

I surf these traffic exchanges daily

for free traffic:

<http://www.showuse.com>

<http://hit2hit.com/?rid=149161>

<http://www.surfingoldschool.com/?rid=4181>

<http://trafficg.com/index.php?member=stafford>

<http://www.easyhits4u.com/?ref=stafford>

I surf all 5 at a time by going to one
and then opening a new window on my browser
and going to another traffic exchange.

When I have all the traffic exchanges
lined up. I click on one exchange link
and as the timer is running I go to

another exchange click it and as timer
is running go to next, etc., etc., etc.

I'm signing up people every day for
this diet coffee opportunity:

<http://slim.coffee12drink.com>

Most of all by surfing.

I also send e-mails out using
these e-mail mailer's.

<http://www.pennies4profits.com/index.php?id=733>

<http://herculist.com/members/index.cgi?stafford>

<http://www.TopTierMailer.com/home.asp?rid=5924>

<http://youlllove.hwass.hop.clickbank.net>

<http://cash4usafelist.com>

This is a ad I use with the above e-mail mailers:

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LOSE WEIGHT & MAKE MONEY

With the World's HEALTHIEST COFFEE!

Helps Control Appetite to Lose Weight

Supports Happy Mood

Promotes Health and Focus

TASTES AMAZING!

POWERFUL INCOME OPPORTUNITY!

ONE Cup a Day is ALL it Takes!

<http://slim.coffee12drink.com>

Call Steve at (417) 889-0116

P.S.

We have these products:

Energy, Immune Boost, Trim and
the number one seller Slim Roast.

P.P.S. I'm losing a pound a day.

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Feel free to use the ad, just change your
link and phone number in place of my own.

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This is a classified ad site I use:

<http://springfield.craigslist.org>

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These sites I use most every day and they

will get you free and low cost traffic.

This is the best of the best I know of
and I hope you make a lot of money using
them online.

As far as off line advertising, go to:

<http://smstafford.net>

You can place ads off line from your
computer and it cost money to do so.