

Introduction to Mrkt.it & Sample Articles



My Name is James Pitt, and I've got a great team of guys here in the Philippines who work for me. We specialize in all aspects of getting articles written and published as well as getting a website together. We can:

- Wordpress / Drupal sites
- Keyword research
- Write articles
- Write blog
- Write ebooks
- Website design
- Banner design
- Landing page creation
- PHP / javascript coding
- Article submission
- Article re-writing
- Social media marketing
- Affiliate marketing back-office work

Are you looking for some articles written?

We aim to give you your articles quickly - often within 2 days, but normally within 5 days. This obviously depends on our workload. We will let you know about this before you pay.

We want to build long term relationships, and the way we do that is by offering a great service.

- The articles are well written and easy to read
- We remove fluff and filler
- Let us know if you prefer UK or US grammar - we can deliver in both
- Copyscape passing
- Great SEO/LSI
- Gets you that click!
- If you're not happy, we will revise the articles until you are satisfied

Some of the mrkt.it team (Christmas Party 2009/2010).



Here are 7 Sample Articles

- 1. How To Sell On Facebook**
- 2. Mini Fridge Freezer**
- 3. Car Hire in Bucharest**
- 4. Commercial Building Insurance**
- 5. How to Beat Stress without Medication**
- 6. President Hotel New York**
- 7. Ten Things You Can Do To Look Younger**

How To Sell On Facebook

Having almost 62 million subscribers worldwide and continuously growing every day, Facebook is the latest and greatest social networking website. It provides people with a medium to interact online. People meet old friends and make new ones, relatives are reunited with long-lost members of the clan, singles search for partners, strangers become friends, introverts now are sociable. Facebook, however, serves another purpose for business-minded crowds and marketers. This provides the effective and accessible medium for them not only to socialize but above everything else, a hub where potential clients and prospect customers can be found. So many people ask **How To Sell On Facebook?**

The underlying sales and marketing purpose of this website successfully draws in money for the online business owners and internet marketers who utilize it. Facebook began to operate in November 2006. During this time, it provided the platform for advertising to marketers to promote their products and services.

Here are some important tips to keep mind for finding out **How To Sell On Facebook:**

Get targeted traffic. One of the most important parts of learning **How To Sell On Facebook** is to consider the quality and attractiveness of the Facebook account itself. The profile page must be creatively and uniquely created to draw in more attention from everyone. To make it more attractive, adding focused content and uploading videos can be effective. Also, creating a blog spot on the profile using RSS can provide interest to many people who will chance upon the account. In that way, more people will be viewing the profile and this will lead to an increase of opportunities for clients to be involved in the business that one has or achieve greater chances of getting costumers to purchase your products and services.

Use Groups. In Facebook, there are group accounts in which people having same interests can join in and become members. Having such group accounts can be an advantage and beneficial to people learning **How To Sell On Facebook**. This provides an access to potential buyers or customers of the products being sold. Once someone has joined a group and have been given value, then that's the time that you can present or offer them indirectly of the products that they may be interested in.

Have Fun With Your News Feed. This is another effective tool available in Facebook. It assists and helps you promote your profile and your website to people who could be interested. This is a secret to learning **How To Sell On Facebook**. Through this particular feature, one can post whatever it is that is needed to be announced or things that are interesting for others to know. Also, you can announce

the updates on the happenings to your network of friends. In addition, if you are hosting an event, you can post it in the news feed to inform others. If they would be interested on the event that is posted and find it worth their time, they themselves will disseminate the information through word of mouth, etc. More people would be attending the event where a product or service can be promoted.

There are lots of other ways which can help you **How To Sell On Facebook**. These tips are ones that may dramatically draw in more potential customers and clients, and help you sell yours products and services. Facebook does not only provide entertainment but also promotes businesses for marketers.

Mini Fridge Freezer

Standard full-sized fridge freezers are the most common type of fridge freezers. However, some people just don't need so much storage space - in this case, a mini fridge freezer is a better choice.

There are two common types of mini fridge freezers. Firstly is the built-in mini fridge freezer which is designed to fit under counters and the second is outdoor mini fridge freezer which is made tough for outdoor use.

A built-in mini fridge freezer is integrated into a kitchen counter or in a bar. It is purposely designed to fit an enclosed space that its vent is positioned at the front or at the bottom underneath the floor, and is made sure that the door can easily be opened.

On the other hand, an outdoor mini fridge freezer is designed to withstand the natural phenomenon in an outdoor setting. Its stainless steel feature is able to withstand acidic spills outdoors. Aside from its durability, it consumes less energy for it can be powered by 12 volts from a lighter in a vehicle - plus, it can be used indoors.

Below is a short list of mini fridge freezers: (Click on the link to compare store prices.)

***Energy efficiency is graded on a scale from A+ to G, where A+ has the lowest energy consumption and G has the highest. According to EU regulations this label must be displayed on all the below products.**

NOTE: Some specifications may not be included in other fridge freezers.

Hotpoint Mini Fridge Freezer - RLAV21

<http://www.dealtime.co.uk/xPO-Hotpoint-Hotpoint-RLAV21P-Larder-Fridge>

Price range: £131.00 to £230.00

Total capacity: 4.48 cu. ft.

Dimensions

Height: 83.6 cm.

Weight: 54 cm.

Depth: 60 cm.

Refrigerator Type

Type: compact / mini

Installation: free-standing

Exterior colour: white

Key Features

Total volume: 130 litres

Total number of shelves: 2

Defrost: automatic defrost

Extra features: adjustable rollers / levelers

Fresh Food Compartment

Fresh food volume: 130 litres

Fresh food shelves / bins: vegetable bin, egg storage, dairy center, spill proof shelves

Shelf material: glass

Light: yes

Door opens: opens to left and right

Energy Consumption

Energy efficiency: A*

Annual energy consumption: 150 kWhrs

Indesit Mini Fridge Freezer - TLA1

<http://www.dealtime.co.uk/xPO-Indesit-TLA1-Indesit-Larder-Fridge-White>

Price range: £152.00 to £189.00

Total capacity: 4.48 ft.

Dimensions

Height: 83cm.

Width: 54cm.

Depth: 56cm.

Refrigerator Type

Type: compact / mini

Installation: free-standing

Exterior colour: white

Key Features

Total volume: 130 litres

Total number of shelves: 2

Number of motors: 1

Defrost: automatic defrost

Fresh Food Compartment

Fresh food volume: 130 litres

Fresh food shelves / bins: egg storage

Shelf material: wire

Door opens: opens to left and right
Energy Consumption
Energy efficiency: A*

Bosch Mini Fridge Freezer - KTR14N11

<http://www.dealtime.co.uk/xPO-Bosch-Bosch-KTR14N11-White>

Price range: £199.00 to £300.00

Total capacity: 5.01 cu. ft.

Dimensions

Height: 85cm.

Width: 50cm.

Depth: 61cm.

Refrigerator Type

Type: compact / mini

Installation: free-standing

Exterior colour: white

Key Features

Total volume: 140 litres

Fresh food volume: 140 litres

Total number of shelves: 4

Number of motors: 1

Defrost: automatic defrost

Extra features: adjustable rollers / levelers

Fresh Food Compartment

Fresh food shelves / bins: vegetable bin,

Shelf material: wire and glass

Light: yes

Door opens: opens to left and right

Energy Consumption

Energy efficiency: A*

Annual energy consumption: 150 kWhrs

Car Hire in Bucharest

Bucharest has been criticized for being congested with traffic. However, there are still many visitors spend their time touring around this great city to see its historical and scenic spots. The best way for many people to get around and visit different places is by finding a **car hire in Bucharest**. This is often more convenient for tourists than any other mode of transport.



Car rental transactions can be done online. You can easily go online to check the available car rental models and rates. Then simply fill out a reservation form of your preferred car rental provider.

Visit <http://www.carrentalbucharest.co.uk> to get information for a rental car in Bucharest.

Car hire in Bucharest is categorized into classes:

*The listed car models are examples of the cars commonly used by car rental companies in Bucharest. The details below are for guidance and reference purposes only. Luggage capacity may vary according to maximisation of seating capacity.

Car hire: Mini two (2) door

- **Common models:** *Ford Ka, Daewoo Matiz, Seat Marbella, Daihatsu Cuore, Fiat Seicento and similar
- **Capacity:** two (2) Adults and (2) children plus two (2) small luggages

Car hire: Economy two (2) door

- **Common models:** * Fiat Punto, Ford Fiesta, Opel Corsa, Peugeot 106, Renault Clio and similar
- **Capacity:** two (2) Adults and two (2) children plus two (2) small bags

Car hire: Economy four (4) door

- **Common models:** *Fiat Punto, Ford Fiesta, Opel Corsa, Peugeot 106, Renault Clio and similar
- **Capacity:** two (2) adults and two (2) children plus two (2) small bags

Car hire: Compact estate

- **Common models:** *Opel Astra, Peugeot 306 and similar
- **Capacity:** two (2) adults and three (3) children plus two (2) large bags and two (2) small bags

Car hire: Intermediate four (4) door

- **Common models:** *Citroen Xantia, Ford Mondeo, Nissan Primera, Opel Vectra, Renault Laguna and similar
- **Capacity:** two (2) adults and three (3) children plus two (2) large bags and two (2) small bags.

Car hire: Intermediate estate

- **Common models:** *Ford Mondeo, Opel Vectra and similar
- **Capacity:** two (2) adults and three (3) children plus two (2) large bags and three (3) small bags

Car hire: Full-size four (4) door

- **Common models:** *Opel Omega, Peugeot 605, Rover 620, Audi A6, BMW 5 Series and similar
- **Capacity:** two (2) adults and two (2) children plus two (2) small bags

Car hire: Van seven (7) seater

- **Common models:** *Renault Espace, VW Sharan, Ford Galaxy and similar
- **Capacity:** seven (7) adults plus three (3) large bags and two (2) small bags

The following are the different types of car hire services usually offered:

- **Airport-transfer service** will offer you a ride from the airport to your hotel or to another destination around the city.
- **Inter-city transfer** is very affordable. This is a tour to the cities of Romania.
- **Bus-service tour** is suitable for a large group since it is spacious enough to accommodate a large number of people. Also, this is more cost-effective compared to renting cars that could cater for each person in the group.

Commercial Building Insurance

Commercial building insurance, as the name implies, is insurance that specially caters to the needs of owners of commercial buildings. Commercial buildings are structures built for businesses to inhabit and create profit from. They can fulfill a variety of functions and structures, such as offices, medical centers, school, shop, restaurant, even a hospital is considered commercial. Insurance on commercial buildings is meant to cover all business-related tangible and intangible assets like money and securities, accounts-receivable records, inventory, furniture, machinery and supplies.

Commercial building insurance is ideal to have if your business utilizes any kind of building or other property. For most business people, insuring a commercial property can mean a lot in terms of the security of the business and for the returns as well. Commercial building insurance can be used to protect against damages and loss that cannot be controlled, including damage incurred from natural disasters, such as hurricanes, floods, wind, hail storms, fires, and earthquakes. Apart from that, commercial building insurance may also serve as a security against damage caused by societal disturbances, civil disobedience, and vandalism.

Commercial building insurance comes in varying types. There are types of commercial building insurance that cover only the property's structure, while others offer cover for furniture, equipment and personal injury or death that could occur on your premises. A "named peril" policy covers only those risks named in the contract. It might cover only fire and theft but exclude all other risks. An "all risk" policy, on the other hand, covers all hazards except those specifically excluded. It is basically important to understand what loss is covered when purchasing a commercial building insurance having this kind of policy.

The specifics of a commercial building insurance may also vary according to the type of building. Hospitals, apartment buildings, department stores and office high rises all have different coverage requirements. Hospitals have special insurance needs. In addition to damage to building and expensive equipment, any policy must provide for liability in the event of a malpractice suit or injury to a patient or visitor and accidents involving the hospital's ambulances while off-premises. On the other hand, apartment building needs coverage for the building's structure, but the owner will want liability coverage for injury to tenants and their guests. While, an owner of an office building might consider accounts receivable insurance coverage, which provides coverage in the event records are destroyed and the company cannot collect on its bills.

How to Beat Stress Without Medications

Stress is a physical strain affecting your mental state and physical body. Usually it is caused by a combination of lack of exercise, toxic lifestyle and a poor diet. Naturally, your body is designed to manage a certain amount of stress. However, there are cases when your body would not be able to handle it anymore. This typically happens when the reserves in your body are already low while stress continues to increase. Stress will eventually cause adverse effects to your body. There are various treatments available for this but these may be quite expensive. Given the natural ability of the body to recover, you can actually beat stress without medications.

Latest scientific findings reveal that when we are overloaded with stress, 100 genes and more force our mind and body into overdrive. In fact, 65 percent of Americans are estimated to be stressed-out. Meanwhile, some 30% and more Americans are looking for medical advice or medication to manage their stress. Many people are more interested in finding ways to fight stress without it being expensive. Check out these healthy foods that are commonly recommended to beat stress without medications.

1. Complex Carbohydrates

Complex carbohydrates enhance serotonin and may well act as mood elevator. Sources of these include fruit, vegetables and whole grains. Hot oatmeal, for instance, is regarded as a superb way to beat stress. It not only stabilizes sugars within the body but also releases serotonin. Other complex carbohydrates are in comfort foods such as breads and pastas. However, always remember that when selecting these kinds of complex carbohydrates, opt for whole grains as they contain lesser amounts of sugar than white-flour-based foods.

2. Simple Carbohydrates

For a fast relief of stress, simple carbohydrates is a good choice. It will work rapidly to release serotonin within the system. However, it is not advised that you regularly turn to this remedy since simple carbohydrates have many disadvantages. They are digested quickly, lack nutritional value and could end up causing you to gain fat. Although a small piece of candy or sweet treat may lift your spirits and bust stress, too much of this kind of food will bring about weight gain and possibly obesity.

3. Oranges

Oranges are rich in Vitamin C that help strengthen your immune system. One difficulty that most people experience, when they are stressed, is a compromised immune system resulting from the stress. Oranges not only help stabilise blood pressure that tends to increase during a stressful circumstance, but can also maintain your immune system with their abundance of Vitamin C.

4. Dark Chocolate

Dark chocolate will be the single exception when it comes to simple carbohydrates. Unlike other simple carbohydrates that provide no nutritional value, dark chocolate has strong antioxidants. Not only does it taste good and provide you with a stress-busting boost, it also has essential nutritional components. You do not need to over-do it though as chocolate contains high levels of fat and sugars.

5. Fish

Many people fail to get enough fish in their diet. Fatty fish like salmon consists of Omega-3s which are excellent for both your heart and your mind. Fish oils are not only associated with beating stress, but are also regarded as beneficial for people who suffer from depression.

6. Leafy greens

Leafy greens are rich in the B vitamins, that help boost your spirits beat stress. In fact, several doctors believe that some people suffer from stress due to a lack of B vitamins. Opt for greens such as broccoli, spinach and mustard greens. Simply by eating these leafy greens, you can ensure that you are gaining important vitamins and maintain good health, and help conquer stress, as well.

Eating a balanced diet and taking the proper supplements may help you beat stress without medications. If you are stressed, try integrating the above-mentioned foods into your diet.

President Hotel New York

Travelling to the Big Apple? Stay at the heart of Broadway in New York at the Best Western President Hotel New York, located at 234 West 48th Street, New York City, New York. This historical hotel was built in 1930. It was renovated in 2002, with a total of 334 rooms, including the 44 suites spread over 16 floors.

The Best Western President Hotel New York is steps away from Radio City Music Hall, Rockefeller Center, Central Park, Madison Square Garden, the luxury shops of Fifth Avenue, the Empire State Building, St. Patrick's Cathedral, and other famous New York attractions. Shopping aficionados will love the hotel's proximity to premier New York City shopping at the renowned Fifth Avenue, Macy's, Fashion Avenue and the Diamond and Jewelry District.

GOOGLE MAP: Best Western President Hotel

The Best Western President Hotel New York has an elegant lobby and a cocktail bar. It features a high-speed internet access kiosk for the guests. The smart and multilingual staff will be sure to assist you. The well-appointed rooms of this Manhattan hotel features free high-speed Internet access, along with free long distance access.

The dominant accent color throughout the hotel is the centrist purple, which is a mix of Republican red and Democratic blue. The décor of the lobby is inspired by the Lincoln and Jeffersonian eras. Each of the guest room decorated with postmodern art showing presidents or notable first ladies. Even the throw pillows are embroidered with silhouettes of Presidents Jefferson and Lincoln, staying true to the political motif.

The Best Western President Hotel New York provides two on-site restaurants. These restaurants offer guests the choice between elegant or casual dining, both in appealing, comfortable, and festive settings. The Best Western President Hotel also includes concierge service, complimentary newspaper and discount parking.

Make reservations online with the online rate starting at \$150. Reservation is fast and free. There are no cancellation and charge fees. Whether for business or pleasure, the Best Western President Hotel provides you with a wonderful experience in New York City.

Hotel Star Rating: 3 Stars

President Hotel New York Features:

- Express checkout
 - Fax services
 - Gym
 - Handicapped accessible
 - In-room safe
 - Restaurant on premises
 - Room service
 - 37-inch or 42-inch flat panel televisions
 - iPod docking alarm clocks
 - Complimentary wireless Internet
 - Ultra plush pillow top mattresses
 - Eco-friendly bath linens
-

President Hotel New York Customer Reviews:

"Excellent"

"Funkiest Hotel I've ever been to..."

Hotel review by: angel98jp

From: South Carolina

Date: Dec 1, 2009

We stayed here in October, 2009. They had just finished re-doing the whole hotel. The hotel was incredible! If you like funky & unique places - this is a great place to stay. The lobby is fun just to sit and look at all the decorations. We arrived early - and they held our bags for us while we walked around the city (locked them up, and gave us a receipt to hold onto). The hotel room was small - but very clean - nice TV, funky Presidential art, clean bathroom. The bed's actually don't have comforter - which confused us, we asked an employee about it - they say they do that to keep the bed cleaner (aka, no bed bugs) - which was fine with us! The location couldn't have been better - right in Time's Square, and close to lots of subway stops. Felt perfectly safe there too. They also were kind enough to hold onto our luggage after we checked out for about 5 hours. Very pleased with our stay. Definitely not a typical Best Western!

"It made my stay in New York"

Hotel review by:Rachel43

From:Little Rock

Date:Dec 1, 2009

My husband and I have been coming here once, sometimes twice a year for the past 6-7 years. Can there be a better recommendation? (This trip I was alone but very comfortable on my own in this hotel). It is super-centrally located, you can walk to most places, or be within a block or two of major bus and subway lines. Many great coffee shops and restaurants nearby, as are all the theaters. Staff is very friendly, I love seeing Trisha's smiling face at Reception (and have her recognize us when we arrive!!). This visit I thought for a moment I had walked into the wrong hotel lobby - total renovation - the rooms too. Looks great. Would I recommend it? You bet - and I have - many times.

"Diamond in the rough"

Hotel review by:BroadwayShows

From:Texas

Date:Oct 22, 2009

Stumbled upon the hotel after my hotel I usually stay at was sold out. The hotel is new ! Its right around the corner from Times Square. The beds were very comfortable and the Staff very helpful. Great shower.. I will be coming back and would recommend the hotel to all my Texans... The internet was free saved me \$10 per day.

"Poor"

"Avoid This Hotel"

Hotel review by:TimADallas

From:Dallas

Date: Oct 27, 2009

I went to NYC with my wife and daughter (three adults). We had prepaid for a suite that could accomodate three people. When we got there they had already given out all of the suites and acted like they were doing us a favor by giving us two rooms instead. The rooms were the size of a shoebox. The three of us could not sit down in the same room at the same time. Towel service seems to be optional. Twice I took a shower and had to dry myself off with a hand towel. There was a coffee maker in the room and occasionally they would actually leave coffee. Also the air conditioner in the room steadily leaked condensation on the floor. By the second day the carpet was soaked near the air conditioner and the room smelled like wet dog fur. The location of the hotel was very good. The hotel was very bad.

10 Things You Can Do to Look Younger

As people approach their 30's, worrying about aging suddenly becomes a big issue. Almost everyone in their early middle age is concerned about finding convenient and efficient ways to look younger. There have been many successful efforts to prevent, or at least delay, ageing. However, the coveted fountain of youth still remains elusive. Many of us will surely appreciate getting some quick tips about managing ageing so have a look at the list of 10 things below to help you look younger.

Do not let aging bring out the worst of you. You can do something about ageing in simple and practical ways. Say goodbye to expensive treatments and say hello to youthful beauty.

1. Keep your digestive tract and liver clean. Have your liver-gall bladder-digestive tract cleansed twice a year. This will improve your digestion and keep everything flowing smoothly inside your digestive tract. A clean digestive tract helps in letting the nutrients be absorbed properly by your body. The liver is a vital organ of your body and you must keep it clean to ensure that it functions properly. After the liver-gallbladder cleansing, you will notice that your skin becomes clearer.

2. Drink a lot of water. You should drink ounces of water daily because 75% of your body is made of water. A maximum of 126 ounces is recommended. Water helps eliminate toxins efficiently. You just have to see to it that you are drinking filtered or distilled water with minerals added on it. You should also buy a shower filter because chlorine is a known carcinogen which is known to damage the skin. 7 glasses of tap water everyday is the same as a 15-minute hot shower. To help you with body hydration, you may want to consider taking hydration supplement products.

3. Maintain a diet. Have a healthy diet and maintain a weight that is healthy and easy to manage. You should include substantial amounts of fresh fruits and vegetables in your daily menu. You can then match that with free-range and organic eggs, organic raw seeds and nuts. Grass-fed and free-range organic meats and organic cooking oils. Avoid eating beyond 7:30 p.m. and take organic vitamin supplements daily.

4. Exercise regularly. It is ideal to have at least 30 minutes of daily exercise. Walking is the easiest form of exercise. You could also try aerobics, yoga, and Pilates. The important thing is to keep yourself active every day. Exercise promotes better circulation of blood in your skin. It will help to deliver the nutrients that your skin needs. By exercising, your body will sweat, which is also good for you since this releases the harmful toxins from your body.

5. Have some essential fatty acids. Good fats are essential in keeping your skin young-looking. Avoid animal and saturated fats as much as possible. Essential fatty acids prevent cancer, fight inflammation, maintain a healthy heart and may even extend your life.

6. Avoid pre-packaged foods and sugar. White sugar is the main cause of various illnesses, mood swings and depressions. It is also associated with many degenerative diseases. It contributes to premature ageing and has, in fact, no nutritional benefit. You may use stevia, raw agave nectar or xylitol as substitute sweeteners.

7. Use all-natural skin care products. Use natural oils such as avocado oil to remove dirt and make-up. Gently apply it to your skin and rinse with warm distilled water. Remember that chlorine and fluoride in tap water is harmful to your skin cells. You also need to avoid abrasive soaps and solid cleansing creams.

8. Avoid stress. Stress can have some serious effects on your entire body, most noticeably the skin. You may eliminate stress by giving more time for fun and relaxation. You can do some meditation, have a healthy diet, enjoy hobbies and do exercise such as Pilates and yoga to help cope.

9. Quit Smoking. Apart from lung cancer, smoking causes premature wrinkling on the skin especially within your mouth area. Hundreds of toxins enter your body every time you light a cigarette.

10. Hormonal imbalance. Hormonal imbalance is one of the main causes of acne. It can be triggered by a toxic environment, chemicals in the water, hormone-laden foods, consumption of soy in huge amounts and prescription pills. The solution is natural progesterone cream which is a known method to get your hormones back to its normal balance.

Your dream to look younger is realistically attainable. Just follow these simple tips and in few months time you will get your coveted younger-looking and nourished skin.

