

# 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

# natural awakenings

HEALTHY LIVING | HEALTHY PLANET

## 📅 2020 EDITORIAL CALENDAR



### HEALTHY LIFESTYLES ISSUE

**JAN** Age-Defying Habits  
Plus: Healthy Immune System

**FEB** Cardiovascular Health  
Plus: Regenerative Medicine

### PLANT-BASED NUTRITION ISSUE

**MAR** Thriving on a Plant-Based Diet  
Plus: CBD

**APR** Grassroots Climate Crisis Strategies  
Plus: Healthy Home

### WOMEN'S WELLNESS ISSUE

**MAY** Autoimmune Breakthroughs  
Plus: The Collagen Connection

**JUN** Inspired Lifestyle Travel  
Plus: Brain Health

### THE FOOD CONNECTION ISSUE

**JUL** Beyond Factory Farming  
Plus: Gut Health

**AUG** Biological Dentistry  
Plus: Environmental Education

### THE SELF-EMPOWERMENT ISSUE

**SEP** Emotional Well-Being  
Plus: Adaptive Yoga

**OCT** Stress Management  
Plus: Joint Health

### THE DIABETES CHALLENGE ISSUE

**NOV** Personalized Diabetes Strategies  
Plus: Skin Care

**DEC** 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

 **2020 EDITORIAL CALENDAR**



**HEALTHY LIFESTYLES ISSUE**

**JAN** Age-Defying Habits  
Plus: Healthy Immune System

**FEB** Cardiovascular Health  
Plus: Regenerative Medicine

**PLANT-BASED NUTRITION ISSUE**

**MAR** Thriving on a Plant-Based Diet  
Plus: CBD

**APR** Grassroots Climate Crisis Strategies  
Plus: Healthy Home

**WOMEN'S WELLNESS ISSUE**

**MAY** Autoimmune Breakthroughs  
Plus: The Collagen Connection

**JUN** Inspired Lifestyle Travel  
Plus: Brain Health

**THE FOOD CONNECTION ISSUE**

**JUL** Beyond Factory Farming  
Plus: Gut Health

**AUG** Biological Dentistry  
Plus: Environmental Education

**THE SELF-EMPOWERMENT ISSUE**

**SEP** Emotional Well-Being  
Plus: Adaptive Yoga

**OCT** Stress Management  
Plus: Joint Health

**THE DIABETES CHALLENGE ISSUE**

**NOV** Personalized Diabetes Strategies  
Plus: Skin Care

**DEC** Creating Community & Connection  
Plus: Spending Locally

# natural awakenings

HEALTHY LIVING | HEALTHY PLANET

## 2020 EDITORIAL CALENDAR



### HEALTHY LIFESTYLES ISSUE

**JAN** Age-Defying Habits  
Plus: Healthy Immune System

**FEB** Cardiovascular Health  
Plus: Regenerative Medicine

### PLANT-BASED NUTRITION ISSUE

**MAR** Thriving on a Plant-Based Diet  
Plus: CBD

**APR** Grassroots Climate Crisis Strategies  
Plus: Healthy Home

### WOMEN'S WELLNESS ISSUE

**MAY** Autoimmune Breakthroughs  
Plus: The Collagen Connection

**JUN** Inspired Lifestyle Travel  
Plus: Brain Health

### THE FOOD CONNECTION ISSUE

**JUL** Beyond Factory Farming  
Plus: Gut Health

**AUG** Biological Dentistry  
Plus: Environmental Education

### THE SELF-EMPOWERMENT ISSUE

**SEP** Emotional Well-Being  
Plus: Adaptive Yoga

**OCT** Stress Management  
Plus: Joint Health

### THE DIABETES CHALLENGE ISSUE

**NOV** Personalized Diabetes Strategies  
Plus: Skin Care

**DEC** 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