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Carnelian Blogging Examples

We have listed below several sample blog posts to illustrate the amount of content and quality of writing that you will receive with our Carnelian level. Typically posts will be 340 to about 350 words in length. We will typically include three links to your website or newsy online articles in each blog post.

Example One

Lack of Sleep Increases Risk of Dying

That sleepless night that makes you grouchy and tired the next day can be a killer — literally. New research shows that getting less than 5 hours of sleep a night increases your risk of death from cardiovascular disease. In a study of 4,600 men and women aged 35 to 55, researchers found that women who slept less than 8 hours per night had a higher risk of dying from cardiovascular disease than men

According to data recently published in the journal *Sleep*, women who slept less than 5 hours per night had significantly higher levels of the inflammatory markers that are indicators for heart disease. Compared to women who were able to achieve a full 8 hours of sleep, risk levels increased dramatically with every hour of sleep lost. Even women who received 7 hours of sleep a night showed much higher levels of risk indicators than those who slept 8 hours.

A growing body of research indicates that sleep is a vital component to good physical and mental health. Chronic insomnia is also known to increase anxiety and contribute to depression, particularly in women. Another study reported in *Sleep* indicates a relationship between postpartum depression and the lack of sleep common to new mothers.

Researchers found that postpartum depression not only aggravated insomnia, but those complaints about sleep problems often interfered with the diagnosis of postpartum depression. Researchers found that many women who continued to report sleep problems two months after delivery were suffering from postpartum depression. However, because tiredness and lack of sleep are common complaints of new mothers, those suffering from postpartum depression often remained undiagnosed and untreated.

Researchers emphasized the importance of doctors discussing sleep problems with new mothers. Chronic lack of sleep that affects daytime functioning, results in a general lack of energy or that impacts other aspects of a new mother's life could indicate postpartum depression. Depression screening is recommended to new mothers who continue to experience chronic insomnia. Treatment by a board certified psychiatrist can help women overcome postpartum depression; find solutions to chronic sleep problems.

Example Two

What Happens to Possessions During Cremation?

When a loved one passes away, even with a cremation scheduled, families often choose to hold an open casket visitation. The ability to see their loved one in a state of peaceful repose and say a final goodbye can be very comforting to family and friends.

In my own case, in the weeks before my father's death, my dad carefully selected the clothing he wanted to be laid out in. He chose his favorite blue suit, a crisp white dress shirt, his black eel-skin belt, and the beautiful silk tie Mom had given him on their 50th wedding anniversary. He wanted to be laid out wearing his wedding ring, his dad's gold watch and the American flag pin he wore every day. He and Mom argued a bit about his glasses, but in the end Dad's vanity lost to Mom's wishes and they were perched on his nose as always.

It is generally the responsibility of the funeral home to remove requested objects from the body of the deceased before cremation. In some cases, the funeral establishment contracts with the crematory to provide this service. However, the crematory operator may not remove any objects from the body without the permission of an authorized representative.

Law prohibits crematory operators from removing any dental gold, body parts, organs or other items of value from a body prior to cremation, except with the express written permission of an authorized representative. Because they will not be recoverable after cremation and processing of the cremains, the crematory must allow the authorized representative an opportunity to remove jewelry and items of value requested by the family prior to cremation.

After cremation and prior to processing, metal fragments from dental fillings, clothing articles, and artificial body parts (metal from a hip replacement, for example) are recovered with a powerful magnet so that they will not harm the processor. Metal fragments are disposed of as required by law. Processing reduces cremains to a uniform powder-like texture which are returned to the family in the cremation urn they selected.

Example Three

Auto Detailing Classes Coming in September

Demand has been so great that The Complete Pros will offer two sessions of its highly respected 5-Day Detail Training Class in September. Auto detail training classes have been scheduled for September 8-12 and September 22-26. An intensive 2-Day Detail Seminar will also be offered on September 27-28.

Auto detailing is a hot commodity these days. Americans love their cars and they like them to look sharp. Whether you're someone who wants to get into the lucrative auto detail business, a business owner looking to improve and expand his skills or an avid do-it-yourselfer, The Complete Pros training classes will provide you with the valuable knowledge and hands-on experience you seek.

If you're already in the auto detail business, and particularly if you want to start your own auto detail business, we highly recommend you take our 5-Day comprehensive training seminar. You will not only learn professional detailing techniques and how to work with chemicals, but our business experts will show you how to create a business plan, how to market your company, and how to build a business based on superior customer service.

Our experienced experts will teach you everything you need to know to get yourself established in business and beat out the competition. We'll show you how to gain a foothold in your market, add new services, grow your market share, and overwhelm your competitors. We'll teach you marketing and advertising techniques that work. We'll share with you proven sales strategies, including up-selling and cross-selling techniques. We'll show you the ins and outs of successful quoting and invoicing. We will teach you everything you need to know to be successful in the auto detailing business.

You'll also get plenty of hands-on training in auto detail technique in The Complete Pros auto detail training classes. Working side-by-side with our professional auto detail professionals in our state-of-the-

art training facility, you'll have plenty of opportunity to practice using professional tools and products. When you graduate from one of our auto detail training classes, you'll be able to work, think and act like a pro.

Example Four

Open House Tips for Sellers

It's spring which means open house season is starting. Here are a few tips from the experts to sellers host the perfect open house.

Tips for sellers

- Maximize curb appeal. You want your home to feel welcoming. Mow and water the grass, edge walks and driveways, sweep the porch, trim trees and shrubs. Plant colorful flowers that are already in bloom in the front garden.
- Inside, create a blank canvas. Pack up family photos, trophies, collectibles and anything else that marks the home as yours. You want to encourage the buyer to think of this as his home and start mentally moving in his possessions.
- Make sure every room is spic and span. Buyers look at every tiny detail. They'll notice the dirt in the corners and the dust on the ceiling fan.
- Remove all clutter from rooms and pack up closets so they appear more spacious. You may have to remove some of the furniture to open up the rooms.
- Make needed repairs. Fix leaks and paint over any water stains. Replace chipped or cracked tile. We're not talking major repairs here, just necessary touch ups so your home looks well cared for.
- Light it up. Open the drapes. Make sure all the light bulbs work and turn them on. A well-lit home shows better and feels more inviting to buyers.
- Go out for the day, you'll just be under foot. Let your realtor handle the action. It's difficult to hear other people criticize your home and your defensive comments won't be appreciated. Also, it's easy in chatting with buyers to blurt out something about your home that may turn out to be a deal breaker. Open houses are best left to the professionals.

Whether you're buying or selling, your open house will be a smashing success if you follow these tips from veteran realtor [name removed]. Give [name removed] a call. He'll put buyers at ease during your open house and knows how to sell your home's features without making buyers feel pressured.

Example Five

A Few Innovative Uses of GPS Tracking

Maryland Tracking routinely provides GPS tracking devices for commercial enterprises and fleets for vehicle tracking and asset tracking, but did you know that GPS tracking is being used widely for personal tracking too? Here are just a few new twists to consider in this ever evolving world of the use of satellite technology and GPS that is now being used for personal tracking.

Tracking Teen Driving Habits

With GPS tracking and monitoring, parents can now monitor the location of their children whether they are tracking their vehicle or their person. Here is just one comment from a concerned parent:

“I purchased the MD Rover out of a desire to protect my child. After a few weeks, it became clear that my daughter was spending time with the wrong crowd on the wrong side of town. I was able to intervene and get her back on track.”

What is protection of your child worth to you? In this world rife with crime, drug abuse and temptations, the intelligence that GPS tracking provides can provide the accountability that is needed to keep a teen on the “right track”.

With the Maryland Tracking Rover device, parents can review a teen’s driving habits through the Internet. Monitoring speed, reviewing speed alerts, and identifying activity in “parent predetermined restricted zones” will allow you, to know what your teen is up to without having to guess.

Reality Check on a Wayward Spouse

This is a sensitive subject, but a growing use of our GPS tracking devices is to verify the whereabouts of a spouse or significant other. By installing a GPS tracking device in the car of your spouse, you can know with certainty the location of their car.

For some this may be considered a personal infringement of trust, but for others, this may be the secret justification of truths setting their mind at ease in a difficult situation. Although some parties would never consider tracking their spouse, others may find the information comforting and helpful in creating accountability in a relationship.

Example Six

Living in a Super-sized World

My earliest memory of anything being “super-sized” was the Big Gulp from 7-11. As a teen, I thought paying a couple of pennies more for a fantastically sized Diet Coke was the best treat in the entire world. Much to my childish delight, in a very short time everywhere I looked; food and drink items were super-sized. There is no doubt that American’s love getting more bang for our buck, especially where food is considered.

Recently, a national restaurant chain wanted to be recognized as a “healthy chain restaurant” by cutting back on serving sizes on some of their dishes. They even went so far as to print the nutritional information of their food on their menus. The end result was that customers hated the new campaign. Within a matter of months, the menus returned to their previous state and those small portion sizes were thrown out the window.

In today’s world, some food portion sizes have been transitioning back towards what we should really be consuming. Some believe that our ever expanding waistline has caused restaurants to want to help return our bodies back to normal sizes. Others believe that the shift is because of the state that our economy is currently in. Let’s face it; we all need to save a buck wherever we can these days.

Regardless of the spin you might want to accept, the end results are good for consumers. Many restaurants are now offering smaller portion sizes on their menus. The great news is that this new food trend will do more than help the belly bulge. Along with the smaller sizes have come reduced costs for consumers. Of course food business consultants are hoping that restaurants are on winning side of this new trend. They are hopeful that consumers will be hungry and thirsty enough at the end of their

perfectly portioned meals to want to order dessert and cocktails; which holds a great profit margin for businesses.

Example Seven

Not Under but Above the Influence

You can help teenagers understand the dangers of drug use and the limitations of being “under the influence” by sending them to Above the Influence.com. It’s a colorful, graphic and interactive site that lets curious minds explore their way to understanding in a way that takes advantage of the power of the internet, and it’s from the National Youth Anti-Drug Media Campaign (a program of the Office of National Drug Control Policy).

On a page that looks like a comic book, they also ask why people take drugs, and explain that there are more reasons not to. “Reason 1/10: They heard that marijuana and mushroom grown naturally, so they must be safe. (So do poison ivy and anthrax. Would you smoke them?)” Here’s another good one they list: “They think that prescription drugs and steroids will improve their performance and looks. (If you think acne and ‘man boobs’ are attractive.)” They offer a button to click for an explanation of the science behind addiction.

Using new media to its fullest, they’ve got a series of video ads that illustrate the less-than-cool consequences of drinking or using drugs. With titles like “Shoulders - your voice is the one that matters” and “Human Puppet – Don’t let others control you”, they put it in terms that are realistic to young adults.

There’s a chance to get your questions answered (from Dr. Drew, no less!) or read the answers to others’ questions. They’ve got a new and expanded section on facts about various drugs and their effects, a quiz and maybe the coolest thing—a new media section where people can upload information about the positive things that influence them in video, photos, audio podcasts and the written word. The photos section, for example, includes pictures depicting bowling, guitar, sports, and nature.

Explore it with your son or daughter and use it as an opportunity to have an open discussion, and build the skills that others have to wait until they enter rehab to learn.

Example Eight

What Affects my Credit Report and Credit Score?

Today, having good credit is more important than ever. With lending regulations becoming tighter, it is usual for only those with good credit to be able to obtain home loans, auto loans, credit cards, or any other lines of credit they may be greatly in need of. Only those with excellent credit are able to obtain the most optimal interest rates, saving them money over the life of a loan.

Greatly in need of credit repair, or seeking to prevent the need for credit repair, many Americans are left to wonder, “Just what affects my credit?” Since credit is comprised of both a detailed credit report and credit scores, as reported by the three major credit agencies, it is important to know what affects your credit report as well as what could lower a credit score.

Your payment history is the most well-known factor that contributes to your credit score. It’s also luckily one that can sometimes be controlled by personal responsibility and planning. If you think you are going

to have a problem making payments on time in the future, don't simply avoid the issue. Contact your creditor to notify them.

Current debt ratio is reflected by how much credit you are using versus how much credit you have. Credit scores will drop if you consistently carry balances that nearly max out your credit limits across cards. Remember to keep as small a balance as possible on cards, and make timely payments to maximize your score.

Remember that your credit history can affect your credit score. It generally helps to have a longer history of doing business with credit card companies. If you have zero balances on lines of credit that you have not used in years, your score could drop.

New credit applications and types of current credit can affect your credit score. Credit scores do account for the previous 12 months' worth of inquiries. If you are opening too many accounts at once, this could hurt your credit score.

Example Nine

Mobile Tech Tools Boost Real Estate Sales

High Country Realty of Blue Ridge, Georgia reported an astonishing 49% annual increase in housing sales at the end of 2011, a remarkable feat given the current economy. In an interview with RISMedia.com, the Caldwell Banker agency attributed its success to mobile information technology.

"Today's real estate consumer has demonstrated they have a strong desire to work with real estate firms that are willing and able to supply real time information about real estate," said High Country broker/owner June Slusser. "We took the stance we were going to be the company that provided more knowledge to consumers than anyone else."

High Country accomplished its goal by focusing on mobile tools that allowed agents to respond to seller questions and buyer queries immediately and provide maximum information instantly via smart phone. Real estate customers responded enthusiastically both to the convenience of mobile communication and to the depth of information they were able to tap into via mobile real estate tools.

The exponential growth in the popularity of smart phones is making mobile real estate tools an essential addition to the modern Realtor's tool bag. Mobile technology offers real estate agents and their clients speed and flexibility not available on any other marketing platform. Here's a rundown on some of the most popular real estate mobile tools:

Mobile listing domains allow customers to access listing domain pages from their iPhone or Droid.

A mobile version of your real estate sites allows your customers to access all of the information available on your website via their smart phone. Mobile websites are specially formatted for mobile access to ensure ease of use and connectivity.

QR Codes allow consumers to obtain information with a wave of their smart phone. Using QR codes, real estate agents can provide clients with detailed listing information, documentation and virtual video tours of their listings.

Mobile GPS apps can be used to send clients reliable directions to property sites.

If you have yet to take advantage of the significant benefits mobile technology offers members of the real estate community, [company name removed] can bring you up to speed.

Example Ten

Cloud Storage May Require Examining Your Internet Connection

One of the advantages of cloud storage is the flexibility it provides. If you run a small business, [company name removed]'s Unlimited Backup can make it possible for you and your colleagues to conduct business at home, while you travel, or anywhere in the world.

When you are conducting business remotely, you cannot guarantee the strength and quality of your internet connection, but if you also rely on cloud storage to help you reduce costs in the office, you will want to think about the kind of internet connection you have. MarketWatch recently discussed "Five Reasons You Need Effective WAN Optimization for Cloud Storage."

"A collection of network issues—bandwidth restrictions, network latency, poor line quality and network errors slow down access times to cloud storage repositories to the point that the economic model breaks down...The performance boost of WAN optimization restores the economic advantage for cloud storage."

[company name removed] does allow you to set your own backup speed, which means you can control its bandwidth use, so you do have tools to ensure that you are not using too much bandwidth. We use advanced technology to maximize the speed of uploads and downloads.

When you sign up for unlimited online backup with [company name removed], we also use military grade encryption to keep your files secure for you in the cloud. In the event that you experience problems with your network, the files you have saved will be there no matter what happens with your connection.

We cannot tell you what kind of network will work best for your workplace; however, we know that you will want to make the most of cloud storage. So, we suggest that you take a look at the way you connect to the internet to make sure you can take advantage of all that our service offers because you will want to be able to:

- Collaborate with colleagues as you view and edit documents online
- Easily restore deleted files
- Create slideshow for presentations
- Stream video
- Keep 30 past versions of any file so that you can revert back to them at any time

Example Eleven

The Benefits of Portable Oxygen Therapy

There are many reasons why a patient may require oxygen therapy, but staying at home or changing activity level is not a side effect of the its use. Oxygen therapy has been proven to be an effective method of treatment for many different kinds of illnesses. It has countless benefits and has shown to improve the lives of many people. With new portable oxygen tank models that are carried in light weight back packs or easy to stroll along tank models, you won't miss an activity or family gathering.

Why Would Your Doctor Recommend Oxygen?

COPD

This is a condition in which there has been damage to the airway. Your heart must pump harder in order

to get the necessary oxygen to your organs. Long term oxygen therapy gives your heart a break and improves its function, helps you to breathe better and improves your mental clarity.

Healing From Pneumonia

Pneumonia is a condition which results from having an infection in one or both of your lungs. Because of the effect of pneumonia on your breathing, it results in low oxygen levels in your blood. Oxygen therapy will improve your lung function as you heal, and will also help your body to heal faster.

Other Reasons and Conditions

There are a host of other illnesses and conditions in which oxygen therapy has been proven to be a beneficial treatment. If you suffer from chronic bronchitis, pulmonary hypertension or severe asthma, oxygen therapy can help you start living your life again. Your body depends on oxygen to thrive. Your organs depend on it to function correctly. Oxygen therapy could be the answer for you.

Oxygen Tank Portability Keeps You Active

Being told by your doctor that you need oxygen therapy either for a long term condition or a temporary condition doesn't mean you have to stay home! You can be active, return to all the activities you love, get out to sporting events, and visit relatives by using one of many new portable easy to use oxygen tanks. Oxygen therapy helps you to live better and allows you to be as active as you want. Make sure to ask your doctor about the new portable models for the one he would recommend for your personal needs.

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