

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