

Teresa Forehand

RECIPE CURATOR & LIFESTYLE CREATOR



Hi there, I'm Teresa
a wellness-focused creator helping families simplify real life.

I'm a mom of three under six, a certified physician assistant, and an Oklahoma-based creator focused on sustainable health, family-friendly meals, and intentional home living.

My content centers on approachable, family-friendly recipes and lifestyle routines that resonate with busy parents. I create highly shareable Reels designed to inspire, educate, and convert - helping brands reach engaged households looking for practical, real-life solutions.

With a background in medicine, I bring an evidence-based, thoughtful lens to the products and routines I share - prioritizing trust, transparency, and long-term value for my audience.

Best for: family-focused brands, food & kitchen products, wellness, home, lifestyle, and everyday essentials.

Total Followers

195K

30-Day Views

4.8M

30 day insights

Newsletter Subscribers

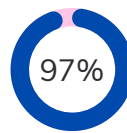
42K

Newsletter Open Rate

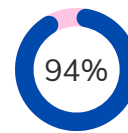
53%

Content consistently reaches non-followers, drives profile actions, and converts viewers into followers and clicks.

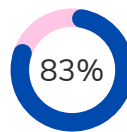
DEMOGRAPHICS



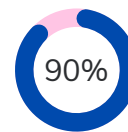
women



USA



25-45 yrs old



reel interaction

PARTNERSHIP HIGHLIGHTS



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