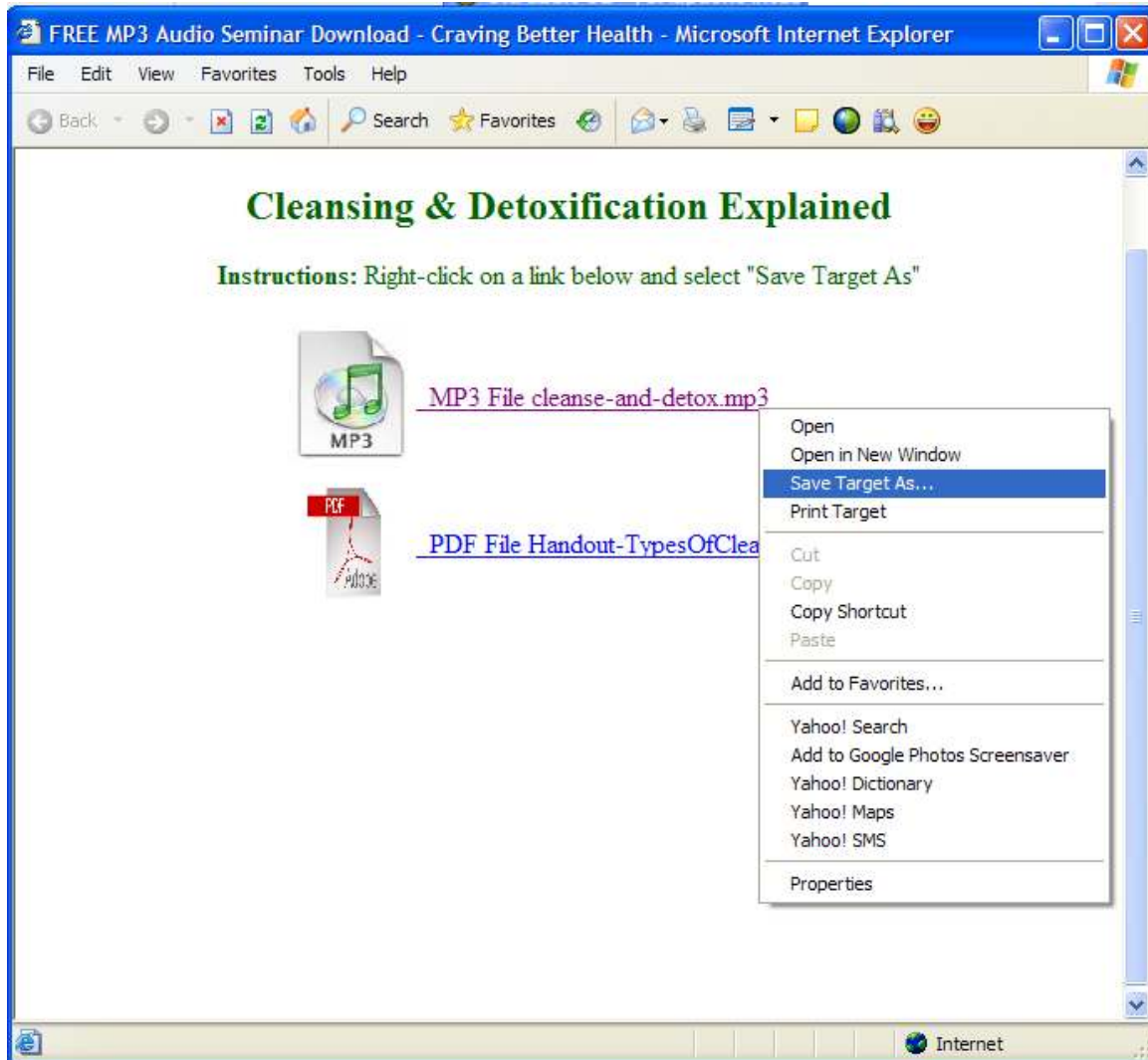
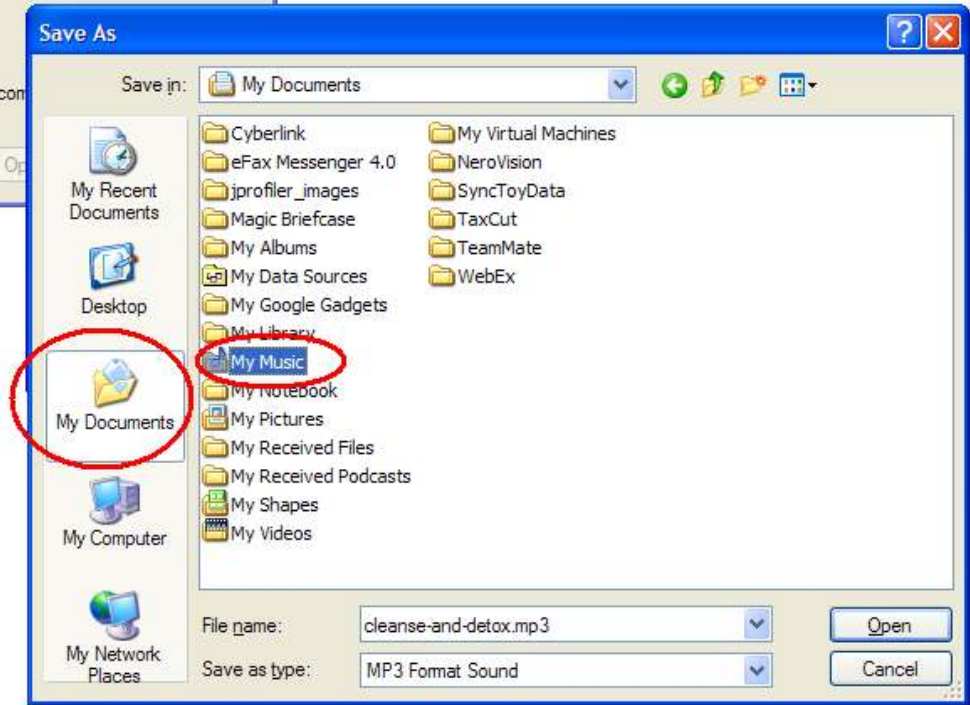
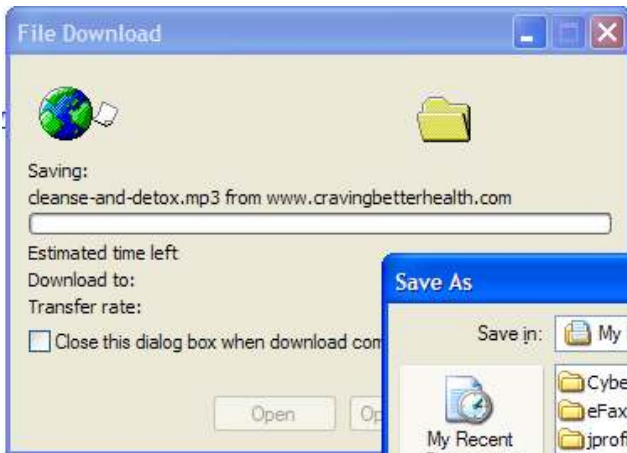


Instructions for loading this MP3 on your iPod

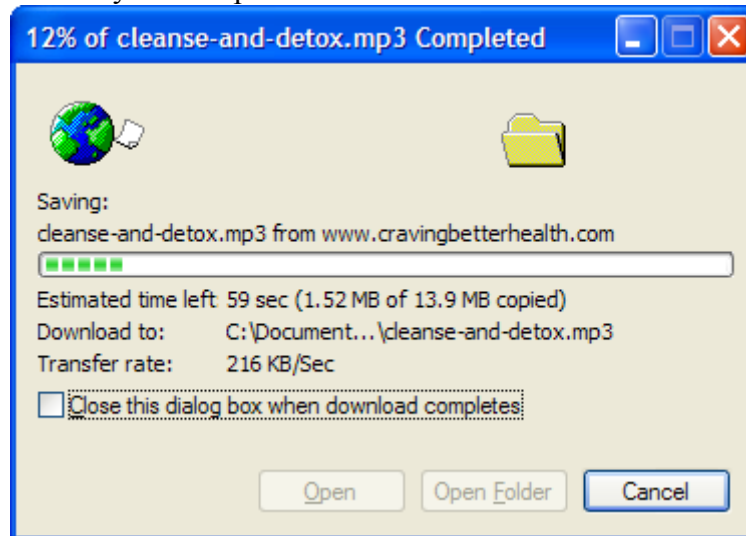
1. Check your email to get the link to the download page.
2. Go to the link for the MP3 file you want to download. In this example it is labeled “**MP3 File cleanse-and-detox.mp3**”
3. Right-click on the link and select “Save Target As...”



4. Select the target location to save the file. Example “My Documents → My Music” and then click the “Open” button to save the file.



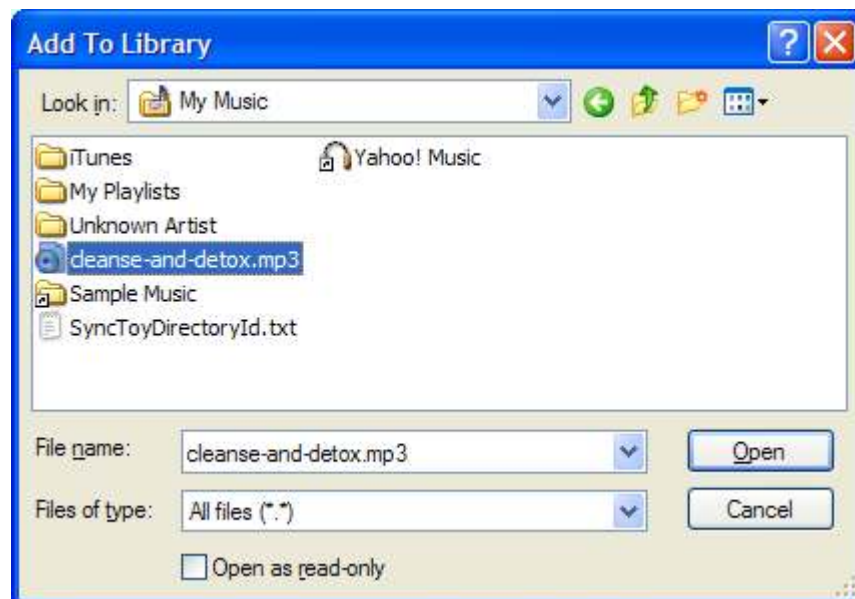
5. This will save the file to your computer



6. Now open iTunes. Then select the menu item “File → Add File to Library”



7. Now browse to the location where you saved the mp3 file. Example “My Documents → My Tunes”. Select the file name, and then click the “Open” button to add the file.



8. That should put the file in your library.



9. You may want to create an “Audio Seminar” play list to hold your Audio Seminar downloads.

Enjoy!

<http://www.cravingbetterhealth.com/audioseminars.php>