

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