



In its 27 years of publication, *Energy Times* has been devoted to covering every aspect of natural health, fitness and nutrition. With a circulation of 350,000 and a readership of 1.2 million, *Energy Times* has grown into the most authoritative, entertaining and widely read consumer publication of its kind in the natural product industry.

2018 EDITORIAL LINEUP

	HEART ISSUE JANUARY / FEBRUARY	CANCER ISSUE MARCH / APRIL	WEIGHT LOSS ISSUE MAY / JUNE	JULY / AUGUST	SEPTEMBER / OCTOBER	NOVEMBER / DECEMBER
GENERAL FEATURE	Editing Out Heart Disease? Can the latest in genetic science allow you to lower your risk of cardiovascular problems and other woes?	Beating the Odds Many more people are living, and thriving, despite a cancer diagnosis; meet some of these survivors	Weight Loss Life Skills The secret of keeping shed pounds off for good goes far beyond what occurs within your kitchen	Furry Therapists These animals offer comfort, support and unspoken understanding to people in distress	The Healthy Geek From virtual reality to 3D printing to wearable sensors, technology is opening up a world of health benefits	Going Solar Sun-based energy systems offer ways to power up without contributing to planetary pollution
FOOD	Hearty Bowls Açai bowls, smoothie bowls—everyone goes bowling today. Here are some cardio-friendly options for all-in-one meals	Healthy Travels: Spas and Their Specialty Treatments Bodywork that employs food-grade ingredients and more for well-being	Healthy Food Swaps Do you find it hard to give up the foods you love when trying to lose weight? These substitutions can help	Staying Carb-Smart One of the latest dietary trends: Carbs that provide the biggest nutritional bang for your buck	Healthy Travels: Top Destinations for Well-Being Here's a rundown on the locales that offer the best in healthful food and activities	Sweet Options Stevia and other alternative sweeteners let you give the old sugar bowl the boot for good
VITAMINS/ HERBS/ SUPPLEMENTS	Diabetes and the Gut How the microbes that live within your digestive tract can influence your blood sugar levels	The High Points of Cannabis Essential Oil A safe, sober way to enjoy the therapeutic effects of this ancient herb	CHART: Nutrients and Herbs for Women Ladies, nature provides ways to feel and look youthful as the years go by	CHART: Nutrients and Herbs for Men There's no need for a guy to slow down with the passing years	Exercising Pain-Free Getting more physically active isn't going to help if your joints and muscles always hurt	Naturally Thoughtful Gifts that will allow the people you love the most live healthier, happier lives
GETTING FIT/ SKIN & BEAUTY	Skin & Beauty: Helping Your Hands Don't let weathered-looking hands make you look older than you are	Getting Fit: Gifts for the Physically Active Apparel, gear and much more for the hardcore athlete in your life	Skin & Beauty: Naturally Antiseptic Soap Ways to avoid harsh, potentially harmful chemicals while still staying clean	Getting Fit: Stretching Towards Alignment How proper posture and flexibility support greater mobility and well-being	Skin & Beauty: Supporting Stylish Hair Plant-based shampoos and dyes let you maintain your tresses naturally	Getting Fit: Exercises that Go to the Core Maintaining a fit, toned torso not only looks good but lets you feel your best

EXTENSIVE CELEBRITY COVERAGE!

Energy Times continues to cover health-conscious celebrities with in-depth interviews, informative profiles and striking designs. In 2017 ET featured famous personalities such as Katy Sagal, Geena Davis, and Linda Ronstadt. 2018 will feature even more powerful celebs who are advocates for natural, organic and eco-healthy lifestyles. These star-studded issues are recognized for their enlightening interviews and beautiful layouts, which have won numerous awards from GD USA and FOLIO: Magazine!



MONTHLY DEPARTMENTS

Energy Times will also continue to feature its comprehensive departments in every issue; subjects cover everything from healthy cooking to healing holistically, from natural cures to protecting the earth:

Wellness Watch: Front-of-the-book package including facts, figures, the latest trends in health & nutrition and news the reader can use.

Cooking Corner: Articles on foods or ingredients that can help you make healthy and nutritious meals. Features the *ET* Recipes.

Holistic Healing: The best of alternative medicine, including subjects such as mind/body treatments, acupuncture, hypnotherapy, massage and more.

Malady Makeover: Focuses on serious syndromes, nagging ailments and annoying illnesses, and the treatments you can use to overcome them.

Earth Matters: Focuses on how caring for the environment is vital to human health.

Supplement Savvy: Our in-depth department on dietary and nutritional supplements and their ingredients makes instant experts out of our readers.

Natural Market: The *ET* Shopper's Guide to New Products features the hottest items to hit store shelves and countertops.

Note to Potential Advertisers: If you want to be placed in a given issue and/or around a given feature or department, please contact an *Energy Times* ad sales representative a few months prior to publication for updates on the editorial plan. Remember that the story lineups listed above are subject to change. Please refer to the Rate Card for ad rates, mechanical requirements and deadlines.

