

# 2020 EDITORIAL CALENDAR

**natural**  
awakenings



## January

**HEALTHY LIFESTYLES ISSUE**

**Age-Defying Habits**

Plus: Healthy Immune System



## February

**Cardiovascular Health**

Plus: Regenerative Medicine



## March

**PLANT-BASED NUTRITION ISSUE**

**Thriving on a Plant-Based Diet**

Plus: CBD



## April

**Grassroots Climate Crisis Strategies**

Plus: Healthy Home



## May

**WOMEN'S WELLNESS ISSUE**

**Autoimmune Breakthroughs**

Plus: The Collagen Connection



## June

**Inspired Lifestyle Travel**

Plus: Brain Health



## July

**THE FOOD CONNECTION ISSUE**

**Beyond Factory Farming**

Plus: Gut Health



## August

**Biological Dentistry**

Plus: Environmental Education



## September

**THE SELF-EMPOWERMENT ISSUE**

**Emotional Well-Being**

Plus: Adaptive Yoga



## October

**Stress Management**

Plus: Joint Health



## November

**THE DIABETES CHALLENGE ISSUE**

**Personalized Diabetes Strategies**

Plus: Skin Care



## December

**Creating Community & Connection**

Plus: Spending Locally

**IN EVERY  
ISSUE...**

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