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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!

Promote While You Sleep

By Larry Johnson

Discovering how to promote that new internet business is primary to it's success. A website without promotion may is like a dark closet in a basement of the world's largest city. No one is going to accidentally find your website.

Here are three tips on how you can promote and manage your site 24 hours a day. Even while you are asleep.

1) AUTORESPONDERS:

Probably one of the best-known and popular ways to handle routine messages to inquirers is the use of auto-responders.

It is simple and easy to set up your messages which usually involve several follow-up messages to remind your visitors what you are offering and how to find your site again.

Here are some fr*e ones:

<http://www.freeautobot.com/>

(ad free also.)

<http://www.getresponse.com/>

<http://www.sendfree.com/>

,

<http://www.sendthisfree.com/>

2) AUTOMATED PAYMENT SYSTEMS:

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Well, this is just a no-brainer. It is just too simple not to do this one.

Having an automated payment system that allows you to accept credit card payments for your products or services and is something that everyone has to have to be successful online.

Here are a couple of third-party ones that I use and recommend:

ClickBank--

<http://www.ClickBank.com/>

PayPal--

<http://www.PayPal.com/>

3) MAILING LIST MANAGEMENT:

If you are trying to run your own newsletter, handling the process by yourself can eat up a lot of valuable time.

In the beginning this may be possible, but as your list grows and the tasks involved keep multiplying, your time demands will increase also.

There are lots of ways to manage a mailing list including installing your own scripts and purchasing your own software.

Weigh the pros and cons, but be sure and check out the possibility of *farming out* the responsibility to a mailing list service.

Here are some to consider:

<http://www.ezinedirector.com/>

(fr*e and paid versions)

<http://www.mail-list.com/>

<http://www.zinester.com/>

(f*ee and paid versions)

Fr*e ones include:

<http://groups.yahoo.com/>

<http://www.topica.com/>

Implementing these three time-saving helpers is a very important benchmark in moving your business into a phase that will free up some time to insure your success online.

Best of luck with your promotional efforts.

Read the Free 24-page book which took the Internet by storm:

<http://ultimatetools.net/t.cgi?SuperTipsArticles>

Recognizing A Baby's Sleep Patterns

By Adwina Jackson

It's true, the number one milestone most parents seek look forward to is the day (or night) their newborn starts sleeping through the night.

You don't have to suffer endless night after night without sleep however, even with a newborn.

Baby's actually follow certain sleep patterns, and if you get to know what these patterns are you'll start sleeping more soundly and better the times you do have a chance to get some sleep!

Baby's don't actually sleep at the same intervals adults do. They actually sleep very unsoundly. Their sleep is full of interruptions because their sleep cycle is not yet fully developed, thus they wake more often during the night.

Generally grown adults spend about six hours every night in deep sleep. This is the really restful phase of sleep you require to feel fresh and new in the morning. Usually time permitting another 2 hours are spent in light sleep.

Baby's generally have twice as many light sleep cycles as adults though, and their deep sleep cycles are much shorter than adults.

Baby's also have to LEARN how to fall back asleep, it is not a skill that comes naturally. Whereas adults might zonk out the moment their head hits the pillow, a baby will actually lie there looking for something to soothe them back to sleep.

Newborn's actually sleep a lot, approximately 16 to 18 hours every day, but they don't enjoy this sleep all at the same time. Most baby's will sleep in increments of only two to three hour intervals. Sometimes their internal sleep clocks are also confused from being in the womb, and they mistakenly believe that night is day and day is night. This means that they'll spend more of their time sleeping during the day than at night!

Here's the good news, your baby's sleep patterns will eventually changes, usually by about the time

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they are 12 weeks old. They will start sleeping about 14–16 hours per day, and many of those hours will be spent sleeping at night.

What can you do in the meantime to feel more refreshed?

- Sleep when your baby sleeps. No matter what time of day, take a nap whenever your baby does catch some zzz's.

- Open the blinds and keep things bright during the day. This will help change your baby's clock around so they spend more of their time sleeping at night and not during the day.

- Sleep near your baby at night. This will help comfort them and allow them to sleep more easily. There are many co-sleeper products available that allow you to sleep with your baby safely at night. Consider trying one until your baby is about 12 weeks old, when they are old enough to start sleeping on their

own.

- You can teach your baby to be a good sleeper with a little time and a little patience, armed with a little bit of knowledge about their sleep patterns!

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.



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