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Article Portfolio

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Introduction

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Backpacking Through Europe

Backpacking through Europe is an opportunity to see many different cultures. Although America is in many ways known as a melting pot Europe is home to more than 30 individual countries with their own unique culture and customs. Europe is a continent steeped in history from ancient Greece to the European Union. In other words, you get to decide what kind of experience you want.

Europe - The Continent Of Backpacking Opportunity

As I told you backpacking through Europe is an experience of opportunity. Whether you want to visit the Alps, the Scottish highland or the Riviera Europe has anything you could reasonably wish for. If you want to visit museums Europe has plenty of those too. What you need to do is make sure that you plan ahead and don't lose yourself in the endless opportunities.

Plan Your Backpacking Experience

This is particularly important when backpacking through Europe. Unless you have obscene amounts of time available you will not be able to see every major attraction anyway. What I suggest is that you first decide what kind of backpacking experience you want. Do you want to rough it in the mountains or do you want to add a bit of culture to your trip? What Kind of climate are you interested in? Making these decisions before coming to Europe is very important.

Backpacking In The Alps

The highest mountain in Europe is Mont Blanc in the Alps. Although it is far below the dizzy heights of Mount Everest you are unlikely to visit the summit while backpacking through Europe. However, the backpacking in or around the Alps offer plenty of options. Whether you want to rough it or visit some culturally significant locations you can do both in the Alps. The Alps are located in Austria, Switzerland, the North of Italy and the South-East of France. These are all locations that offer plenty of historically significant locations. In the winter, the Alps also offer some of the best skiing locations in Europe which definitely make them worth a visit.

The Emerald Islands

While luxurious skiing resorts aren't exactly abundant, the British isles are definitely worth considering if you are backpacking through Europe. Many of the historical events that have been significant for the UK are also significant in American history. If you are not interested in history these islands still have

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plenty to offer. The Scottish highlands is perfect for the backpacker who isn't interested in crossing mountains, but would still like some challenging hiking experiences.

Ancient Europe

If you can only go to Europe once in your lifetime, and if you are even remotely interested in history, I cannot recommend, what I call, ancient Europe enough. Ancient Greece and Rome are in many ways the birthplace of our modern civilization. So, as a starting point if you want to go backpacking through Europe, I would suggest that you at least consider Greece or Italy. While Greece is home to the great philosophers Rome is home to the Vatican and the Pope. Even if you are not interested in history or culture Italy and Greece still offer a sub-tropical climate.

Article Stats

Primary Keyword	backpacking through Europe
Keyword Density	1.14%
Word Count	525

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Killer Comfort Food

Comfort food is the term coined for the sort of food your mother cooked when you were a child. However, even that is something of a generalization. However, on a nutritional level it's the sort of food that contains high levels of sugar. The question here is whether killer comfort food will really kill you. First of all, however, let us spend a short moment defining what comfort food really is.

What Kind Of Dishes Define Comfort Food?

The answer to that question is really very individual. Think back on the favorite dishes of your childhood. Maybe your mother cooked a mean lasagne that still makes you drool to this day. If that's the kind of food you find comfort in then you have found your answer to the question posed. Generally, this kind of food doesn't take today's nutritional advice into account. Some would say that for this reason alone you should avoid comfort food. However, denying yourself something you find comfort in and enjoy is generally not a viable solution to any kind of problem. Well, what I really mean to say is that it's not often the easiest solution.

Can Comfort Food Be Healthy?

So is there anything you can do to add nutritional value to the food you love and enjoy? Going back to the lasagne I mentioned earlier what are the nutritional problems with that? Well, first of all, it contains a lot of fat. And the pasta contains a fair amount of carbon hydrates as well. One thing you can do is to go low-fat on the cheese and the other "high-fat" ingredients. As for the pasta, how about going full-grain on that? That will add proteins and it will give your system something to work with. You can also replace some of the meat with vegetables such as carrots.

However, you need to make sure that you don't remove the comfort from your comfort food.

Are There Healthy Alternatives...And If There Is Will It Still Be Comfort Food.

There are plenty of healthy alternatives on the market. You can bet that for every type of food you can think of you can find a low-fat, low-carb version in the stores. The challenge with these dishes is to maintain the taste. The truth of the matter is that the manufacturers are rarely very successful in achieving that. We both know that if the lasagne doesn't taste like the lasagne your mother made you're not going to use it as a substitute.

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The advice I would give you is to make your comfort food just the way your mother did. However, I'm going to ask you to be conscious about what you put into it. First of all, you should buy premium ingredients. You should never compromise with the food you serve for yourself. Occasionally, when making your favorite dish think of an ingredient that you can replace with a healthier alternative. Replace only one ingredient at a time and see if that works. If it doesn't try with another ingredient. Most importantly, make sure you don't take away the soul of your comfort food.

Article Stats

Primary Keyword	Comfort food
Keyword Density	1.86%
Word Count	537

Hardwood Floors - The Key To A Better Home

Everybody loves a hardwood floor. The problem with hardwood floors, however, is that they are quite expensive. Just getting the wood alone can take its toll on your bank account. In addition, if you're not confident that you'll be able to doing the flooring yourself, well, then you've got a very expensive project on your hands.

The reason hardwood floors are so expensive is of course the costs associated with getting the wood. Although some types of hardwood aren't exactly rare it is still a costly process to produce the wood. You need to plant the tree, cut it down, divide into floor boards and transport it.

You have to consider that the trees you can use for floors were planted many years ago. For the foresters to make a decent income they have to charge a reasonably high price for the wood. Foresters are unlikely to see the profit of the trees they plant today. In other words, they live of the foresight of their forefathers.

However, there are alternatives to hardwood. These days you can get very good laminate floors. Floors that look and feel very much like hardwood floors. Sadly, even these high quality floors are no real substitute for a good hardwood floor. Even though we are now able to produce artificial floors that come very close to the same feeling you get with real hardwood floors it just isn't the same. Before making a final decision you need to consider carefully why, exactly, you want a hardwood floor in your home. Let's examine the advantages of a hardwood floor.

1. Class

Well, there's no getting around this. Hardwood floors are classy. There's nothing quite like entering a house with classic hardwood flooring throughout the entire house. You can go for laminate, linoleum, carpets or whatever other flooring choices you can think of. None of them will have the class of a hardwood floor.

2. Durability

Nothing beats hardwood for durability. You can find homes with hardwood floors that are centuries old and still in prime shape. With the proper maintenance, a hardwood floor can literally last for generations to come. Again this can't be beat with any other choice of floor.

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3. Equity

Although point one and two are the main reasons for going with hardwood floors this is something that you need to consider. The advantages gained by point one and two both add to this third and final point. Adding class and durability adds to your homes equity. Customers entering a home with hardwood floors will see the advantages gained by it and will be aware of the potential it has to offer.

The truth is that hardwood is an investment for the future. Sure. It's a big investment, but if you like to keep your house in the family chances are that your great grandchildren will be making their first steps on the hardwood floor you invest in today. Remember - investing in hardwood floors today means that, with proper maintenance, you don't have to think about re-flooring your home ever again.

Article Stats

Primary Keyword	hardwood floors
Keyword Density	1.72%
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What Is Single Malt Whisky?

The main characteristic of a single malt whisky is that it is made from a single type of malted grain at one single distillery. That's the core of a good single malt, but there is far more to it than that. Although there are single malt distilleries in many different countries around the world. The single malt whisky is mainly associated with Ireland and particularly Scotland. The single malt tradition is primarily a Scottish tradition, but there are single malt distilleries in Ireland as well and in other locations throughout the world.

The Process Of Producing Single Malt Whisky

One of the most important concerns with a single malt whisky is the malted grain that is used. For a single malt, it has to be one single type of malted grain that is used for the whisky. The most common type of grain in use today is barley, but there are also single malts made from rye. To make a single malt whisky all you need is barley, yeast and rye. Traditionally the Scottish distilleries had their own malting floors. Today, however, most distilleries use commercial maltsters.

After the malt has been milled into a very course flour it is added to hot water so the sugar can be extracted. It is then put through a mashing process to extract all the remaining sugar.

Then the fermentation process begins. Yeast is added to the wort. The yeast feeds on the sugar and creates alcohol and carbon dioxide. The result of the fermentation process is a liquid with an alcohol content of between 5% and 7%. The process so far has many similarities to the process of brewing beer. The product of the fermentation process is called "the wash".

The wash is pumped into the copper still. The intent is to boil off the alcohol. The alcohol has a lower boiling point than the water and is collected in the condenser. That is the process of distilling. The vapor is distilled several times to reach a higher alcohol percentage.

This "new-make spirit" is then matured. All Scottish whiskies must be matured in oak casks for at least three years. However, most single malt whisky is matured for much longer. To be called a single malt whisky the bottle can only contain whisky from a single distillery.

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When the single malt whisky has been produced it should be stored without exposure to heat or sunlight to avoid evaporation.

This is the process used in Scotland to produce single malt whisky. The main thing, however, is that the whisky must be produced from one single type of grain produced at one single distillery.

Famous Single Malt Whisky Brands

The most widely drunk single malt whisky in the world is the Glenfiddich. Its distinctive triangular bottle is seen in most respectable bars. The Glenfiddich is a Speyside single malt. The Speyside malt is found North-East of Aberdeen and West-South-West of Inverness. Another famous Speyside single malt is the Glenlivet, which was the first distillery in the region to gain a legal license back in 1824.

Although many single malts deserve a mention starting out with the Glenfiddich or the Glenlivet would not be a bad choice. If you want to try other Single malts, Highland Park from the Islands regions is a good choice. Considering that the distillery met its end in the 1990's acquiring a Littlemill whisky for the future won't be a bad idea.

In the end, however, you should find your own single malt whisky to savor.

Article Stats

Primary Keyword	single malt whisky
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