



natural
awakenings

2021 EDITORIAL CALENDAR



HEALTH & WELLNESS ISSUE

JAN

Feature: Integrative Hospital Care
Plus: Holistic Pediatrics



HEART-CENTERED LIVING

FEB

Feature: Heart Health
Plus: Eco-Friendly Weddings



FOOD & NUTRITION ISSUE

MAR

Feature: Regenerative Organic Farming
Plus: Plant Medicine for Mental Health



SUSTAINABLE LIVING ISSUE

APR

Feature: Climate Change Health Impacts
Plus: Healthy Home



WOMEN'S WELLNESS ISSUE

MAY

Feature: Top Women's Health Concerns
Plus: Massage & Bodywork



MEN'S WELLNESS ISSUE

JUN

Feature: Integrative Men's Health
Plus: Treating Depression Naturally



THE FOOD CONNECTION

JUL

Feature: Food as Medicine
Plus: Better Sleep



THE HAPPINESS ISSUE

AUG

Feature: Boost Happiness & Well-Being
Plus: Back-to-School Wellness Tips



INSPIRED LIVING ISSUE

SEPT

Feature: Creativity in Health & Healing
Plus: Integrative Pain Management



HEALTHY PLANET

OCT

Feature: Living a Simpler Lifestyle
Plus: Breast Health



MENTAL HEALTH & WELL-BEING

NOV

Feature: Conscious Dying
Plus: Brain Health



HOLIDAY ISSUE

DEC

Feature: Uplifting Humanity
Plus: Boosting Immune System



IN EVERY ISSUE

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