



## Submission Guidelines

Plant Healer: A Quarterly Journal of Traditional Western Herbalism

*"Enlivening the Practice, Culture & Art of Folk Herbalism"*

[www.PlantHealerMagazine.com](http://www.PlantHealerMagazine.com)

Plant Healer Magazine is intended to both instruct and inspire, educate and disseminate, instigate and empower. It represents a broad range of voices and experiences, from traditional Appalachian root doctors to urban herbalists working in inner city free clinics. As healers and healthcare practitioners, we are sustained in part by a community of peers as well as our relationship with the plants and people we work with. Plant Healer Magazine seeks not only to provide information (and even entertainment) but to also create a vibrant and active community that supports and represents the living herbal traditions and folk practitioners of the Western world.

### **Now Accepting Original Unpublished Submissions**

We seek a balance of basic and advanced, subjective and scientific material that is fresh and exciting, deeply considered and well researched, but also passionate and personal, and grounded in actual clinical experience. By "clinical experience" we mean any experience gained while working directly as an herbalist with other human beings. This can be working in your own office or being employed by an official clinic, but it can just as well mean being a volunteer street medic, helping to heal folks in your community on an informal basis, or even credibly using plants in the treatment of your own self and family. Experience with plant relationship and ecology, wildcrafting, conservation and activism is equally valued. Vision is exciting, but all the more so with the addition of experience and results, synthesis and real-world application. We especially welcome articles that are folk hearted and grassroots, place based and nature-informed, that are in their own way novel or edgy, that challenge assumptions and

the status quo, encourage folks to learn and work with herbs without any official title or authorization, promote the well being of the plants and planet as well as our human kind, inspire new ways of thinking and more effective ways of treating and healing. Now accepting for consideration: unsolicited articles, essays, profiles, case studies, artwork and photographs that meet the submission requirements below. Query with any ideas or questions.

### Submission Requirements

- Your article must be **original** and **previously unpublished!** Write us for any exceptions.
- Your article must be sent as either a **Pages, Doc** or **RTF** document file, attached to an email sent to our editorial address: **Kiva@PlantHealerMagazine.com**
- In the subject line of your email, include the word "Submission", your name and article title
- Specify in your email which of our departments you are submitting to
- Specify in your email if you are providing illustrations or not
- Include in your email an up to 100 words-long bio for yourself
- We highly recommend you provide illustrations for your article, but only after acceptance, and **ONLY** either sent to our special town email address ([redartemis@gmail.com](mailto:redartemis@gmail.com)) or snail mailed on a CD
- **Do not** attach your complimentary business card sized ad to your emailed submission, use only the [redartemis@gmail.com](mailto:redartemis@gmail.com) address for graphic files!
- Pay attention to the types of articles and topics we are looking for
- Multiple submissions accepted, those not immediately used will be filed for later consideration

### Prepare Your Article As Follows:

- Your article must be saved as either a **Pages, Doc** or **RTF** document file
- Type size: **11 point** for ALL text including titles, we will adjust during layout
- Font: **Palatino** (preferred) or **Times New Roman**
- Spacing: **Single spaced** always
- **Remove all format settings!**
- Justifying: **Left justified**
- Use a **blank line between paragraphs** (hit return twice), and **do not** indent paragraphs
- Do NOT use either All Caps or Underlining
- Use **Italics** for Scientific (Latin, etc.) names, non-English words, and words you want emphasized
- **Always** include both the scientific and common names of any plants referenced
- Footnotes are welcomed when appropriate, and not required
- **Tables, graphs** and complex lists should be saved and sent as **JPG Images, 7.5" wide**, and not inserted into the article text... you can include a note about your placement preferences

Send your email query with your attached article (not photos!) to:

[Kiva@PlantHealerMagazine.com](mailto:Kiva@PlantHealerMagazine.com)

## Photos, Artwork & Ads

**Art:** Exceptional art illustrations with plant and healing themes are welcomed for possible use on the magazine covers and in the interior, sent only as described below. Get your work showcased and promoted through repeat appearances in Plant Healer pages. Artists are always well credited, an often profiled or interviewed for the magazine or blogs.

**Article Photos:** We encourage you to submit quality, interesting photos with lots of color and definition to go with your submitted articles, sent only as described below.

**Other Photos:** Photos are also welcomed apart from any articles, for our use insides where and when appropriate.

**Photo & Art Dimensions:** Most illustrations will be used at 3.5" width, though the most stunning will be considered as large as 8.5" wide and up to 11" tall for full page "posters".

**Captions:** Always include both the common and scientific names of any plants photographed, additional captions are welcome but optional.

### Submit your Art, Ads and Photos **ONLY** as follows:

- 300 dpi (high resolution) CMYK color, **JPG** format *only!*

Sent either:

- On CDs, snail-mailed to:  
Plant Healer Magazine  
P.O. Box 688, Reserve, NM 87830

*or*

- Emailed as attachments **to our special "town" email address ONLY!** Important! Our satellite internet speed is reduced to a completely unusable level anytime we get punished for going over their tight limits!! Use **ONLY** this address for attachments please!:  
**redartemis@gmail.com**



## Departments For Submitting Feature Articles

*We welcome submission to all the following important departments, and especially need more pieces for the Medicine Making (Distillation), Cultivation and Activism sections*

### **Traditions in Focus: Exploring Western Folk Medicine**

Highlighting and exploring the vast terrain of plant-based folk medicine of the Western world, including profiles, interviews, stories and personal anecdotes. Essential Herbal history, as well as contemporary traditions.

### **The Primordium: Field Botany**

Ongoing coverage of the how and why of field botany, especially relating to the direct applicability for the wildcrafter, gardener and herbalist.

### **Into the Forest: ReWilding From The Roots**

Highlighting foraging techniques, many plant-based primitive skills and other ways of nourishing the primal spirit shared by people and plant. Profiles on wild edible foods, instructions on harvesting, processing and preserving and much more.

### **From the Hearth: Traditional Foodways**

Nutritional therapy and food as medicine with a focus on traditional foods. Recipes, therapeutics, approaches to nutrition and looks at specific traditional dietary practices.

### **The Allies: Plant Profiles & Monographs**

In-depth and intimate looks at medicinal plants, their properties, actions and ways of working with them.

### **Constitutional Approaches & Herbal Energetics**

Common sense and sensory perspectives on the actions of medicinal plants and observable constitutional patterns of human physiology within clinical and/or traditional contexts.

### **Seeing Folks: Case Studies & Therapeutics**

Hands-on, up-close looks at ways of treating dis-ease, pathophysiology and imbalance in the body including nutritional, herbal, lifestyle and other approaches, but with a focus on botanical medicine.

### **A Distillation: Herbal Medicine Making**

Techniques, approaches, recipes and explorations of plant-based medicine making, both traditional and new.

### **The Four Humors: Satires, Parodies, Jokes & Cartoons**

Submit your plant and herbalist related humor... sometimes the best medicine!

### **BirthRoot: Midwifery & Herbal Childcare**

Addressing the ways in which botanical medicine can support and intersect with midwifery as well as practical approaches to treating children with herbs.

### **I'm An Herbalist, Too!**

Stories, how-to skills, art and games for – and sometimes *by* – children. If you know of any knowledgeable and creative youngsters who might want to submit, please encourage them to.

### **From the Ground Up: Conservation, Restoration and Propagation**

Personal stories, essays, how-to's and everything in between, all focused on ways in which we can preserve, proliferate and restore plants and the land they grow from on a local, national and world-wide basis.

### **A Weedy Revolution: Advocacy and Activism**

Working to increase accessibility of healthcare, protect wild land/plants and traditional medicine, provide sustainable medicine and preserve the practitioner's right to work within their communities through essays that raise awareness, stories that inspire, direct action how-to and more.

### **Tools & Tips**

Here is the place for your most practical suggestions and lists, with tools defined not only as physical wildcrafting, gardening or medicine making tools, but also conceptual tools for energetics and diagnosis, successful practice and community relations.

## **Word Limits**

We suggest articles be from 1500 words to 3,000 words in length, and we sometimes make exceptions for longer pieces as well. No article should be any longer than it needs to be, to get across its point and information, and none shorter than its most ideal length.

## **Writing Style**

We welcome from academic to popular or literary tones, but the writing should be well researched and fact checked, clear and readable, and cite personal experience.

## **Editing**

Your editors reserve the right to shorten or otherwise edit your work for space, accuracy and clarity, and to alter titles for effect. In all case we will attempt to preserve your voice as well as meaning, and we will write you ahead of time about any major abridgments or other changes.

## **Compensation**

As a contributor you will receive:

1. A 3 month membership, with a downloadable copy of the issue that your work appears in and all the video and other bonuses found on the Member page
2. An up to 100 word bio in the issue you appear in, with your contact information and url
3. A business card sized graphic ad that you provide, printed in the same issue
4. Our informal networking and promoting of your work, in the magazine, in blogs and more

## **Rights & Request**

You are giving to Plant Healer Magazine print and reprint rights. Your pieces will appear in the Plant Healer Annual book as well as in the magazine, and will also remain available to be read in the downloadable back issues that will be archived on our sites for year to come.

We ask that you do not publish your submitted articles anywhere else for 60 days after release of the Plant Healer Issue they appear in, and that you mention Plant Healer when reprinting.

All other rights to future uses remain with you, the creator.

*Thanks so much for your interest, and we look forward to seeing your work!*

Jesse Wolf and Kiva Rose Hardin  
Editors, Plant Healer Magazine  
[www.PlantHealerMagazine.com](http://www.PlantHealerMagazine.com)