



January

- Fresh Start
- Refresh the Immune System



February

- Shifting into Positive
- Regenerative Medicine



March

- Plant-Based Nutrition
- CBD



April

NATURAL LIVING DIRECTORY

- Grassroots Climate Strategies
- Creatures Great and Small



May

WOMEN'S WELLNESS ISSUE

- Autoimmune Breakthroughs
- Lyme Disease



June

- Inspired Lifestyle
- Brain Health



July

- Food Connection
- Gut Health



August

- Education Out of the Box
- Prospering through Transition



September

- Expressive Arts and Movement
- Emotion Quotient



October

- Exploring Other Realms
- Transcending Physical Health



November

- The Sugar Challenge
- Stress Management



December

- Community & Connection
- Get Your Glow On