

## Posting Rules for Thirsty4health Site.

Please read carefully the following.

The blog allows account registration of the author, this will enable you to post your articles to the blog faster and without wasting time sending emails between you and the thirsty4health managing team.

Rules:

1. The articles should be about health in general. Anything that contributes to the betterment of people's health can be published to the blog. It can be physical health, emotional health, psychological health etc.
2. The articles would be published only after approval from the thirsty4health managing team. If you don't hear from the managing team after 5 working days, it means that your article is not approved.
3. Every article should be at least 500 words long and in the English Language.
4. Every article should have an author.
5. Every article should have sources either inside the article or at the end as links or both.
6. Every article can have at least 2 links pointing to external sites, if the article can have more we can talk about it.
7. Every author must have a profile at the blog. The profile must have a real photo of the author and also a short bio. Any other info like contact info or social media accounts is optional but if you have them, it will enable the managing team to promote you and your articles better. We must insist on the real photo and real bio on the profile. For this reason there will be a verification process which is described below.
8. Verification Process:  
A photo of you holding a piece of paper with the word "thirsty4health" written on it with your face clearly visible. Send the photo to [thirsty4health@gmail.com](mailto:thirsty4health@gmail.com)
9. Without the verification process there cannot be any cooperation. The reasons are mainly two, first security issues for the blog, we are giving you access to our site so we need to know you are a real person and second credibility of the articles that are going to be posted under your name.
10. Fees:
  - a. The posting of articles at thirsty4health blog is free of charge for the first 500 words.
  - b. Articles that exceed the 500 words limit are subject to fees according to the following table:

Number of words in the Article	Cost in Dollars
0 to 500 words	FREE
501 to 1000	10

1001 to 1500	20
1501 to 2000	30
2001 to 2500	40
2501 to 3000	50
3001 to 3500	60
3501 to 4000	70
4001 to 4500	80
4501 to 5000	90
5001 to 5500	100
5501 to 6000	110
6001 to 6500	120
6501 to 7000	130
7001 to 7500	140
7501 to 8000	150
8001 to 8500	160
8501 to 9000	170
9001 to 9500	180
9501 to 10000	190
<b>Special Package</b>	99 per year

All the articles will be promoted to all the social media of thirsty4health's blog.

**Special Package** offers unlimited number of words per article and unlimited number of articles per year.

11. Payments are carry out by the use of PayPal.

12. If you agree with the above then we kindly ask you to go through the verification process so we can start working together as soon as possible.

We hope we hear from you soon.

Our warmest regards,

Thirsty4health Managing Team