

## Health Expert & Author Stacey Chillemi

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Stacey Chillemi is a popular, recognizable health, lifestyle reporter, expert, columnist and health host. Author of *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, Herbals, Vitamins, and Food*, 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.



Chillemi has written more than 20 books on a wide variety of subjects, from the challenges of living with epilepsy, positive thinking, alternative medicine, health, creative writing, poetry and how to live a healthy, happy and productive life.

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Her interests include creativity, meaning of life, purpose, health and her passion for alternative medicine. She has worked with clients as a freelance writer and advisor of health and alternative medicine and provides training for improving lives and learning how to move forward toward a happy, healthy and productive life.

She is an advocate for healing the body naturally and maintaining optimal health using herbal supplements, fruits, vegetables and alternative medicine, a way of life that does away with unnecessary medicines and over-the-counter drugs that pose a threat to our health in the long-run, and Chillemi has written many articles on health-related issues for Neurology Now Magazine and the Huffington Post.

Some of her books include The Complete Herbal Guide, Natural Cures for Common Conditions, The Secret to Happiness & Success: Master the Power of Positive Thinking, Epilepsy You're Not Alone, Epilepsy and Pregnancy and Live, Learn and Be Happy with Epilepsy: Learn about your disorder and how to cope with it.

Chillemi is also an advocate for a global paradigm shift from seeking meaning to making meaning. She articulated a new way of coping with obstacles that we encounter in our journey in life and has taught others how to deal with their problems both mentally and physically and Chillemi shows individuals how to move on to live happy and productive lives.

She has just launched her new book, "**Natural Remedies For Common Conditions: How to Prevent, Heal and Maintain Optimum Health Using Alternative Medicine, Herbals, Vitamins and Food**" and this book is available at [Amazon](#), [BN](#), [Lulu](#) and other online and retail stores.



## Natural Remedies

*For Common Conditions*

**STACEY CHILLEMI**  
-Health Expert-  
WWW.STACEYCHILLEMI.COM



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

Her initiatives for 2017 include coaching, weekly videos teaching others how to heal their mind and body naturally, lessons on how to cope with illness and launching her own product line.

If you would like to take one of her trainings, invite her to speak, sponsor a workshop, interview her, or just chat, she looks forward to hearing from you!

### STACEY CHILLEMI'S BIO:



Stacey Chillemi graduated from Richard Stockton University in Pomona, New Jersey, majoring in marketing and advertisement. In the mid-nineties while in college, she began my first book, *Epilepsy: You're Not Alone*. It was published six years later. Before and after graduation in 1996, she worked in New York City for NBC. Since the birth of her children, she has been a freelance journalist.

She has written features for journals and newspapers. Her articles have appeared in dozens of newspapers and magazines in North America and abroad. She won an award from the Epilepsy Foundation of America in 2002 for her help and dedication to people with epilepsy.

### BOOKS PUBLISHED BY 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

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11. Epilepsy and Pregnancy: What Every Woman Should Know  
Co-authored by Dr. Blanca Vasques
12. Faith, Courage, Wisdom, Strength and Hope
13. How to Be Wealthy Selling Informational Products on the Internet
14. How to Become Wealthy Selling Ebooks
15. Life's Missing Instruction Manual: Beyond Words
16. How to Become Wealthy Selling Products on The Internet
17. Breast Cancer: Questions, Answers & Self-Help Techniques
18. How Thinking Positive Can Make You Successful: Master the Power of Positive Thinking
19. Beginners Tips for Horse Training: What Every Horse Trainer Should Know
20. Natural Cures for Common Conditions: Learn How to Stay Healthy and Help the Body Using Alternative Medicine, Herbs, Vitamins, Fruits and Vegetables
21. The Ultimate Guide to Living Longer and Feeling Younger
22. How to Buy a Home Using a VA Loan: What Every Home Buyer Should Know
23. 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**

### **ACCOMPLISHMENTS:**

- Appeared on ESPN910 with Dr. Jeff and Brain Andrews
- [Appeared on Lauren Laurino Show On the Dr. Ren Show discussing herbal safety in the third trimester](#)
- Appeared on the Dr. Oz Show on a segment about anti-aging
- Appeared on the Dr. Oz Show on a segment about nutrition & protein
- Appeared on the Dr. Oz Show on a segment about sleep
- Arianna Huffington Editor-In-Chief & Co-Founder of the Huffington Post personally requested a book review from Stacey Chillemi for her new book, The Sleep Revolution.
- [Stacey Chillemi wrote a book review for Arianna Huffington Editor-In-Chief & Co-Founder of the Huffington Post for her new book, The Sleep Revolution.](#)
- [Writer for the Huffington Post](#)
- [Created a video for the Huffington Post for the #TalkToMe series](#)
- [Appeared on the podcast Health Media Now-Stacey Chillemi-How to Heal Your Body Using Natural Remedies hosted by Denise Messenger](#)



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- Appeared on the [Dr. Oz Show - 60 Second Life Hacks](#)
- Appeared on the [Dr. Oz Show - How to Relieve Back Pain in 15 Minutes](#)
- Appeared on the radio show "The Wellness Ultimatum Radio Show: Optimal Health with Stacey Chillemi!"
- Appeared on the radio show "Blisshacker Radio: Optimal Nutrition and Health with Stacey Chillemi"
- Created the website [www.thecompleteherbalguide.com](http://www.thecompleteherbalguide.com) (Over 4 million viewers)
- Appeared on the [podcast show "Vegetable Gardening with Mike the Gardener"](#)
- Appeared on the podcast show ["My Seven Chakras with Aditya"](#)
- Appeared on the radio show ["Talk StoryRadio with Julia Widdop"](#)
- Appeared on the radio show ["Your Golden Years"](#) hosted by Dr. Mara Karpel 2014 -2015 on (Herbal Remedies)
- Appeared on the radio show ["Your Golden Years"](#) hosted by Dr. Mara Karpel 2014 -2015 on (Epilepsy)
- Appeared on the ["Jennings Wire: World to Success Podcast"](#)
- Spoke in front of Congress in Washington for employment discrimination for people with epilepsy
- Awarded for the Top 2017 Natural Medicine Website
- Appeared on News12 hosted by Journalist Della Crews
- Blogger for the Huffington Post
- Writer for [Fitlandia Fitness](#)
- Writer for the [Examiner](#)
- Writer for Neurology Now Magazine (The Academic Academy of Neurology – The Epilepsy Column) February 2010 – 2013
- Wrote an article about Quick Tips: What to Do If Someone Near You Is Having a Seizure with Dr. Devinsky (Epileptologist from NYU) in Neurology Now Magazine
- Wrote an article about Quick Tips: Epilepsy, Menstruation, and Ovulation with Dr. Devinsky (Epileptologist from NYU) in Neurology Now Magazine
- Wrote an article about Migraine-prevention tips with Dr. Devinsky (Epileptologist from NYU) in Neurology Now Magazine
- Book Signing at Borders in Freehold, New Jersey for Faith, Courage, Wisdom, Strength and Hope" – July 2009
- Appeared on 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.
- Appeared on radio stations discussing epilepsy
- Appeared on the Michael Dessor Show – Health Radio

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- Appeared in newspapers all over New Jersey such as The Leader, Belleville Post and the Star Ledger.
- June 26, 2002, I was honored an award by the Epilepsy Foundation of New Jersey for Outstanding Volunteer Award.
- Received awards for my achievements and certificates in recognition for outstanding efforts in trying to improve society.
- Active participant in organizations and activities.
- Author has a dynamic personality and strong public speaking skills.
- Spoke at different events for schools, organizations, political events

### **CAREER EXPERIENCE:**

- Worked for NBC on Dateline
- Channel 4 News
- Today Show
- Managing Editor for the Fashion Magazine **UZURI**.
- Own Freelance Company
- Journalist for The Journal Magazine
- Manalapan Health Examiner (Columnist for Examiner.com)
- Editor for Uzuri Magazine

### **ORGANIZATIONS & VOLUNTEER WORK**

- **H.O.P.E. Mentor**, for the Epilepsy Foundation
- **Family Resource Network:** A leading provider of family support services to individuals with intellectual and developmental disabilities
- **Monmouth Ocean Community Impact Board**
- **Get FIT:** Get FIT is dedicated to promoting full, happy, healthy, fit lives for people with disabilities and their family caregivers.
- **Epilepsy Foundation**

### **STACEY CHILLEMI'S WEBSITES:**

[www.staceychillemi.com](http://www.staceychillemi.com)

[www.thecompleteherbalguide.com](http://www.thecompleteherbalguide.com)

My Feed:

<http://feeds.feedburner.com/TheCompleteGuideToNaturalHealing>

My Social Networks:

<http://www.pinterest.com/theherbalguide/>

<https://www.facebook.com/HerbalGuide/>

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<https://www.facebook.com/staceychil>

[https://twitter.com/The\\_HerbalGuide](https://twitter.com/The_HerbalGuide)

<https://plus.google.com/u/0/+StaceyChillemi/posts>

<http://linkedin.com/in/staceychil>

Huffington Post Columns

<http://www.huffingtonpost.com/stacey-chillemi/>

<http://www.huffingtonpost.com/author/stacey-chillemi>

### **CONTACT INFORMATION:**

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