

Writers Guidelines for Thrive Magazine/website:

Thank you for your interest in writing for Thrive magazine.

Thrive Magazine is published in house by Thrive Publishing. Our readers are on a journey back to health and are eager to find new and healthier products, recipes and brands to try and adopt.

Our focus is on the positive and all articles will need to be helpful and informative in the chosen topic. Tips and hints work well with our readers and any practices that they can adopt to improve their wellbeing or diet are perfect additions to the main article.

ALL CONTENT MUST BE ORIGINAL AND COPYRIGHT RELEASED.

original - your submission has to be made by you, and it can't be copied directly or in any part from someone other by you.

1. Please keep all articles around 500-550 words. All articles will be subject to final editing by the Thrive Editorial team.

2. Submit your article in a Microsoft Word document.

3. If you have a link(s) or photo(s) that would complement your article, please include them in the Word document (for reference). Please also submit the photos separately. All images must be 300DPI or large enough for print production, please include any credit for the images if needed. All images must be your own or copyright permission confirmed.

4. Articles need to bring value to our audience and article titles should be interesting and specific. Thrive editorial team may choose a different title that works better for our readers if necessary.

5. If applicable, please include a sub-headline and sub-headings or bullet points in the article to break up the text and make it easier to digest for our readers.

10. Online production. All articles featured in Thrive Magazine also go onto the Thrive website and will include a bio and links back to your own website. So please include these within your article.

11. Keep in mind we categorise our content into sections, and will tag each article to fit one of these broad categories: health, food, wellbeing, meditation, prosperity, and healthy recipes.

12. The goal is for your article to be helpful, informative and positive in its intent. Our readers also love recipes and if you include a recipe please note if it is RAW/VEGAN/VEGETARIAN etc for quick reference.

13. **Health Claims:** If you make any health claims, mention a statistic, or a study in your piece, provide a link to supporting evidence. For example, if you're claiming that a certain food is healthy, tell us how you know and provide some peer-reviewed, scientific papers, academic journals, or credible news outlets, to support your claims.

14. **Don't tell other people's stories** - We don't publish articles from medical professionals telling their patients' stories, as we cannot verify that permission has been granted to do so.