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## Five Ways to Prevent Costly Bloopers

By Heather Reimer

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Classic bloopers:

In a cocktail lounge in Norway: "Ladies are requested not to have children at the bar."

At a Hong Kong dry cleaner: "Drop your trousers here for best results."

In a Nairobi restaurant: "Customers who find our waitress rude ought to see the manager."

Bloopers are such a hoot – until, that is, your business promotions wind up saying something you never intended and YOU become a laughing stock.

Here's how to prevent those little slips of the keyboard from generating giggles instead of conversions:

1. First and foremost, have somebody else read what you've written before it goes out. If you do nothing else to improve your promotions, do this. You'll be amazed at the bloopers and gaffs they catch. Remember, even famous writers have editors and there's a good reason for that.

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2. Sleep on it. Few projects are so urgent that they can't wait until the morning. When you're fresh and rested, take another look and start tweaking.
3. Be sure to run everything through the spell-checker, including your email messages. It won't catch everything but it just takes a minute and can save embarrassment.
4. If your background is academic, try adapting your writing style to the web. Just writing more simply can prevent a lot of mistakes.
5. Everyone has mental blocks – those words that we just insist on misspelling. Make a list and post it close to your monitor. A visual aid can help change ingrained habits.

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## Approved Ways To Prevent Heart Disease

### By MoneyMadam

Today's modern medicine has made great strides in determining the causes of heart diseases, as well as ways to treat and prevent it. Just fifty years ago, most people didn't go to the doctor unless they were sick, and the medical profession itself didn't really warn its patients about heart disease, unless the person showed serious signs of it or had a close family member with the disease. Now, thankfully, a much more pro-active approach is taken by both the patient and the doctor in preventing heart disease, as well as treating it.

### An Ounce of Prevention

Perhaps one of the best ways to prevent heart disease is to change the patient's outlook on diet and exercise. It has been shown, time and time again, by such medical groups as the American Medical Association and the American Heart Association that a diet low in fat and low in calories is a great way to lower a person's cholesterol, which is a major risk factor when it comes to heart disease. Add to that a regular doctor approved exercise routine and regular monitoring by the family doctor, and you will be an active participant in the battle to prevent heart disease.

One thing to always remember, of course, is that you and your doctor should be a team in the challenge to prevent heart disease. Routine monitoring of such things as your blood pressure, cholesterol level, general weight and health, as well as indications of other diseases that might complicate the situation are all very important things that both you and your chosen medical

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professional should be on the look out for. So, even if you're not overly concerned about preventing heart disease, see your doctor on a regular basis and talk with them. Depending on what is uncovered, you can possibly get a head start on your race to prevent heart disease.

### When Exercise and Diet Aren't Enough

While good diet and regular exercise are great ways to help prevent heart disease, sometimes they simply aren't enough. Occasionally, your doctor will prescribe different medicines, to help with the battle. The most common ones are those that either help regulate and lower high blood pressure or help the body process and lower the concentrations of cholesterol. Whether or not prescription drugs are needed for your situation should be decided after a serious consultation with your doctor and some monitoring of your health and lifestyle. There are many drugs out there to help prevent heart disease, and your doctor can discuss all the options available.

Trying to prevent heart disease is definitely something that should be on the forefront of everyone's mind. It is one of the leading killers of both men and women in the United States today. By working with your doctor, and following a sensible low fat diet and exercise plan, your efforts to prevent heart disease will not be in vain.

More health related information may be found in

<http://heart-concern.blogspot.com>

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