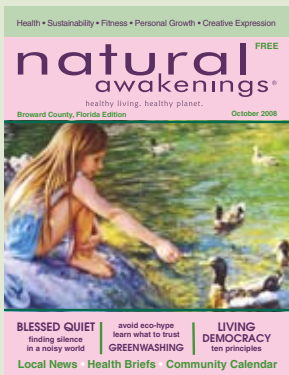


# Natural Awakenings Welcomes and Encourages Your Participation!

Your editorial submissions are what make Natural Awakenings a community resource for holistic and natural living. We want our readers to get to know you. Submitting editorial for one or more of our departments provides you with the opportunity to share knowledge and bring focus to your business.



## editorial

### FEATURE ARTICLES

*Length: 250-1200 words*

*Due on or before the 5th of the month prior to publication.*

Articles featured in *Natural Awakenings* 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 About Chinese Medicine*). We reserve the right to edit all submissions, if necessary. Please include a brief biography at the end of your article.

### NEWS BRIEFS

*Length: 50 to 250 words*

*Due on or before the 5th of the month prior to publication.*

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 your *News briefs* in third person. Answer some basic questions: who, what, when, where and why.

### HEALTH BRIEFS

*Length: 50 to 250 words*

*Due on or before the 5th of the month prior to publication.*

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

Please submit your typed editorial in the following formats:

- All editorial must be in digital format. No faxed or printed submissions will be accepted.
- Email - as an attached simple text file, MS Word or text file to SQWood@gmail.com
- Save to CD - saved in MS Word or text format; mailed or hand-delivered.

Include name, business and phone number with all editorial submittals. We reserve the right to edit all submissions for length, style and clarity. Must be informative and educational. Editorial content submissions are judged separately from advertising contracts.

### PHOTOS AND GRAPHICS

Be sure to include any photos or graphics in one of the following formats as an email attachment. **Graphics embedded into Microsoft Word documents are not acceptable.**

- 1) Digital photos (JPG or TIFF) unretouched "right out of the camera" is preferred.
- 2) Professionally printed photos scanned at 300 dpi. TIFF, EPS, PDF or JPG Windows format accepted.
- 3) Professionally printed photos (to be scanned). No computer printed material or website images are accepted. Submit all graphics to SQWood@gmail.com.

### BE A FREE DISTRIBUTION POINT

If you would like to receive 10 or more copies of *Natural Awakenings* for monthly distribution, *at no charge to you*, simply call us with your address and the quantity you desire. Your clients/patients/associates will then be able to pick up *Natural Awakenings* monthly at your location. What a great way to connect.

## contactus

### Natural Awakenings – Broward County

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