

Leesa Klich's "Fully-Researched Done-For-You Health Articles" - As of February 2019 -

Link to all of the articles:

- <https://leesaklich.com/work-with-me/done-for-you-health-content/>

Title (click to preview and/or purchase -- CAD\$47 each)	Word Count	Reference Count
Free downloadable sample		
<ul style="list-style-type: none"> • Before you buy another supplement read this! 	1183	-
Health Goals		
<ul style="list-style-type: none"> • Leaky gut, autoimmunity, and mental health – What are the links? 	3001	17
<ul style="list-style-type: none"> • Mental Health: The Neurotransmitter Edition 	2676	22
<ul style="list-style-type: none"> • The Microbiome-Gut-Brain Axis: What you need to know for brain and gut health 	2599	29
<ul style="list-style-type: none"> • Inflammation, diabetes, heart disease, and excess body fat 	2321	32
<ul style="list-style-type: none"> • Atrial Fibrillation – The Nutrition and Lifestyle Connection 	2013	18
<ul style="list-style-type: none"> • Blood Sugar Creeping Up? Get Control by Doing These! 	2673	54
Foods & Diet		
<ul style="list-style-type: none"> • Intermittent Fasting - Not just for weight loss 	2355	23
<ul style="list-style-type: none"> • Mental Health, Inflammation, and Mood Foods 	2434	17
<ul style="list-style-type: none"> • Top Foods for Tissue Health 	796	8
Nutrients & Supplements		
<ul style="list-style-type: none"> • Omega-3s: The fats we love to love 	2636	28
<ul style="list-style-type: none"> • Vitamin D: Are you getting enough? 	2388	29
<ul style="list-style-type: none"> • Probiotics for Moods & Stress 	1271	18
<ul style="list-style-type: none"> • Nutrients for Brain Health 	1346	40



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<ul style="list-style-type: none"> • Green Tea Supplements for Weight Loss and Sports Performance 	1342	13
Personal Fitness		
<ul style="list-style-type: none"> • Is keto good for athletes? 	2507	12
<ul style="list-style-type: none"> • Caffeine and Sports Training 	1189	14
<ul style="list-style-type: none"> • Creatine: Will it help my fitness goals? 	1037	10
<ul style="list-style-type: none"> • Athletes & Antioxidants 	1385	14
<ul style="list-style-type: none"> • Why we should all be lifting weights 	835	6
Sleep & Stress		
<ul style="list-style-type: none"> • How Stress Hormones Keep You From Your Weight Loss Goals 	2217	12
<ul style="list-style-type: none"> • Sleep deprivation and weight gain – What’s the link? 	1176	10
Beauty: Skin, Hair, & Nails		
<ul style="list-style-type: none"> • Beautiful skin with hyaluronic acid 	2538	22

Don't see the topic you need? Here's how to request a topic:

- **Priority timing** - [Complete this form](#) to request custom articles written **exclusively for you** (i.e. I will never sell it to anyone else) (current price = CAD\$0.60/word) -- I will fit it into the next slot in my schedule as soon as I receive payment.
- **Second priority** - Enrol in [Content Calendar Coaching](#) for content strategy and blog support, including one new done-for-you article on your topic with 30-days exclusive access (bonus #2) when you pay in full, upfront. Not only will your topic be prioritized, but you'll have 30-days to publish it, customize it, and promote it to your audience before I put it for sale to 72 other wellness pros.
- **Third priority** - Bump your topic to the forefront of my long queue of requested topics AND get 30-days exclusive access to the article for CAD\$300. [Click here to request a done-for-you article on your health topic.](#)
- **Not a priority** - Simply email me your topic and I'll put it in my queue (leesa@leesaklich.com). :)

PRO TIPS:

1. When you use done-for-you content, always consider it 80% done and customize it for your position, branding, and audience. [Here's how to customize done-for-you content.](#)
2. Any blog posts you ever publish should be promoted. A lot. [Here's how to promote your blog posts like a pro.](#)



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