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4 F' s G i v e n

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EVIDENCE-BASED, PROGRESSIVE MOM BLOGGER

FAMILY, FITNESS, FOOD, & FASHION

4 F'S GIVEN BY ADRIANA MARIE

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I'm Adriana. Blogger-in-chief at 4 F's Given. When I was just 6 weeks postpartum, I was fired from a well-known breast pump company. *Yes, you read that right.* As soon as I announced I was pregnant, everything changed. My back was against the wall and I needed to do something.

At that same time, I was unable to find a one-stop-shop of evidence-based advice for moms and by moms who had researched everything to death. So, out of my hardship, frustration, and thirst for current information, I created 4 F's Given. I am proud to say that I've reached over 60,000 subscribers to date! Whoohoo!



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