

Setting the page to refresh every time it is loaded

To set the page so it gives the updated version of the page whenever it is loaded click on the SITE button on the top toolbar. On the page properties (press F3 if you can't see it), click on the 3rd yellow button, which will say Meta Tags when you move over it with the mouse. Drop down the list and choose 'Expires'. In the area below it, type 0 (this will load the page fresh every Time it is loaded).

Also tick 'Apply Meta tags to all pages' if you want it to do the same on your whole site.