

Why haven't I received the Newsletter I requested?

There are several reasons why you may not have received the newsletter you requested. The most common reasons are that a new newsletter has not been sent since you subscribed, or your mail program or Internet service provider (ISP) has mistaken the newsletter as spam and filtered it into a spam or bulk email box, or deleted it automatically.

To protect you from unsolicited emails (spam), many ISPs and mail programs filter your email to ensure that only legitimate email appears in your inbox. Unfortunately, some mail that you've requested may mistakenly be filtered out of your inbox.

In order to avoid having our newsletter filtered out by such programs; please add our email address to your list of trusted senders. Find your mail provider below for instructions about how to do this:

For AOL

Place Info@BibleBasedNutrition.com in your address book. If you're using AOL 9.0, you may also want to list Info@BibleBasedNutrition.com in your "People I know" list. If you're using AOL 9.0, please follow these steps to place us in your Address Book:

1. Sign in to your AOL account with your master screen name, the first screen name listed in your sign-in window.
2. From the menu at the top of your screen, choose Mail, then Address Book
3. Click Add Contact to open the Contact window.
4. Type or copy and paste Info@BibleBasedNutrition.com into the first text box labeled "Other E-mail".
5. Click Save.

For Yahoo

You can set your Yahoo account to put our newsletter into your Yahoo inbox automatically.

1. Sign into Yahoo! Mail.
2. From your mailbox, click on the underlined "Mail Options" link in the upper right-hand corner of the page.
3. Under Spam Protection, click Filters.
4. Click the Add button.
5. In the text box under Filter Name, type "BibleBasedNutrition"
6. Next to "From Header," choose "Contains" from the drop-down menu.
7. Type or copy and paste Info@BibleBasedNutrition.com into the text box next to that drop down menu.
8. In the drop down menu under "Then..." at the bottom of the screen, choose "Inbox."
9. Click the grey "Add Filter" button at the lower left.

You may also wish to add us to your Addresses. To do so, follow these steps:

1. Click the Addresses tab at the top of your mailbox.
2. Click the grey "Add Contact" button under the tabs.
3. Type or copy and paste Info@BibleBasedNutrition.com into the text box next to Email.
4. Click the grey Save button at the bottom of the screen

For Hotmail

Add us to your "Safe List." To do this, follow these steps:

1. Open your Hotmail mailbox and sign in.
2. Click the "Contacts" tab at the top of the screen.
3. Choose "Safe List" from the menu on the left side of the screen.
4. Type or copy and paste Info@BibleBasedNutrition.com in the text box.
5. Click the blue "Add" button.

For Other Mail Programs

Add Info@BibleBasedNutrition.com to your address book or contact list. If you need assistance, contact your email provider or administrator.