

HEALTH CONTENT WRITER · SEO SPECIALIST

# Ayoub Eddarouich

I create evidence-based, SEO-optimized health content that educates, engages, and builds trust — turning complex medical topics into content readers rely on and search engines reward.

**110+**PUBLISHED  
ARTICLES**350K+**WORDS  
WRITTEN**2.5-  
4.5K**WORDS /  
ARTICLE**1**SITE  
FOUNDED

## PROFESSIONAL SNAPSHOT

Health content writer and SEO specialist with 2+ years of experience publishing long-form, evidence-based health articles for a self-founded English-language health website. Focused on accuracy, search performance, and content that genuinely helps readers.

## BASED IN

**Morocco**

Serving the USA

Health Content

SEO Strategy

EEAT

## WHAT I DO BEST

**In-Depth  
Research****Search-  
Intent  
Writing****SEO  
Optimization****EEAT &  
Fact-  
Checking****ayoub@everydayhealthplan.com**everydayhealthplan.com · linkedin.com/in/ayoub-  
eddarouich**Morocco**Serving the  
USA



## WHO I AM

A health content writer and SEO specialist who turned a passion for clear, trustworthy health information into a career and a self-built publication.

## MY MISSION

Deliver evidence-based, SEO-optimized health content that educates first and ranks second.

## MY APPROACH

Medical research, SEO strategy, and human storytelling — combined so readers and search engines both trust the result.

# The Person Behind the Content

*"I transform complex health information into clear, accurate, engaging content that empowers readers to live healthier lives."*

## MY STORY

With over two years of professional experience in health content writing and SEO, I've built a career around making complex health information clear, accurate, and genuinely useful. In 2026, I founded **Everyday Health Plan**, an English-language health website built from scratch for a U.S. audience, to apply and showcase that experience. In the six months since launch, I've published 110+ articles that help readers make better health decisions — and I built the editorial policy, medical disclaimer, and internal linking structure that keep that content trustworthy and discoverable.

## WHAT DRIVES ME

Accuracy & Trust

Continuous Learning

Helping Readers

Long-Term Impact

## EXPERTISE AT A GLANCE

### Health Content Writing

Well-researched, reader-focused long-form articles.

### SEO & Content Strategy

Keyword research, search intent, EEAT, on-page SEO.

### Medical Research

Evidence sourced from trusted medical publications.

### Site & Content Ops

WordPress founder-operator focused on UX and performance.

*"Great health content doesn't just rank — it earns the reader's trust, and keeps it."*



### SINCE 2026

Consistent, self-directed publishing — from the first article to a 110-article content library.

### WHY IT MATTERS

Every article was researched, written, optimized, and published end-to-end — no team, no shortcuts.



# Can This Writer Sustain Output at Quality?

A track record of steady, self-directed publishing — 110+ well-researched articles published in the six months since Everyday Health Plan launched in 2026.

110+

ARTICLES  
PUBLISHED

350K+

WORDS  
WRITTEN

2026

FOUNDED THE  
SITE

100+

QUERIES W/  
VISIBILITY

### GROWTH SINCE LAUNCH (2026)

Months 1-2

30  
articles

90K words

Months 3-4

35  
articles

115K words

Months 5-6

45  
articles

145K words

First 6  
Months

110+  
articles

350K+ words

### KEY ACHIEVEMENTS

**Topical Authority Builder**

Created comprehensive content clusters that build topical authority and improve rankings.

**SEO Results Driven**

Content optimized for search intent, EEAT, and Core Web Vitals.

**Evidence-Based Content**

All articles backed by trusted medical sources and the latest research.

**Reader Focused**

Content written with empathy, clarity, and a focus on real reader needs.

**Full Content Management**

From keyword research and writing to publishing, SEO, and performance tracking.

**Ranking Signal**

Top 10 Google rankings for multiple keywords, competing against Healthline, Cleveland Clinic, Medical News Today, and Sleep Foundation.

"Consistency, research, and empathy are the foundation of every piece of content I write — and the reason the site kept growing month over month."



#### PERFECT FOR

Health & wellness publishers, medical brands, healthcare SEO agencies, and digital health platforms.

#### HOW I WORK

100% original content, on-time delivery, and clear communication from brief to publish.

# Can I Trust This Writer With My Content?

I combine medical research, SEO strategy, and storytelling to create content that ranks, builds trust, and keeps readers coming back.

#### Research-Driven

Backed by credible medical sources, not opinion.

#### SEO-Focused

Built around search intent and on-page best practice.

#### Evidence-Based

Aligned with current medical guidelines.

#### Reader-First

Written to educate and engage, not just to rank.

#### WHAT YOU GET WHEN YOU WORK WITH ME

- ✓ 100% original content, written from scratch for your audience
- ✓ On-time delivery, every time
- ✓ SEO + EEAT optimized to meet Google's standards
- ✓ Clear, transparent, professional communication
- ✓ Flexible to your brand voice, style guide, and requirements
- ✓ Content built for long-term organic value

#### TRUSTED BY READERS. BUILT FOR BRANDS.

**1,500+**

DAILY SEARCH IMPRESSIONS

**USA**

TARGETING THE HEALTH AUDIENCE

**100%**

ADSENSE-SAFE & COMPLIANT



HEALTH FIRST, ALWAYS

*My goal is simple: to be the content partner you can rely on to grow your brand, educate your audience, and earn lasting trust.*



## MY STRENGTHS

- In-depth researcher
- Detail-oriented
- SEO strategist
- Clear communicator
- Deadline-driven



# The Expertise Behind Every Article

A skill set built specifically for health content that needs to be both medically sound and search-visible.

### Health Content Writing

Well-researched, reader-focused writing that simplifies complex topics without losing accuracy.

### SEO & Content Strategy

Keyword research, search-intent mapping, on-page SEO, internal linking, EEAT.

### Medical Research

Peer-reviewed sources, clinical guidelines, and rigorous fact-checking.

### Audience & Engagement

Scannable, empathetic writing that builds trust and encourages return visits.

### Web & Content Management

WordPress-based publishing, image optimization, and performance tracking.

### Editorial Governance

Built the site's editorial policy and medical disclaimer from the ground up.

## TOOLS I RELY ON

WordPress

Rank Math SEO

Google Search Console

Google Analytics

Canva

Yoast SEO

"I blend scientific accuracy with human storytelling to create content that informs, connects, and makes a real difference."



## MY SEO APPROACH

Research first, user-intent focused, and optimized without ever compromising readability.

# Can This Writer Actually Rank Content?

SEO is not just about ranking higher — it's about creating the best content experience for readers and search engines alike.

### Search-Intent Focused

Every article targets what readers are genuinely searching for.

### Topical Authority

Content clusters around fatigue, sleep, energy, anxiety, and wellness.

### EEAT Implementation

Experience, Expertise, Authoritativeness, Trust applied to every piece.

## ON-PAGE & TECHNICAL SEO

- ✓ Keyword research & search-intent mapping
- ✓ Title, meta, and header structure (H1-H6)
- ✓ Internal linking strategy across content clusters
- ✓ Structured data (schema markup) implementation

## CONTENT SEO

- ✓ In-depth, comprehensive, original content
- ✓ Written for featured snippets & People Also Ask
- ✓ Regular topical updates to stay current
- ✓ Content that matches search intent end to end

## VERIFIED RESULTS

100+

SEARCH QUERIES W/  
VISIBILITY

Top 10

RANKINGS, MULTIPLE  
KEYWORDS

1,500+

DAILY IMPRESSIONS AT  
PEAK

### Direct Competition

Competed with Healthline, Cleveland Clinic & Sleep Foundation on select queries.

### Consistent Growth

Traffic and rankings increasing month over month.

### Topical Clusters

Fatigue, sleep, energy, anxiety, and wellness built as connected clusters.

"Great SEO starts with understanding the reader and ends with delivering the best answer."



#### MY COMMITMENT

Accurate & evidence-based

Reader-first

100% original

On-time, every time

# How Every Article Gets Made

A seven-step editorial process focused on accuracy and clarity — from first search to final proofread.

1

## Topic Research

Identify valuable topics by analyzing search intent, trends, and audience needs.

2

## In-Depth Research

Gather accurate, current information from medical journals, .edu/.gov sites, and clinical guidelines.

3

## Outline & Structure

Build a reader-focused structure covering every important angle in a logical flow.

4

## Writing & Drafting

Write clear, natural, empathetic content in active voice with real-world examples.

5

## Fact-Check & Medical Accuracy Review

Verify every claim against trusted sources before it goes further.

6

## Editing & Readability

Polish grammar, flow, and clarity for a general-audience reader.

7

## Final Review & Publish

Format for WordPress, select imagery, and publish with a final proofread.

*"Quality is not an act, it's a process. This is the discipline behind every one of the 110+ articles I've published."*



### MY APPROACH

Industry-leading tools, kept current, used to support (never replace) careful human judgment.



# The Tools Behind the Work

A focused toolkit for research, writing, SEO, and publishing — chosen for reliability, not novelty.

|                                                        |                                         |                                                                                      |
|--------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------|
| <b>Research &amp; Data</b><br>Ubersuggest              | <b>Writing &amp; Editing</b><br>ChatGPT | <b>SEO &amp; Optimization</b><br>Rank Math · Yoast<br>SEO · Google<br>Search Console |
| <b>Analytics &amp; Performance</b><br>Google Analytics | <b>Content Management</b><br>WordPress  | <b>Design &amp; Visuals</b><br>Canva                                                 |

### HOW THESE TOOLS HELP CLIENTS

|                   |                |              |
|-------------------|----------------|--------------|
| Reliable Research | Higher Quality | Stronger SEO |
| Faster Turnaround | Better Results |              |

*"The right tools empower me to research deeper, write better, and deliver outstanding results."*

# Does Anxiety Make You Tired?

*Why You Feel Drained Even When You're Doing Nothing*

April 20, 2026

10-12 Min Read

4,000+ Words

Everyday Health Plan

[everydayhealthplan.com/does-anxiety-make-you-tired/](https://everydayhealthplan.com/does-anxiety-make-you-tired/)

A long-form explainer connecting anxiety to persistent fatigue through nervous-system activation and incomplete recovery — built to satisfy a purely informational search intent in full.

## • WHY THIS ARTICLE STANDS OUT

- ✓ Explains a complex physiological topic in plain, relatable language
- ✓ Deep, single-topic coverage that builds topical authority
- ✓ Structured to Google's Helpful Content and EEAT guidelines

## • SEARCH INTENT

|                   |                             |
|-------------------|-----------------------------|
| Primary Intent    | Informational               |
| Content Structure | H2/H3, topic-clustered      |
| FAQ Coverage      | 9 detailed FAQs             |
| Schema            | Article + FAQPage (JSON-LD) |

## • EEAT IMPLEMENTATION

|                   |                                                          |
|-------------------|----------------------------------------------------------|
| Expertise         | Complex topic explained in plain, relatable language     |
| Authoritativeness | Structured to Google's Helpful Content & EEAT guidelines |

## • RESEARCH RIGOR

|               |                                           |
|---------------|-------------------------------------------|
| Sources       | Peer-reviewed studies & clinical guidance |
| Reading Level | General audience                          |
| Categories    | Mental Health, Fatigue                    |
| Platform      | WordPress (Everyday Health Plan)          |

## KEY TAKEAWAY

Anxiety crashes are driven by adenosine rebound, cortisol and circadian timing, and blood sugar swings — this piece explains fatigue through nervous-system activation and incomplete recovery.

**Ayoub Eddarouich**

Health Content Writer &amp; SEO Specialist

"Quality content builds trust. Trust builds readers. Readers build your brand."

[everydayhealthplan.com](https://everydayhealthplan.com)  
[ayoub@everydayhealthplan.com](mailto:ayoub@everydayhealthplan.com)



• TRUSTED MEDICAL SOURCES

- Mayo Clinic
- Sleep Foundation
- ScienceDaily

KEY TAKEAWAY

After a hot shower, heat exposure dilates blood vessels, blood pressure drops slightly, blood flow shifts away from the brain, the body cools down, and sleep signals increase — a natural, temporary response.

• CONTENT STRUCTURE (H2)

- 1Thermoregulation
- 2Vasodilation
- 3Blood Pressure
- 4Nervous System

• SEARCH INTENT

Primary Intent

Informational

SERP Strategy

Long-tail + PAA + Snippets

• PRIMARY KEYWORD

Keyword

"tired after shower"

sleepy after shower

hot shower fatigue

• SEO STRATEGY

- ✓ Structured for rankings, featured snippets, and user engagement
- ✓ Covers all related aspects in-depth for comprehensive understanding
- ✓ Strong topical authority within the site's fatigue & energy cluster

• FEATURED SNIPPET

Definition

List

How-To

Table

• COVERAGE & LINKS

People Also Ask

9 FAQs answered

Internal Links

10+ contextual links

• EEAT IMPLEMENTATION

EXPERTISE

EXPERIENCE

AUTHORITATIVENESS

TRUSTWORTHINESS

Deep human physiology understanding

Practical, real-world framing

Backed by trusted medical sources

Transparent, unbiased framing

• WHY THIS ARTICLE STANDS OUT

- ✓ Structured for rankings, featured snippets, and user engagement
- ✓ Strong topical authority within the site's fatigue & energy cluster

# Why Do I Feel Nauseous After I Eat?

Understanding the Hidden Triggers Behind Post-Meal Nausea

April 28, 2026

10-12 Min Read

3,000+ Words

Everyday Health Plan

[everydayhealthplan.com/why-nauseous-after-eat/](https://everydayhealthplan.com/why-nauseous-after-eat/)


Built around the reader's actual worry, not just the keyword — validating the concern, explaining the gut-brain connection, then closing with guidance the reader can act on immediately.

## • TRUSTED MEDICAL SOURCES

Harvard Health

## KEY TAKEAWAY

Post-meal nausea and sudden fatigue are usually explained by a natural digestive shift — but eating too fast, stress, poor sleep, dehydration, and large meals can make that shift feel abrupt and uncomfortable.

## • SEARCH INTENT

|                |                       |
|----------------|-----------------------|
| Primary Intent | Informational         |
| Opens With     | Validation of concern |
| Tone           | Calm, reassuring      |

## • LSI & SEMANTIC KEYWORDS

brain-gut connection

blood flow shifts

post-meal fatigue

gut-brain signals

## • TOP REASONS COVERED

- 1 Eating too fast — no time to prepare for digestion
- 2 High stress or anxiety — "fight or flight" vs "rest & digest"
- 3 Poor sleep quality — tired nervous system struggles
- 4 Dehydration — digestion needs water to work well
- 5 Large or heavy meals — more energy demand on the system

## • SEO STRATEGY

- ✓ Scannability prioritized: short lists over dense paragraphs
- ✓ Clear distinction drawn between normal vs. concerning symptoms
- ✓ Closes with 6 practical, same-day actions the reader can apply

## • EEAT IMPLEMENTATION

### EXPERTISE

**Explains the brain-gut connection & its influence on nausea**

### AUTHORITATIVENESS

**Cites Harvard Health on brain-gut communication**

### TRUSTWORTHINESS

**Practical, science-backed solutions**

## • CONTENT STRUCTURE (H2 OVERVIEW)

- 1 Why Nauseous After I Eat and Suddenly Drained?
- 2 Why Nauseous Even When Meals Seem Normal
- 3 What Happens When Digestion Pulls Energy to Gut
- 4 Brain-Gut Signals Can Trigger Post-Meal Nausea
- 5 Why Stress and Fast Eating Cause Nausea
- 6 How Small Changes Can Reduce Nausea



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everydayhealthplan.com  
ayoub@everydayhealthplan.com

March 4,  
2026

 12-15 Min  
Read

 4,800+  
Words

 Everyday Health  
Plan

[everydayhealthplan.com/why-does-caffeine-make-me-tired/](https://everydayhealthplan.com/why-does-caffeine-make-me-tired/)


#### • TRUSTED MEDICAL SOURCES

NIH Sleep Foundation

Harvard Health

#### KEY TAKEAWAY

Caffeine crashes are driven by adenosine rebound, cortisol and circadian timing, and blood sugar swings — this pillar article anchors the site's Caffeine & Energy cluster.

#### • PRIMARY KEYWORD

|            |                      |
|------------|----------------------|
| Keyword    | "why caffeine tired" |
| Volume     | 8.1K/mo              |
| Difficulty | 36 (Moderate)        |
| CPC        | \$0.68               |

#### • SEARCH INTENT BREAKDOWN

|               |                 |            |             |
|---------------|-----------------|------------|-------------|
| INFORMATIONAL | PROBLEM-SOLVING | PREVENTIVE | COMPARATIVE |
| 90%           | 70%             | 60%        | 40%         |

#### • LSI & SEMANTIC KEYWORDS

adenosine cortisol rebound fatigue caffeine withdrawal  
 sleep pressure caffeine crash energy crash caffeine receptors  
 blood sugar swings jittery dip

#### • SEO STRATEGY

- ✓ Targets a high-traffic, high-curiosity informational keyword
- ✓ Comprehensive topic coverage for topical authority
- ✓ People-first content with scientific accuracy
- ✓ Optimized for SERP features & long-tail rankings

#### • FEATURED SNIPPET

Definition Numbered List  
 Table FAQ How-To

#### • PEOPLE ALSO ASK

- ✓ Why does caffeine make me more tired later?
- ✓ Why does coffee make me crash?

#### • INTERNAL LINKING STRATEGY

This article serves as the pillar, anchoring the site's Caffeine & Energy cluster — linking to **Tired in the Afternoon**, **Why You Feel Tired After Eating**, and **Best Time to Drink Coffee**.



# Why Do My Legs Feel Heavy?

Understanding Blood Flow, Pressure Buildup, and Natural Relief

April 13, 2026

12-15 Min Read

4,300+ Words

Everyday Health Plan

[everydayhealthplan.com/why-do-my-legs-feel-heavy/](https://everydayhealthplan.com/why-do-my-legs-feel-heavy/)


Written to sit inside the site's circulation & fatigue cluster — deliberately cross-linked so it strengthens, and is strengthened by, related articles already on the site.

## • TRUSTED MEDICAL SOURCES

Mayo Clinic

Cleveland Clinic

Harvard Health

## KEY TAKEAWAY

Heavy legs are often linked to circulation, muscle fatigue, prolonged sitting, dehydration, or lifestyle factors — explained using evidence-based, reader-friendly guidance.

## • SEARCH INTENT

Primary Intent

Informational

Reader Journey

**Problem → Cause → Risk Factors → Solutions → When to See a Doctor**

blood circulation

venous pressure

muscle pump function

dehydration &amp; heat

## • SEO STRATEGY

- ✓ Meets informational intent by explaining the "why" in depth
- ✓ Addresses multiple scenarios: sitting, standing, walking, time of day, hydration, heat
- ✓ Provides actionable solutions and builds confidence on when heaviness is normal vs. when to seek help

## • PRACTICAL SOLUTIONS

Stay Hydrated

Move Regularly

Elevate Legs

Proper Footwear

Healthy Weight

## • INTERNAL LINKING

Cross-linked with Anxiety, Shower Fatigue, Caffeine, and Nauseous After Eating articles.

## • EEAT IMPLEMENTATION

EXPERTISE

**Written by a trained professional**

EXPERIENCE

**Real research & practical knowledge**

AUTHORITATIVENESS

**Supported by trusted medical sources**

TRUSTWORTHINESS

**Accurate, transparent, unbiased**

## • MEDICAL GUARDRAIL

No diagnostic claims — education only, with clear guidance on when to seek medical advice.



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Where the editorial process (page 07) ends, this is the technical layer that turns a finished article into a page built to be found: keyword targeting, on-page SEO, schema, and performance tracking.

1

**Keyword Research**

High-potential keywords by volume, competition, and intent.

**Target keyword, related terms, difficulty**

2

**Competitor & SERP Analysis**

Study top-ranking pages and content gaps.

**Content gaps, SERP features, angle**

3

**On-Page SEO Build**

Titles, meta, headers, internal links, images.

**SEO-optimized article, ready to publish**

4

**Schema & Structured Data**

Implement Article/FAQ schema for rich results.

**Schema markup, higher CTR potential**

5

**Publish & Track**

Publish on WordPress, monitor rankings & indexing.

**Indexing, performance insights****QUALITY CHECKLIST**

- ✓ Original & plagiarism-free
- ✓ Medically accurate & source-backed
- ✓ SEO-optimized for the target keyword
- ✓ Schema markup implemented

**TOOLS USED**

- ✓ Ubersuggest — keyword research
- ✓ Rank Math — on-page SEO & schema
- ✓ Google Search Console — indexing & tracking
- ✓ WordPress — publishing



Verified output and search-performance signals from Everyday Health Plan, the English-language health site I launched in 2026 — 110+ articles published in the first six months.

**110+**

PUBLISHED ARTICLES

**100+**SEARCH QUERIES W/  
VISIBILITY**Top 10**RANKINGS, MULTIPLE  
KEYWORDS**1,500+**

DAILY IMPRESSIONS AT PEAK

**Content Depth**

2,500–4,500 words per article, long-form and comprehensive by design.

**Technical Foundation**

Complete internal linking strategy, structured data, and EEAT applied site-wide.

**Editorial Governance**

Editorial Policy and Medical Disclaimer authored and maintained.

**SEARCH CONSOLE PROOF — QUERY POSITION TRACKING**

| 1:1001 Requetes les plus fréquentes |                                                 |          |   |
|-------------------------------------|-------------------------------------------------|----------|---|
|                                     | A                                               | E        | F |
| 1                                   | Requetes les plus fréquentes                    | Position |   |
| 2                                   | why do showers make me tired                    | 6.3      |   |
| 3                                   | tired after shower                              | 7.31     |   |
| 4                                   | feeling tired after shower                      | 6.82     |   |
| 5                                   | why do i feel so tired after a shower           | 5.4      |   |
| 6                                   | why am i tired after showering                  | 5.74     |   |
| 7                                   | why do i get so tired after a shower            | 5.84     |   |
| 8                                   | why do my arms suddenly feel heavy and weak     | 12.83    |   |
| 9                                   | fatigue after hot shower                        | 6.58     |   |
| 10                                  | how you might feel after driving all day        | 7.83     |   |
| 11                                  | why do i feel sleepy after taking a cold shower | 9.42     |   |
| 12                                  | why do i feel sleepy after shower               | 5.25     |   |
| 13                                  | why does driving make you tired                 | 18.8     |   |
| 14                                  | why do i feel tired after shower                | 5.7      |   |
| 15                                  | why do i feel tired after taking a shower       | 7.11     |   |
| 16                                  | why am i so tired after showering               | 6.81     |   |
| 17                                  | why do showers make me sleepy                   | 4.98     |   |
| 18                                  | why does driving make you tired the next day    | 10.33    |   |
| 19                                  | why do i feel exhausted after showering         | 6.35     |   |
| 20                                  | tired after hot shower                          | 5.61     |   |
| 21                                  | showering makes me tired                        | 7.23     |   |
| 22                                  | why do i feel tired after a hot shower          | 6.38     |   |
| 23                                  | exhausted after taking a shower                 | 8.68     |   |
| 24                                  | why do showers make you sleepy                  | 6.42     |   |
| 25                                  | why am i exhausted after showering              | 8.13     |   |
| 26                                  | why do i feel tired after bathing               | 7.62     |   |
| 27                                  | why do i feel exhausted after taking a shower   | 7.76     |   |

A sample of tracked search queries for the "tired after shower" content cluster, with their Google average position. Most tracked queries rank on Google's first page, largely within positions 5–9, with a smaller number reaching page two.

**Competitive Context**

On selected search queries, Everyday Health Plan content has competed for visibility alongside established publishers including Healthline, Cleveland Clinic, Medical News Today, and Sleep Foundation — a meaningful benchmark for a single-founder site.

**RECENT ARTICLE HIGHLIGHTS****Does Anxiety Make You Tired?**

Anxiety & fatigue connection

**Tired After Shower?**

Why showers can leave you exhausted

**Nauseous After I Eat?**

Digestive responses & post-meal nausea

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"Great content creates visibility, builds trust, and delivers real value."

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ayoub@everydayhealthplan.com

A clear, collaborative workflow from your brief to high-ranking, high-trust health content.

1

**Receive Brief**

Topic, keywords, audience, special instructions.

2

**Keyword & Intent Research**

In-depth research on intent, competition, content gaps.

3

**Outline Approval**

Structured outline shared before writing begins.

4

**Content Creation**

High-quality, original, research-backed writing.

5

**SEO & Quality Pass**

Optimized for SEO, EEAT, and readability.

6

**Final Review & Delivery**

Final quality check, delivered ready to publish.

**You Provide**

- ✓ Topic & keywords
- ✓ Target audience
- ✓ Word count & instructions

**You Receive**

- ✓ SEO-optimized article
- ✓ Meta title & description
- ✓ Schema code (JSON-LD)

**You Get**

- ✓ Higher rankings & traffic
- ✓ Engaged, returning readers
- ✓ Long-term content value

*I don't just write content. I build content that delivers results — and a process that's easy to work with.*

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Health Content Writer &amp; SEO Specialist

*"A great partnership starts with a smooth process and ends with exceptional results."*

everydayhealthplan.com  
ayoub@everydayhealthplan.com

I may work independently, but I operate like a reliable part of your team.

**Reliable & Consistent**

Clear communication,  
deadlines met, every time.

**Deep Researcher**

Medical sources and data over  
assumptions.

**Strong EEAT Standards**

Experience, Expertise,  
Authority, Trust — in every  
article.

**Reader-First**

I write for humans first, search  
engines second.

**Long-Form Specialist**

Comprehensive 2,500-4,500  
word articles that satisfy  
intent.

**Adaptive**

I fit your guidelines, tone, and  
workflow — not the other way  
around.

**WHY COMPANIES CHOOSE ME**

- ✓ Health Content Specialist across wellness & medical topics
- ✓ Research-driven approach — trusted sources, not opinions
- ✓ A long-term partnership mindset, not one-off articles



# Let's Create Trusted Health Content That Educates, Ranks, and Delivers Real Value.

I help health and wellness brands connect with their audience through accurate, engaging, and SEO-optimized content that informs, builds trust, and drives measurable results.

## CONTACT

ayoub@everydayhealthplan.com  
everydayhealthplan.com  
linkedin.com/in/ayoub-eddarouich  
+212 638 515 331 (WhatsApp)  
Morocco · Serving the USA

## WHAT I BRING

- ✓ Well-researched, evidence-based content
- ✓ SEO-optimized, EEAT-aligned writing
- ✓ On-time delivery, clear communication



**Ayoub Eddarouich**

Health Content Writer & SEO Health Content Specialist

*"When content helps people, it has purpose. When it also ranks, it has power."*