

To submit or not to submit, that is the question.

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<p style="text-align: center;"><u>100% Effective Natural Hormone Treatment</u> Menopause, Andropause And Other Hormone Imbalances Impair Healthy Healing In People Over The Age Of 30!</p>	

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By Larry Westfall

And the answer is SUBMIT.

What am I talking about? I am talking about submitting articles to article submission sites. I am sure you have seen them. They are places to go to submit your original articles about topics you are very knowledgeable about and also sites to visit to acquire some fresh content for your site, blog or eZine.

Let me give you a handful of reasons to add your articles to these sites. First off, and to me most important, is that it gives you credibility. You are now the Subject Matter Expert (SME). So, your article must reflect that expertise. Make sure your articles are well thought out, flow well and get your point across.

Second, along with your article, you will now have links all over the Internet. The reason for this is you add a small "resource box" at the end of the article with some info about you and a link to your web site. This will help with search engine indexing and also with popularity in the search directories.

The next reason for submitting articles is free advertising. Your articles, along with links to your sites will now be everywhere giving your site the visibility it needs - and the best part is - all of this is free.

The fourth reason to submit is money. You can earn cold, hard cash with AdSense ads, income from the products on your site, and affiliate links. You will have more visitors that will result in more money. You may even receive requests from eZines to write articles for them.

Finally, you will gain the trust of your customers. They will consider you an expert and be more likely to visit your site and purchase your products.

So, you can't lose. It doesn't take much time to write an article and submit it to many article sites. You will have fun, get visibility and get to show off to your friends about what a great author you are.

Larry Westfall is the owner of

<http://www.money-articles.com>

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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.

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