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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!

One-hour Marketing Solution

By Maria Marsala

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There are people who have found ways to market with integrity and have lots of fun, too. If this describes you, then skip this article! Other people would rather be doing anything else – even getting a tooth pulled (well almost) – instead of marketing. If that describes you, then start marketing 60–minutes each day.

Now, I'm not talking about creating forms, business cards, etc. Instead, take 1 hour each day and "really" market. First use that time to design a marketing plan (review your business plan for some ideas). Make sure that your plan includes many enjoyable ways to market or ways you think you'd enjoy. Do I hear lunch? Next, spend one hour per day conducting any type of marketing! Or spend the equivalent of that time – 2 afternoons per week or whatever way works for you – as long as it equals 5 hours per week.

Over time, you too will realize that marketing is fun. Without realizing, your marketing time will automatically begin to increase. Remember, if you get stuck... go to the web or your local bookstore and check out "marketing" information. There are rows upon rows of "how to market" books. So, keep in mind, you can market your way, market with integrity, and have fun, too.

Use the books below to investigate fun ways to market:

~~"Guerrilla Marketing Handbook" (or any guerrilla book) by Jay Levinson and Seth Godin

Lots of inexpensive and great ideas to build a marketing foundation and see what enjoyable methods you can add to your marketing plan.

~~"Selling The Invisible: A Field Guide To Modern Marketing" by Harry Beckwith
Especially good if you market a service vs. a product.

~~"The Portable Coach: 28 Surefire Strategies for Business and Personal Success" by Thomas Leonard
Marketing using the 28 principals of attracting people and business to you.

~~"Permission Marketing: Turning Strangers Into Friends, and Friends into Customers" by Seth Godin and Don Peppers

~~"Integrity Selling: How to Succeed in Selling in the Competitive Years Ahead" by Ron Willingham

~~For other recommended business foundation books, visit <http://www.coachmaria.com/businessbooks.html>

~~For marketing ideas, read some low-budget marketing articles such as... <http://www.coachmaria.com/articles.html>

What Is Tooth Whitening? How Teeth Whitening Works?

By Paul Cris

Teeth Whitening: The process wherein the color of the teeth is lightened is called as tooth whitening. There are various reasons for teeth getting discolored. The main causes are stains of tea, tobacco, coffee, antibiotics etc. These can be removed by tooth whitening. People who have sensitive teeth should not use teeth whitening. People with sensitive teeth would have more problems if they use teeth whitening solutions.

There are many tooth whitening treatments available, some of them are:

1) Bleaching kits: Tooth bleaching solution is applied to the mouth tray and it is inserted into the mouth. After an hour or two or as mentioned in the kit the tray is removed. Most of them work for an hour. The solution contains peroxide, which bleaches the enamel. The carbamide peroxide content in the solution is normally of ten, sixteen or twenty two percent. Some bleach is used twice a day for two weeks while others are used overnight for 1-2 weeks.

2) Laser tooth whitening: A solution is applied on the teeth. A wall made out of rubber is placed on the

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teeth and the laser is directed towards the teeth and the heat generated enters the teeth through the solution and the treatment takes an hour or so. After the treatment is completed you can see the changes.

3) Whitening Toothpastes: These toothpastes have special chemicals that remove the stains. The main advantage of the whitening toothpaste is it does not change the natural color of the teeth. Colgate Simply White Advanced Whitening Toothpaste is recommended.

4) Tooth whitening strips: These strips are placed on the teeth and are removed after 30 minutes. These are very effective and are recommended. They also contain peroxides.

If the above mentioned ways of treatment are done properly then there won't be any problem. There is no long-term data on safety of these tooth-whitening treatments.

Paul has been providing answers to lots of queries through his website on a wide variety of subjects ranging from satellite phones to acne. To learn more visit



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