

Editorial Guidelines-

Featured Articles

Print length 400 – 1000 words

Web only length 400 – 1200 words

Articles featured in *Insight Healthy Living* cover a wide range of subjects in the areas of health, healing, inner growth, fitness and earth-friendly living. Articles should be written in layman's terms and impart information in a way that does not sound self-serving. Rather than tackling a vast subject, it is better to focus on a particular segment (example: Using Chinese Medicine to Treat Menopause, rather than Everything You Want to Know About Chinese Medicine). We reserve the right to edit all submissions if necessary; for longer features, a copy of revisions can be faxed upon request. Please include a brief biography at the end of your article.

Social Media Announcements

News Briefs:

Length: 50 – 100 words

What's new? Share it with us so that we can share it with our followers. Did you open a new office, recently become certified in a new therapy or do you have a special event coming up? We welcome any news items relevant to the subject matter of our publication. We also welcome any hot tips or suggestions you may have for a news item. Please write your News Briefs in the third person.

Health Briefs:

Length: 100 - 250 words

Health Briefs are short, interesting clips of information often referring to a new health fact or leading edge research in a particular field. This is an opportunity to share bits of information about your particular therapy, (examples: massage lowers blood pressure; acupuncture shortens labor; exercise eases depression). Please include any references.

How to Submit Editorial

Please submit your typed editorial in the following format.

- All editorial must be in digital format. No Faxed or printed submissions will be accepted.
- Email as an attachment MS Word or text file to: <http://www.insightdirectory.com/submit-editorial.html>
- Save to CD/DVD– saved in MS Word or text format, mailed or hand delivered.

Include name, business and phone number with all editorial submissions. We reserve the right to edit all submissions for length, style and clarity. Must be informative and educational. Editorial content submissions are judged separately from advertising contracts.

Photos and Graphics

Be sure to include any photos or graphics in one of the following formats as an email attachment. Graphics embedded into Microsoft Word documents are not acceptable.

- 1) Digital photos (JPG or TIFF) un-retouched “right out of the camera” are preferred.
- 2) Professionally printed photos scanned at 300 dpi. TIFF, EPS, PDF or JPG Windows format accepted.
- 3) Professionally printed photos (to be scanned). No computer printed material or website images are accepted. Submit graphics with article at <http://www.insightdirectory.com/submit-editorial.html>.

Contact Us

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Submit editorial to:
<http://www.insightdirectory.com/submit-editorial.html>



Insight Healthy Living Welcomes Your Participation

Your editorial submissions are what make *Insight Healthy Living* a community resource for holistic and natural living. We want our readers to get to know you. Submitting editorial for one or more of our departments provides you with the opportunity to share knowledge and bring focus to your business. Advertising with insight is not required for publishing; however, first priority will be given to editorial submitted by our advertisers as they help support our free publication.