



LILIPOH AUTHOR GUIDELINES

About LILIPOH

LILIPOH is a quarterly health and wellness magazine that starts from an understanding that human beings are spiritual beings. From there we explore issues, insights and initiatives concerned with personal health, nutrition and agriculture, with a predominant focus on those inspired by anthroposophy as originated by Rudolf Steiner. LILIPOH extends its view of health and spirituality to embrace insights from many streams and traditions.

While personal growth is an integral component of spirituality, health encompasses not only body, soul, and spirit, but also the social realm. We welcome articles on social, educational and economic issues, as well. Our target audience is broad and includes all of those likely to be interested in these subjects from a spiritual, holistic, and at the same time, practical viewpoint.

What we are looking for

LILIPOH welcomes submissions that are dynamic, relevant and inspirational. Articles might contain a "how-to" component with additional references and resources where readers can learn more. Many of our writers share from personal experience and express ideas that carry the world forward in a positive, creative, conscious and healthy way. Ideas expressed in our publication are fresh and informative. Articles should capture the spirit in life. LILIPOH is not accepting poetry submissions at this time.

Healthcare professionals and therapists

In our health articles, and in all others, actually, a respect for scientific validity has to be maintained. Views or positions likely to be considered controversial need to be substantiated, explained or clearly indicated as personal opinion.

Enthusiasm for a therapeutic modality is allowable, but please avoid a promotional tone. You are invited to describe your approach, the insights or knowledge informing it, and its potential benefits. Outright claims have to be backed by published research.

Please keep in mind

LILIPOH does not purchase articles at this time.

Our staff is small and we may take a number of months to reply to unsolicited materials. If your article is selected for publication, we will contact you. If you want your materials returned, please include a self-addressed stamped envelope.

We accept article queries. We will contact you and let you know if we would like you to develop your idea into an article. We do not accept articles that are advertorial in nature.

Submission guidelines

Most published articles are 700-900 words, with a few major articles extending to 1200-1800 words.

Please include a short biography about yourself, along with your full contact information.

We encourage the submission of artwork or photographs which enhance your article.

If your article is accepted for publication, it may be edited for length or clarity.

Send your submission to: Christy Korrow, P.O.Box 513, Langley, WA 98260
Email: editor@lilipoh.com, Phone/Fax: 270-406-9116