



Young Audience CPG: Crest Wild Expressions

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What's standing in your way?

You think you're doing everything you can to lose weight. You're making sacrifices, adding exercise into your routine, but the weight just isn't coming off. Why?

Stress is...well, stressful.

It's not just in your head. It's a scientific fact: How you respond to and cope with stress determines your appetite, body composition and overall fitness level.

Research has shown that a sustained high level of cortisol, which the body creates during chronic, unrelenting stress, can have dangerous, even life-threatening effects on the body. It literally poisons your body, making you more vulnerable to colds, flu, fatique and infections. It can affect your memory and concentration. New evidence proves that it can also give you a voracious appetite. Researchers have concluded that cortisol helps refuel the body during and after stress by ramping up your appetite.

Are you a slave to the scale?

There are lots of recommendations out there for the "perfect weight." But the reality is that there are so many variables involved, like your height, bone structure, environment, activity level, etc. Your perfect weight really depends on your own body.

However, many specialists in the health in nutrition field think the Body Mass Index gets pretty close. BMI. You've heard of it. You might even know what yours is, but do you know where the healthy range is for you? The National Institutes of Health (NIH) states that healthy weights fall into the 18.5-24.9 BMI range.





what would you do?

How do you deal with people who sabotage your

- Ask people to be respectful of my diet
- Get angry with them
- Avoid them







back to homepage questions

Unbranded/Branded Pharma: QuestionEverything.com and MyAlli.com

copy lead and diet plan writer

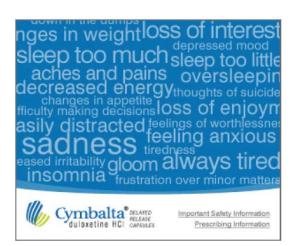


Unbranded Pharma: apositivelife.com for GSK

account pitch writer, account won



Important Safety Information Prescribing Information nges in weightloss of interest sleep too much sleep too little aches and pains decreased energy loss of enjoyn asily distracted Sadness insomnia always tired





Cymbalta DELAYED MELEASE CAPSULES









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CALENDAR OUTSIDE

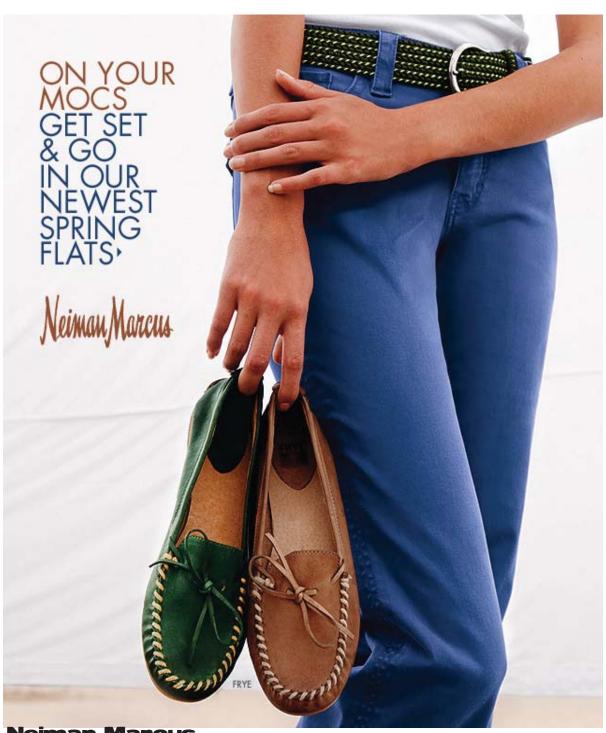


CALENDAR INSIDE



Industrial: Acura

copy and concept

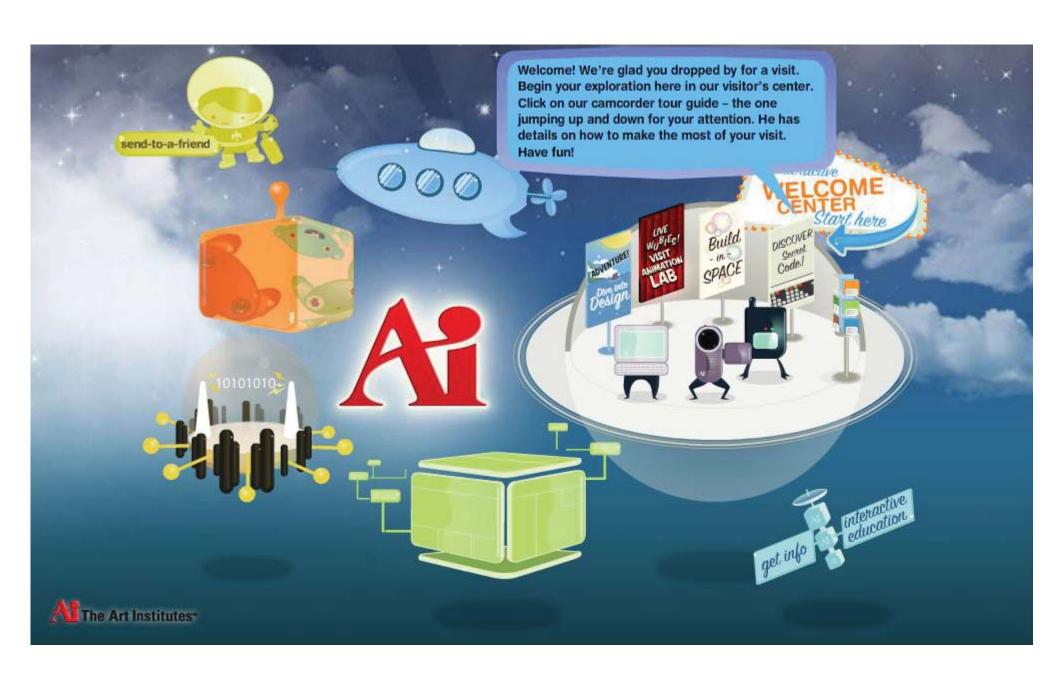


Fashion/Retail: Neiman Marcus



Theatrical: Indie Film Posters

copy and concept



Academic: The Art Institutes New Web Design Degree

copy, concept and creative direction; client extremely happy with a 300% jump in student engagement in first month online





