

HEALTHY LIVING ALL YOU NEED FOR

2018 Editorial Planner and Calendar

Issue	Themes	Health	Beauty	Anti-Aging	Parenting	Food (recipes)	Home	Travel	Yoga
April/May	In Your Best Shape Skin Youth Detox and Energy Weight-Loss Secrets	Flu Protectors Smart Pills Allergies Sleep Enhancers Pain Relief Alternatives Worst Foods	Skin Detox Face Rejuvenators After-winter skin care Antioxidants for the Skin	Essential Longevity Supplements Fierce Hormone Anti-agers	Bolstering Kids' Immunity Teen Depression	Sugar-Free Dessert Recipes	Breast Cancer in the Home	Caribbean	Hot Hatha

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June/July	Dream Body	Varicose Veins	Sunscreens	Take Care of Your Telomeres	Healthy Smiles	Creamy and Light	Dangerous Garden Chemicals	Best Longevity Resorts	The Right Yoga Style for You
	Bikini Issue	Chewing Gum Ratings	Makeup do's and don'ts for Problem Skin	Alter Genetics for Life Extension	ADHD Alternatives to Medical Drugs	Slimming Finger Foods	Water Filters		
	One Summer Younger Issue	Brain Protection	Secret Vitamins that Plump the Skin	Skin Restoration	Fish Oils for Kids	Kids IQ Boosters		Yoga and Weight Loss	
		Probiotics	Lustrous Hair	Safe Hormones					

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August/September	Summer Energy	Energizers Cholesterol-lowering supplements Mind Boosters and Memory Extenders Movement Therapy	Moisturizers Stylish health trends Hair-Coloring Products Quick morning beauty	Before-the-Knife options Hair Regrowth Options Avoiding hip and knee replacement surgeries	10 tips for successful family vacations Safe Candy for Kids Back to school	Fun Veggie Dips for Weight-Loss	Cleaning and Pregnancy Are Your Pet Products Safe?	South America	Yoga and Mood

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October/November	Brain Issue	Breast Health	Cosmetics and Breast Cancer	How Not to Become a Fossil	How to Feed Kids' Brains	Low-Calorie Sauces	Cleaning Products and Women's Health	Fall Travel Issue	Yoga for Beginners
	Women's Health Tips	Osteoporosis Fighters		Blue Zones	Building up Immunity				Yoga and women's Health
		Enzymes and Arthritis		Endurance for Longevity	Iron Supplements for Teens				
		The Right Sugar for You		Power of anti-aging minerals					
				Endurance herbs					

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December/January	Gift Guide Winter Beauty	Wish Health With Right Gift Supplements for Blood Sugar Control	Beautifying Gifts Anti-Aging Peptides and Stem Cells	Shoe Guide: Fun, Elegance and Posture	What we need to teach about gift giving	Healthy Feasts		Christmas in the Caribbean	Yoga and Stress

Contact us to learn how we will integrate your brand into HL's rich content in 2018 [mailto: info@HealthyLivingMagazine.US](mailto:info@HealthyLivingMagazine.US)

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