



# WRITING PORTFOLIO

2021

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BLOGS • PRESS • CORPORATE CONTENT

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# Want to Improve Your Health? 4 Reasons Why Your Mouth is the Place to Start!

December 30, 2019

By Countryside Dental Group



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Taking care of your teeth and gums isn't just important for your oral health, but it is also important for your total wellbeing. Keep reading to discover how good oral health can help you to maintain full physical and mental health!

[Nutrition](#)

Proper nutrition is a key factor in keeping up both your physical and mental health. Misaligned, injured, or missing teeth can make eating certain foods painful or uncomfortable. This could cause you to avoid healthy, nutritious foods, so you might not be getting the vitamins and nutrients that your body needs. Specifically, those with poor oral health are more likely to be lacking in fiber, according to the National Center for Biotechnology Information. Adequate fiber is important for your body and brain to function properly!

Lacking proper nutrients can cause a number of problems such as skin disorders, digestive issues, and even dementia. If you are having any tooth pain while eating or drinking, don't simply avoid the food in question, but visit your dentist right away!

### Sleep and Productivity

Sleep is critical to our brain health. It is our bodies' equivalent of a reset button. We don't just turn off and back on when we sleep, but our cells repair themselves during this time. However, many people experience disrupted sleep as a result of poor oral health—specifically due to nighttime bruxism (or teeth grinding). A simple solution like a mouthguard can help combat this issue.

A more serious problem could be related to the jaw. Misalignment of the jaw or joint disorders of the mandible may cause the jaw to lock or click, frequently causing discomfort and headaches. Consistent pain and lack of sleep has been linked to mental health issues, so be sure to speak with your dentist to find a treatment plan suitable for you.

### Infection and Disease

Our mouth is an integral part of our total health. Bacteria in the mouth is normal and some are even beneficial, such as probiotics. These good bacteria can help us to digest our food. However, some bacteria can cause tooth decay and gingivitis. If left untreated, this can create even more serious issues like gum disease. Gum disease can have serious effects on our health, as it has been linked to respiratory illness, heart disease, stroke, and even complications with diabetes or premature birth.

Injuries to our gum and teeth can allow infection to enter the bloodstream. The Journal of Endodontics found that hundreds of thousands of Americans made emergency room trips due to dental problems. Regular trips to our dental office can help prevent any smaller dental issues from turning into a larger issue which could ultimately prevent an infection from spreading into your body.

### General Happiness

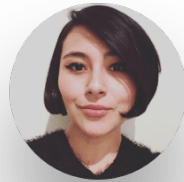
Taking pride in your health and appearance is a great way to boost your confidence! A healthy, happy smile can help you to gain a positive self-image. Whether straightening your teeth or getting those pearly whites even whiter is a priority, our dentists are here to help you achieve your best possible smile.

*By boosting your oral health, we can help improve your overall health in the process. To schedule your next dentist appointment, call Countryside Dental Group today!*

## COVID-19 Announcement

At Countryside Dental Group, we put patient well-being first

Read More



*"Seeing Dr. Shahbandar was, by far, the best experience I've ever had with a dentist. She was kind, thorough, and took her time."*

Hannah E., Facebook



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# CHOOSE THE RIGHT LINGERIE FOR YOUR BODY TYPE

13 OCTOBER 2014

WRITTEN BY - BLUEBELLA



## ARE YOU SLIM, ATHLETIC, CURVACEOUS? FIND YOUR PERFECT FIT!

Lingerie is more than just something you wear in the bedroom. It has the ability to give a woman confidence, even when no one else sees it. When you dress well from head to toe, you feel better! You're ready for anything! But the wrong piece of lingerie can ruin a day in one slip of a bra strap or visible bunch in the back.

Why is it that we all wear lingerie, yet so many of us have such a hard time finding the right lingerie for our body type? To avoid these lingerie woes, Bluebella has created a guide to the most flattering lingerie designs to help women choose the perfect lingerie fit for every body shape and figure.



Julienne Bra and Brief, Black

## CURVACEOUS

For a curvaceous figure, we cannot deny that full coverage bras offer a lot of support. Now, do not let “full coverage” be a turn off - there are lots of sexy options with this bra type. A bra with lace is a pretty option and offers smoothness where you need it.





[MORE Harmonia Bra and Brief](#)

If you don't like the idea of a full coverage bra, a bra with a demi cup is a great alternative! These styles are perfect when you want to wear something with a lower cut. This way you can show off your curves without losing a supportive fit. A couple of rules of thumb when looking for that perfect bra; the thicker the band in the back and the straps, the more sturdy the fit. If there's a bulge above the cup, either the bra's too small or the style may not offer the coverage you need! Refer to our bra fitting guide for more help with this.

When you're looking for lingerie bottoms, try high-waist fits! These styles are really flattering on a curvy figure. Garter belts and suspenders are also great for flattening a stomach. If you don't want a constricting style, full-coverage briefs are practical and sexy at the same time.



MORE Metis Bra and High-waist Brief

### SLIM

If you have more of a slim build, Bluebella has just the right figure-flattering lingerie for you too! For the girls with fewer curves, we have lingerie examples to draw attention right where you want it. With this shape, you can get away with more frills and less function in lingerie types.



Carmen Bra and Harness Thong and Carmen Basque and Thong

If your lingerie doesn't need to lay seamlessly under clothes, extra detail, such as guipure and ruffles, can really draw attention and enhance. It's also a good idea to go for underwire and push up because these options can really give you the lift that you need, and a bra with side padding can create amazing cleavage!



Bailey Bra and Brief

## ATHLETIC

For the ladies with an “athletic” body type, we recommend lots of details! Lace is always a pretty option. Bralettes are great for this shape because they add a soft shape to a strong build. An athletic figure looks amazing in form fitting bottoms, as they hug your curves and give shape to narrow hips, while suspenders cinch the waist and add a curve.



Talisa Bra, High-waist Thong and Suspender Harness

### PEAR-SHAPED

Finally, for our “pear-shaped” women, we recommend lingerie that draws the eyes up. With this figure, it's helpful to create curves in the right places. Lingerie that highlights your top section and smooths the hips is ideal for a pear-shaped woman. Colour blocking or bra detail can really draw attention. Similar to the “straight” figure, ruffles can also add that extra je ne sais quoi.



Valeria Bra and Brief

If you like a little more support we recommend a structured lingerie set; it'll give you coverage on the bottom and lift in the chest area. Lace briefs are a great option for bottoms, as they give you plenty of coverage without giving up that flirty feel!



Cerium Bra and High-waist Suspender Thong

There are great lingerie options for every shape. The important thing to remember is that you can dress for your body type. Each figure is beautiful and unique, just like the lingerie that will flatter you most! In addition, we always recommend being professionally fitted for your lingerie. It's so important to have the perfect band and cup size in a bra, and it can make all the difference!

Now, go have some fun picking out some new lingerie that's perfect for your figure at our website!



Nikita Body and Nikita Bra and Thong

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## INSTAGRAM



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TrustScore 4.5

2,496 reviews

Showing our 4 & 5 star reviews

### Excellent service

Excellent service, parcel was delivered within a couple of days

Steven Arnold

16 hours ago

### I am obsess

I am obsessed wi

loved my Emilia s

lisa flaherty

2 days ago



## OUR WORLD

ABOUT US

SUSTAINABILITY

INCLUSIVITY, DIVERSITY, EQUALITY & ACTION

**NEW VACANCY!** CAREERS

AS SEEN IN

AS SEEN ON

BLUEBELLA BLOG

ON INSTAGRAM

SPRING/SUMMER 2021 LOOKBOOK

STUDENT DISCOUNT

APPRENTICE DISCOUNT

AFFILIATES

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## PRESS RELEASE

### **Game of Thrones Actress Poses in Paolita Monokini for Magazine Editorial**

*London, United Kingdom - October 25, 2013 – Recently nominated finalist, Paolita, for Swimwear Brand of the Year category at the 2013 UK Lingerie Awards enjoys much deserved attention in Effigy Digital Magazine.*

Paolita is a London based, luxury swimwear brand that has recently been featured in Effigy Digital Magazine. On October 22<sup>nd</sup>, 2013, the magazine ran a feature editorial on actress Nathalie Emmanuel.

The 24 year old actress was born in Southend-on-Sea, Essex, UK. The British beauty has played a number of important roles on television and in theatre productions. Emmanuel may be most famous for her role as Sasha Valentine on Hollyoaks,

but she also has a natural stage ability, as shown in her rendition of Nala in the Lion King. However, her current role may be the most exciting. Appearing before global audiences, Emmanuel has a recurring role on Game of Thrones as Missandei.



Effigy Digital Magazine describes their publication as “Tongue in Cheek and a little excitable.” The magazine covers arts, fashion, and film, and they hit all three factions in their editorial on Nathalie Emmanuel. In the recent piece on the actress, the “Bahia” black lace monokini swimsuit by Paolita.

The picture in the Effigy editorial features actress Nathalie Emmanuel on a rooftop lounging in the Paolita monokini with a beautiful cityscape in the background. The actress looks divine in the beautiful black swimsuit with it’s exquisite lace and cut out details.

Paolita was created in 2010 by sole Designer and Creative Director, Anna Paola. The Paolita storefront is open Monday through Friday from 9 am to 6 pm, and it is located near Marble Arch on New Quebec Street, just blocks from Oxford Street. Anna Paola can often be found in the studio working on designs, when she is not searching for inspiration from nearby museums and performances.

**SCHEDULED FOR IMMEDIATE RELEASE.**

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www.shellbellecouture.com



## PRESS RELEASE

### Enjoy a Shell Belle Couture 2014 Sneak Peek

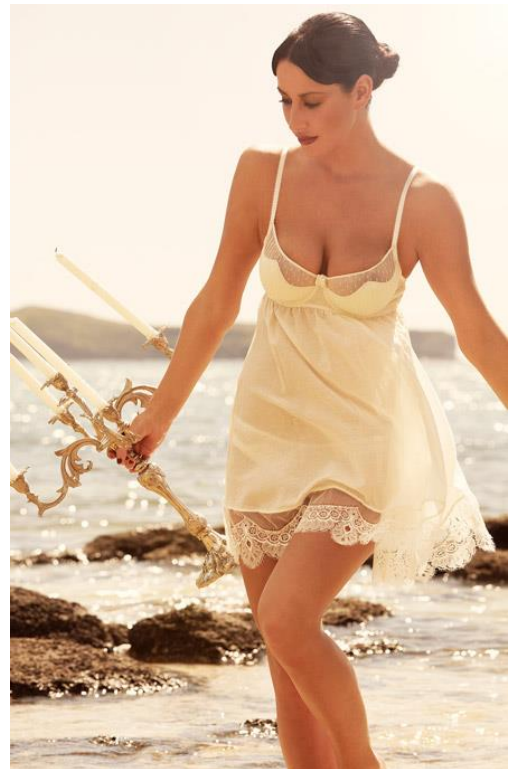
*London, United Kingdom – November 19, 2013 – English luxury lifestyle brand, Shell Belle Couture, presents their new 2014 Spring/Summer collection. As production is underway and the release of the new lines are approaching, Shell Belle Couture offers a first look on select pieces from their beachwear, lingerie, and loungewear designs.*

Creator of Shell Belle Couture is designer, Michelle, has over twenty years of experience of lingerie design. Through this passionate devotion, Michelle has developed a deep love of vintage lingerie. Working alongside highly skilled and trained seamstresses, Michelle adds her own precious vintage touches to the delicate piece for Shell Belle Couture.

Each piece is designed in the Shell Belle Couture English studio and produced in Mauritius. All of the designs exclusively use the finest silks, tulle, and laces available. Shell Belle Couture strives to assure that each design is completed to the highest level of quality. From the beach to the boudoir, each piece is perfectly unique.

The new 2014 Spring/Summer collection will continue to uphold the level of esteem that the past collections have acquired. Shell Belle Couture features timeless elegance in each piece. The brand includes Vintage Lingerie, Bridal, Luxury Loungewear, Designer Swimwear, and Lingerie Couture in their fashion lines.

The sneak peek will feature some pieces of the newest collections. For more information on the Shell Belle Couture brand, designer, and collections, please visit [www.shellbellecouture.com](http://www.shellbellecouture.com).



**SCHEDULED FOR IMMEDIATE RELEASE.**

[View this email in your browser](#)

## Studio Owner Pro Tip!

To help keep recital time drama low, consider creating a “quiet corner” away from the backstage area with the right kind of snacks to help keep you, instructors, parents, and dancers relaxed and energized!



**Get Fired Up!  
Studio Leadership &  
Business Bootcamp**

**JULY**

**8-9**

Designed to fire you up as the leader in your school. Connect with other passionate studio owners, learn tactics to create the business of your dreams, and leave feeling refreshed, energized, and inspired.

**Sign Up**

### **Get Fired Up! Studio Leadership & Business Bootcamp**

Recital time is the busiest of the year, so I know time is precious. If you have ever heard, “Dance teachers don’t teach for the money. They do it because they used to love it,” you need to keep reading. You may love dance, but you also have financial goals. I can help you reach those goals without feeling like a

slave to your studio. Through my 2 day summer **Get Fired Up! Studio Leadership & Business Bootcamp**, you will learn how to help your studio thrive while also taking care of yourself, which studio owners often neglect to do!

### Here is what you will learn:

- **Retention and marketing strategies** that allowed me to increase student numbers by over **200%** and my annual revenue by **150%**.
- How to create a **12 month marketing plan** that is specific to your studio growth needs and goals.
- Personal development and growth tactics for you as a studio owner, studio and personal leadership, and how to create the life of your dreams.

### Benefits to joining the seminar:

- **Personalized attention.** Only 30 registrants will be allowed to enroll in the event to ensure that you get the specific help you need, not a one-size-fits-all strategy that fails to acknowledge your personal goals.
- My **250+ page Operations Manual**, valued at \$297, completely **free**.
- A **90 day roadmap** to begin living the life you've always dreamed through your studio.
- A **12 month marketing** and retention plan.

**Bonus!** If you register by May 25 using the code "**maynews**", you will receive **\$200 off** the already unbeatable price of \$497.

And finally, **the first 6 people to register will receive a 90 minute VIP group workshop with me!** At the end of Day 1, you will have the opportunity to ask any questions regarding your studio, and we will dive deeper into your 12 month marketing and retention plans.

### So sign up now! Get Fired Up Studio Leadership & Business Bootcamp

- **July 8-9, 2016 in Phoenix, AZ**
- **\$297** for those who register by **May 25th**... \$497 after May 25th.

Sign Up



## Exclusive Fitness First Platinum Membership Offer!



Site Council is happy to announce our corporate partnership with Fitness First Market Street Platinum, offering exclusive membership discounts to our staff. Support your health, and learn more below.



Fitness First Market Street Platinum is pleased to offer the following member benefits:

- **20% off any membership option**, and Fitness First **will waive the \$70 start-up fee**. This promotion applies to new members only.
- Fitness First Market St is also happy to offer their **\$39 24/7 access card for free** to both new members and current FF members without a card.
- Staff can **enjoy two free personal training sessions**. First time members and existing members who have not had a PT session can take advantage of this offer.

- Fitness First Platinum members have access to all platinum and standard gyms in Australia.

\* Note: these offers are only available when signing up through Fitness First Market Street. Your employee ID must be presented to redeem.

[Find Out More About Fitness First Platinum Street](#)

## Notes on e-shop - Beachwear

### *Composition and Care (is the same for all items unless otherwise stated)*

100% Polyester

Rinse in freshwater immediately after use, do not wring and dry away from direct heat.

### *Size and Fit (Is the same for all items in the story unless otherwise stated)*

The fit is true to our sizing chart.

### *Sizing for drop down on the shop is either:*

Small

Medium

Large

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## OPIUM

### **Opium Beach Trousers**

#### *Quick Overview*

The Opium beach trouser is a “chino” style bottom. They are the perfect mixture of elegance and comfort with the stylish, deep-hued prints and elastic waste. The trouser includes pockets for a cute detail and added functionality. When the sun goes down, but you’re not ready to call it a night, these trousers are the perfect go-to for over any Opium swimsuit.

#### *Details*

- Elastic waist band with adjustable ties
- Front pockets

### **Opium Leggings** (80% Polyester 20% Elastane)

#### *Quick Overview*

Can’t be without leggings? Neither can we. Even in the heat of summer or an exotic vacation, we need our go-to essential, or in other words, our crop leggings. These are so much more than a legging. They’re gotta-have-it chic and sleek featuring beautiful hues in deep greens and bright purples. Wear the Opium leggings for yoga on the beach or out at night with a sheer black top. They’re perfect for any occasion.

### **Opium Shorts**

#### *Quick Overview*

The wear-them-with-anything-and-everything-under-the-sun shorts. These open-sided, sheer printed shorts offer a fresh take on the summer must-have. Designed with a relaxed fit and stretchy, drawstring waist, these shorts cannot be left off the to-pack list of essentials for the pool or beach.

#### *Details*

- Elastic waist band with adjustable ties

### **Opium Crop Top**

#### *Quick Overview*

Sexy and comfy, this light tee is perfect for throwing on over a swimsuit at the beach. The sheer trend continues in this surprisingly soft tee. Ready to go when you are, this top can be worn for style or function over any swimsuit. We never want to take ours off we love it so much!

## **Opium Batwing Dress**

### *Quick Overview*

This stylish and flattering v-neck cover-up has a drawstring waist. Class and comfort never looked so good. The beautiful colors blend perfectly in this Chinese dragon inspired print. Heck, we'd even wear it with wedges to dinner after a day in the sun!

### *Details*

- Removable Belt

## **Opium Maxi Silk Dress**

### *Quick Overview*

Don't miss out on your shining maxi moment! The Opium silk maxi dress is a summer must with its sizzling deep v-neck with optional tie at neck. This floor sweeping number has sexy slits on each side and pattern trims inspired by Chinese drags. With a maxi this stunning, you'll drop jaws.

### *Details*

- Removable Belt

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## ***LETTERS TO ELEPHANTS***

## **Letters to Elephants Trousers**

### *Quick Overview*

The Letters to Elephants trouser is a "chino" style bottom. They are the perfect mixture of elegance and comfort with the stylish, bright prints and elastic waste. The trouser includes pockets for a cute detail and added functionality. When the sun goes down, but you're not ready to call it a night, these trousers are the perfect go-to for over any Opium swimsuit.

### *Details*

- Front side pockets
- Elastic waist band with adjustable ties

## **Letters to Elephants Shorts**

### *Quick Overview*

The wear-them-with-anything-and-everything-under-the-sun shorts. These open-sided, sheer printed shorts offer a fresh take on the summer must-have. Designed with a relaxed fit and stretchy, drawstring waist, these shorts cannot be left off the to-pack list of essentials for the pool or beach.

### *Details*

- Elastic waist band with adjustable ties

## **Letters to Elephants Rectangle Dress**

### *Quick Overview*

The kaftan dress is a staple of any summer wardrobe, but the Letters to Elephants style puts all others to shame. With its rich prints and colors, this tied keyhole neckline offers a fresh look at a classic style. The flattering drawstring waist is perfect for girls of any shape or size. Wear it out or down in the sand, the Letters to Elephants Rectangle Dress can't be worn wrong.

### *Details*

- Keyhole tied neck
- Removable Belt



## **Letters to Elephants Tee**

### *Quick Overview*

This light and airy tee pairs lace sleeves with a cool and comfortable jersey fabric. Pretty and bright oranges and teals and a warm glow to any skin tone. Take this tee to the beach or wear with shorts to go exploring on a summer day. We wouldn't be caught without our Letters to Elephants tee, and neither should you!

## **Letters to Elephants Mexico Silk Dress**

### *Quick Overview*

The Mexico dress brings a new fun and flirty element to the sexy silk dress. With exquisite teal silk juxtaposed with with bright orange and pink ruffles, this v-neck dress has everything you could possibly want. It's pretty, yet relaxed. Don't forget to pack this beachwear gem, or you'll be sorry you did!

- Drawstring belt?
- 

## ***ELECTRIC BIRDS***

## **Electric Birds Leggings**

### *Quick Overview*

Can't be without leggings? Neither can we. Even in the heat of summer or an exotic vacation, we need our go-to essential, or in other words, our crop leggings. These are so much more than a legging. They're gotta-have-it chic and sleek featuring bright neon birds and florals. Wear the Electric Birds leggings for yoga on the beach or out at night with a sheer black top. They're perfect for any occasion.

## **Electric Birds Tee**

## **Electric Birds Mexico Dress**

### *Quick Overview*

The Mexico dress brings a new fun and flirty element to the sexy LBD. With exquisite black lace juxtaposed with with neon printed ruffles and drawstring, this v-neck dress has everything you could possibly want. It's pretty, yet relaxed. Don't forget to pack this beachwear gem, or you'll be sorry you did!

### *Details*

- Removable Belt
-

## **Siam Shorts**

### *Quick Overview*

The wear-them-with-anything-and-everything-under-the-sun shorts. These open-sided, sheer printed shorts offer a fresh take on the summer must-have. Designed with a relaxed fit and stretchy, drawstring waist, these shorts cannot be left off the to-pack list of essentials for the pool or beach.

### *Details*

- Elastic band waist with drawstring

## **Siam Rectangle Top**

### *Quick Overview*

This v-neck top with ties to create a keyhole opening really is one of a kind. The sheer fabric mixes bright yellow and purple colors and patterns. Light and airy, without sacrificing its feminine style, the batwing sleeves really make this a stand-out option. Pair this with cat-eyed sunglasses for a truly glamorous look!

### *Details*

- Adjustable ties at neck

## **Siam Tank Dress**

### *Quick Overview*

This classic summer dress ties at the waist and has a drop waist and ruffle skirt. With its bright yellows and deep purple geometric prints, it's perfect for any girly girl, but the open back gives it just the right amount of edge. For a fun and flirty look, the Siam Tank Dress cannot be left behind for any summer outing!

### *Details*

- Removable belt

## **Siam Wrap Dress**

### *Quick Overview*

Who's ready to wrap and roll? We are with the Siam Wrap Dress. It's summer, and we don't have time to spend to getting ready! We need to get to the beach as soon as possible, while still looking great! A wrap dress is the perfect answer. It's quick without sacrificing its sexy, with a button collar and cut-out v neck. The Siam Wrap Dress has bright tribal printed yellows with contrasting purple trims and removable belt. Definitely a goddess essential.

### *Details*

- Removable belt

## **Tea Cup Mexico Dress**

### *Quick Overview*

The Mexico dress brings a new fun and flirty element to the sexy summer dress. With exquisite pink silk juxtaposed with yellow inspired tribal ruffles and drawstring, this v-neck dress has everything you could possibly want. It's pretty, yet relaxed. Don't forget to pack this beachwear gem, or you'll be sorry you did!

### *Details*

- Removable belt
- 

## *UKIYO-E*

### **Ukiyo-e Trouser**

#### *Quick Overview*

The Ukiyo-e trouser is a “chino” style bottom. They are the perfect mixture of elegance and comfort with the stylish, bright prints and elastic waste. The trouser includes pockets for a cute detail and added functionality. When the sun goes down, but you’re not ready to call it a night, these trousers are the perfect go-to for over any swimsuit.

#### *Details*

- Elastic banded waist with drawstring
- Front side pocket

### **Ukiyo-e Hoody**

#### *Quick Overview*

We’re pretty sure the hoody is pictured next to “comfort” in the dictionary, but we might have to make a claim to put it next to “pretty,” now, too. The Ukiyo-e Hoody really does have it all: comfort, pretty ruffles, sass. All it needs is you to make it perfect! This hoody looks great on everyone, and we’re positive it’s the cover-up you’ll want at all times during swimsuit season.

#### *Details*

- Adjustable ties at waist

### **Ukiyo-e Shorts**

#### *Quick Overview*

The wear-them-with-anything-and-everything-under-the-sun shorts. These open-sided, sheer printed shorts offer a fresh take on the summer must-have. Designed with a relaxed fit and stretchy, drawstring waist, these shorts cannot be left off the to-pack list of essentials for the pool or beach.

#### *Details*

- Elastic waist band with adjustable ties

### **Ukiyo-e Tank Dress**

#### *Quick Overview*

This classic summer dress ties at the waist and has a drop waist and ruffle skirt. With it’s bright pinks and soft periwinkle floral prints, it’s perfect for any girl next door, but the open back gives it just the right amount of edge. For a fun and flirty look, the Ukiyo-e Tank Dress cannot be left behind for any summer outing!

#### *Details*

- Removable Belt
-

## *TEA CUP*

### **Tea Cup Mexico Dress**

The Mexico dress brings a new fun and flirty element to the sexy lace little white dress. With exquisite white lace juxtaposed with teacup inspired printed ruffles and drawstring, this v-neck dress has everything you could possibly want. It's pretty, yet relaxed. Don't forget to pack this beachwear gem, or you'll be sorry you did!

#### *Details*

- Removable Belt

### **Tea Cup Tee**

#### *Quick Overview*

This light and airy tee pairs lace sleeves with a cool and comfortable fabric. Pretty blue florals complement any skin tone. Take this tee to the beach or wear with shorts to go exploring on a summer day. We wouldn't be caught without our Tea Cup tee, and neither should you!