTS

- Age: 18–45
- Gender: Mixed
- Top Locations: US, India, Pakistan, Middle East, Global
- Interests: Gut health, wellness, fitness, healthy diet

SAMPLE CONTENT & ENGAGEMENT

