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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!**

**Submit Your Site To Yahoo! For Free!**

**By Lewis Leake, Jr.**

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Good News!

You can now submit your website to Yahoo! And it's FREE.

Sure you have to fill out their lengthy form but it should be worth the effort. Just make yourself some time and log into Yahoo!, fill out the form and wait for "Slurp" − that's the name of Yahoo!'s spider − to index your site.

Yahoo! is in the process of gathering as much content as possible so that should be good news for any sites that have lots of relevant content.

Only submit your home page. "Slurp" will find your other pages. And don't submit it more than once. If your site hasn't been spidered after three weeks then submit again.

Keep track of your submissions to Yahoo! so that you track how long it takes the spider to pay your site a visit.

Here is where you go to submit your site − http://submit.search.yahoo.com/free/request − remember just submit your home page and submit only once.

You should start to really get some traffic to your sites once you are listed in Yahoo! and Google. Plus it means that you don't have all of your eggs in one basket.

**Quick Tip −Use Article Announcement Lists To Promote Your Articles**

**By Ken Hill**

**Quick Tip −Use Article Announcement Lists To Promote Your Articles by Ken Hill**

One of the easiest and most effective ways to get your articles to ezine publishers interested in running your articles is to submit your articles to announcement lists.

These lists allow ezine publishers to receive your articles individually in emails, in a digest form, or to view your articles on the web where they will be archived.

Some good article lists for you to submit your articles to are:

1. http://groups.yahoo.com/group/article_announce/

2. http://groups.yahoo.com/group/ArticlePublisher/

3. http://groups.yahoo.com/group/free_content/

5. http://groups.yahoo.com/group/Free−Reprint−Articles/

6. http://groups.yahoo.com/group/FreeWrites/

7. http://groups.yahoo.com/group/freezinecontent/

8. http://groups.yahoo.com/group/netwrite−publish−announce/

9. http://groups.yahoo.com/group/publisher_network/

10. http://groups.yahoo.com/group/ReprintArticles−Paradise/

11. http://groups.yahoo.com/group/WriteitPublish_Announce/

12. http://groups.yahoo.com/group/TheWriteArticles/

Once you write an article you would like to get published, use announcement lists to get your articles to interested ezine publishers.

You'll find that this will be an easy and effective way to get your articles published and drive more targeted traffic to your website.

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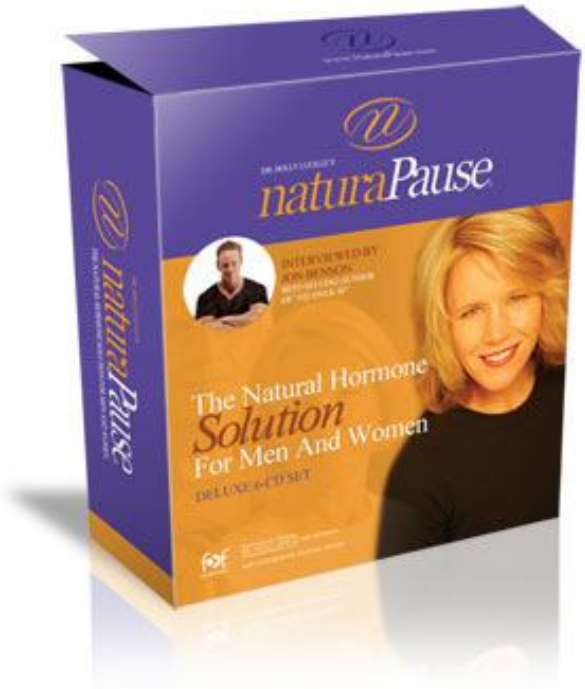


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