

NaturalMedicineMom.com  
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**Trust Your Intuition:**  
**Choosing Natural Over Conventional Medicine**  
*Twenty-five "Natural Medicine Confessions" from Influential  
Moms Who Choose Healing Remedies for Their Families*

**Submission Guidelines**

Deadline for Submissions:	November 28, 2012
Estimated Launch Date:	January 29, 2013
Format for submissions:	Word Document
Send Submissions to:	submissions@naturalmedicinemom.com
Total Word Count Needed:	2,000 words total (approximately half on your story, half on the lessons and tips you've learned)
Compensation:	<b>There is no monetary compensation for involvement in the book</b> , but we will promote it heavily with a launch. It will appear on Amazon, B&N, etc. We have professional book coaches helping with this launch. With their help and promotional help from all participants, this book can easily reach several Amazon Bestseller lists. This offers great publicity/PR for contributors.
Purchase Price:	The sale price is TBA. Contributing authors will be able to purchase hard copies of the book through NaturalMedicineMom.com at a bulk rate.
Promotion:	In order to maximize exposure for all participants, each contributor is expected to announce the book launch to their lists, on their blog and social media accounts (where applicable). We will provide emails, tweets, and blog materials to make this easy for you to do. 1-2 emails will need to go to your list the week before launch and 1-2 emails will need to go to your list the week of launch.

**What We Need By Nov 28th**

1. Please send us your 100-word bio and a high-resolution photo of yourself so we can use it for promoting the book (as well as inclusion in the book).
2. Please fill out and return the release form found at <http://www.naturalmedicinemom.com/submit-your-chapter> to

submissions@naturalmedicinemom.com

3. Send your story as a Word attachment.

## Your Story

**Objective:** To give the reader examples of real moms who trust their intuition, choose natural medicine (in most cases) and use natural solutions to promote the health and well being of their families. By reading examples of real moms who have done this, they will gain greater confidence to do it themselves and will know more about what trusting your intuition looks and feels like.

There will be 4 themes included in the book:

1. Personal journeys of health, epiphanies, lifestyle changes and new beliefs
2. Specific experiences using natural tools for medicine, for example herbs, medicinal foods, essential oils, homeopathics, etc.
3. Favorite remedies. I know it's hard to pick just one, but please tell us about your favorite natural remedy or the one you use most.
4. Tips for getting started with trusting your intuition, thinking naturally and using natural tools

Of the 2,000 words you will be submitting, approximately 1,000- words should be your story written in 1st person. These questions are designed to assist in pulling your story forward, **but you do not have to follow this exact format. They are simply suggestions.** You may use these questions as a guide - you might start by writing the answers to these questions and then craft your story from there. Please have someone who is good at proofreading go over your work before you submit it.

### Questions to Ponder

Think back on a time when you trusted your intuition in a situation that had (or has) an impact on your health or family's health.

What were 3 things your head was telling you?

What were 3 things your intuition was telling you?

What made you decide to go with your intuition?

How did you feel when you went with your intuition?

What obstacles did you hit after starting down the path?

How did you overcome those obstacles?

Did you have to tweak/adjust along the way?

Did you end up in the same place you thought you would or somewhere better than you expected?

### Lessons You Learned Along the Way

The lessons you learned along the way should comprise the last part of your submission. Please share 6-8 lessons you learned along the way and write 1-3 paragraphs about each. Add an intro paragraph and a summary paragraph. You may write these in first person.