

Tammy Cuthbert Garcia

Lifestyle Entrepreneur,
Podcast Host and Radio Personality



Tammy, how does your business help the community?

How we care for our bodies directly impacts our quality of life. Too often we tend to not care for our bodies until we begin to feel uncomfortable symptoms and by then we've entered into a state of dis-ease. .

Our conditioning around health is to fix it when it breaks. The Naturally Inspired brand is focused on sharing information and inspiration that helps people build a lifestyle that cultivates health through purposeful actions before we have dis-ease.

Lifestyle matters, when we integrate activities into our lives with the understanding that our actions go farther than just ourselves. Healthy habits are sustainable over time if they align with our belief system and we love what we are doing. Bringing purpose to our actions eliminates the need for will power and brings us the healthy results we want.

Prevention is the key to health. A healthy lifestyle is the key to feeling good.

Can you open up a bit about your work and career? We're big fans and we'd love for our community to learn more about your work.

My journey into the natural health space was one that came out of necessity. As a Mom and wife I found myself looking for answers for things that the allopathic medical model could not answer. There was a lot of trial and error but eventually I became a go to resource for many people around me that were interested in optimum health. Starting a business is intimidating and can be overwhelming when we are constantly focused on the outcome we want.

Staying focused on the impact I want to make keeps me going when challenges arise. Building a business around what you are passionate about is so important. It is that passion that will carry you through the difficult challenges and give you the fuel you need to keep going.

Engage with your audience, clients and customers these are your people. There is nothing more rewarding to me than hearing stories and how naturally inspired has impacted their life. This is what it's all about! Take time to engage and listen to those that you are trying to reach. Success isn't about being perfect, extra special or talented. It's about being consistent and willing to constantly be improving. Do not compare your beginning to someone else's end. Naturally Inspired is here to change the way people view the medical model because we can feel good and do what we love for longer.



If you had a friend visiting you, what are some of the local spots you'd want to take them around to?

I'm not much of a city girl anymore. I live on a small acre homestead farm in Northern Colorado with Alpacas, Scottish Highlander cattle, chickens and a Llama named Kyle. Buying local and supporting my community has become fiercely important to me. Going for a great hike in the Colorado Rocky Mountains, hitting a farmers/makers market and maybe a small locally owned boutique for some inspired fashion is a great way to spend a day!

The Shoutout series is all about recognizing that our success and where we are in life is at least somewhat thanks to the efforts, support, mentorship, love and encouragement of others. So is there someone that you want to dedicate your shoutout to?

With all of the tools we have available to us in today's world a movement of independent content creators emerged. Their willingness to take risks, create and share their passions is truly inspirational to me. Without those that have been willing to go first and bravely put themselves out there brands like mine would surely not exist. To all those that fearlessly create and "dance like no one is watching" a million thank you's!



Naturally Inspired Daily Show is an informative video series featuring articles and news worthy stories that may not be getting exposure in the mainstream format. Viewers and listeners can get current information on topics in health and health legislation that impacts health choice. The videos are released several times a week and run about 30 minutes in length. Naturally Inspired Daily is a great resource to get introduced to issues and topics that can be followed up on with more independent research.

Learn more at NaturallyInspiredDaily.com

Live Naturally Inspired features a blog post daily. Topics range from organic lifestyle, movement and inspiration for living for the results we want. Plugging into a community that offers encouragement, critical thought and sustainable action for the results we desire is key to achieving our health goals. Live naturally inspired is helping thousands of people find the right path to their own personal health journey.

Join Our Community at LiveNaturallyInspired.com

Naturally Inspired Podcast is a weekly podcast where we interview health practitioners, authors, filmmakers, scientists and leading experts in the fields of health and wellness. Guests are on the cutting edge and our conversations aim to inspire listeners to think critically about health choices for better life results.

Learn more at NaturallyInspiredPodcast.com

Tammy Cuthbert Garcia is an organic lifestyle entrepreneur, holistic nutritionist, podcast host, radio show personality, health writer and spokesperson for health freedom. She began hosting "Naturally Inspired Podcast" in 2019 where she interviews top minds in healthy lifestyle solutions and health freedom. She makes guest host appearances on AM FM radio and also has a daily show called "Naturally Inspired Daily".



Learn more at TammyCuthbertGarcia.com