

# 2018 EDITORIAL CALENDAR



## Nutrition Issue

**JULY**

**Feature:** Farmers Rooted in Health  
**Plus:** Anti-Inflammatory Diet

**AUG**

**Feature:** Simplified Parenting  
**Plus:** Multilevel Healing

## Body Movement Issue

**SEPT**

**Feature:** Joint Health  
**Plus:** Yoga for Flexibility

**OCT**

**Feature:** Game Changers  
**Plus:** Chiropractic

## Health & Wellness Issue

**JAN**

**Feature:** Natural Stress Relief  
**Plus:** Understanding Nutraceuticals

**FEB**

**Feature:** Living Courageously  
**Plus:** Meditation Styles

## Healthy Food Issue

**MAR**

**Feature:** Ethnic Cuisine  
**Plus:** Super Spices

**APR**

**Feature:** Climate Health Update  
**Plus:** Healthy Home

## Women's Health Issue

**MAY**

**Feature:** Natural Care First  
**Plus:** Personalized Medicine

**JUNE**

**Feature:** Livable Communities  
**Plus:** Natural Beauty

## Health Defense Issue

**NOV**

**Feature:** Immune System Boosters  
**Plus:** Safe Drinking Water

**DEC**

**Feature:** Uplifting Humanity  
**Plus:** Holidays



**natural**  
awakenings

**IN EVERY  
ISSUE...**

HEALTH BRIEFS | GLOBAL BRIEFS | ECO-TIP | GREEN LIVING | HEALING WAYS | FIT BODY  
CONSCIOUS EATING | HEALTHY KIDS | WISE WORDS | INSPIRATION | NATURAL PET