

## **Holistic Health Article Topics**

These are the article topics we want covered from August 1, 2020 to December 2020. Choose one to write about. For articles that have (Magazine) beside them, those articles will be included in an upcoming edition of the premium magazine.

### ***Natural & Holistic Health***

- Natural Ways to Boost Your Serotonin Levels
- How To Get More Vitamin C From Your Food
- Easy Ways To Increase Your Magnesium
- Herbs To Help Balance Your Hormones
- Use Essential Oils To Make A Linen Spray
- Ways To Use Your Empty Essential Oils Bottles
- Masculine Essential Oils Scents
- Vitamins For Eye Health
- Vitamins For Brain Health
- What Is Manuka Honey?
- Why You Should Hydrate Before You Caffeinate
- Fire Cider To Help Fight Illness
- Herbs To Help The Digestive System
- Why You Need To Lower Your Cortisol
- Natural Ways To Boost Your Libido
- Holistic Remedies For SIBO
- The Benefits Of An Ayurvedic Practice
- How To Make Your Own Beard Oil
- Why Everyone Needs More Vitamin D
- About Birch Leaf Oil
- What Is Burdock?
- Essential Oils For Gut Conditions
- Benefits Of Using Ginger
- The Surprising Benefits of Yoga
- How To Choose The Right Essential Oils
- Common Herbs And Their Health Benefits
- Benefits And Uses Of Elderberry
- Benefits And Uses Of Honey
- Benefits And Uses Of Garlic
- Common Herbs And Their Health Benefits
- Where To Find Good Quality Herbs
- Healing Herbs For Beginners
- Herbs You Can Grow Indoors
- How To Keep Your Herbs Fresh
- Healing Herbs vs Essential Oils
- Different Types of Honey
- Should You Eat Raw Honey?
- Ways To Use Honey
- Healing Benefits Of Elderberry

- Why Is Elderberry Syrup So Popular?
- Are There Any Risks Or Side Effects To Elderberry?
- Elderberry For Your Immune System
- Using Elderberry Safely
- Tips For Buying Elderberry Syrup
- Healing Tea For Your Gut
- Acidic And Alkaline Foods
- Try These Natural Muscle Relaxers
- What Are Neurotoxins?
- Why Everyone Should Take Magnesium
- Health Benefits Of Chlorella
- Go Natural: Avoid These Deodorant Toxins
- Eating For Health: Health Benefits Of Beets
- Vitex For Women
- What Does Arnica Do For You?
- Diatomaceous Earth For Natural Healing
- Ways To Use Marshmallow Root
- DIY Lemon Balm Healing Recipes
- Healing Herbs: Yarrow
- What Is Mallow?
- The Facts About Bee Balm
- Kava For Natural Health
- What Are The Benefits Of Selenium?
- H Pylori And Healing Your Gut
- How To Add Maca Root To Your Routine
- Beet Root: Your New Favorite Healthy Juice
- Holistic Health Tips: Using Oil of Oregano
- Natural Ways To Reduce Bloat
- Why Everyone Should Use Collagen
- Health Benefits Of Curry Powder
- Healing Spices: Cayenne Pepper
- Ways To Use Stinging Nettle
- Red Raspberry Leaf For Women's Health
- Dandelion For Bone Health
- Dandelion Improves Your Digestion
- Dandelion To Reduce Your Blood Pressure
- Dandelion To Improve Liver and Kidney Function
- Dandelion Can Aid In Weight Loss
- Dandelion To Lower Your Cholesterol
- Dandelion To Reduce Inflammation
- Dandelion To Treat Your Skin and Acne Issues
- Toxic Plants To Keep Out Of Your Garden
- Keep Your Pets Away From These Herbs
- Safety Tips When Using Essential Oils
- Avoid These Common Natural Health Mistakes
- Warning Tips for Healing Herbs

- Should You Use Natural Sunscreen?
- Where To Buy Holistic Supplies
- Quick Tips For Drying Your Herbs
- Make Your Own Healing Salve
- How To Create an Infused Herbal Oil

### ***Living Holistically***

- What It Means To Live Holistically
- Getting Started With Holistic Living
- Common Mistakes People Make When Living More Naturally
- How To Reduce Toxic Chemicals
- Reduce Waste In Your Home
- Using Essential Oils On A Daily Basis
- How To Live More Sustainably
- Tips For Growing Your Own Herbs
- Why Reducing Stress Is Key To Living Holistically
- Natural Remedies For Chronic Pain
- Living Naturally: Grow Your Own Food
- Eat Cleaner To Reduce Chemicals In Your Food
- Why Grounding Is Essential For Living Naturally
- Become More Self-Aware With Mindfulness
- Nurture Your Emotional Health
- Self Care And Its Impact On Your Holistic Lifestyle
- Components Of Alternative Medicine
- Easy Natural Ways To Clean Your Home
- Natural Ways To Get More Energy
- Holistic Living For Your Mind, Body, and Spirit
- Holistic Impacts On Your Emotional Health
- Alternative Medicine For Overall Wellness