



natural
awakenings



2026 Media Kit





OUR MISSION

To inspire, empower
and connect people
and businesses for
happy, healthy
purpose-filled living
on a healthy planet.





A Trusted Thought Leader in Integrative Health and Green Living Journalism

THE PIONEER WITH A LEGACY SPANNING 30 YEARS, NATURAL AWAKENINGS JOURNALISM CONTINUES TO INSPIRE AND EMPOWER WITH CUTTING-EDGE KNOWLEDGE AND CONNECTIONS.

Natural Awakenings Fuels Consciousness

Natural Awakenings delivers unbiased, evidence-based knowledge and resources that help people make better-informed lifestyle and environmental choices for healthy living on a healthy planet.

Natural Awakenings Celebrates Success

Natural Awakenings spotlights influential thought leaders, organizations, and industry pioneers who are driving change and making a significant impact on the health of people and our planet

Natural Awakenings Connects Communities

Natural Awakenings helps people, nonprofits, and businesses make meaningful local and online connections in like-minded topic communities to drive change and help everyone thrive.



A Local, National, and Global Media Brand

Natural Awakenings in conjunction with its parent company KnoWEwell and team of journalists, multimedia creators, and franchise publishers engages audiences with omnichannel experiences – print, digital and events – based on interests to ensure you reach your target audience.

DIGITAL & SOCIAL

125K

Visitors

131K

Subscribers

165K

Social Footprint

PRINT

1.3M

Readers

80%

Purchase from Ads

12

Issues per year

EVENTS

200+

Events

130+

Courses

21

Countries Represented

COMMUNITIES

200+

Unique Topics

50+

Trusted Experts and Products

78

Local and State

KnoWEwell & Natural Awakening US Reach

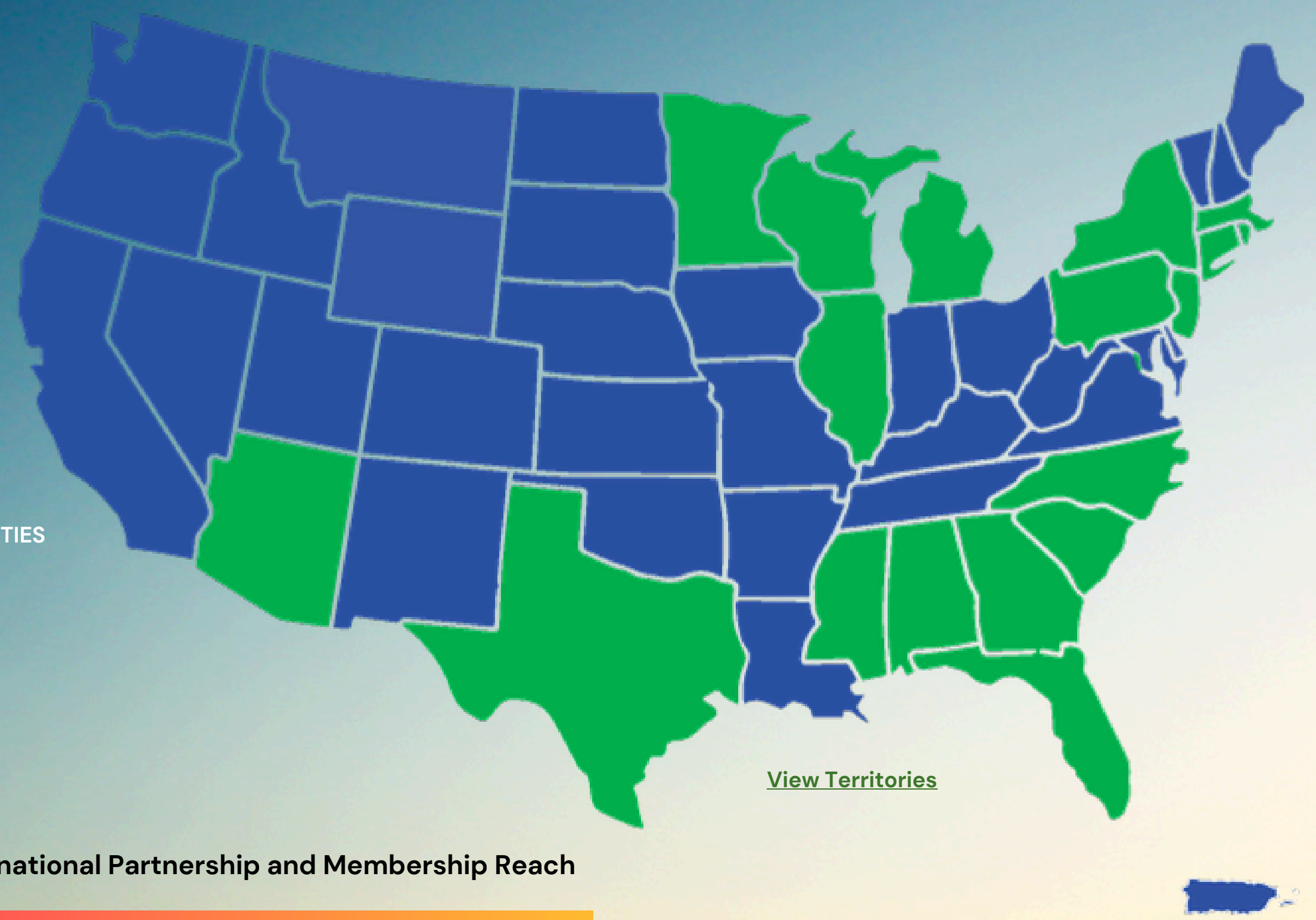


50
STATES

45
PRINT TERRITORIES

80
WEBSITES

200
RWH HUB COMMUNITIES



[View Territories](#)

KnoWEwell International Partnership and Membership Reach



Australia | Brazil | Canada | Colombia | Costa Rica | France | Hungary | Iceland | India | Ireland | Israel | Mauritius | Philippines
Poland | Saudi Arabia | South Africa | Sweden | Switzerland | United Arab Emirates | United Kingdom | United States



A look at our combined local, national, and global reach that represents our print and digital audiences.



Cultivating Trusted Healing Connections and Communities

Natural Awakenings and KnowEwell connects Regenerative Whole Health providers and brand partners to key audiences and drives collective impact by fostering meaningful relationships with our local, national, and global communities.



SALEM
UNIVERSITY



BOIRON®
World Leader in Homeopathic Medicines



national center for
homeopathy™
nch



INDUSTRY PIONEERS

UNIVERSITIES

SPIRITUAL

WORLD LEADERS

KNOWEWELL COUNCIL

NONPROFITS

INFLUENCERS

Pictured left to right: Jeffrey Bland, PhD, Big Bold Health; Integrative Health Institute at Salem University; Emmett Miller, MD, “Father of Mind Body Medicine”; Boiron USA, The World Leader in Homeopathic Medicine; Anna Cabeca, OB-GYN, The Girlfriend Doctor; National Center for Homeopathy; Mark Hyman, MD, Function Health.

Natural Awakenings and KnoWEwell Multimedia Content & Business Services

Natural Awakenings in combination with its parent KnoWEwell provides local, national and global brands, providers, businesses and world wide audiences with trusted knowledge, resources and connections for healthy living on a healthy planet.

PRINT

Natural Awakenings Publishing Corp. is a pioneer in integrative and green living journalism. Natural Awakenings magazine reaches over 1.3 million people in the US, providing diverse coverage of feature and inspirational stories, thought leaders, whole health, fitness, natural pets, and green living,

DIGITAL DISPLAY

Natural Awakenings and KnoWEwell reach over 125k people around the world, providing an empowering experience for visitors, members and partners to all thrive.

SOCIAL

Natural Awakenings and KnoWEwell reach targeted audience interests including healthy living, holistic health, personal development, ecological lifestyle, and sustainable economy.

EVENTS

Natural Awakenings publishes multimedia branded provider and business events. In conjunction with KnoWEwell, it amplifies them globally and within the Regenerative Whole Health 200+ Communities in the Hub. KnoWEwell influential hosts feature local, national and global experts across Regenerative Whole Health.

THE REGENERATIVE WHOLE HEALTH HUB

KnoWEwell's Regenerative Whole Health Hub includes over 200 topic specific communities. Consumers and provider members join them based on their needs, values and preferences. Target-market your company with prime home page sponsorship and multimedia content in the live social feeds, articles, media resource folders and share with world wide audiences in the global Hub.

BRANDED STOREFRONTS

You market, we promote, local, national and global audiences and members shop for everything you, your business or nonprofit have to offer in your branded storefront in the RWH Hub, including courses, products, and services.

CUSTOM WEBSITES & MOBILE APPS

Natural Awakenings in conjunction with its parent company KnoWEwell and its team of 400+ technology developers provides amply cutting-edge and low-cost opportunities for custom website and mobile application development.

MEMBERSHIP & LEARNING MANAGEMENT

Boundless opportunities to grow your brand, reach, and revenue. Manage and educate your members with the all-in-one integrated turn-key solution (subscription services, course creation, private community, forum, CRM, campaigns, webcasts, surveys and more), plus get published and promoted and tap into KnoWEwell and Natural Awakenings growing audiences in your target market.

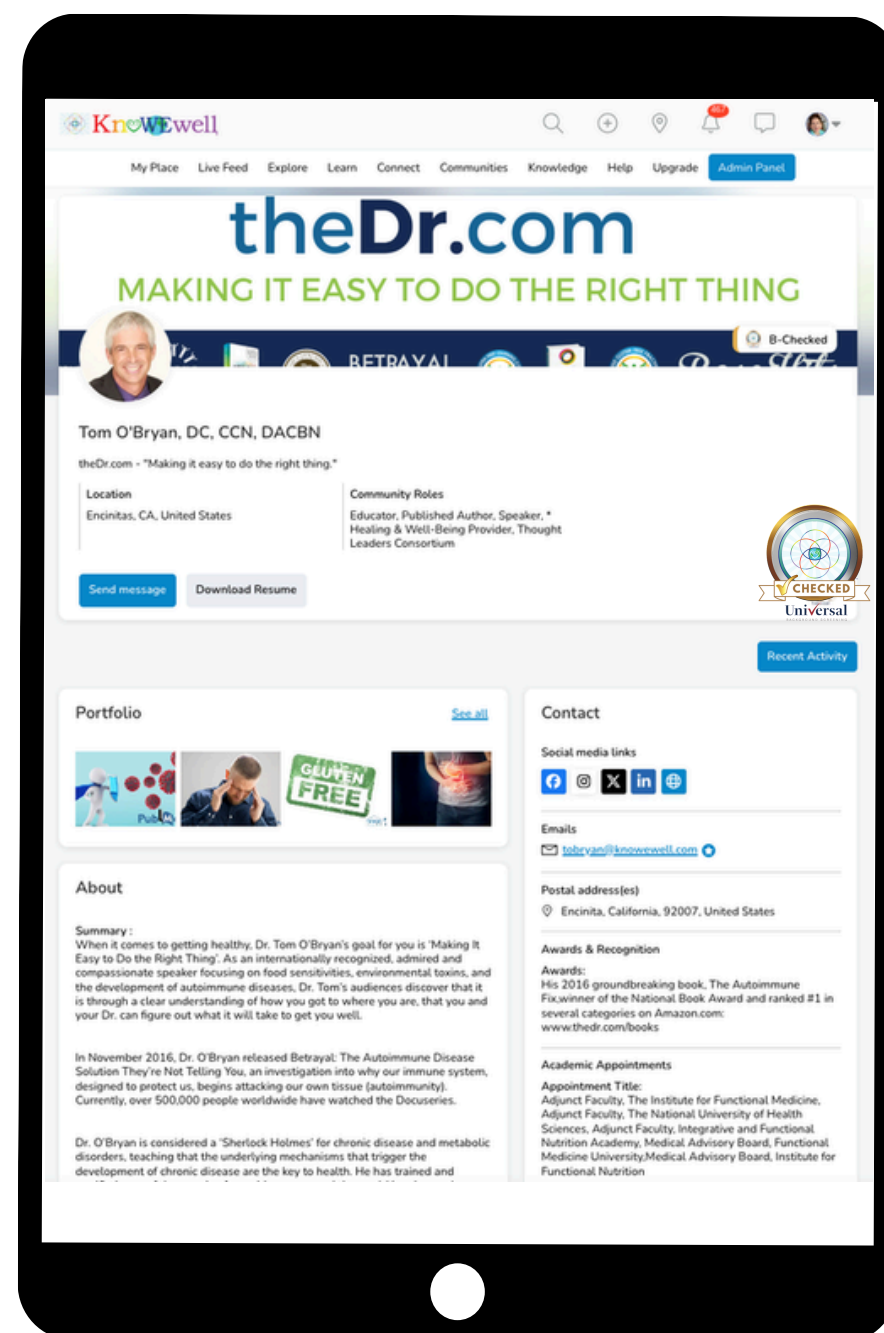


KnoWEwell

natural
awakenings



KNOWEWELL VETTED & ACCOLADES



Leverage the power of KnoWEwell Vetting and Accolades to amplify and grow your brand awareness and reach.



PREMIUM PROFESSIONAL AND BUSINESS PROFILES

Unlock direct access to your premium dynamic professional profile, and customize your portfolio to showcase your thought leadership, products and services. Get listed and be found through our advanced search and match in the trusted Regenerative Whole Health Hub. Plus, get a robust business profile, with video introduction, memberships for your entire organization to be listed and found, and unlimited opportunities posts for jobs, internships, etc.

AWARDS LOGO AND LICENSING

Raise your credibility and amplify your reputation by including your distinguished licensed KnoWEwell vetted badge in your marketing.

EVENTS

Unlock direct access to unlimited posting of all your events in the live global feed and global events directory.



Your All-in-One Platform
and Partner Solution to
Empower Your Brand

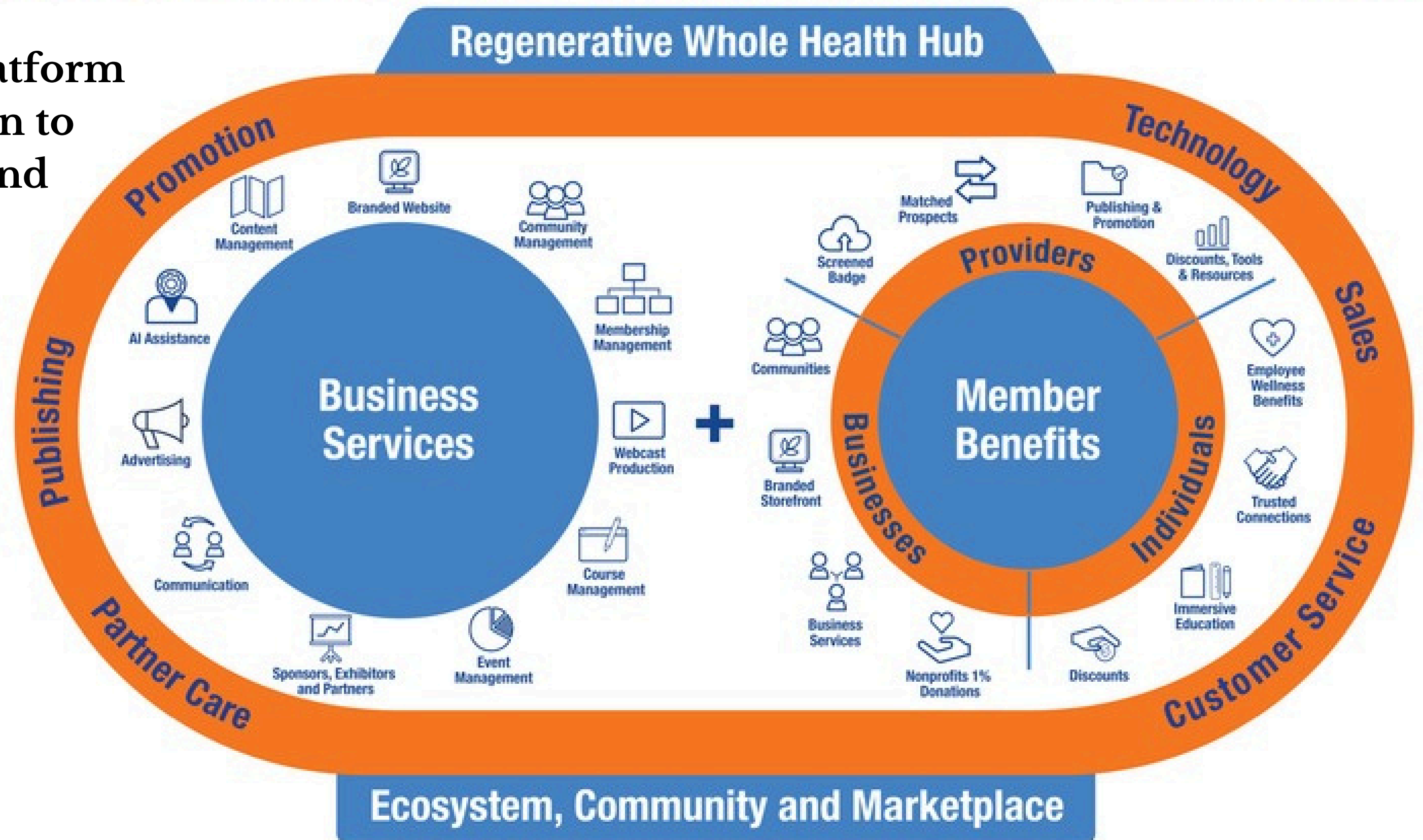
EDUCATE.

ENGAGE.

CONNECT.

THRIVE.

Learn more [here](#).



A close-up, angled view of a spiral-bound calendar for the month of January. The calendar is brown with white text. The days of the week are listed at the top: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. The dates 1 through 31 are visible in a grid format. The spiral binding is on the left side.

EDITORIAL CALENDAR

2025 Editorial Print Calendar

January

Health and Wellness

February

Happy Heart

March

Food and Nutrition

April

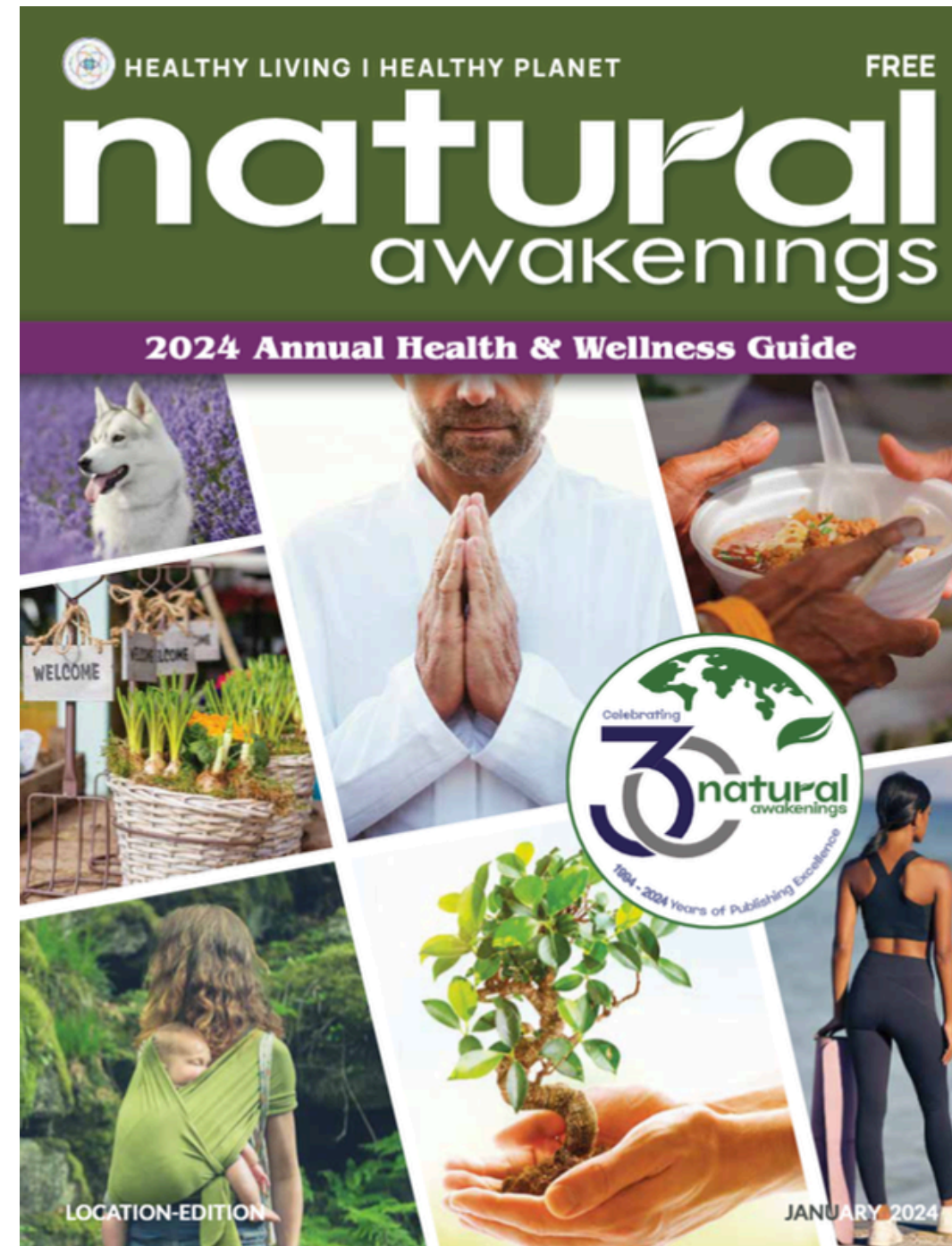
People, Planet and Purpose

May

Women's Whole Person Well-Being

June

Men's Whole Person Well-Being



July

Great Outdoors Travel

August

Green Harmonious Living

Septemeber

Gut Vitality

October

Brain Gain

November

Energy and Movement

December

Joy-Filled Giving and Receiving



2024 Monthly Live and On-Demand Shows



Regenerative Whole Health

Host: Tom O'Bryan, DC, CNC, DC

Heart Health

Host: Steven Masley, MD

Healing through Homeopathy

Host: Whitney Grubaugh, CCH

Healthy Homes

Host: Brian Johnson

Medicina holística

Host: Patrica Madrigal, MD

Healing Success Stories

Host: Madiha Saeed, MD, ABOIM

Integrative and Functional Family Health

Host: Jill K. Valerius, MD, ABOIM, IFMCP, ATC

Healthcare from Your Dentist Chair

Host: Amy Daiyres-Ling, DMD, FAIHM, FIAOMT

Natural Pet Health

Host: Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Relationships and Connections (Coming Soon)

Host: Dr. Love - Anil Gupta



RATES & AD SPECIFICATIONS

KnowEwell

Print Specifications & File Preparation

PDF

- Please create **PDF/X1a** compliant files; CMYK
- Please submit/upload to:
NaturalAwakenings@KnoWEwell.com

File Specifications/General Guidelines

- Include/embed all fonts and artwork
- 300 dpi for images
- CMYK only. Convert any Spot colors not intended to print into CMYK
- All RGB elements must be converted to CMYK.
- Pantone Elements must be converted to CMYK.
- Do not use illegal characters in file names.

Fonts

- 4 Color black type should not be used. If used, note there is a potential for registration concerns
- Free fonts or systems fonts should not be used. If used, they must be outlined
- Set type in InDesign or Illustrator (not Photoshop) to avoid low res soft type
- 4 Color type should not exceed 300% density

Document Settings

- Ads should be built at 100% trim size.
- Full Page bleed ad, extend bleed to .25" on all sides.
- Full Page bleed ad, all live content intended to print **must be kept at least .375" inside trim size.**

FULL PAGE BLEED: Bleed Size 8.75 x 11.25 Trim Size 8.25 x 10.75 Live Area 7.5 x 10.25	Full Page (No Bleed) 7.5 x 10	2/3 Page Vertical 4.875 x 9.75	1/2 Page Vertical (2cp) 2.625 x 9.75	1/3 Page Vertical 2.375 x 9.75
2/3 Page Horizontal 7.5 x 6.25	1/2 Page Horizontal 7.5 x 4.75	1/3 Page Horizontal (3-col) 7.5 x 3.125	1/4 Horizontal (3-col) 7.5 x 2.25	
1/2 Vertical (2-col) 4.875 x 7.25	1/3 Horizontall (2-col) 4.875 x 4.5	1/4 Horizontall (2-col) 4.875 x 3.125	1/4 Vertical (2cp) 3.625 x 4.75	

Please adhere to the guidelines. CMYK images only. No RGB digital images or website images will be accepted.

Download rate sheet here.



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Custom Plans and Pricing

Call: 855.935.9355



Email: sponsors@knowEwell.com

