

Raised on
Real Food

ECZEMA
REBEL
follow your gut



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media kit

MARYANA LISHMAN is the founder of **Raised on Real Food** where skin and gut health is her jam. Her integrative nutrition clinic, social media platforms and engaged communities help families to build a stronger wellness foundation, think more deeply about the choices they make and embrace the concept of delicious, nutrient dense eating that supports vitality from the inside out.

Her expert knowledge and down to earth style are increasingly popular with kiwi families, with secondary audiences in Australia and America where she drives real change from the ground up through questioning the status quo and harnessing the power of the digital conversations she expertly curates. Her audience are typically busy families who share her interest in a more natural, mindful and sustainable approach.

An experienced marketer, Maryana enjoys partnering with like-minded brands she genuinely believes in. She keeps her content grounded, authentic and transparent - and in return her audience trusts her.

Key Topics: recipes, nutrition, organic, holistic, natural, lifestyle, ethical, sustainable, nutrient dense, gut healing, skin, parenting, low-tox, family wellness, allergies, eczema, knowledge, conscious, questioning.

THE STATS

70,000

Average reach (28 days)

9,650

Page Followers

40,000

Combined Page + Groups



95%

Female

69%

24-44 years old

1,900

Instagram Fans

3,300

Email Subscribers

SOME
OF OUR
PARTNERS



August 2020 version. Confidential. See rate card for partnership options and pricing.