

# natural awakenings®

healthy living. healthy planet.

## Feature Articles

Length: 250-750 words

Due by the 5<sup>th</sup> of the month prior to next publication

Articles featured in the Natural Awakenings Magazine cover a wide range of subjects in the areas of health, healing, inner growth, fitness and earth friendly living. Articles should be written in layman's terms, and impart information in a way that does not sound self-serving. Rather than tackling a vast subject, it is better to focus on a particular segment (example: Using Chinese Medicine to Treat Menopause rather than Everything You want o know About Chinese Medicine.) We reserve the right to edit all submissions if necessary; for longer features a copy of revisions can be faxed upon request. Please include a brief biography at the end of your article.

## News Briefs

Length: 50-250 Words

Due by the 10<sup>th</sup>

What's new? Share it with us! Did you open a new office, recently become certified in a new therapy or do you have a special event coming up? We welcome any news items relevant to the subject matter of our publication. We also welcome any hot tips or suggestions you may have for a news item. Please write News Briefs in third person.

## Health Briefs

Length: 50-250 Words

Due by the 5<sup>th</sup>

The Health Briefs are short, interesting clips of information often referring to a new health fact or leading-edge research in a particular field. This is an opportunity to share bits of information about your particular therapy, (examples: massage lowers blood pressure; acupuncture shortens labor; exercise eases depression). Please include any references.

## **How to Submit Editorial**

Include name, business and phone number with all editorial submittals. We reserve the right to edit all submissions for length and clarity. Inclusion may be kept for future use depending on space available and theme appropriate.

## **Photos and Graphics**

Graphics may be submitted when appropriate. Photo submissions must be in digital format at 300dpi, saved as PC, Tiff or EPS file.

Word documents and graphics must be sent as an e-mail attachment(s) to

[VOFLeditor@NaturalAwakeningsMag.com](mailto:VOFLeditor@NaturalAwakeningsMag.com)