

LIVING WHOLE

Thank you for expressing an interest in being a contributing writer at Living Whole. The following guidelines are meant to help you through process of submitting your work. Once submitted, you'll receive a response within one week. I can't wait to see what you come up with!

General Guidelines:

- Submissions are reviewed each week. If your post is approved, you'll be notified via email and given a publish date with additional instructions for promoting your post.
- Only submissions sent to megan@livingwhole.org will be considered.
- Submissions should be complete, publication-ready, and between 500-1600 words in length (with the exception of a recipe post).
- **Photos:** Please do not submit any promotional graphics to go with your post. You may suggest featured quotes or ideas for a graphic, but I will create a title graphic so that it fits with the look and feel of the site.
 - *Exception:* If you're submitting a recipe, please include a high-quality, visually pleasing photo of your dish. Facebook photos should be 1200 x 628 and Pinterest photos should have a 2:3 ratio (like 735 x 1102).
- Please do not submit any articles that have been previously published online, including on your personal blog. Living Whole only publishes original content.
- Articles can be on any of the following topics: healthy recipes, natural remedies, parenting, pregnancy, trending natural health topics, how to articles, or anything health and wellness.
- No MLM promotion or affiliate linking allowed.
- Articles should contain proper citations to reputable sources. (Example: Link to PubMed or a study, not Health Nut News, Natural News, or Wikipedia.)
- If needed, Living Whole may suggest grammatical changes, may add citations, links to relevant posts within Living Whole, or relevant product links.
- Please include a short bio with your submission. You may also include a link to your blog and social media channel.
- Posts published at Living Whole become the property of Living Whole and cannot be re-published elsewhere without crediting Living Whole.
- You may post an excerpt on your blog the day that it runs on Living Whole, and send the excerpt to your blog mailing list with a link to Living Whole to read the entire post. You

may not publish the entire post on your blog or send it to your mailing list. I will also ask you to promote your post on your social media channels and respond to any comments on your post on my blog.

- I believe in paying writers for their work. In addition to the exposure received from publishing on Living Whole, you will receive \$50 via PayPal if your submission is accepted and published on my site.

Selection Criteria:

Your submitted post will be reviewed according to the following criteria:

- Relevance to my audience: I suggest you read several of the posts on my blog to get a feel for what is resonating with my audience and topics that have been covered recently.
- You can read Living Whole's Mission Statement and beliefs on the "Start Here" and "About" pages.
- The tone of the post should be unique, relational, and informative. It should be free from grammatical and spelling errors.
- Include a title with your submission that will generate interest in your topic and encourage people to read the post. Use this [title analyzer](#) to help you come up with a strong headline.
- Your opening paragraph should draw readers in and help them identify with a felt need you are going to address with your post.

Checklist for Submitting

- Read through the Guidelines.
- Create a Google (or Word) document with the following:
 - Post title and your name at the top
 - Complete post with word count between 500 - 1600 words
 - Biographical Information with a link to your blog and social media channel
 - High-quality photograph of yourself (optional)
 - Your contact information – email and phone number
- Email submission to megan@livingwhole.org.

Due to the volume of submissions received, I may not be able to give specific feedback on posts that are not accepted. If you have questions about the process, please contact me at megan@livingwhole.org.