

phil and mama

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ABOUT

Hi! I'm Kat Lieu, a doctor of physical therapy, certified lymphedema therapist, author, and blogger. I started philandmama.com in 2014, after I lost a loved one, and my dream job. Today, philandmama.com attracts over 34,000+ unique readers every month. We provide honest product reviews, run giveaways, and create amazing videos.

BRANDS WE'VE WORKED WITH

- Sakara Life
- Splendid Spoon
- Love Saranghae
- Groupon
- Beyond Meat
- Felix Gray
- AnthroDesk
- Timeless Skin Care
- Tinyprints
- Pley
- Maple Holistics
- Grainful
- Shutterfly, Personal Creations
- Rewardstyle

OUR REACH



7.2k+ subs
2mil+views



5k+



200+

PHILANDMAMA.COM BLOG STATISTICS

We update our blog weekly with fresh content. Over the years, our readership has grown, and is projected to continue to grow.



"Carpe diem, baby. "

