

Google Page One in 30 Days "Penguin Tested"

by

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SEO Expert

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Google Page One In 30 Days

Google is now one of the unique industry leaders when it comes to search engines. So the question of how to get onto the FIRST page of Google has interested me for years.

I keep my eyes open for fresh SEO and new website promotion techniques that evolve from time to time in the amazing, continuously changing world of online marketing.

The whole thing is about getting your website onto the first page of Google search results for your search terms or keywords as fast as possible, in a Google-friendly way – so your target customers CAN FIND YOU.

Recently I have been using a strategy that costs me little and usually bring me to google page one in few weeks may be a month for low competitive keywords and two to three months for highly competitive words.

This strategy involves on site optimization, **ezone articles**, social bookmarking and ezarticlelink.com . The beauty of my strategy that it brings me to google page one every time I use it and in a very short period of time. It is a very legitimate way that my sites stay on page one for a long time.

I think my strategy succeeds every time because I learned to think like google in every step of my promotion.

My strategy was being able to bring [my website](http://mywebsite.whatisaheartmurmur.com) whatisaheartmurmur.com for the keyword “[what is a heart](http://whatisaheartmurmur.com)

murmur” to google page one in Just Few WEEKS completely free and with one hour of work per week.

I do not want to waste your time and let me take you to a quick review of how I do it.

I will be referring to my website whatisaheartmurmur.com and my keyword “what is a heart murmur” throughout this ebook.

Step One :Keyword Selection

When selecting a keyword, I do select words with 3,000 to 10,000 exact match search volume and I do not care about competition, because it means for me more time to rank and that’s it. But if you are newbie or even some expert, let me show you my free simple method I use to check the competition of my keyword just to decide the time and effort needed to reach page one. Let me take *my website whatisaheartmurmur.com and my keyword “what is a heart murmur” as an example throughout this ebook.*

- 1) I decided to rank for the keyword *[what is a heart murmur](http://whatisaheartmurmur.com)* *[4000 exact matches per month]*
- 2) I put the keyword in Google like a normal person would be searching for it.

Google Page One In 30 Days

Yasser Elnahas

+You Search Images Maps Play YouTube News Gmail Documents Calendar More ▾

Google

Search About 971,000 results (0.18 seconds)

Web Definition for **heart murmur**:
Web definitions: an abnormal sound of the heart; sometimes a sign of abnormal function of the heart valves.
wordnetweb.princeton.edu/perl/webwn
More info » Source - Wikipedia - Dictionary.com - Answers.com - The Free Dictionary

Images

Maps

Videos

News [What Is a Heart Murmur? - NHLBI, NIH](http://www.nhlbi.nih.gov/health/health-topics/topics/heartmurmur/)
www.nhlbi.nih.gov/health/health-topics/topics/heartmurmur/
What Is a Heart Murmur? A **heart murmur** is an extra or unusual sound heard during a heartbeat. Murmurs range from very faint to very loud. Sometimes they ...

Shopping

More [How the Heart Works - Signs & Symptoms - What Is Heart Valve Disease? - Links](#)

Show search tools

[Heart murmur - Wikipedia, the free encyclopedia](#)
en.wikipedia.org/wiki/Heart_murmur
Murmurs are pathologic **heart** sounds that are produced as a result of turbulent blood flow that is sufficient to produce audible n

[Heart Murmur Causes, Symptoms](#)
www.medicinenet.com » ... » heart az list
by Dr. Ben Wedro - More by Dr. Ben Wedro
 Learn about **heart murmur** causes such as congenital conditions, heart valve disease, endocarditis, and staph infections. Symptoms of **heart murmur** include ...

[Children's Heart Institute - Listen to Heart Murmur Sounds](#)
childrensheartinstitute.org/educate/murmur/murmur.htm
Most of the time **heart murmurs** are normal and do not indicate that there is anything wrong with the heart. However, sometimes they may result from a hole in the ...

[Heart Murmurs Causes, Treatments, Types, and More](#)
www.webmd.com/heart-disease/heart-murmur-causes-treatments
WebMD examines possible causes of **heart murmurs**, as well as treatment options and prevention.

[What Is A Heart Murmur](#)
whatisaheartmurmur.com/
What is a heart murmur? Well, a **heart murmur** is an abnormal sound made during a heartbeat cycle, for example a swishing or whooshing sound produced by ...

[Heart Murmurs](#)

What is a heart murmur in BOLD

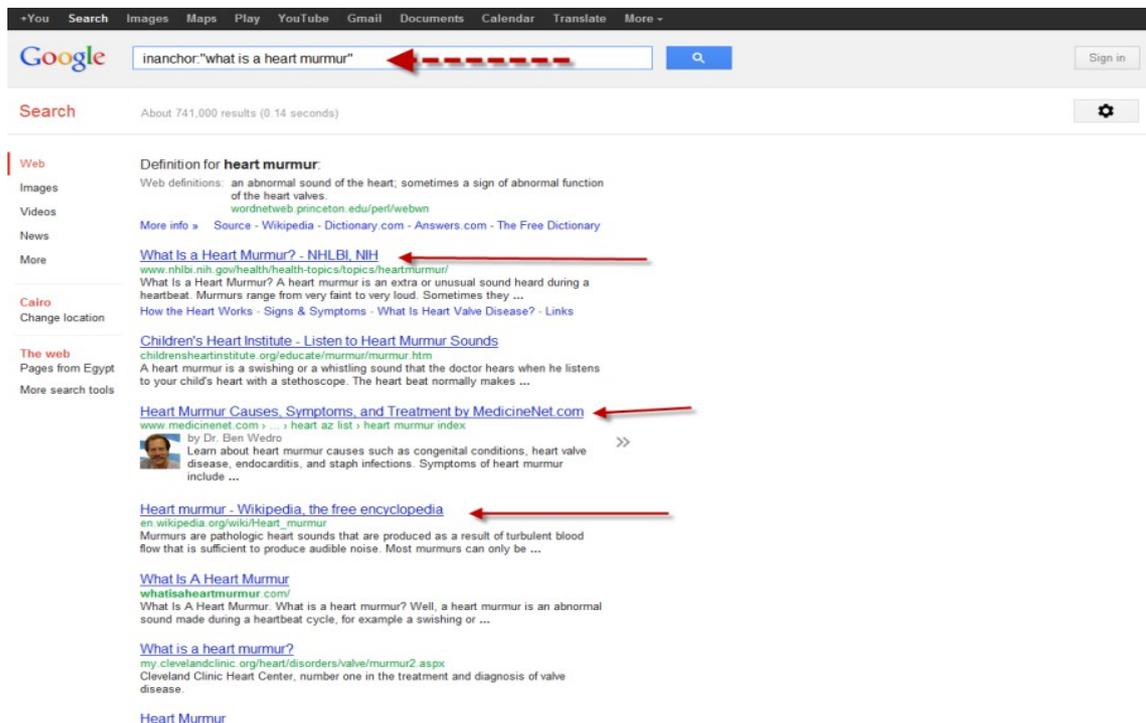
3) I quickly scan the first page looking for my keyword “*what is a heart murmur*” to be in bold... (Google's puts words from your search in bold if you didn't notice)

Google Page One In 30 Days

Yasser Elnahas

4) If I don't see my exact match in bold or if it is only in 3 or 4 places, this mean my place in google page one is spared and it is very easy to rank. I then move to the next step...

5) Using the Google keyword operator (inanchor) I will open another browser tab and type into Google this: inanchor: "what is a heart murmur"



6) The websites that come up above are the sites that actually have a backlink from another site with the keyword **what is a heart murmur** as the anchor text. Then I compare the normal search results [first screen shot] with the inanchor search results [second screen shot]. The sites that show up on both

pages are my real competition. In the above example, those are 3 websites. It is that simple! Now when more similar sites appear on both searches, this means that the competition is higher. But as I mentioned competition is not a big deal as it means more time and that's it.

If you will try to compete with me for the keyword [what is a heart murmur](#), it is easy because there are only 3 websites actually competing for page one.

The above method is the free one, but for those trying to build multiple websites, I use a [keyword selection tool](#) that with the click of a mouse brings me a lot of keywords and their competition. This [niche finder](#) tool is so simple to use, yet powerful that anyone can use it.

- ➔ Enter a keyword
- ➔ Have related words returned or uncover profitable niches
- ➔ Color coded to show whether the keyword is easy, moderate or difficult to rank in Google
- ➔ Shows which of the keywords would make money should you rank highly
- ➔ Allows you to generate long tail keywords based on the good keywords you have found

There are many keyword research tools out there but they are complicated, don't give you what is needed or give too much unneeded information. You can spend too much time checking and typing to find what you really need.

Step Two: Domain Selection

Get an exact match domain name for your keyword. In other words you can buy the exact keyword as a domain name with a .com, .org, .net extension in that preferred order. If you aren't doing this, you are losing a lot. In my case I chose whatisaheartmurmur.com, Since I am targeting the keyword [what is a heart murmur](#). Another good domain names for the keyword [what is a heart murmur](#) can be whatisaheartmurmurblog.com, whatisaheartmurmurinfo.com. Just keep the flow of the keyword.

Step Three: Website creation and on site SEO

Technical creation or building a website is beyond the scope of this book and you can find a lot of info and websites that can help you, but in this ebook, I will highlight some points that help me rank high in google.

1. Although wordpress is very famous now, yet my strategy works with static websites also. If you do not know wordpress, do not bother yourself as you can reach page one with a simple static html website.
2. My website pages average 7-10 and all my inner pages are revolving around low competitive keywords that rank very high in search engines with the use of few backlinks and adds more to the traffic of my website.

3. I make sure the content is original and interesting. Original dumb content can rank high in search engines, yet it cannot stay high on search engines for a long time. Interesting content keeps visitors reading and increases their time on your website. Visitors who are staying for a long time on your website make you look good in the eyes of google and this is a very important ranking factor.
4. Title, meta tags and H1 headings and my domain name should contain the keyword.
5. Some of my websites have relevant high quality videos and this increases time on my site. You can embed videos from youtube. Do not bother yourself by the fact that these videos are promoting other websites. It does not make a difference.
6. This is a screenshot of one of my websites and I will number the most important onsite SEO factors for the keyword “what is a heart murmur” and will discuss them:

What Is A Heart Murmur

2

Home What Is A Heart Murmur Privacy Policy Medical Disclaimer

[CardioMEMS Study Results CHAMPION](#) in The Lancet [www.cardio...](#)
[Opening a Golf Center? 4 Critical Success Factors](#) [www.golf...](#) ing an indoor golf business
[Medical tourism in India](#) Looking for the best [www.medical...](#) nation? Look no further.

4

8

What Is A Heart Murmur

3

What is a heart murmur? Well, a heart murmur is an abnormal sound made during the heartbeat cycle, for example a swishing or whooshing sound produced by turbulent blood flow through the heart. The sounds can be detected by a doctor using a stethoscope. A regular heartbeat usually makes a couple of sounds such as 'lubb-dubb' or rather 'lub-DUP', the sounds made by the closing of the heart valves. These sounds are called the first and second heart sounds.

Heart murmurs can be congenital, that is, present at birth or can occur later in one's life. Although a heart murmur itself is not a disease, it may indicate a serious underlying heart problem.

Usually, a heart murmur is harmless meaning it is innocent and therefore does not require treatment. But there are cases where a heart murmur may need follow-up tests in order to rule out any serious underlying heart problem. If there is need for treatment, the doctor will normally focus on the causes.

What is a heart murmur in adults?

A heart murmur is a commonly reported case in adults and in some cases indicate serious heart problem. Basically, there are 2 types of heart murmurs in adults, innocent and abnormal heart murmurs. Innocent murmurs are the most common and do not require treatment. On the other hand, abnormal heart murmurs are quite serious and therefore need medical intervention.

What is a heart murmur that is considered innocent

The innocent heart murmur is heard when blood flows normally through a healthy heart. It can be caused by a few things including:

1. Faster than normal blood flow through the heart as well as its blood vessels.
2. Higher than normal amount of blood flow through the heart.
3. Changes in one's heart as a result of aging or surgery
4. Fever
5. Anemia
6. Hyperthyroidism
7. Pregnancy

What is a heart murmur that is considered Abnormal

In most cases, an abnormal heart murmur in adults is brought about by congenital heart problems. One may have abnormally developed blood vessels or heart valves at birth. Other defects may include congenital valve defects and congenital septal defects. A number of things may cause an abnormal heart murmur in adults, including conditions and infections that cause damage to heart valves as well as other heart structures.

Common causes include the following:

1. Patent ductus arteriosus, a problem that occurs in the connection that exists between the Aorta (biggest artery coming out of the heart) and the pulmonary artery (The artery that comes out of the heart and Goes to the lungs).
2. Rheumatic fever, a serious illness caused by the bacteria causing scarlet fever and throat infections. This illness can cause permanent damage to your heart valves.
3. Endocarditis, an infection and/or inflammation of the valves and a heart's inner lining caused by bacteria or some other microbes. It is normally a serious problem that needs urgent treatment.
4. Calcification, the hardening/thickening of heart valves that might occur with aging.
5. Mitral valve prolapse, the failure of the valve that's between the left ventricle and left atrium to close properly.

Symptoms of a heart murmur among adults

In most cases, there are no signs or symptoms of a heart murmur in adults. In addition, many cases of heart murmurs among adults are innocent ones. However, those heart murmurs which indicate a serious underlying heart problem might have one or more of the following symptoms:

1. Blue coloration in the skin, fingertips, inner side of lips or mouth
2. Fast than normal breathing.
3. Pain in the chest.
4. Excessive sweating.
5. Shortness or breath.
6. Dizziness.
7. Fatigue.
8. Fainting spells

Treatment of adult heart murmur

As we discussed before, heart murmurs are not a disease by themselves but their presence may signify an underlying heart disease. The best tool to know the cause of these heart murmurs is doing an echocardiogram. Innocent heart murmurs require no treatment as one's heart is healthy. Moreover, a heart murmur may be caused by fever, anemia or hyperthyroidism and will improve after the conditions are treated. In cases of abnormal heart murmurs among adults, the condition will be treated depending on the existing heart problem. Abnormal heart murmurs can be treated with surgery or medication.

Medications can include antibiotics, diuretics, anti-inflammatory drugs and angiotensin-converting enzyme inhibitors. Surgery may be done to correct congenital heart defects, septal heart defects or to replace a damaged valve, among many other things.

What is a heart murmur in children?

Heart murmurs may be normal among some children. But they may also be indicative of something serious. While majority of heart murmurs in kids are harmless, some of them could indicate a serious heart problem.

Heart murmurs that occur in children can be harmless, that is, innocent or abnormal, meaning that there are other heart problems present.

Innocent or harmless heart murmurs commonly occur in healthy kids. The kids may have a normal healthy heart and therefore show no signs or symptoms of a heart ailment.

On the other hand, abnormal murmurs in children usually accompany other signs/symptoms of a heart disease. In most cases, abnormal heart murmurs among kids are caused by heart defects present at birth, in other words, congenital heart defects.

Symptoms of a heart murmur in kids

Most kids with a heart murmur don't show any symptoms of a heart disease because it is usually innocent. Children will only display symptoms of a heart murmur when they have abnormal heart murmurs. The symptoms include:

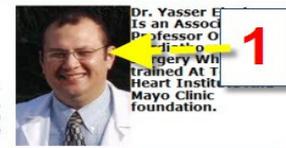
1. Blue colored skin, especially inside the mouth or on the fingertips.
2. Poor eating habits and stunted growth, especially in infants.
3. Excessive sweating.
4. Fast breathing.
5. Dizziness.
6. Chest pain.
7. Fainting.
8. Shortness of breath.
9. Fatigue

Treating heart murmurs in kids

In case of innocent murmurs, they don't need any form of treatment as kids with the condition normally have a healthy heart. However, it is important for kids to have regular check ups in case they have an innocent or harmless murmur.

Abnormal heart murmurs that affect children are caused by congenital heart problems. Their treatment varies according to the type of heart problem. For instance, a congenital heart disease can be treated depending on the severity or type of heart defect that causes the heart murmurs. Treatment may involve surgery or medications. Children who have congenital heart problems are usually treated by pediatric cardiologists, that is, doctors specialized in treating heart problems in children. Cardiologists will then refer kids to a heart surgeon, if surgery is the only way of treatment.

Who Is Behind This Website?



1



Study the ISAs programme

Master the key principles of international auditing standards

[icases.com/Intl-Auditing-Standards](#)

TEE Echo CMEs and Videos

Online echo CMEs, videos, images and a searchable TEE echo course.

[www.e-echoacademy.com](#)

Golf at Francis LINKS

2 rmds golf+cart+ accom + breakfast for only R 1375 pp at Thatchwood

[thatchwood-resortandgolfcourse](#)

Heart Valve Surgery Book

For Patients And Caregivers. Learn What To Expect. Avoid Stress.

[www.Heart-Valve-Surgery.com](#)

AdChoices

Further Readings

What Is A Heart Murmur

How The Heart Works

Heart murmur causes

Heart Murmur Diagnosis

Heart Murmur in Children

Heart murmurs in Adults

Heart Murmur Treatment

5



7

Ads by Google [Heart Murmur](#) [Heart Surgery](#) [Heart Murmurs](#) [Heart](#)

Please take a look on the picture above and read below:

Item 1: the image name is what-is-a-heart-murmur.jpg . This is very important that one or 2 of the images of your website are named as your keyword exactly.

Item 2: your keyword on the top column in a big [font 5] and bold font

Item 3: your keyword is mentioned in the title above the content.

Item 4: I do not use the link home page. Instead I put my keyword [what is a heart murmur]in the link. Also I do not link to my index.html page but I link directly to my domain name [http://:whatisaheartmurmur.com]

Item 5: my inner pages are long tail low competitive keywords that are pertinent to the content of my website targeting robot using an LSI algorithm. Latent Semantic Indexing (LSI) is one specific algorithm that the search engines use to evaluate site content through related keywords. So what does this mean for you as a site owner? Well, look to my website that revolves around the key phrase “what is a heart murmur”. In order to score high on the search engine rankings, I’ve used this exact phrase repeatedly throughout my text, while also using related phrases, like “heart murmur in adults” or “heart murmur in kids”. Those 2 key phrases are much related to my main keyword “what is a heart murmur”. If a search engine robot using an LSI algorithm visits my site, it will be able to get a good feel for what my site is about. Whether you’re updating old content or working on new text for your sites, it’s

important to vary the keywords you use to create more natural-sounding copy. One more thing I would like to say that knowing those LSI keywords is very easy if you are having a very good knowledge of the content of your website. I know that with the keyword “ what is a heart murmur” you have to give brief idea about heart murmur in adults and heart murmur in kids, and that’s why I used them as LSI keywords. If you are not familiar with your website content, you can use a keyword selection tool that can help you with this.

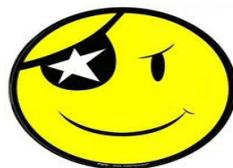
Also, the beauty of these low competitive keywords is that they rank high very easily and with few links.

Item 6: I ensure that my keyword repetition is every 100 to 150 words of my content and its density is 2-5% of the content of the page.

Item 7: Sometimes I use a relevant youtube video, which increases the visitors time on my site.

Item 8: I add a privacy policy page for all of my websites. Very important!!! Believe it or not.

At this point your website was created, with excellent on site SEO job, now we are heading to my strategy to google page one which will take about a month for low competitive keywords and may be 2 -3 months for highly competitive keywords.



Step Four: Going to page one – My link building strategy:

Now you're probably wondering what the "big secret" is... And whether this really is a breakthrough new technique... or just the same old hype you've seen a bazillion times already. Have you ever bought something that promised you instant results... but when you actually bought it, *you found out it wasn't ANYTHING like what was promised?* Well this is NOTHING like that.

My strategy was being able to bring my website whatisaheartmurmur.com for the keyword "what is a heart murmur" to google page one in Just Few WEEKS.

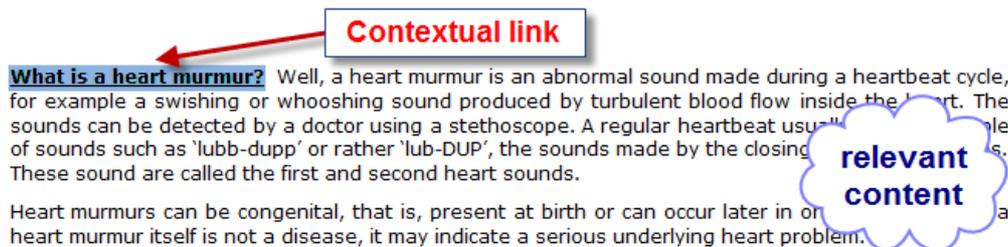
I just noticed that a keyword like "heart murmur" which has 40,000 exact matches is now on page 2 position 15, while writing this book. I also use the same strategy with this keyword also.

One word I have to add before explaining what I do:

"Be patient because patience looks natural"

I bet you have bought thousands of links before buying my ebook. Profile links, bookmarks, edu links, high page rank links, blog comments but your results were not that good and you spent a lot of money. My strategy is based completely on **contextual link building** in a very unique step by step system. By contextual links, I mean links pointing to your website from

within a content that is relevant to the anchor text you are using.



Now let me explain what I do week by week to promote my website whatisaheartmurmur.com for the keyword what is a heart murmur:

Week 1

The first week I do 2 things “Ezine articles and social bookmarking”

Week 1 Ezine articles: I write a couple of ezine articles with the anchor text “what is a heart murmur” and submit them. You know that the link in the body of the article is “no follow”. I focus on the link in the resource box. The idea is that I make the link in the resource box looks like a contextual link. This is very important. Resource box allows you to write 300 words. Actually this is considered a small article by itself. Lot of marketers does not utilize the resource box in a good way. Let me take the word red rash as an example:

Content of a resource box that I do not like: “for more information on [what is a heart murmur](#), please have a look on my website”

Content of a resource box that I like and use with every article:

“What is a heart murmur? Well, a heart murmur is an abnormal sound made during a heartbeat cycle, for example a swishing or whooshing sound produced by turbulent blood flow inside the heart. The sounds can be detected by a doctor using a stethoscope. A regular heartbeat usually makes a couple of sounds such as ‘lubb-dupp’ or rather ‘lub-DUP’, the sounds made by the closing of the heart valves. These sound are called the first and second heart sounds. ”

I bet you noticed the difference. I bet the link in the second resource box is a better one than the first box. Actually for a low competitive key word with say 1000 exact monthly searches, 2 ezine articles with a resource box like the second one is enough to bring you to google page one and for free.

One more point to say that a contextual link from within a relevant content of 150 words usually brings you the best results without the need to add more content.

Week 1: Social bookmarking:

The second thing I do in the first week, is socially bookmarking all my web pages including my home page. I use different bookmarking sites. I just add one bookmark for my inner pages and 4 bookmarks for my home page. Home page bookmarks should

have different anchor texts [what is a heart murmur, heart murmur , heart murmurs]. This is also a free step and does not cost you a dime. I personally promote several websites for me and for some clients, so I use [bookmarking demon](#) for doing that job. If you are promoting one or two websites, you can do it manually. When you write bookmarks description, try to change it a little for each bookmark. Social bookmarks will help indexing all your web pages fast and they will rank your inner pages [which are low competitive as I explained before]

Now we are done with the first week job which is very natural to google and done by all webmasters.

Week 2

“Be patient because patience looks natural”

Do nothing to your website this week and wait for your web pages to get indexed. Do not use ping services. I do not like them and they do not make a difference. This is my opinion and it can be different from other marketers. You can spend the second week preparing yourself for the the third week. During the second week you should join [ezarticlelink.com](#) and fulfill the criteria to post an article in their system.

We all know that to rank well in the search engines, we need to get lots of backlinks. And the best way to get lots of quality backlinks is through article marketing.

The idea of article marketing is simple, but the actual steps involved can be pretty tedious and costly. Don't believe? Well, here are the steps involved, for an advanced marketer!

Step 1: Prepare an article.

Step 2: Invest in a spinning software to spin the article (to make the article unique).

Step 3: Distribute the spun articles to different websites (usually through a software or via a network).

Step 4: Invest in another software or indexing system to ping and build backlinks to each of the published articles (to increase the chance of the articles being indexed).

Step 5: Rinse and repeat step 1-4 so that their websites can receive fresh backlinks from time to time.

Honestly, most marketers only do Step 1 and 3. Some do Step 1, 2 and 3. Very few marketers do all the 5 steps.

ezarticlelink.com is a link building system that helps your website build an unlimited number of quality and relevant backlinks to an unlimited number of websites through its article network. It combines article networks with backlinks, which means you will be granted with backlinks for writing articles and submitting them to the system's article network. The system, however, does not only build backlinks to your website. It also builds backlinks to the websites that link to your website through its unique process called dual link-building system.

ezArticleLink is made of two major components. The first component involves article syndication and auto-link building

system while the second component includes article spinning and publishing system. Here's how each of these components work

Article Syndication and Auto-link Building System

The system requires you to create a new directory and upload one file. This one file that you have uploaded will automatically turn your directory into an article directory, just like goarticles.com and ezinearticles.com. This directory has the ability to drive web traffic all by itself. The best part is that the article directory you have created will have all the features you will need in an article directory script. These include auto article syndication, wherein unique articles will be gradually published in your article directory; and auto linking to related articles, which automatically links you to other relevant articles.

Article Spinning and Publishing System

For an article that contains the phrase "if you can", it's possible to reword it in a lot of ways, such as "whenever you can", "if it is possible to" or "if you possibly can". What the built-in article spinning system does is that it generates word and phrases that are relevant to the ones that want to spin. The software creates many word variations, making article spinning a whole lot easier and more fun.

Another great feature of ezArticleLink is that it allows you to submit up to 30 articles per website **for free**.. Basically, for every article that you have written and submitted to the system, you will

be rewarded more than 200 backlinks for your website. Such a huge number of backlinks can bring a whole lot of improvement on your website's search engine ranking and it did to my websites as I mentioned before. If you consider using ezArticleLink, expect a lot of improvement to your website, from getting your site to the first page of every search engine results including Google, generating huge traffic for your website, and finally generating huge returns.

Here are some other beneficial features that I have discovered upon joining the system. These unique features, I believe, have made ezArticleLink truly first of its kind.

- It has a built-in outsourcing feature that allows you to outsource spinning of the articles you have written.
- It grants over 200 backlinks for every single article you have submitted.
- It automatically links to related articles.

After this brief introduction, let me put things in an easy practical way.

In order to use ezarticlelink.com to post articles with backlinks to your website, you have to host an article directory to any of your websites. . If you host an article directory, you will be able to post articles for the domain name hosting the article directory as well as for an additional domain of your choice [named by the system as postonly domain]. The system is very meticulous regarding hosting

an article directory and even paid members have to host an article directory for their domains. **Why is that?? because this is the guarantee for the success of the whole process.** These different article directories hosted by different webmasters joining the system will be from different class IP's which means diversity of the links as they come from completely different websites. When you start posting articles in the system, it will be published in these different directories and your link building process will look very natural.

Let me take you to the first step..

Hosting an article directory:

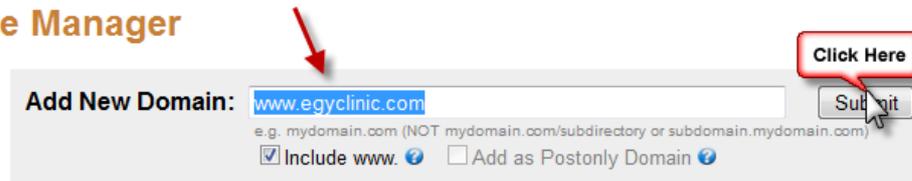
This is a very simple and technically easy process and it will take 5 minutes to do..

1. After going to ezarticlelink.com click site manager



2. Add your domain name that you decided it will host your article directory . In this case I decided www.egyclinic.com

Site Manager

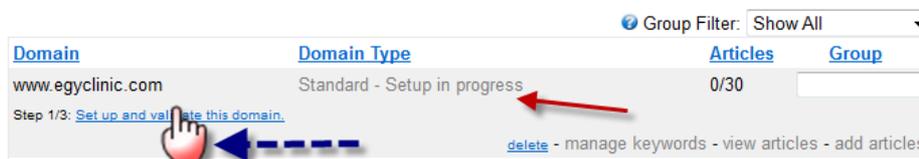


Add New Domain:

e.g. mydomain.com (NOT mydomain.com/subdirectory or subdomain.mydomain.com)

Include www. Add as Postonly Domain

3. Now your domain is added and you need to set up your article directory: Click [setup and validate your domain](#) as shown in the figure below.



| Domain | Domain Type | Articles | Group |
|-------------------|------------------------------|----------|-------|
| www.egyclinic.com | Standard - Setup in progress | 0/30 | |

Step 1/3: [Set up and validate this domain.](#) [delete](#) - [manage keywords](#) - [view articles](#) - [add articles](#)

4. Now you will be directed to this page:

Domain Set Up And Verification (Domain: www.egyclinic.com)

Please follow the 6 steps below to get your new domain verified

1.1) Enter a preferred folder name for the article directory and click Submit.

- If you want the article directory to locate at mydomain.com/en/, the folder name will be en.
- Note1: This should be a new folder or empty folder, solely for the article directory.
- Note2: It should be 1 word, no space in between. Be creative! E.g. 101, en, db, guest, misc, recommends or knol.
- Note3: The directory will syndicate articles from different niches. Thus, it's more appropriate to use general folder name rather than a specific one like forexarticles, healtharticles etc.
- Note4: You'll be asked to create this folder in your server and upload a file into it in the next two steps.



1.2) Create a new folder, [foldername], in your domain www.egyclinic.com (i.e., create www.egyclinic.com/[foldername]/ in your server).

(Note: The folder name is in small letter)

1.3) Download this file >> [index.php](#) and upload to the folder, [foldername], in your server.

(Note 1: If you are asked to replace the existing index.php, something is wrong. Make sure you are uploading it to the folder you've created.)
(Note 2: Make sure the uploaded file in your server is index.php, not index.php.txt or index(2).php.)

1.4) Select ONE of the following options to set up your directory:

Option 1: If your server supports mod_rewrite and .htaccess in a subfolder, [click here to set up](#).

Option 2: If you are not sure, [click here to set up](#). ([What's the difference?](#))

1.5) Add the following link* to the domain homepage, i.e., on [www.egyclinic.com](#).



* You can change the anchor text to anything you prefer, so long as the anchor url is intact.

1.6) When Step 1.1 - 1.5 are completed, [click here to validate this domain and proceed to customize it](#).

6. The above steps are numbered from 1.1 to 1.6, so I will explain it step by step:

Step1.1: as shown in the above figure, the first step is to specify a folder name for your article directory. I will choose **guestarticles** and then click submit. You have to click submit before going to the next step . After clicking submit, the page will look like this:

Please follow the 6 steps below to get your new domain verified

- 1.1) The folder name of your article directory is **guestarticles** 
- To change:
- 1.2) Create a new folder, **guestarticles**, in your domain **www.egyclinic.com** (i.e., create **www.egyclinic.com/guestarticles/** in your server).
(Note: The folder name is in small letter)
- 1.3) Download this file >> [index.php](#) and upload to the folder, **guestarticles**, in your server.
(Note 1: If you are ask to replace the existing index.php, something is wrong. Make sure you are uploading it to the folder you've created.)
(Note 2: Make sure the uploaded file in your server is index.php, not index.php.txt or index(2).php.)
- 1.4) Select ONE of the following options to set up your directory:
- Option 1:** If your server supports mod_rewrite and .htaccess in a subfolder, [click here to set up](#).
- Option 2:** If you are not sure, [click here to set up](#). (What's the difference?)
- 1.5) Add the following link* to the domain homepage, i.e., on [www.egyclinic.com](#).
- * You can change the anchor text to anything you prefer, so long as the anchor url is intact.
- 1.6) When Step 1.1 - 1.5 are completed, [click here to validate this domain and proceed to customize it](#).

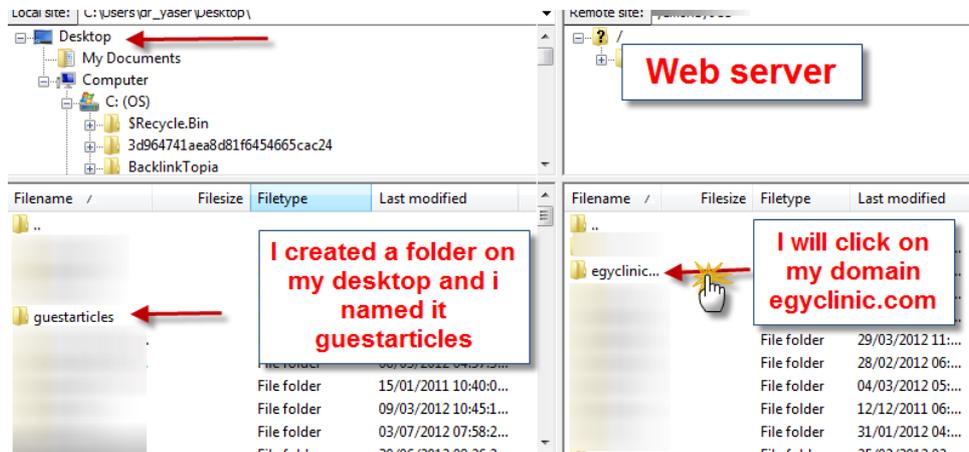
Before going to step 1.2, just create a new folder on your desktop and name it **guestarticles** . Now it is time to add this new folder named **guestarticles** from your desktop to your webserver.

Step1.2: How to **Create a new folder, guestarticles, in your domain www.egyclinic.com** : This step is easy and can be done through you ftp manager or simply using filezilla. I personally use filezella and I will show you how to do it: After connecting to my webserver using filzella, You

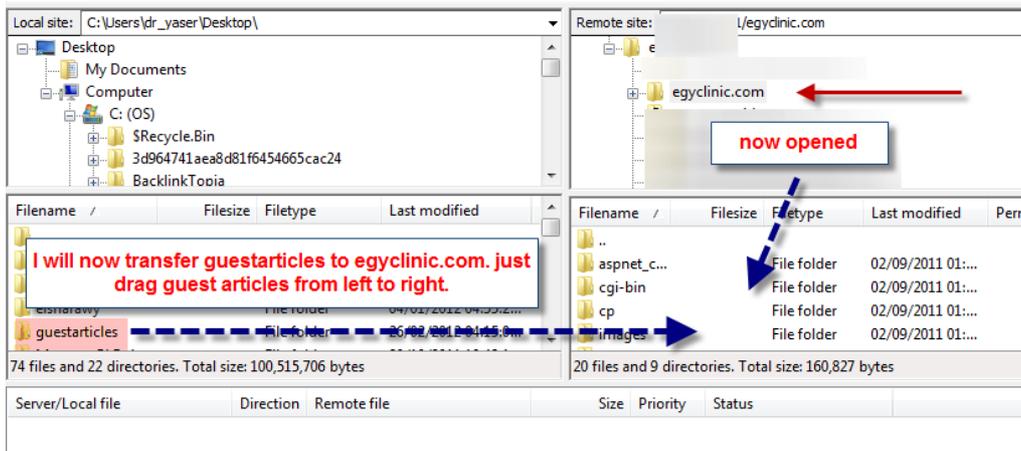
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will have your computer on your left hand side and your web sever on the right hand. Click on desktop



In the picture below you can drag guest articles from left to right



Wait until the file is successfully transferred.

Now you have simply finished step 1.2 by successfully creating `www.egyclinic.com/guestarticles/`. Let us go to step 1.3.

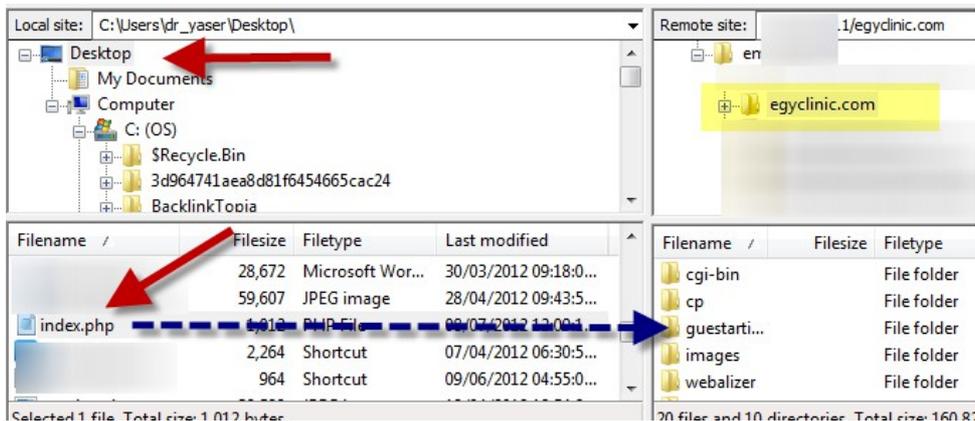
Step1.3: As shown in the figure below, just download the file `index.php` to your desktop

Please follow the 6 steps below to get your new domain verified

- 1.1) The folder name of your article directory is `guestarticles`
To change:
- 1.2) Create a new folder, `guestarticles`, in your domain `www.egyclinic.com` (i.e., create `www.egyclinic.com/guestarticles/` in your server).
(Note: The folder name is in small letter)
- 1.3) Download this file >> `index.php` and upload to the folder, `guestarticles`, in your server.
(Note 1: If you are ask to replace the existing `index.php` file, you need take sure you are uploading it to the folder you've created.)
(Note 2: Make sure the uploaded file in your server is `index.php`, not `index.php.txt` or `index(2).php`.)
- 1.4) Select ONE of the following options to set up your directory:
Option 1: If your server supports `mod_rewrite` and `.htaccess` in a subfolder, [click here to set up](#).
Option 2: If you are not sure, [click here to set up](#). (What's the difference?)
- 1.5) Add the following link* to the domain homepage, i.e., on www.egyclinic.com.

* You can change the anchor text to anything you prefer, so long as the anchor url is intact.
- 1.6) When Step 1.1 - 1.5 are completed, [click here to validate this domain and proceed to customize it](#).

after downloading this file to your desktop, just go to filzilla and access your domain www.egyclinic.com [in my case] and then move the `index.php` file to guest articles



Step1.4: I will click on option 2

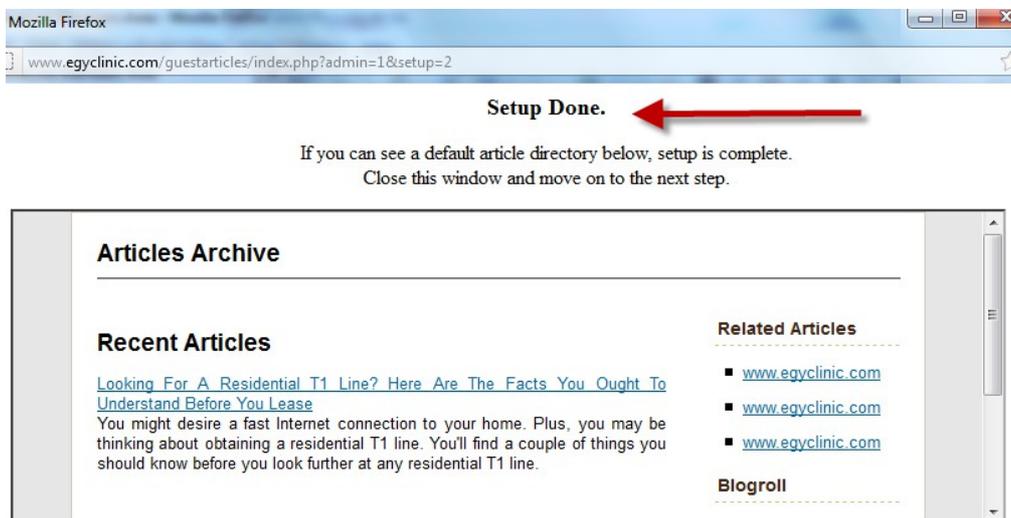
1.4) Select ONE of the following options to set up your directory:

Option 1: If your server supports mod_rewrite and .htaccess in a subfolder, [click here to set up](#).

Option 2: If you are not sure, [click here to set up](#). *(What's the difference?)*



After clicking on option 2, you will have a window appearing showing that your directory is completely set up as shown in the figure below;



Now you are hosting an article directory on your domain name, you can now go to step 1.5.

Step1.5: as shown in the figure below, this is a straightforward step. Just add a link to your article directory on your home page. The anchor text shown below will be guestarticles, however you can change the anchor to anything else such as : “visit our article directory” or “ read our guest articles”.

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1.5) Add the following link* to the domain homepage, i.e., on www.egyclinic.com.

```
<a href="http://www.egyclinic.com/guestarticles/">Guestarticles</a>
```

* You can change the anchor text to anything you prefer, so long as the anchor url is intact.

Step 1.6:



just [click here to validate this domain and proceed to customize it](#) as shown in the above figure. You will be directed to this page:

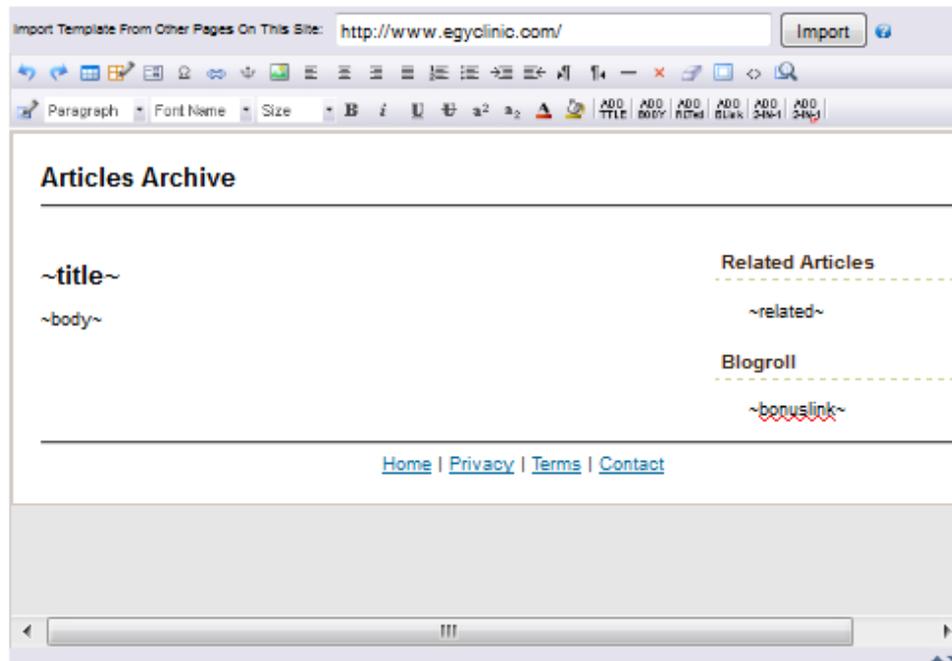
Domain Customization (Domain: www.egyclinic.com)

Template For Your Article Directory

Read This!>> You have full control over the look of your article directory. By default, the system will supply a sample template but try not to use it. You can [use your website theme as the template](#) by simply importing a page from this domain and add a few tags to it. (Watch the video tutorial or just follow the instruction below.) You can also create a totally new template if you want. The possibility is unlimited.

To import a template, just follow these instructions:

- 1) Enter the url that you want to import from. (Tips: Try to import an article page on your website, such as a blog page, instead of a catalog page or video page, so that you can easily customize it into an article directory.)
- 2) Insert `~title~`, `~body~`, `~related~` and `~bonuslink~` at the places where you want them to be shown.
- 3) Make further modifications to the template to make it look more like a professional article directory. (Tips: Make small changes one at a time so that you can easily undo if you mess up the template.)



Title Shown In Directory Homepage

- Default is Recent Articles. You may want to change it to Recent Posts, Welcome To Our Article Directory Section, etc.

Recent Articles

Anchor Text To Your Homepage

- Standard Domain enjoys free backlinks to its homepage. You can customize the anchor text for these backlinks.

- Note 1: [These are backlinks to the homepage, not the directory homepage](#). Rightfully, it should be the main keyword phrase for your website.

- Note 2: Anchor text must be family-friendly. We reserve the right to edit it if otherwise.

- Note 3: Only 1 keyword phrase allowed. Please do not enter multiple phrases.

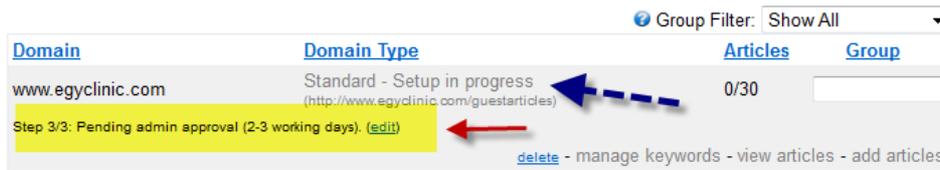
Save All Changes & Submit For Approval



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Just click save and submit for approval. If you are newbie do not do changes to your article directory. Just submit for approval and you are all done. Approval will take 24-48 hours. Now your status at site mgr will show that setup in progress as shown below.



| Domain | Domain Type | Articles | Group |
|---|---|----------|-------|
| www.egyclinic.com | Standard - Setup in progress (http://www.egyclinic.com/guestarticles) | 0/30 | |
| Step 3/3: Pending admin approval (2-3 working days). (edit) | | | |
| delete - manage keywords - view articles - add articles | | | |

Let us summarize what we have done till now. We joined ezarticlelink.com as silver members [free]. The aim is to submit articles with links to our website. In order to submit articles, we need to host an article directory. The steps for hosting an article directory are clearly outlined in the above explained steps. We submitted our article directory for approval. After, approval we will be able to post articles promoting 2 websites, the one hosting the article directory as well as we can add an additional postonly domain which can be promoted without the need to host an article directory. In my case, www.egyclinic.com is hosting the article directory and I will then submit a postonly domain which in this case will be www.whatisaheartmurmur.com

Submitting a Postonly domain for Posting articles

Site Manager



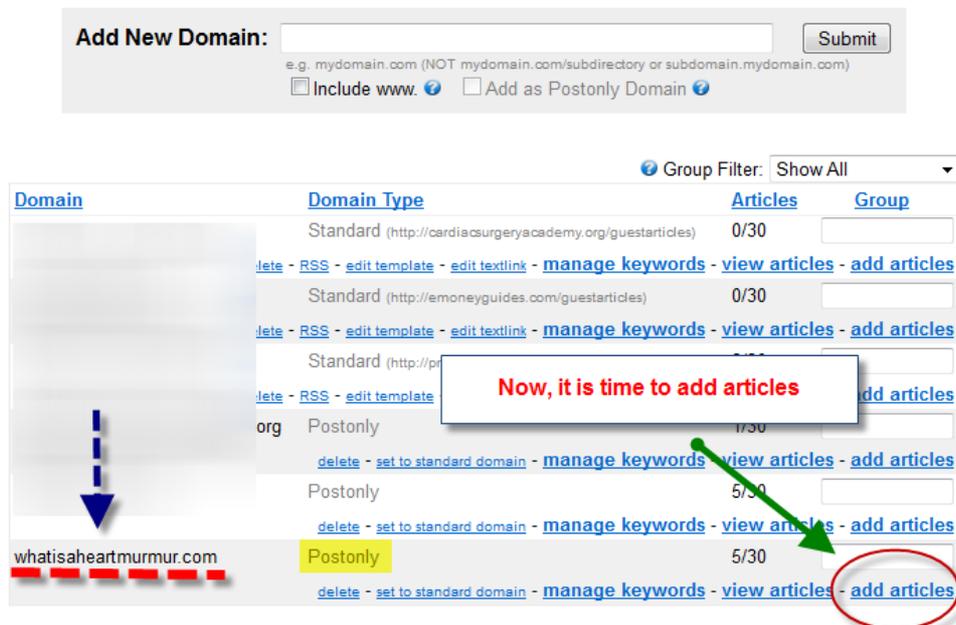
Add New Domain:

e.g. mydomain.com (NOT mydomain.com/subdirectory or subdomain.mydomain.com)

Include www. Add as Postonly Domain

As shown in the above figure, I added a postonly domain to the system. Just a reminder, that you will not be able to submit a postonly domain until your article directory is approved. Also approving your postonly domain will take 24-48 hours. After approval, when you go to site manager, you will be able to post articles for your domain:

Site Manager



Add New Domain:

e.g. mydomain.com (NOT mydomain.com/subdirectory or subdomain.mydomain.com)

Include www. Add as Postonly Domain

| Domain | Domain Type | Articles | Group |
|------------------------|---|----------|-------|
| | Standard (http://cardiacsurgeryacademy.org/guestarticles) | 0/30 | |
| | Standard (http://emoneyguides.com/guestarticles) | 0/30 | |
| | Standard (http://p... | ... | |
| | org Postonly | 1/30 | |
| | Postonly | 5/30 | |
| whatisaheartmurmur.com | Postonly | 5/30 | |

Group Filter: Show All

delete - RSS - edit template - edit textlink - manage keywords - view articles - add articles

delete - set to standard domain - manage keywords - view articles - add articles

delete - set to standard domain - manage keywords - view articles - add articles

delete - set to standard domain - manage keywords - view articles - add articles

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After you click **add articles as shown above**, you will be directed to the next page as shown in the screenshot below; But before submitting your article you have to read the quality guidelines carefully. The human editors of this system are very tough and your article will be reviewed by humans, so make sure that you follow the guidelines very carefully.

I will divide the article setup page into portions and explain it in details.

1.Title: this is the title of the article. Always spin the title to make lot of variables for it. Use assisted spin to use the built in article spinner. Make sure that your title after spinning reads good. Take your time in spinning the article.

Notes [+]
(Use this to leave notes for your helper/writer. Helper/Writer)

New Article Setup Page

Title
Requirement of spun title:
- spin at least 5 words/phrases with average 3 variations each (or 15 spin combi).
- less than 20 words.
- try to include your main keyword because 20% of the links will be linked to this t

Calculate Uniqueness / Wordcount View Spun Assisted Spin

A Few Facts About Mitral Valve Incompetence

here is the title, you can then click assisted spin to start spinning

new window will appear with an easy to use article spinner

Next Spin (Ctrl + Shift) < > Back Quick Save

Save N Close

Assisted Spin Manual Spin Preview

Suggestions (click to add/remove): [Spin Count: 0/5 Spin Combi: 0/15 Unique Word Count: 7/11

2. 2.Summary/teaser:

Summary/Teaser
Requirements of spun summary:
- spin at least 6 words/phrases with average 3 variations each (or 18 spin combi).
- 20-50 words.
- 1 to 2 sentences in one paragraph.

Calculate Uniqueness / Wordcount | View Spun | **Assisted Spin**

Mitral valve regurgitation or Mitral valve insufficiency is also known as Mitral valve incompetence. This occurs when both the leaflets of the valve do not reach each other when the mitral valve is shut.

Use assisted spin to spin the summary

3. URL Linked To The Keyword / Anchor Text

This section is for specifying your url and anchor text. You can make 40% go to certain keyword and 20 % to other word and then 20% to a third keyword.

URL Linked To The Keyword / Anchor Text
- must be a page from whatisaheartmurmur.com and must start with <http://> or <https://>.
- you'll set the keywords in the next form. All 3 keywords will link to this URL.

Check URL

<http://whatisaheartmurmur.com>

3 Keywords / Anchor Texts for rotation (Rotation ratio is 40:20:20)
- 40 + 20 + 20 = 80%. This means only 80% are linked to these 3 keywords.
- the other 20% will be autolinked to the spun title of this article to create natural linking.
- keywords MUST be in the same topic as the article.

| | | | |
|-----------------------|------------------------|-------------------------|------------------|
| Keyword1 (40%) | What is a heart murmur | Competitions: 2,010,000 | Difficulty: 5/10 |
| Keyword2 (20%) | heart murmur | Competitions: 2,010,000 | Difficulty: 5/10 |
| Keyword3 (20%) | heart murmurs | Competitions: 1,440,000 | Difficulty: 4/10 |

4. Article Body

Article Body
Requirements of spun article:
- spin at least 75 words/phrases with average 2.4 variations each (or 175 spin combi), spread across the entire article.
- 250 - 600 words.
- include all 3 keywords once, denoted by `-keyword1-`, `-keyword2-` and `-keyword3-`.

Add ~keyword1~ | Add ~keyword2~ | Add ~keyword3~ | Cal Uniqueness / Wordcount | View Spun | **Assisted Spin**

here i added the article which i am planning to spin

an abnormal sound made during a heartbeat cycle, for by turbulent blood present in or around the heart. The cope. A regular heartbeat usually makes a couple of sounds made by the closing of the heart valves.

t birth or can occur later in one's life. Although a heart ou's underlying heart problem.

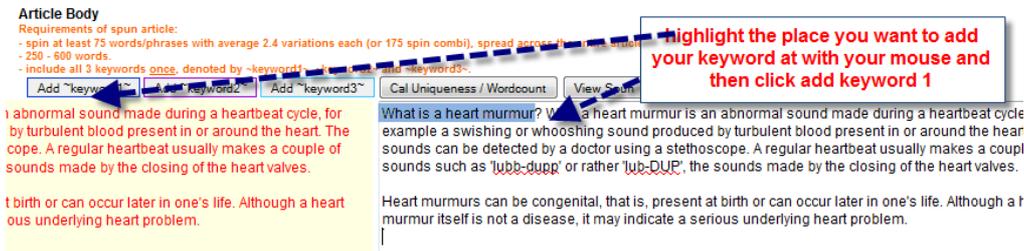
What is a heart murmur? Well, a heart murmur is an abnormal sound made during a heartbeat cycle, for example a swishing or whooshing sound produced by turbulent blood present in or around the heart. The sounds can be detected by a doctor using a stethoscope. A regular heartbeat usually makes a couple of sounds such as 'lub-dup' or rather 'lub-DUP', the sounds made by the closing of the heart valves.

Heart murmurs can be congenital, that is, present at birth or can occur later in one's life. Although a heart murmur itself is not a disease, it may indicate a serious underlying heart problem.

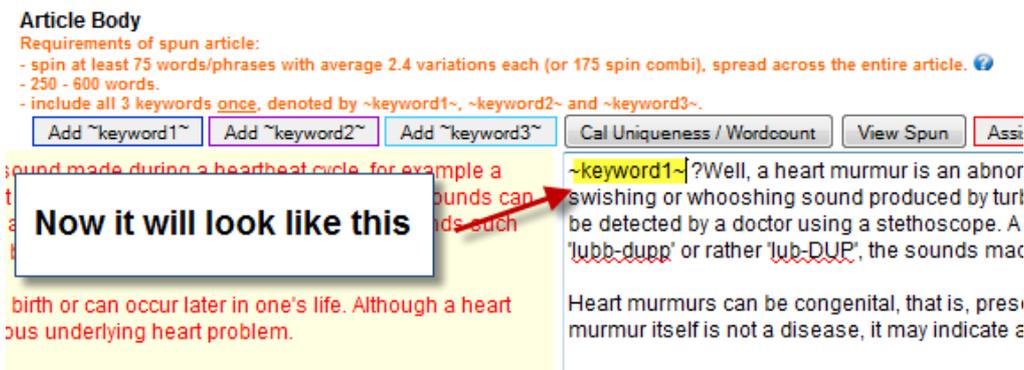
after adding the article you are planning to spin, the next thing you should do is to add keywords before spinning . The keywords you specified in the previous step should be added now.

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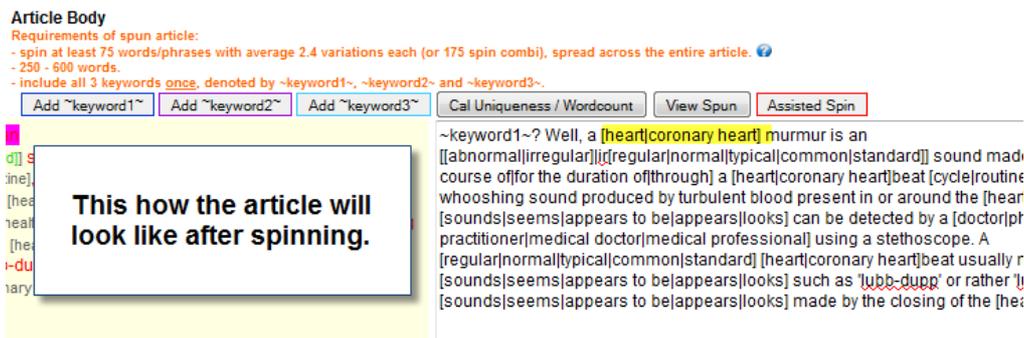


After clicking add keyword 1, it will look like this ;



Now repeat the same thing with keyword 2 and keyword 3.

After adding keywords, you could now start spinning your article by clicking assisted spin.



Now after you are done with spinning, you can specify the remaining data before submitting your article. Please take a look on the screenshot below:

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The image shows a screenshot of the ezarticlelink.com submission form with several annotations in white boxes and red arrows. The form fields and their values are: Category: Health:Heart-Problem; Posting Limit: 150; Posting Speed: 0 - 5 a day; Percentage Of NoFollow Links: 0% nofollow; Posting Start Date: 01 Jan 2010; Outsource To: None. The 'Submit For Approval' button is highlighted with a yellow star and a hand cursor. Annotations include: 'for my website, i chose health' pointing to the category; 'maximum spun version that will be posted for your article. I will choose 150 and i will set the posting speed to 0 -5. (i will explain later)' pointing to the posting limit and speed; 'choose 0 or 20%' pointing to the nofollow percentage; and 'An in house writer will do the spinning for you for \$3 if you want. Very time saving. Choose no if you will spin yourself' pointing to the outsource to field.

Category
Health:Heart-Problem
 Set as default for future articles?

Posting Limit
You can set the maximum number of times you want your article to be posted.
WARNING: Over-distribution can get your website penalized.
150 (Recommended)

Posting Speed
You can set the posting speed for the distribution.
0 - 5 a day (recommended)

Percentage Of NoFollow Links
You can set a percentage of the backlinks as NoFollow. This will make your linking campaign look more natural.
0% nofollow

Posting Start Date
You can set when you want the article to start posting. (Default is ASAP).
01 Jan 2010

Outsource To
You can outsource article writing to our In-house writers.
None
 [Yes I Agree] By submitting this article, you agree to our Terms of Service.
 Launch spell check on submission.

Preview Submit For Approval Save As Draft

After submitting your article, you will be waiting for approval. Rejection of articles is very common with ezarticlelink.com, that's why I emphasize that you spin it very carefully and all spun versions should make sense. Otherwise, you can outsource spinning with an in-house writer.

To summarize, you spent the second week in registering with ezarticlelink.com and I showed you how to host an article directory and you should have trained yourself in spinning article and submitting them to their system.

Week 3

Real work begins here. My strategy is based on very minimal linking that looks natural in the eyes of Google. Let me show you how I do my work. As I told you my website is 8 pages. A home page and 7 other pages.

My strategy is to build a total of 60 links per months. 50% of these links go to my home page and the rest is divided between my inner pages. This means 30 **links** for my home page and 30 links for my inner pages. While this might look very small amount of links in the eyes of some webmasters, yet they are more than enough and they are very powerful.

However, those 30 **links** for the home page are not given the same anchor text. If my main keyword is “what is a heart murmur”, I give this 12 links and the other 18 links go for other keywords such as “[heart murmur](#), [heart murmurs](#), [click here](#), [visit my website](#)”. All these keywords are pointing to my home page. But **why do I do this and waste links for my main keyword**. The answer is simple. Google evaluates how others are linking to your website. Google does not want you to do the linking for your websites. It wants others find your website, and link to it in the way they like. So if different bloggers visit my home page at [whatisaheartmurmur.com](#) and read its content, and they want to link to it, their point of view will be different. Someone will link to it as “heart murmur”, another one will think “heart murmurs” is better, a third blogger

will say this website has good info about heart murmurs and he might link to it using the anchor text “visit this website”.

So by our strategy we are trying to simulate natural linking from others and eliminate google suspicion of us doing the linking for ourselves. That is also the reason why a lot of our precious links go to inner pages also. When different persons visit your website they think of it differently and we are trying to simulate this.

I start by submitting an article to ezarticlelink.com on the third week. I add 3 different keywords that link to my home page as I explained before in page 29. I will then set the maximum post limit to 150 spun versions of the article. Posting speed will be 0-5 articles per day. Taking into consideration that all articles are not indexed and based on my experience with the system, a posting limit of 0-5 per day ends up with one link per day.

Google loves it when the number of backlinks to your site grows steadily over time. They hate it when your backlinks suddenly explode over night...and then never grow again. Ezarticlelink "time released" system handles this natural progression for you automatically. If you use an "overnight" system, you might as well flush your money down the drain!

What I do is that I prepare my article [or outsource it for just \$3], and just submit it and forget.

Week 4

I start by submitting another article to ezarticlelink.com on the fourth week. But in this time I add 3 different keywords that link to

one of my **inner pages**. I will then set the maximum post limit to 150 spun versions of the article. Posting speed will be 0-5 articles per day. Taking into consideration that all articles are not indexed and based on my experience with the system, a posting limit of 0-5 per day ends up with one link or less per day.

Week 5

In this week you will notice marked improvement in the ranking of your home page especially if the keyword is of low competition. One of my keywords jumped from page 13 to page 1 with just weeks 1 and 3 of backlinking

Some webmasters get very excited when getting these results for a certain keyword and go posting lot of links for their home page. This is against our rule **“Be patient because patience looks natural”**. Do not do this and post lot of links, you will be slapped by google and it might take 3 months to get back to your original position. Keep your posts and links coming one per day and randomly distributed between your home page and inner pages as I explained. Resist the temptation to build more excessive links.

What I do in week 5 regarding backlinking is adding one original article to “Ezine articles”. I make sure that the anchor text in the resource box is for my main keyword “what is a heart murmur”. Keep your resource box as I explained before in page 14.

Week 6

Repeat week 3 by posting a new spun article to ezarticlelink.com. The links will be to your home page. Make sure to change your keywords except the main keyword.

Week 7

Repeat week 4 by posting a new spun article to ezarticlelink.com. The links will be to an inner page that is different from the one you used in week 4. Make sure to change your keywords.

By week 7 or even earlier you will probably be hitting page one for your low or medium competition keyword. Most webmasters do not backlink when reaching google page one. This is very suspicious to google because how come you are on page one and not receiving backlinks. Repeat the steps again and again and you will stay there forever.

Some Questions

This looks to me as a lot of work. It is not a lot of work but to make money you have to work. Let me summarize what you will do and how much it will cost if you're planning to outsource this.

1. Domain and hosting: 10 dollars.
2. Website content: 8 pages can cost you 16 dollars if you have a good article re writer at freelancer.com [or 8 hours of work]
3. 2 ezine articles: 2 hours of work. 5 dollars at freelancer
4. 24 social bookmarks: 2 hours if done manually.

5. Article submission at ezarticlelink.com is free. Spinning the article will take maximum 45 minutes with their easy to use built in article spinner. If you do not like spinning their built in outsourcing will cost you 3 dollar to spin and usually approval is guaranteed.

Are the results guaranteed?? I have to admit yes. This strategy is the most natural and you have control on every step. No bots are used and the strength of contextual links is not questionable.

To summarize

Today there are LOTS of ways of getting to the top of Google's search results, even apart from pay per click. The good news is... the time-tested and proven Internet Marketing methods (which I use) still work — AND THEY WORK WELL.

Methods like...

1. Identifying the BEST search terms for your market — the words that your potential customers are typing into Google while hunting for your products or your service.
2. Using these keywords and key phrases in the right places on your website (keyword placement and keyword proximity) and with the right frequency (keyword density though this is less important these days).
3. Providing sufficient relevant quality content for your website — and also in articles that publicize your site.
4. Using an optimized internal linking structure between the pages of your site so that Google's "spiders" can quickly

discover all the public pages on your site — otherwise they cannot index them in their search database.

5. Title tags, heading tags, alt tags, and meta tags.
6. One of the major factors in getting your site onto page 1 is BACKLINKS... the number of sites where articles about your business are published, as well as the quality of those sites which link to your site.
7. While Google does not reveal the detailed inner workings of its algorithm, there is no doubt that getting links to your site from other good quality sites that you don't own (on different IP addresses to yours) is a huge key to getting a top search engine listing. Using ezarticlelink.com article marketing network where you can publish one-way links to your site provides you with FORMIDABLE PROMOTION POWER to push your site to the front page of Google in a short period of time.

SEE YOU ON GOOGLE PAGE ONE

Yasser Elnahas

