

Peanut Head

Social

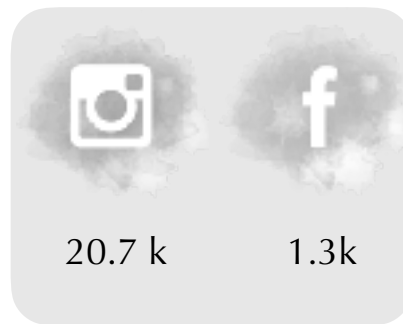
www.peanut-head.com

therealpeanuthead@gmail.com

facebook.com/therealpeanuthead

instagram.com/peanut.head

Reach



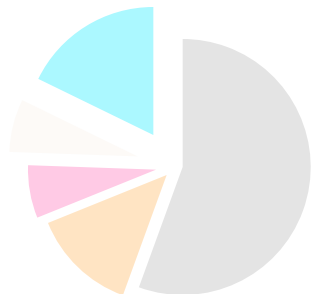
Services

- Menu development
- Recipe development
- Recipe videos
- Food styling
- Food photography
- Brand collaborations
- Guest blog posts
- Instagram takeovers
- Product reviews
- Giveaways

Audience

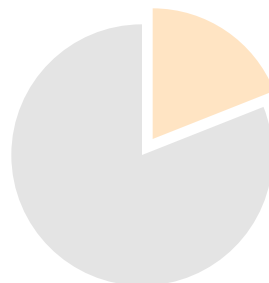
country

US Australia UK Canada
Other



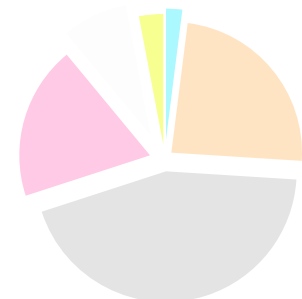
gender

Men Women



age

13-17 18-24 25-34
35-44 45-54 55-64+



my story

My name is Saphira, I was born and raised in New Zealand, and now reside in the sunniest place on earth - Los Angeles.

Coming into my twenties, the food that i was eating was killing me, literally. I was suffering from gastrointestinal issues and food intolerances that only seemed to be getting worse. I had to find an alternative and I had to do it in a way where I wouldn't feel like I was on a diet or being deprived of the normality of life. From here, I dove into the health and nutrition world and taught myself as much as I could from professionals in this arena.

What started out as an undeniable belief that food is medicine, has now spawned into a more holistic approach to health. I truly feel to be our best selves, we should be focusing not just on the food we put in our mouths but also the products we rub into our skin, the thoughts we have on a daily basis and reducing the everyday chemicals that surround us in our homes.

The name Peanut Head comes from an endearing nickname my husband gave me, Ironically, I am intolerant to Peanuts and personally don't care much for this legume, however the name stuck with me, and is now a part of who I am.

Peanut Head was developed to help the 40+ million others that are affected by gut problems in the US. I truly believe that most diseases can be linked back to an unbalanced microbiome and thus be healed by getting the gut back on track.

My focus is on educating my community on diet and lifestyle choices that allow our bodies to heal itself and let it thrive the way it's designed to.



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giveaways



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recipe development

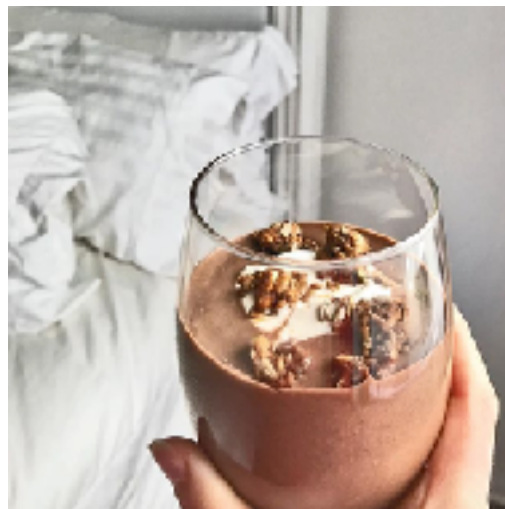
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