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ABOUT THE AUTHOR

I started writing professionally in 2003. I have written millions of words of content for my private clients. This year, I'm making my services available to the public with our new website HelpfulWriter.com. Whether your idea is an article or an eBook, I'll bring it to life and make sure it's the best.

I specialize in practical topics like fitness, gardening, home improvement, nutrition, parenting, and pet care. Keep scrolling to read a few of my writing samples.

ARTICLE SAMPLE #1

THE HEALTH BENEFITS OF KETO

The keto diet consists of a high-fat diet combined with a moderate intake of protein and a minimal number of carbohydrates. With this diet, the body depletes its stores of glucose (sugars) in the body.

After glucose stores are gone, the body begins burning fat for energy in a state referred to as ketosis. However, the body does not automatically switch to ketosis. While reducing carbs is essential, you must consume good fats in order for the liver to begin producing ketones.

Ketosis has many positive effects on the body ranging from weight loss to memory enhancement, an increased production of growth hormones, and higher levels of energy.

Most people interested in the Keto diet will have weight loss as their primary goal. However, many people approach Keto as a lifestyle rather than a diet. Once you get started on it, you'll likely find it easy to adapt to. And, you can't beat the benefits of increased energy and improved overall wellbeing

ARTICLE SAMPLE #2

WHAT IS HYDROPONIC GARDENING?

Hydroponic gardening is a method of growing that uses a mixture of water and various nutrients—no soil needed! This technique is centuries old, dating back to the days of the Hanging Gardens of Babylon.

Hydroponic gardening requires considerably less space because roots are supported by peat moss, vermiculite, or rockwool instead of a traditional garden bed. Plus, indoor hydroponic gardening allows fresh produce to be grown in any season.

Statistics indicate that plants mature faster and see a 25% increase in production when grown in a hydroponic garden.

This method can grow a variety of vegetation, including strawberries, cucumbers, and tomatoes. However, hydroponic gardening does not work well for heavier produce (like pumpkins and corn) or root vegetables, which require deep soil to thrive.

With those things in mind, it just takes a little bit of indoor space, some planning, and the right equipment to start your own hydroponic garden.

ARTICLE SAMPLE #3

LAVENDER OIL FOR AROMATHERAPY

Lavender oil is one of the most popular essential oils. Its fragrance alone is soothing, making it a favorite for body fragrances, lotions, and massage therapy. But, did you know that it is proven to have calming benefits as well as anti-bacterial and medicinal properties?

Lavender oil can be applied topically to wounds or skin irritations to increase healing activity. The soothing essence of lavender can also be used in aromatherapy in a variety of ways.

Meanwhile, the anti-bacterial properties of lavender oil make it great for cleaning and disinfecting your home. The natural fragrance will refresh each room as you enjoy the absence of harsh chemicals.

Lavender oil is even safe for pets, so you can use it to clean and deodorize pet bedding. With so many uses, it's worth keeping a bottle of lavender oil around. It's versatility means it's great for fragrance, first aid, and effective cleaning.



FREQUENTLY ASKED QUESTIONS

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- I am a legal resident of the United States.
- I am in the Pacific Standard Timezone (PST)
- I can be reached via email and our website.
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