

# DR. TYLER JEAN

FUNCTIONAL WELLNESS LIFESTYLE & EDUCATION



Dr. Tyler Jean is passionate about the importance of food as medicine while inspiring others to embrace healthier lifestyles.

A former Division-1 athlete and neuroscience researcher, Dr. Tyler went on to complete his medical education at the National University of Natural Medicine in Portland, Oregon.

As a naturopathic doctor, Tyler takes a more integrative and preventative approach to healthcare. This is also the approach that Tyler currently uses through his platform on Instagram. There, Dr. Tyler empowers his audience with healthy recipes, educational info, brand recommendations, inspiration, and more.



266K



16.9K



8.2K



1.54K



1.5K

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AUDIENCE: 87% FEMALE / PRIMARY AGE 25-44 /  
TOP CITIES: NYC, LA, SYDNEY, LONDON, TORONTO

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As seen on:

- MyFitnessPal.com
- UnderArmour.com
- Golf.com
- Mindvalley.com
- DrAxe.com
- The Cabral Concept Podcast
- Be Well By Kelly Podcast
- 15-Minute Matrix Podcast
- Heal Thy Self Podcast
- and more

@drtylerjean  
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# OPPORTUNITIES

- Dedicated brand partnerships
- Event speaking and panel moderation
- Podcast interviews

# SPECIALTIES

- Clinical nutrition
- Digestive health
- Recipe development and meal planning
- Human optimization
- Longevity
- Detoxification
- Athletic performance
- Environmental medicine

Email

hello@drtylerjean.com  
to get started.

### HOW TO BUILD A BALANCED PLATE

### PREBIOTICS: FOOD FOR YOUR GUT FLORA

APPLE SUNCHOKE CHICORY ROOT ONIONS

LEEKS JICAMA PLANTAIN ASPARAGUS

"GLUTEN-FREE" NATURALLY GLUTEN-FREE

NUTRIENT POOR JUNK MADE W/ MODIFIED STARCHES UNADULTERATED PLANTS AND LOADED WITH FIBER

### BEFORE AFTER

LEMON TART (PALEO/VEGAN)

### EAT MORE COLOR (AKA PLANTS)

VEGAN VEGETARIAN PESCETARIAN

LOW-FODMAP KETOGENIC PALEO/AIP

### KETO COULD ALSO BE CLASSIFIED AS KETO

520 cals  
46g fat  
24g protein  
0g carbohydrates  
Lacks phytochemicals

555 cals  
43g fat  
22g protein  
14g NET carbohydrates  
Abundance of phytochemicals

# A FEW PAST PARTNERS

## DAILY HARVEST

BEFORE AFTER

DAILY HARVEST SWEET POTATO AND WILD RICE HASH - SIDE SALAD - SALMON

EASY PESCETARIAN LUNCH

## LAIRD SUPERFOOD

BEFORE AFTER

MATCHA, LAIRD SUPERFOOD CREAMER, COLLAGEN, STEVIA, VANILLA EXTRACT

MATCHA LATTE

## OURA

Want to start tracking your sleep? The best way is using Oura Ring for the last 14 months to learn the normal patterns of your sleep. They also have a airplane mode toggle which keeps the ring from transmitting data while still collecting data for up to 3 days! It's water proof too!

BARUKA NUTS ALMONDS

PROTEIN: 6G FIBER: 5G CALORIES: 140 3X ANTIOXIDANT LEVELS RICH IN MANGANESE, MAGNESIUM, COPPER

PROTEIN: 7G FIBER: 3G CALORIES: 207 RICH IN MAGNESIUM, VITAMIN E, RESVERATROL (PER 1/4 CUP)

## Seed

### MICROBIOME FRIENDLY FOODS

LEEKS MUSHROOMS APPLE

KINCH SEED DAILY SYMBIOTIC LENTILS

OATS FERRO JICAMA

## BARUKAS

AVOCADO GREEN MATTRESS

NuLeaf Naturals AQUA BEYOND FILTRATION TRU UNDER ARMOUR OLIPOP BRANCH BASICS BioLight By LONGEVY TREAT YOURSELF SMARTVINE REALMUSHROOMS 100% PURE + ORGANIC ENCHA Hemplete OPTICS nuzest