



## **2012 QUERY GUIDELINES**

Thank you for your interest in writing for *Delicious Living*, a national monthly consumer magazine distributed through natural products stores. Our goal is to inspire readers to take responsibility for their health and the well-being of the planet. To do this, we educate readers on topics such as nutrition, disease prevention, integrative medicine, healthy cooking, personal care, and eco-friendly products.

*Delicious Living* articles are lively, informative, and conversational in tone, and provide up-to-date health information in a clear, easy-to-understand manner. Writers should consult various sources for their stories, including health professionals and research journals. We require that writers make every attempt to reference current research.

Before you pitch, familiarize yourself with our voice and the topics we've covered in the past. All of our stories are on our website: [newhope360/delicious-living.com](http://newhope360/delicious-living.com). Then, send a query letter and published clips to the editors. Queries should reflect your familiarity with the magazine's content and tone. We will consider only stories that present new information or a fresh angle. *We do not accept or read unsolicited manuscripts.*

### **FEATURES [1,000-1,200]**

*Delicious Living* considers lifestyle, trend, and service-oriented stories that focus on nutrition, health, alternative medicine, and natural products. We generally publish one or two nonfood features per issue, with every feature including at least two sidebars.

**Science/issues:** Must offer an in-depth, research-based look at current health topics, including relevant herbs and supplements. Recent subjects include food allergies and intolerance, weight loss strategies, and diet for breast health.

**Lifestyle and trends:** Topics related to natural living. Recent stories include grocery shopping with natural health experts, eco friendly household cleaning, and ways to restore gut health.

**Food feature:** Each issue contains one food feature comprised of a 100-200 word intro, six original recipes, and one sidebar. We publish a wide variety of food articles, from internationally focused pieces, such as Japanese cuisine, to articles on vegetarian cooking, summer salads, family meal makeovers, and much more. We prefer recipes that have a relatively short ingredient list and fairly easy preparation than the others. Ingredients used should be easily found in natural foods stores, and all recipes should be focused on mindful, healthy

cooking. You must have a strong recipe-development background to be assigned a food feature.

## **DEPARTMENTS**

### **Nutrition** [600-800 words]

Up-to-date info about how healing therapies—such as homeopathy, traditional Chinese medicine, massage therapy, Ayurvedic, and mind-body work—can help address specific health issues. Recent topics include exercise-induced asthma, sinusitis, stomachaches, and antioxidants.

### **Quick & Easy**

Four healthy recipes that can be made in 30 minutes or less. Writer must have a recipe-development background.

### **Supplements** [600-800 words]

Cutting-edge trends and science-based information related to natural and herbal supplementation, vitamin and minerals.

### **Beauty** [600-800 words]

Expert tips, strategies, and natural-product advice for personal-care issues. Recent topics: how to assemble an all-natural makeup kit, natural hair removal aids, natural nail care, Fair Trade beauty products.

Please send queries and clips to:

Query, *Delicious Living*, 1401 Pearl St., Boulder, CO 80302, or e-mail [deliciousliving@newhope.com](mailto:deliciousliving@newhope.com)

Sincerely,  
*Delicious Living*

A Publication of New Hope Natural Media, a Division of Penton Media, Inc.  
1401 Pearl Street, Suite 200  
Boulder, Colorado 80302  
303.939.8440  
fax 303.440.8884  
[deliciousliving.com](http://deliciousliving.com)