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# **KARINA HEINRICH**

**CERTIFIED INTEGRATIVE NUTRITIONIST**

**FOUNDER OF THE KARINA METHOD®**

**NATIONAL ON-AIR WELLNESS & LIFESTYLE EXPERT**

**PROFESSIONAL CONTENT CREATOR**

**DYNAMIC SPEAKER - HOST - PRESENTER**



ALMOST 100 EXPERT MEDIA CONTRIBUTIONS!

# ABOUT KARINA HEINRICH

Karina Heinrich is a trusted national on-air wellness & lifestyle TV personality, top Chicago-based certified integrative nutritionist, and founder of The Karina Method® 5-DAY Reset Plan. Karina has achieved major success in helping worldwide clients, including Ford models, professional athletes, celebrities & high profile CEOs, reach optimal wellness and weight loss through her breakthrough nutrition movement.

Karina is a seasoned regular national TV guest host on the TODAY Show, E! News, E! Daily Pop, Access Hollywood, NBC, ABC, FOX and WGN. She has been featured in TODAY.com, Health Magazine, Huffington Post, Prevention, Thrive Global and more. Karina is a professional content creator, speaker, host and presenter, who loves to share her expert wellness content like recipe videos and educational reels with incredible brand partners across the globe. She has also authored five best-selling downloadable e-guides: TKM Rulebook, TKM Recipes, TKM Dessert, TKM Beauty and TKM Pregnant.

Karina is Lebanese and sprinkles her Middle Eastern heritage into all of her delicious and nutritious recipes. Most importantly, Karina is a loving wife and mom to three superactive, sports-loving kiddos, who often join her on TV segments.



# THE KARINA METHOD® A breakthrough approach to wellness and weight loss

MODERN LUXURY CS MAGAZINE'S IT LIST AWARD: BEST HEALTH PLAN



BEST-SELLING TKM GUIDES & 1-ON-1 PLANS BY KARINA



# EXPERT MEDIA EXPERIENCE

 Click boxes to view clip!

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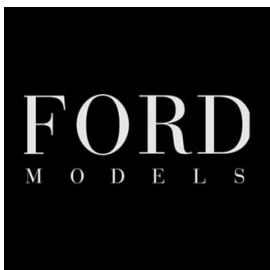
## TOP 10 ON-AIR GUEST HOST TV SEGMENTS



## TOP 5 DIGITAL EXPERT CONTRIBUTOR FEATURES



## TOP 5 SPEAKING EVENTS & PRESENTATIONS



# SOCIAL MEDIA & WEBSITE

SOCIAL: [@THEKARINAMETHOD](https://www.instagram.com/thekarinamethod)  
SITE: [THEKARINAMETHOD.COM](https://www.thekarina.com)

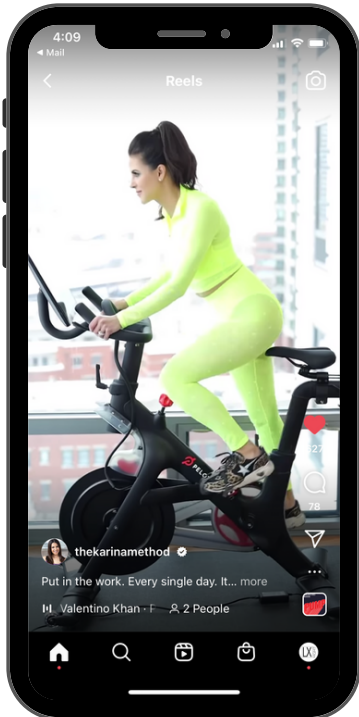
- BLUE CHECK VERIFIED! 
- Over 52K followers on Instagram
- 75.6% female, 24.4% male
- 61.6% in the 18-34 age range
- New content posted daily for high engagement
- Karina runs accounts personally for authenticity



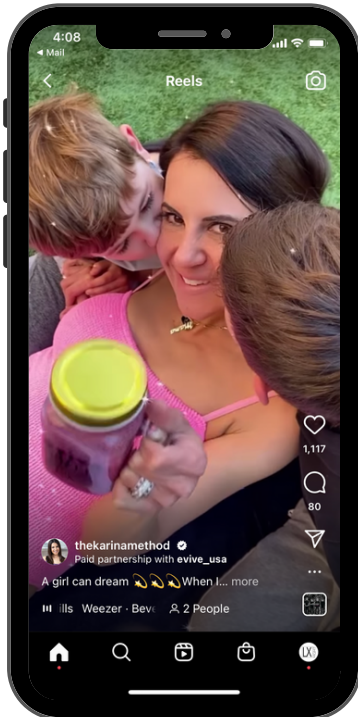
Click to visit The Karina Method site!

## ORIGINAL INSTAGRAM REELS

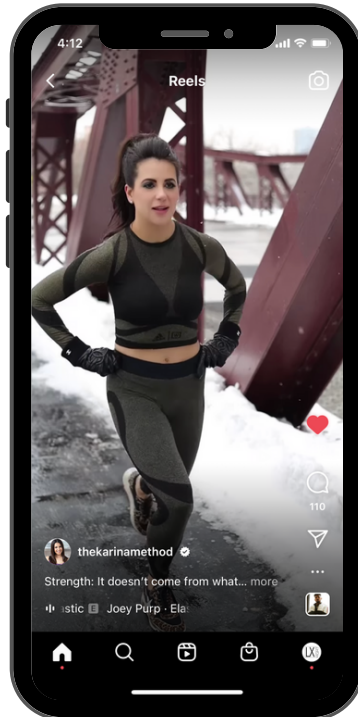
Click on each Reel to view a few favorites!



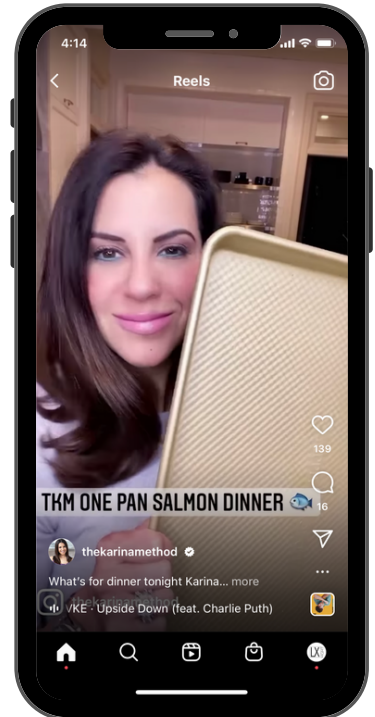
Peloton Fitness Reel



Evice Smoothie Reel



Outdoor Fitness Reel



Salmon Recipe Reel

# MORE ORIGINAL CONTENT CREATION

Created by Karina and professionally shot & edited by [LX MGMT](#)

## PROFESSIONAL RECIPE VIDEOS

Click below to view! Visit Karina's [YouTube channel](#) for more.



## PROFESSIONAL LIFESTYLE & FOOD PHOTOGRAPHY

And visit Karina's [Instagram](#) for more!

