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Important Health Update

By Wayne McDonald

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Staying healthy does NOT start when you get sick, when you refill your prescriptions, when you are scheduled for surgery or when your doctor says you have six months to live. Your health is an important long-term investment and it is wise to have the resources to stay educated and healthy.

Although I do not know you personally, I really do care quite deeply about your health and well being. Why? Because I know there are answers and a lot of resources at your disposal. I have been in the alternative therapy industry for over 15 years and I work with hundreds of experienced health practitioners. I have spoken to people that have overcome mild health challenges to life threatening health challenges. Unfortunately, most people turn to alternative therapies, or complementary medicine, after everything else fails.

I am not a medical doctor, but I do provide the resources so visitors to my health site can find answers to many health questions. Sometimes I receive an email and I am just stumped on how to respond because the answer is so blatantly obvious. For example, a woman inquired about a liquid dietary supplement and how fast she would feel healthy again. She explained that she was diabetic and in an average day smoked four packs of cigarettes, drank a couple of beers and ate a half-pound of bacon.

The best advice is moderation. To say that there is "one" healthy path would be a lie. I tell my clients to become "body aware" and listen to what it needs (or when it hurts). Most people have one or more of the following body complaints, but ignore the symptoms. Months or years later, people go to their doctors for pain pills or other treatments for the symptoms - I will repeat TREATMENT OF SYMPTOMS. To get results you must treat the cause, not the symptoms. The most common body complaints are lower back pain, knee or hip problems, headaches, stress and pain in the jaw, shooting pain down arms or legs, and the list goes on.

If you experience any of these symptoms, I would recommend that you log-in to the Internet and find a qualified health practitioner. Read articles, get educated, ask questions and try an acupuncturists, a massage therapists, a chiropractor, a Reiki master, a medical intuitive, etc.

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Although prescriptions can serve a purpose over a short time, long time use may cause other health challenges. It is important to be aware of the small health challenges as well as the big health challenges. Some of your body aches, or symptoms, may appear mild but that is usually because you have tolerated it or ignored it for so long. Body aches can set-in and become a health challenge like arthritis. Your body is very smart at adapting and counterbalancing itself. When your body (or muscle) tenses, it then counter balances itself by tensing or relaxing another muscle. Overtime your body can become unbalanced and twisted.

I would recommend working with a health practitioner on a ongoing basis. Start with a few weekly sessions and progress to a monthly schedule. Several sessions in a row will help speed up your recovery.

Working with different alternative therapists overtime will assist you in becoming more educated and familiar with the many health benefits of complementary therapies. You'll discover new ways to treat old health challenges and you will have made a wise investment into your long-term health.

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Jagger Algo Update– Part 2

By Redalkemi Syndicate

This is the second part of the Google Jagger update discussion. The first part of this article discussed the overview of how and why Google needs to update its website ranking algorithms periodically. This article shall discuss the specific areas the Jagger update has altered in the Google algorithm.

Sources at Google claim that the changes we see are part of 3-phase update (Jagger1, Jagger2 & Jagger3). At the time of writing this article, we are in the completion stage of Jagger2 update. The Jagger3 update is expected to be rolled out over the next few weeks.

Jagger Update 1

The Jagger 1 update pre-shocks actually started with a string of back-link updates that began in September 2005 and continued into middle of October 2005. In mid October, Google updated its PageRank database for public view. Usually updated once a quarter, the PR update always creates a stir. While most SEO professionals heavily play-down the importance of PR in ranking, the legacy of its importance is so deep-rooted in the minds of most webmasters, that it is difficult to shake it off as an

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insignificant ranking parameter.

Jagger Update 2

It is believed that the Jagger 2 update is now complete and replicated to all the data centers of Google. However, you may still notice some fluctuations in the rankings as things stabilize for each update. We are now at the threshold of the 3rd phase of the Jagger update, which is expected to initiate sometime in the second week of November 2005.

From what we have studied so far, Google has re-engineered several aspects of its algorithm. Amongst other aspects we will know as things roll out, we believe it has altered the impact of the following:–

1. Value of incoming links
2. Value of anchor text in incoming links
3. Value of reciprocal links
4. Keyword repetitions in anchor text
5. Age of the incoming links
6. Nature of sites linking to you
7. Directory links
8. Speed and volume of incoming links created
9. Value of reciprocal links
10. Impact of outbound links / links page on your website
11. Sandbox effect / age of your site, domain registration date
12. Size of your site's content
13. Addition and frequency of fresh content update
14. Canonical / sub domains, sub-sub domains
15. Multiple domains on same IP numbers
16. Duplicate content on same site or on multiple domains
17. Over-optimization, excessive text markup

18. Irrational use of CSS

We are studying various aspects of the Jagger algo update and are closely monitoring the impact of changes in each of the above mentioned parameters and many more not mentioned here. We shall be discussing the impact of each of these aspects in the next parts of this article, which are likely to be written once the Jagger3 update and our study of it is complete.

In the meanwhile, we'd like to give out a word of caution - If you have suffered drop in your website rankings, do not do any drastic changes on your website until the Jagger3 update is fully implemented and stabilized. There is a delicate balance and inter-dependence of all these parameters that can bring back your ranks once the Jagger3 update is completed.

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