

"Achieve Maximum Exposure!"

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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!**

**"Achieve Maximum Exposure!"**

**By A.T.Rendon**

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The only way to survive and prosper doing business online is to have a steady and consistent flow of exposure and traffic. And the only way to achieve this is to promote constantly.

The most basic and fundamental form of contact online is email and if you can master it, you will have a constant and steady flow of exposure.

Here are a few key points to keep in mind:

1. Promote Daily.

It can be as simple as having an auto-responder send out automatic responses on a daily basis. Any inquiry you receive or any email message should be responded to automatically with your own message. Then do follow-up as needed.

For a FREE list of FREE Auto-Responder Services:  
<mailto:freeautoresp@emailexchange.org>

2. Keep it Short.

Everyone trying to do business online gets far too much email on a daily basis. The only way to stand out in this vast sea of redundancy is to be different.

Make your own message short.

## "Achieve Maximum Exposure!"

Maximum ad copy should be 5 lines of text, each line no more than 60 characters and spaces in length. If your prospects can read your message at a glance, they might just respond to it.

### 3. Grab their Attention.

Besides a short message, make an attention grabbing title that will capture their interest and create a desire for more details.

Make certain the title is relevant. Do not grab their attention just for the sake of grabbing their attention.

If the reason they peek at your message is not real they will feel cheated and you will lose their trust.

### 4. Submit Daily To FFA Sites.

The secret to success in submitting to the FFA Link sites is to use an auto-responder as your email.

That way each time you receive a confirmation email from one of the FFA Link pages premium members, your message goes out to them in return.

Go for Maximum Exposure and your message will stand out even in a crowd of thousands.

## **Indoor Tanning Beds**

### **By Malcolm Moorhouse**

Indoor tanning beds are used for artificially tanning the skin. Limited exposure to sunlight makes the skin healthy because it absorbs vitamin D from UV rays. However exposure to sunlight for a long period increases the danger of sunburn. Tanning is useful in avoiding sunburn as it is your body's natural way to protect against it.

Tanning bed types:

Indoor tanning beds come in a variety of prices and designs. You should choose the one suitable for your skin type. Tanning beds use bulbs for providing UV rays. The intensity of the bulbs can be altered according to your need.

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Indoor tanning using tanning beds is the way to get a moderate tanning from which you can get maximum benefits. Tanning beds provide a way to moderate tanning because you can control the amount of UV light. That kind of control is not possible outdoors because the intensity of light depends on a lot of factors such as season, time of day, reflective surface, altitude etc. Indoor tanning beds can be regulated to act differently on different type of skin providing the maximum benefit of tanning.

Too much exposure to UV radiation can be harmful and UVB rays can cause sunburn which in turn can cause skin cancer. It is therefore advisable to use professional tanning facilities and approved and tested tanning beds.

In tanning saloons tanning sessions are done by schedules present on the equipment. The tanning bed takes into account the type of skin and intensity of light which minimizes the risk of sunburn.

Benefits of Indoor Tanning beds:

Indoor tanning beds can help in...

1. Tanning your skin which minimizes the risk of sunburn.
2. Maximizing the benefits of getting a tan that best suits your type of skin.

Moderate sun exposure is the best way to maximize the potential benefits of being in sun light.

It also advisable to also use tanning beds in moderation, making sure that there is professional and knowledgeable staff that will be able to advise you on the best way to use a tanning bed.

The advise given here is for home use as well as use in a tanning saloon.

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