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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

An Arm & A Leg for eCommerce?

By Sandra Cobb

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As a site designer myself, I realize how much time and effort goes into registering, setting up, and designing a site; not to mention the creation of content and seamless navigation. But it is unbelievable how complicated and expensive this process has become!

Let's face it, very few entrepreneurs and small businesses can afford to spend hundreds of dollars to set up their dot-com presence without knowing how successful it will be! We've seen the results of high expectations and over spending with the demise of many well-known companies as reported in the news recently.

It doesn't have to be this way!

Are you planning to sell products or services?

You do NOT necessarily need expensive shopping cart software or merchant accounts to sell your products or services. You can begin your online venture by setting up a few of your most popular items or services that can be purchased online. Once a customer has made a purchase, you can then follow up with details on how to purchase additional items.

There are low cost ecommerce solutions that can help you start conducting business online without breaking the bank.

First, determine exactly how sophisticated your ordering process needs to be. Then decide which of the following options best suits your business needs.

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Option A – PayPal

Set up a Premier Account with PayPal. PayPal is a stable and secure company that has been around long enough to establish a credible reputation. I can personally vouch for them, I use them consistently.

Benefits:

Doing Business As:

You have the option of using a business name or your personal name, regardless of how your bank account is registered.

Low Cost:

There are no monthly fees and no set up fees. That's right – it's free.

A small fee is with-held each time a transaction (purchase) is processed.

Hassle Free

They process all orders and notify you when payment is received.

Referral Bonus

You can earn a small cash bonus for qualified referrals you send to PayPal.

Features:

Shopping Cart

Premium members can set up a shopping cart that links directly from their site to PayPal.

Send an Invoice

If your services or product prices vary, you can send customers an invoice from PayPal once the purchase price has been established.

Option B – eBay

Consider selling your products or services through eBay. You can accept checks and money orders by postal mail, or you can accept credit cards and checks using PayPal, or eBay's version of PayPal – BillPoint. You can provide links to your site with each item you list for auction. You can also set up a reserve amount – the least dollar amount you will accept for your service or product.

Ebay also offers an affiliate program.

Option C – ClickBank

Sign up as a merchant with ClickBank.net. There are some fees involved, plus you have to determine what percentage of each sale that you will allow the referring site to earn. Affiliates with ClickBank can choose merchants they like (higher commission percentages do better) and then place links on their sites. There is a setup fee for merchants, but you'll also be providing your site a great deal of exposure. Plus, ClickBank allows you to accept credit cards and other methods of payment. You'll be setting up your own affiliate program!

ClickBank also offers an affiliate program:

<http://zzz.clickbank.net/r/?abelle>

Option D – Find a Host that provides Shopping Carts

Many hosting packages are set up with shopping carts with a buy feature. Do your homework. Check on the setup fees and the monthly fees. Make sure it's a reputable company so you aren't worried about your money transactions.

These are just some of the options that are available for setting up shop without going broke. I'm sure that there are many more options available – it just takes some net research.

Sandra Cobb is a work at home site designer and homeschooling Mom. Visit her website for free resources at <http://www.designsbyabelle.com>, and sign up for her monthly ezine –Comets4Him at <http://www.sandracobb.com>.

The Basic Ballet Steps

By Jane Wyvern

Ballet is a classic art form which dates back for centuries and has entertained royalty and common folks both young and old. The basic ballet steps look deceptively simple, but that is only because of the highly skilled dancers who devote many hours to perfecting their art.

Ballet is beautiful and graceful to watch and many young girls have dreamed of growing up to be one of the lovely ballerinas upon the stage. It all starts however, with the basic ballet steps which must be mastered to perfection before advanced moves and ballerina stardom can be achieved.

Modern ballet was popularized in France by King Louis XIV, and many ballet terms are referred to by their French name to this day.

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The basic ballet positions:

First Position – Premiere

The toes point out to make a V shape while the feet are in a straight line at the heels. Heels together. Knees together. Arms form a soft curve out in front of the body. The spine is kept straight with the back, pelvis, and the head in alignment.

Second Position – Second

The feet are shoulder width apart and the legs are turned out. The arms are kept rounded and out to the side.

Third Position – Troisieme

Maintain the out turned legs and cross the leg placing the heel on the middle of the other foot. If the right foot is on top then the right arm is raised in a semi circle above the head and the left arm is out to the side. Reverse the arm positions when the left foot is on top.

Fourth Position – Quatrieme

Maintain outward leg position and put the right foot in front of the left leaving about 12 inches in between. Raise the right arm over the head and curve it into a semi circle. Reverse arms if the left foot is placed in front.

Fifth Position - Cinquieme

Legs are out turned at the hips and the heel of the right foot is placed against the big toe of the left foot at the position of the first joint. The arms are formed into a circle over the head.

Below are some of the basic ballet steps:

Arabesque Stand on the right leg while the left leg is raised straight out behind

Chasse A galloping motion where one leg appears to chase the other.

Emboite Move forward while jumping on alternate toes.

Jete Leaping from one leg to another.

Pirouette To turn, or spin.

Passe To pass the leg into a new position.

Pas de chat A jump to the side.

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Plie To bend down the knees.

Releve To rise upon the tiptoes.

Port de Bras Moving the arms through various positions.

Saute To jump.

Tendu To stretch the leg while maintaining a pointed toe.

The positions and steps above are the basic building blocks of ballet upon which all else is built. These movements are practiced by beginners and professionals alike until they become second nature.

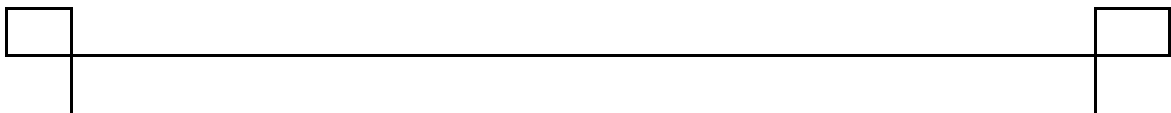
Jane Wyvern is an established freelance writer. You can find more of her writing at

and

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