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Do you make this common mistake when you buy fish oil?

Let's face it...when you buy fish oil, you're not spending your money on a bottle with a bunch of capsules in it. You're spending it on the results and health benefits the contents of that bottle can provide for you.

So, having said that...do you know what to look for when you buy fish oil? Or do you just grab the bottle with the nicest packaging? Or perhaps the one with the boldest health statement?

An uninformed choice is not really a choice - it's just a throw of the dice: a throw that could cost you money and, more importantly, prevent you from getting the results that you're spending your money on in the first place.

In this article I'm just going to highlight the most common mistake people make, but it will already help you make an informed choice. While this is just one of the factors you should consider, I've specifically limited it to the information you can get right from the product packaging or, in the case of an online purchase, from the manufacturer's website.

Ready? It's a simple principle:

You're not buying fish oil...you're buying omega-3 fatty acids.

That's it. Now for an example so you can see what I'm talking about.

When the packaging says 500mg fish oil or 1000mg fish oil, that really doesn't tell you a heck of a lot about the value for money you're getting. Taking the example of the random brand I have in front of me right now, here's what I see:

Bottle 1: 500mg Norwegian Salmon Oil per capsule

Bottle 2: 1000mg Norwegian Salmon Oil per capsule

The 500mg package provides a total of 138mg of EPA+DHA per capsule. Now, these are the two omega-3 essential fatty acids that we're really interested in! This is where the power of the product lies.

Now let's look at the 1000mg oil package that effectively costs twice as much as the 500mg package. Fair enough, twice the content, right? Wrong.

Why?

Because the 1000mg capsule only provides 202mg of EPA+DHA. That's not even 1.5x the amount in the 500mg capsule, for twice the price! They simply lowered the concentration of fatty acids considerably in the 1000mg offer. Most people will be none the wiser.

That's how easy it is to make a wrong choice. Remember, you are buying the omega-3 fatty acids inside the fish oil, not the liquid itself. Don't be fooled. Do the math.

Anti aging skin care - 5 simple tips to rejuvenate your skin

Do you look old enough to want to look younger yet? Here are 5 simple anti aging skin care tips that will help you look years younger in no time, as well as a recommendation on the best antiaging skin cream.

1. The sun is your enemy

The sun and your skin are not the best of friends. Your skin probably considers the sun something of a bad relative. It's ok if they visit every now and then just to keep up appearances, but once the sun has emptied its cup of tea and eaten its piece of cake, your skin will kindly show it the door.

UV exposure has a hand in almost every ailment that plagues the aging skin. Be it wrinkles or age spots, it's always safe to point a finger at the sun and say "it's all your fault!".

Protect yourself from the sun by wearing proper sunscreen with an SPF of at least 15, depending on your skin type.

2. Can those ciggies

You know all those veiled warnings you get on cigarette boxes? How smoking will kill you? Or give you cancer? Or give the people in your house cancer? Well, those are not jokes. Smoking is indeed bad for you.

All you have to do to appreciate the impact smoking has on the skin is to have a good close look at any long time smoker. If you happen to be one yourself, it's no wonder you're reading this article.

Smoking damages your health, and therefore your skin. If you want to slow down the aging process of your skin, quit smoking.

3. Eat your veggies

There is no doubt that a healthy diet with plenty of raw foods help slow down the aging process. Vitamin supplements can help, but they are only what the name suggests: supplements. Nothing beats a good healthy daily diet.

4. Watch what you put on your skin

It's alarming how many harmful substances find their way into even high profile skin care products. Just because a celebrity endorses an antiaging skin cream doesn't mean it's actually any good.

Do your diligence and do the research about things that are good for your skin and things that are bad for your skin, or benefit from people who have already done it for you.

Remember - your skin absorbs whatever you put on it. Think about that for a moment.

5. Go natural

The safest way to go about the anti aging skin care process is the natural way. Don't for a moment think that natural means less effective than chemicals and drugs. Nature has a cure for much everything, and there are still skin care companies that spend most of their budget on the research and perfection of these natural cures instead of advertising and celebrity endorsements.

You just need to know where to look.

How to Get Ripped Abs Quick - 3 Super Abdominal Exercise Tips

So, you want to get ripped quick. Maybe summer is coming and you want to look really good in those swimming trunks or bikini. Bad news...you're not going to get ripped overnight. Good news...it can be done in a realistic time frame, which will of course depend on your current condition.

Get Ripped Quick - Super Tip 1: Sorting out your diet

First of all you need to sort out your diet. Don't cut down on your calorie intake too severely as this can lead to muscle loss and also negatively affect your metabolism.

Ideally you want to strike a good balance between your intake of fat, carbohydrates and also protein.

The most important foods that you should cut out are refined sugars and starches. On the flip side you'd want to make sure you take in plenty of whole, natural, unprocessed foods like vegetables, organic meat, nuts, fruit and eggs.

Super Tip 2: What are the best type of cardio exercises to do?

Forget about doing endless long cardio in your ab exercise routine. You want to switch to shorter, more intense workouts. Not only are they more effective at speeding up your metabolism, but they're also more fun, easier to fit into your busy schedule and easier to stick to. Examples include:

- Rope Jumping
- Short Sprints
- Hill Sprints
- Stair Climbing
- Interval Training
- Waist High Roundhouse Kicks on a Punch Bag

If you don't know, interval training is quite simply where periods of intense exercise are mixed with periods of less intense exercise, or recovery. A simple example would be doing a 70m hill sprint, then walking back down before doing another.

Interval training improves the performance of the cardiovascular system and also helps remove the risk of strain injuries that can occur during repetitive endurance exercises. Quite simply, you burn more calories during short, high intensity exercises than with long, slow cardio exercises. If you want to get ripped quick, interval training is the way to go.

Don't over train, however. You will inhibit your body's recovery and get exactly the opposite results of what you want. An injury caused by over training can also put you out of action for a long time, and there's no need for me to explain what that means. Exercise about 3, maximum 4 times a week, and listen to your body.

Super Tip 3: What are the best abdominal exercises to do?

Focus on full body exercises instead of exercises that only isolate the abs. Most of your exercise time should be spent on these. I'm talking about pushups, pullups, squats, lunges, mountain climbers, static jumps. These are specifically exercises that don't even require any ab exercise equipment, gym equipment or weights.

To get ripped quick you need to engage your entire body. Be sure to include some exercises that specifically target and isolate the abs in your routine, like jack knives, suspended leg lifts and reverse crunches, but don't do ONLY those. Get your whole body working and you'll burn fat much more effectively.

Anxiety Attacks - Revealing the Causes of Anxiety Attacks

People who suffer from anxiety attacks may tell you what a terrifying experience it usually is. Millions of people experience an anxiety attack every day. That is enough to leave you even more anxious than before, afraid of having your next attack. Just imagine the negative economic, emotional and social impact panic attacks have on the lives of millions of human beings.

What causes anxiety attacks?

First of all, anxiety symptoms are basically the same as the instinctive fight or flight response. This response is instinctive and is designed to increase your survival when faced with a life threatening situation such as being attacked by a wild animal or having to escape from a burning building.

This is normal. The problem is that people who develop anxiety disorders responds in this instinctive way to imagined threats to their immediate survival such as driving to work or having some unknown and incurable disease. They then experience the flight or fight response and the corresponding physical symptoms as anxiety symptoms or anxiety attacks.

Of course, if a vehicle should suddenly swerve in front of them or their doctor tell them that they really do have an incurable disease, then the threat becomes real and is not just imagined.

So this instinctive response to imagined threats creates anxiety symptoms like the following.

- Racing heartbeat
- Difficulty breathing
- Dizziness
- Nausea
- Obsessive thinking

In a dangerous situation, these are just symptoms of your body and nervous system getting ready for either running away from the danger or staying and fighting the danger. When you mistakenly learn to respond in this way to everyday stress and problems, it becomes an unnatural anxiety disorder.

This unnatural response will be a harmful influence in your life that will break you down physically and emotionally. Everyday events that may trigger such a response may include having regular arguments with your spouse, a severe work deadline, rush hour traffic or financial problems. The way in which you react to these problems in a habitual way will determine how you feel. Some people learn how to cope with stressful situations in a better way than others.

A daily relaxation routine or exercise program can help you to release the stress of the day. Doing martial arts or hitting a pillow might also do the trick. Well, maybe not a pillow, but you probably get the idea. You may also want to avoid stimulants such as nicotine, caffeine and loads of sugar. They will only make you more restless.

There are many imagined threats as well as real threats to our health, safety and sanity in the world today. There are therefore more than enough causes of anxiety attacks. You can therefore choose to uncover and deal with those causes directly and habitually.

5 Questions answered about fat loss

Fat loss, or weight loss, can be troublesome. Here are 5 questions answered about fat loss.

1. Can sugar make you fat?

Sugar is one of the main causes of excess fat in the body. Sugar leads to excess water retention and fat storage. Because sugar is burned off first, it basically keeps fat from being properly metabolized and burned by the body.

2. What about carbohydrates?

Carbohydrates are foods that are naturally sweet and can include anything made with sugar or flour. Sugar and refined carbohydrates are some of the major contributing factors to why people are obese. Excessive carbohydrates will be turned into fat by the body.

3. Will you lose fat quicker if you do not eat breakfast in the morning?

Skipping breakfast will not help you to lose extra weight, but may instead result in muscle loss and a decreased metabolism. This will only delay your ability to burn fat. Studies have shown that people who include a large and healthy breakfast in their diet burn more fat than those who avoid eating breakfast.

Eating breakfast will help to boost your metabolism. Skipping breakfast and waiting lunchtime before you eat will slow down your metabolism. Breakfast can indeed be called the most essential meal of the day.

4. Will eating fewer meals per day help you to lose fat?

No. You can eat regularly when trying to lose fat. The regularity of the meals will tell your body that there is plenty of food available. Therefore your body does not need to store body fat for an emergency situation. Also, if the period between meals is too long, your body may begin to burn off muscle and start storing fat.

5. What foods can you eat to help you burn off excess body fat?

Fat burning foods are foods that, whilst being absorbed, trigger the hormones of your body to burn fat rather than store it. Examples of foods that burn fat are carrots, tomatoes, potatoes and apples. You may want to add these foods that burn fat to your daily diet.

That was 5 questions answered about fat loss.

7 Secretive Signs of a Cheating Girlfriend

What would you do if your girlfriend cheated on you with someone else? How would you know what signs to look for? These are troubled waters and you may need a map to navigate safely through them. Here are 7 signs that may reveal a cheating girlfriend.

#1: Who is she spending time with? Your girlfriend is suddenly spending more time away from you than usual. What is she doing and with whom is she doing it? Your friends and their girlfriend does not know where she is going either.

#2: What is she wearing underneath those clothes? Is she wearing lingerie that you have never seen before? Does she wear special underwear when she goes out for meetings or parties that you are not invited to? She may be wearing it because she likes sexy lingerie, or maybe she wears it to impress her secret lover.

#3: Her sex life has suddenly changed. She has much less desire to be intimate with you than before. Why? Is it because she is being satisfied by her new lover or is there another reason for her decreased desire?

#4: Your cheating girlfriend may exhibit signs of being bored or uninterested in your relationship. She is distant and sad when she is around you, but happy when she is away from you. Who or what is making her happy? If it is not you, then who is satisfying her needs?

#5: Where did she get that new jewelry or dress from? Did she buy it herself? Did she have the money available to afford it? If you did not give these things to her as gifts, then who did? Someone may be showering her with gifts to show his affection or appreciation of her.

#6: Do not forget about repeated phone calls you cannot explain. The caller hangs up the phone when you answer it. Your girlfriend also has secret telephone conversations with someone you do not know.

#7: Your cheating girlfriend starts to lie about her daily activities. There are definite differences in what she tells you one day and what she tells you the next day. She might be finding it confusing to cover her tracks from all angles. Is she having memory problems or is she trying to keep her infidelity a secret?

Remember that there is probably no sign that marks the exact spot of infidelity. Rather form a picture from all the different signs and see them as a whole. There is no salvation in passing weak judgment and anger. Read the signs of a cheating girlfriend correctly and test the waters of your relationship to see if it is warm or cold.

Three Steps To Greener Lawn Grass

You do not have to be a professional gardener to have pleasant and green lawn grass. Provide lawn grass with three things and you may experience that the grass is greener on your side of the fence.

These are the three basic things to do:

Water your lawn grass. Fertilize it. Do insect, disease and weed control when your lawn grass needs it.

Watering your lawn

Watering should be done thoroughly. A light sprinkling induces shallow grass roots while thorough soaking promotes deeper grass roots developing where the subsoil moisture lies.

A possible cause of yellow spots on your lawn can be a lack of sufficient moisture. During hot weather in the summer, grass tends to become parched and brown. How frequently and by what method you water your lawn grass can then determine whether your lawn will be green or not. As a consolation, established and well fertilized lawn grass rarely dies from lack of water.

With reasonable moisture and fertility lawn grass will flourish during the heat of summer. In the cold weather and short days of winter, your grass lawn will turn dormant. In areas having a prolonged winter the grass can become an unsightly brown.

Fertilize your lawn

At least three pounds of actual nitrogen per year is recommended for lawn grass. The urea-form fertilizers are better at heavier rates, but need not be used as frequently. Fertilize generously, especially at seasons just preceding the greatest grass growth. You can also use organic slow release fertilizers.

Insects, diseases and weeds

If you notice ants, beetles, cockroaches, snails or worms crawling around your grass lawn, it is time to act. There are numerous products available on the market for getting rid of insects occupying your lawn grass.

Here are four important things to consider before buying an insecticide:

- It should eliminate insects in every situation.
- It should have a long lasting action.
- It should not burn your lawn grass or damage your flowers and other plants.
- It should not be hazardous to the health of your children or your pets.

A disease such as leaf spot may strike your grass lawn during wet and cold weather. It can be treated with antibiotics. Some types of grass may be susceptible to rust. There is no cure for rust, but it will show less when heavy fertilization produces new leaf growth.

If weeds become unsightly, you can weed them chemically or by hand. If you are going to use a chemical product, please follow the directions carefully. Another way of weed control is to mow your lawn frequently at a high height. This will help keep weeds at bay. The exact height needed will vary according to the type of grass your lawn consists of.

You can also try to find out what lawn grass species is the best adapted to your local climate and soil conditions. So there it is. You need water, fertilizer and pest control for greener lawn grass.

Quit Smoking Hypnosis - One Of The Ways To Quit Smoking

Quit smoking hypnosis can help you to stop a potentially dangerous habit. I will now do my best to enlighten you about this fascinating method and its possible benefits. So, take a deep breath and read on!

Why is it so difficult to quit smoking even if I want to?

Through conscious and repeated smoking, you have formed a subconscious habit. Now that you consciously want to quit smoking, you find that your subconscious is still programmed to repeat the habit when triggered by certain circumstances, thoughts or emotions. Hypnosis attempts to reprogram your subconscious to reject the smoking habit.

You are also addicted to the stimulant nicotine found in tobacco smoke. When you stop smoking your body will gradually get rid of the nicotine within a few days.

How does quit smoking hypnosis work?

Hypnosis puts you in a relaxed and focused state of mind where you are less conscious and your subconscious mind is more open to suggestion. Imagination and your senses play a big part in the process. If you can imagine it, you can believe it, and then you can achieve it.

How effective is quit smoking hypnosis?

Thousands of smokers have quit smoking through the power of hypnosis. Hypnosis is especially effective when dealing with addictive behaviors. Lighting up a cigarette, holding it in your hand and inhaling and exhaling the smoke can become a relaxing ritual. Hypnosis relaxes your mind and body while subtly changing your perception of smoking.

Where can I find quit smoking hypnosis help?

You have a number of options available:

1. You can search for hypnotists in your area which might assist you in your quest to quit smoking for good.
2. Search for recordings of a quit smoking hypnosis program available on cassette or compact disc.
3. Some internet merchants offer downloadable recordings in MP3 format.

What are the possible benefits of quitting smoking today?

* You can continue smoking while doing a quit smoking hypnosis program. You can quit when your subconscious attitude towards smoking has changed. That does not mean that you will experience no withdrawal symptoms. But your desire and willpower to quit smoking will be much greater.

* You can become healthier. Stop smoking and you can decrease your chances of having a heart attack, developing emphysema or lung cancer.

* You can save money. Depending on how much you smoke, you can save \$400 to \$800 per year. You could also be saving money on future medical bills.

* You can feel better, cleaner and more energetic. How much is that worth to you?

In conclusion, there is more than one way to quit smoking now. Quit smoking hypnosis is one way to achieve it. Remember that old habits, even if they die hard, can be replaced by new habits. If you wish, you can change your smoking habit and become a nonsmoker for life. Imagine that!

How to Start Your Own Internet Business - 6 Tips That Breed Success

The income potential of the internet is attracting more and more people every day. Here are some quick pointers to help you figure out how to start your own internet business.

SET YOUR GOALS

Before you start your own internet business it is important to decide what exactly you want to achieve. Do you just want a small side income, or do you want to build a long term business that can see you quitting your job and provide you with a full time income.

BE REALISTIC

You have to realize that the Internet is not some get rich quick environment. The people who are making big money online has done so through hard, often repetitive and boring work. There are no big secrets and not a whole lot of shortcuts. Don't expect to get rich overnight with little or no effort. It just doesn't work that way.

Treat your internet business as a game or a sideshow and you won't get very far.

INTERNET BUSINESS IDEAS

There are many ways to make money with an internet business. You can sell stuff on eBay, you can become an affiliate and sell other people's products for commission, you can create your own digital information products to sell, you can sell physical products, you can build content sites or blogs and monetize them with programs like Google AdSense, which pays you per click.

It's exactly in these myriad of options where most people run into trouble. Which brings us to the next point.

FOCUS

Decide on a business model and then focus on doing just that. Too many people get caught up in jumping from one type of income stream to the other, without really committing to any single one. This is a recipe for failure. Once you start making money and get more adept at what you're doing, you should by all means expand into other business models to build multiple streams of income.

To begin with though, pick one and run with it. For example, if you're going to build content sites for AdSense or affiliate income, commit yourself to that completely.

LEARN

Once you decide what business model you want to focus on, learn how to do it properly. There are an obscene amount of ebooks and video courses on internet marketing available online, so you won't have any trouble finding any relating to your specific business model.

The best thing to do is to find a good mentor or at least a community of successful individuals committed to your success. Naturally you're not going to get this for free, but it is without a doubt the best investment you can make in an internet business if you're just starting out.

TAKE ACTION

Don't fall into the trap of buying one marketing course after the other or jumping from one opportunity to the next. Learn, and then put what you learn into action. There are no secrets to making money online, despite what all the sales pitches you'll run into online will try to tell you. Action is what will produce results for you.

Life Insurance Policy - The What, Why and How Of A Life Insurance Policy

A life insurance policy could help you to provide your family with financial security when you die and can no longer look after them. In this article I will discuss the what, why, how, when and where of a life insurance policy. If you are wondering about getting life insurance, then you may want to read this.

What is a life insurance policy?

A Life insurance policy is a contract between an insurance company and the insured which promises to pay out a certain amount to your beneficiaries in the event of your death.

It also sets out the provisions of the life insurance coverage. These provisions include premiums, loan procedures, face amounts, and the designation of beneficiaries, among many other clauses.

Policies may be for term or permanent cash value types of coverage.

Why is a life insurance policy essential?

The benefit from a life insurance policy is not for you. It is to provide for your loved ones, but after you have gone.

After your death, the life insurance money is paid to those who rely on you to give them a secure standard of living, which they might lose if you should die. This is money when they need it the most, with no income tax or publicity.

How does a life insurance policy work?

Term life insurance is only for a certain period of time, and if the policyholder dies during the term of insurance he/she receives the death benefit. In the case of the insured person dying after the policy expires, however, no benefit is paid.

At the end of the term period, the policy expires with no accumulated cash value, and no benefits are payable. Term is the cheapest, but it's unlikely the death benefit will be paid since the life insurance policy will probably lapse before you actually die.

When a person has family and becomes ill, not only does the sick person need support, but also the family often requires relief. Short-term income protection is an added coverage to life insurance and provides extra cash to cover the family's needs when one spouse is ill.

You will need to decide on the amount of term life insurance before you start to shop around. Most companies have effective savings rates at \$250,000, \$500,000 and \$1 million.

When can you take out a life insurance policy?

You may be able to get a lower premium for your insurance if you have lowered your cholesterol, lost weight or quit smoking.

A 35 year old nonsmoking male in excellent health can buy a \$500,000 term life insurance policy for about \$700 per year.

Keep in mind your age determines the length of time the term policy will have a guaranteed level premium. You may not be able to get more than a 10 year guarantee if you are over 50 years of age, so start while you are still young.

Where can you find a life insurance policy?

Finding a life insurance policy is something that you should not rush into.

If you are planning to apply directly for life insurance, then you may find it easier to apply online. All this information will enable you to make the right decision about the best company to get your most suitable life insurance policy from.

Getting online term life insurance quotes can be a very effective and convenient way to save you both time and money when shopping for term life insurance. The quotes are free and you're never under any obligation to accept any quote that is offered to you.

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