It's January; the month of new year's resolutions, and the top resolution for most people is some sort of diet program. Spammers are past-masters at trying to grab your attention and they are intent to cash-in on this very personal subject.

We are only two weeks into January and we already have seen a massive increase in spam emails about weight-loss diets, weight-loss programmes and even weight-loss drugs.

Clearly, those who are sending these spam marketing email have a receptive audience, otherwise they wouldn't be doing it. As I'm sure most of you are aware - many of these get-thin-quick diets are a waste of time and money; and some can be harmful to your health. It won't come as a surprise to discover that some of these emails direct you to websites that are also not legitimate, and could be harmful to your computer.

Whilst we hope that everyone in search of diet advice on the Internet finds a way to regain their pre-Christmas shape - (eat less, exercise more is what we're working on) - we also hope that they are vigilant in their browsing of the Internet and have protected their computer with up-to-date anti-spyware/anti-virus products. Prolateral is advising all profilter clients to be cautious when you receive any such email.

As with any online-purchase, be sure that the company you are buying from is legitimate, and also ensure that it is the website of the company that you think it is. Spammers and phishers will often register sites with very similar names to the real thing - and a typing error could take you straight into their hands.

**Prolateral can help you**

If you think you have been infected by a virus, spyware, malware, or scareware and need help then give us a call. Prolateral Consulting is an IT Security company specialising in the protection of your computer systems. Prolateral is solution partners with Symantec and eSet to help provide you the best of breed solution that is tailored to fit your business requirement. Together with proFilt er, Prolateral's first rate anti-spam and anti-phishing email filter we have the complete solution.
About Prolateral

Prolateral Consulting is in business to put your organisation back in control of your own Information Technology, specialising in information and messaging security, computer forensic services, and disaster recovery planning.

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Instant Information request

Please complete the request for information if you wish to discuss matters further or if your needs are more urgent then you can request a call back from us.