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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!**

**The Biggest Needle In The Haystack**

**By Duncan Judson**

Hello everyone!

Have you ever been curious about something, and wanted to learn about it? If you're like me, I am a pretty curious fellow, I really like to learn.

Where is the best place to start finding the information you are looking for? My choice for information gathering is the Internet!

Where do you start your search for information? I use search engines, my favorite is Google. No, I am not plugging Google I believe it is a great search engine.

Do you use key words and phrases to find your information? Hah, I do to, it's the easiest way to find what I want know, and the fastest way to find it.

In general this method is how each person in the world finds information on the internet. Well yah, you may have an alternate plan, an e-mail with a link, or a website in your favorites folder that has the information, or more links to the information.

You must agree at least 98% of the surfers on the internet use search engines to find what they want?

When you search, you insert your key words, than call up the search page which has top 20 listings of websites that match your search criteria. If you do not find what you want do you turn to more pages, or pick from the top 20? Yah, I also pick from one of the top 20 listings; it's a lot faster.

Imagine for a moment; you own a business. How much traffic is directed to your website from being listed in the top 20 of your search criteria? Wow, with the right key words, phrases, niche product, and a theme based website; that is a lot of traffic to your website.

Can you imagine having your target population zeroing in and finding your target specific power packed content? How much of that traffic you could convert to buyers? The people who come to your web site searched for what you offer, and found your website!

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Shazaam! Now that is PROFIT POWER!

So you gotta have; an in-demand niche focused product, that offers a solution to the customer situation. Competition for business will be lower, and will be easier for your targeted and interested population to find your website. Yah, and I bet your saying that would be great. The traffic would find your website; traffic is the premium go-go juice that energizes your website!

Now we are talkin' about the kind of website that the search engines just love to list in the top spots. You can provide over the top content rich information that the customers are searching for. We are talkin' about the exact type of information or services that builds trust and credibility with your visitors on the internet. Well that is all fine and dandy, but theirs more to it than that. You gotta' have the right tools, and process to do the job.

The right tools are important, but you gotta' have the right process. Well this is your lucky day I have

discovered a hidden secret called Site Build It! I call it SBI and it provides you with the cutting edge innovations, and completely integrated system! It has all the necessary bells and whistles for site building—and marketing tools (all in one). You also have accessible to you a clearly written Action Guide, along with a guru-in-your-ear online help, that becomes your virtual guide to outline the process in step-by-step detail.

Ok, you can be a member of the 2% of highly successful businesses that succeed on the internet, or you can be part of the 98% of businesses that fail.

Yah see, the 2% that succeed on the Net build targeted, interested traffic by providing the type of high value content that their visitors are searching for and that the Search Engines love to list in the top levels. The high quality content warms up the customer or PREsells the customer, so the PREsold customer is ready to becomes a sale.

Site Build It can do for you what it has done for hundreds of other successful business people! Don't just take my word for it! Take a Quick Tour of SBI at

<http://quicktour.sitesell.com/sissy.html>

See for your self how "Site Build It" can make your website the Biggest Needle in The Haystack.

Duncan is the owner and webmaster of The Viral source. Duncan enjoys niche markets, and using viral marketing to market his products.

### **Hand Knitted Clothes How-To**

**By Zoya Woolwitch**

Have you ever wanted to make hand knitted clothes, but don't know how or what you need? Have you

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ever desired a hand knitted sweater, for the cold winter months? Well after reading this you will discover how easy knitting really is. You will be able to create wonderful, cute, sexy hand knitted clothes that you can wear in any occasion.

The first step to creating hand knitted clothes is to get your supplies. First you will need some knitting needles, preferably size eight or nine, they are the most easy to use. You also will need some yarn, worsted-weight yarn is the type of yarn you should use, a darning needle is needed for weaving in ends and a crochet hook is used to pick up dropped stitches, but is optional. You will also need an instruction booklet with different patterns. After you pick the pattern, you are ready to learn how to knit.

When creating a hand knitted clothes you need to start with your knitting needle and your yarn. You need to make a slip knot on the shaft of one needle, this is your first stitch. Next you need to put that needle in your left hand, right hand if you're left-handed, hold another needle in your right hand so that you have total control of the yarn. Now you need to insert the point of the right needle, from the front to back, into the slipknot under the left needle. Now you need to hold left needle still in left hand, and move left fingers over to brace right needle. And then with right index finger, pick up the yarn from the ball. Then you need to release right hand's grip on the needle, and use index finger to bring yarn under and over the point of right needle. You now need to return your right fingers to the right needle, and draw yarn through stitch with point of the right needle.

You are now on your way to making your very own hand knitted sweater or other piece of clothing. You now need to slide point of left needle into back of new stitch, then remove right needle. Go ahead and pull the ball of yarn gently to make the stitch fit snugly on needle, then insert the point of the right needle, from front to back, into the stitch just made, and under left needle. You now need to repeat from second to last sentence in the last paragraph until this step, the number of times your patterns says to complete your cast-on row.

You are now going to start your first row. Hold the needle with stitches in your left hand; insert point of right needle in first stitch, from front to back, and then with your right index finger, bring yarn from ball under and over point of right needle. Draw yarn through stitch with right needle point, and slip loop on left needle off, so new stitch is entirely on right needle. Repeat everything in this paragraph until the last stitch is worked. Keep repeating the steps in this paragraph to make more and more rows. You are now on your way to hand knitting an article of clothing or something else of your own choice.

You are now knitting, congratulations. You will soon have your own hand knitted piece, that you created yourself. If you are having trouble there are many websites and help groups that can assist you. You can now say that you are a knitter.

Zoya Woolwitch is a professional knitter and knitwear designer, and the author of "150 Haute Couture Knitting Ideas" eBook. If you are an advanced knitter, you too can discover the most incredible collection of mind blowing inspirational ideas at

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



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