

WORLD OF WELLNESS MAGAZINE ARTICLE SUBMISSION GUIDELINES

PURPOSE - The purpose of **World of Wellness** magazine is to be a voice to promote balanced living in Central California by educating the community about healthy options for mind, body, spirit, and environment, and building awareness of the holistic businesses who offer these services locally.

TOPICS AND QUALITY - We are interested in articles that are timely and educational in the following categories: Healthy Environment, Natural Foods, Holistic Health, Mind & Emotions, and Spiritual Growth. Make the writing clear, precise and organized. Our editorial staff will assist to shape up the content, spelling, and punctuation. Accuracy of facts is important, so please research your topic fully. Be prepared to provide supporting research if requested.

PUBLICITY AND PERMISSION - No monetary consideration for articles is given. Publication of your article will include your bio and contact information.

Submitting an article grants us permission to print it in one issue of the magazine, in a collection of articles from the magazine, and to use it on our website. We do not claim exclusive use of the article. We will accept previously printed articles if they are not exclusive to the other publication, or not likely to have been previously read by our target audience.

We look forward to receiving your articles, but actual publication depends on timing, issue themes, space considerations, and the content of the article. All articles go through our editorial review process, and we reserve the right to edit an article prior to publication.

FORMAT - Please submit your document as a Microsoft Word file via email attachment to editor@WorldOfWellnessMag.com. Text should be left-aligned, double-spaced, and Arial 10 pt. with paragraph indents at .25 inches.

Articles should be about 450 words in length with an additional 45 words for your bio and contact information. If your article is running long, please contact the editor to discuss options. Sometimes, exceptionally long and important articles can be split up over two issues, or there may be extra space in the current issue.

PHOTOS - We encourage a photo or diagram with each article to increase readability and interest. Do not insert the image(s) into your document. Send separately as an attachment. It should be approximately 3" x 3" in size at 300 dpi in either TIF or JPG format. Do not send GIF images or downloads from the Internet as they will not reproduce well. If you have questions about your image, contact the publisher at mike@WorldOfWellnessMag.com.