



Believe in Your Gifts — Share What You've Learned!

WRITING FOR PLANT HEALER

QUARTERLY, COMPILATION BOOKS & HERBARIA MONTHLY

"Enlivening the Practice, Culture & Art of Natural Healing"

Whether you are an enthused new discoverer of the effects of plant medicines or a longstanding herbal practitioner, nerdy researcher or downhome gardener, a seller of remedies or a kitchen medicine maker, brewer or shroomer, border stretching psychonaut, culture shifter, culinary artisan or modern alchemist — your knowledge, experiences, experimentations, recipes, insights and excitement can be of immense value to others on the path of healing and becoming. Believe in your gifts, in what you have to offer, and in your ability to put them into words. Plant Healer can be a venue for you to reach the diverse community of plant-obsessed seekers, a way to contribute to their education and inspire them on their paths while making the world aware of your work, your missions and offerings.

Rights & Requests

You are giving to Plant Healer print and reprint rights for appearing in **Plant Healer Quarterly** and/or the free **Herbaria Monthly** as well as for potential **Compilation Books** consisting of contributed Plant Healer Quarterly articles... making it possible for us to share your knowledge and promote your work to the healing community for many years to come. **All other rights** to future uses of course *remain with you*, the creator.

You are welcome to publish your original PHQ articles **anywhere else you like**, though we respectfully request that you **wait 30 to 90 days after** the release of the Plant Healer issue they appear in, and that you kindly **mention and link** to the Plant Healer website (www.PlantHealer.org) when subsequently reposting or reprinting your pieces.

Plant Healer seeks not only to provide information and entertainment, but also to fuel and support a vibrant and active community furthering the living herbal traditions and folk practice. Detailed bios and contact info for every writer are included in the issues you appear in, along with your being given free display ad space to promote what you do.

Thanks & Compensation

Plant Healer is a service-purposed project that quite simply cannot afford to pay cash for articles, but as a contributor you will receive practical compensation and deep thanks in the form of:

- A free downloadable copy of the PHQ issue that your work appears in, if you are not already a subscriber
- **An Extensive Bio** (up to 300 words long) in the contributor's section of the PHQ issue you appear in, including your offerings, announcements, website and social links, and contact information
- **Your Website Link** directly beneath your article's **byline** whether in PHQ or Herbaria Monthly
- **A 1/4 page vertical color display ad** that you provide us with, to be published in the same PHQ or Herbaria Monthly issue that your work appears in, or else an equivalent discount on a 1/2 page or full page display ad if you prefer
- Our enthused **networking, promoting and championing of your work** to our tens of thousands of combined readers – in the magazines, and potentially on IG, FaceBook and more

Submitting for Plant Healer Quarterly

For the Quarterly and its often advanced student and practitioner audience we seek a balance of both personal/experiential and conceptual, down home and scientific material that is any case fresh and exciting, deeply considered and well researched, but also passionate and personal, and ideally grounded in actual clinical or other real-world experience. By “clinical” 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 in home medicine making, plant relationship and ecology, wildcrafting, cultivation, herbal business, conservation and activism, cooking and nutrition, aromatherapy and other healing modalities are equally valued. Vision is exciting, and all the more so with the addition of experience, feelings and results, synthesis and real-world application.

We value 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. We need lots of solid clinical work that is too long or deep for most publications, and we especially love pieces that normal and professional journals would never touch!

Now accepting for consideration: unsolicited articles, essays, profiles, case studies, artwork and photographs that meet the submission requirements.

Important: Pieces submitted to Plant Healer Quarterly that have been previously published in books, magazines, online blogs etc. can not be considered... except on rare occasions where an article has been majorly revised, updated or expanded first, or when the article only appeared in an obscure or academic journal.

Advance Book Excerpts: We're happy to print sections from *as-yet unpublished* book manuscripts, and we will promote your upcoming book in the title bar. This is a good way to build anticipation and line up sales ahead of a book's release.

Submissions From Marginalized Cultures & From Outside the U.S.: We'd especially like to encourage more English language articles from practitioners from outside the United States, and from traditional cultures, minority ethnicities, and fringe or marginalized peoples from all over.

Submission & Acceptance Process

When you submit to any department we will read them as quickly as possible, write you with any suggestions or requests, and then affirm if they are accepted. We do not have time to respond to every submission, so *if you do not hear back from us it is likely that we are unable to use your much appreciated article at this time.*

A Sampling of Plant Healer Quarterly Departments

Your work will appear in any of a number of topical departments, of which here are just a few:

- **Traditions in Focus: Exploring Folk Medicine:** Highlighting and exploring the vast terrain of plant-based folk medicine of the Western world, including profiles, stories and personal anecdotes. Essential herbal history, as well as diverse contemporary traditions.
- **Plant Lore:** The folklore of medicinal plants, including ancient mythology, ethnobotanical and ethnic/ cultural accounts, contemporary fiction and fairy tales.
- **Herbalism Past & Future:** Herbal history, culture and trends in historic America and the future we envision.
- **Materia Medica: Plant Profiles & Monographs:** In-depth and intimate monographs and explorations of 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.
- **Therapeutics & Case Studies:** Hands-on, up-close looks at ways of treating dis-ease, pathophysiology and imbalance in the body including nutritional, herbal, lifestyle and other approaches, with the focus on plant medicine.
- **Herbal Medicine Making:** Techniques, approaches, recipes and explorations of plant-based medicine making, both traditional and new.
- **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, running an herbal business, creating a successful practice and community relations.
- **From the Ground Up: Conservation, Restoration and Propagation:** Personal stories, essays, gardening how-to's and everything in between, focused on the ways in which we can cultivate, proliferate and restore plants as well as the land they grow from.
- **Healing Scents:** Aromatherapy, organoleptics, perfume making and more
- **Delicious: Foods For Health & Pleasure:** Delicious whole foods recipes and food as medicine, with a focus on traditional ingredients, the localvore movement, therapeutics, approaches to nutrition and looks at specific dietary practices.
- **Therapeutics For Women & Kids:** Addressing the ways in which botanical medicine can support and intersect with midwifery, as well as practical approaches to treating children with herbs.
- **Community Herbalism: Advocacy & 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.
- **Mushroom Medicines & Magic**
- **Cannabis Medicines & Pleasures**

Important Tips

For the best chance of your work being accepted, please take into account the following suggestions:

- Write about what currently has you most excited, what you feel most passionate about
- Work that passion and interest into your articles
- Speak from actual experience, cite case histories when appropriate
- Speak in your most natural tone, be it scholarly, personal, informal, poetic or punky
- Strive not to simply repeat what is most commonly known and taught
- Challenge commonly held claims and beliefs, and examine your own assumptions
- Reference traditional and historical examples, as well as cite the most recent and exhaustive research
- Avoid anthropomorphizing the plants, or imply that they volunteer their lives for human benefit
- Talk about conservation whenever recommending rare or endangered species
- Credit your sources, either as part of the text, or in a bulleted reference section at the very end

Article Size

Note that we accept articles from a minimum of **3,000 words** up to a max of around **12,000 words** in length.

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.

Deadlines for Submitting

Plant Healer Quarterly releases the first Mondays of January, April, July, and October.

Deadlines for Plant Healer Quarterly quarterly issues are: **Feb 1, May 1, Aug 1, Nov 1**

PHQ Submission Requirements

- Your Plant Healer Quarterly article must be **previously unpublished**
- Your article must be sent either as a **Mac Pages** or an **MS Doc** document file, **attached to an email** sent to our editorial address: PlantHealer@PlantHealer.live
- In the subject line of your email, include the word “Submission,” your name and the article title
- Include in your email a 100 to 300 words-long Bio for yourself, with your website address and any contact info
- We are happy to consider but do not require photos and illustrations for your article. Send large 300 dpi images *as email attachments*
- If your work is accepted, you are encouraged to send a quarter page display ad to be run free as thanks, download:
http://www.mediafire.com/file/sddoe5gr2cfudaq/PHM_Media_Kit.pdf

Herbaria Monthly Submissions

Herbaria Monthly is a totally free supplemental zine reaching a larger and more general or newbie audience. Frankly most of each issue consists of Plant Healer Quarterly and Plant Healer book excerpts.... but **we also** publish in it writings submitted for its pages by folks like you!

- Unlike with PHQ, submissions can be **either new/original or else previously published** articles or articles you have already use on blogs, in books, etc.
- If you are submitting already used writings, be sure to tell us **where and when** they previously appeared
- Herbaria Monthly articles should be a **minimum of 1200 words** in length, and **no more than 3000 words** max
- There is no contributor bios section, but if you include your website we will gladly include the link in your byline
- You are welcome to a 1/4 page vertical color display ad that you provide us with, to be published in the same Herbaria Monthly issue that your work appears in, or else an equivalent discount on a 1/2 or full page display ad if you prefer
- The deadline for any Herbaria Monthly issue is **one month prior to its release**, Issues are usually sent out mid-month
- All Herbaria submissions **must be prepared and formatted as described below**

Send your already formatted Herbaria submission (and optional display ad) to:

PlantHealer@PlantHealer.live

Preparing Your Manuscripts For Submitting

- **All PHQ or Herbaria articles** must be saved and sent as an **MS Doc** or **MAC Pages** file only!
- Include your **name and the article title in the file name** when you save it
- **Font: 11 point** for ALL text including titles, we will adjust during layout, either **Palatino** (preferred) or **Times**
- **NO automatic formatting, lists or footnotes**, please format and add footnotes or references **manually**
- Single spaced
- Do a **Hard Return after every paragraph**, so there is a blank line between each
- **Do not indent paragraphs**
- Do **NOT** use **All Caps EVER!** :)
- Use **Bold only** for **Section Headings**
- Use **Italics** for **Book Titles**, not underlining
- Use **Italics** for Scientific (Latin, etc.) plant names, foreign language words, or words you want emphasized
- **Italicize** all **scientific names** of plants
- **Always** include **both** the **scientific** and **common names** of any plants referenced!
- **Capitalize** the **common names** of all plants mentioned

- **Long hyphens** should have a **space** before as well as after them
- **Bulleted or numbered lists** should be left justified with hard returns after each line
- **Tables & graphs** must be saved and sent as **separate JPG Images, 300dpi, 7.5” wide**, and **must not be inserted** into the article text... you can include a note about any placement preferences

Photos, Artwork & Ad Submissions

- **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 and Herbaria pages.
- **Article Photos:** Though not required, we welcome 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:** Herb, healing and general plant related photos are also welcomed apart from any articles, for our use inside where and when appropriate.
- **Photo & Art Dimensions:** Send either 3.5” wide or 7.5” wide images, or 7.5” wide by 10” tall for full possible full page
- **Do NOT** include a text layer of any kind on top of your photos as it will make changes in sizing impossible.
- **Submit** your Art, Ads and Photos **ONLY** as **300 dpi** (high resolution) as either **JPG, PNG** or **TIFF** files.
- **Submit your quarter page free display ad** in the size and dpi described in the Advertising Info pdf:

http://www.mediafire.com/file/sddoe5gr2cfudaq/PHM_Media_Kit.pdf

Send your Art, Ads and Photos as email attachments to:

PlantHealer@PlantHealer.live

Send your already formatted PHQ and Herbaria submissions as MS Doc or Apple Pages files to:

PlantHealer@PlantHealer.live

Thanks so much for your interest, and we're truly excited to seeing your work!

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www.PlantHealer.org
www.PlantHealerMagazine.com