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holisticTimes

Inside this issue...

- Nourishing Insights — Whole Foods
- Where the Wild Things Grow — Herbal Nutrition
- Spiritual Renewal and Springing into Life with Cleansing
- Graduates, Health in the News, and much more... *View the newsletter [online](#) or [download](#)*

Welcome to *Holistic Times* in its online format. The newsletter has gone strictly digital as part of the college's overall transition to a paperless world. Inside this issue of the *Holistic Times*, you'll find articles that will help motivate and inspire you as you work towards your goals as natural health practitioners and educators.

Our readers have had the option to view the newsletter online for a while now, and we hope that you will enjoy the more interactive downloadable PDF version as well. The fully bookmarked PDF file has a linked table of contents, and Web site links and page numbers are clickable to help you navigate the file and visit the sites mentioned in the text. *(If you have problems viewing the PDF file please visit the [Adobe Web site](#) to get the latest version of the [Acrobat Reader](#).)*

Holistic Times Blog

Over the years, many students and graduates have submitted articles for the newsletter or inquired about doing so. We are happy to announce that we will begin publishing a student or graduate article in each issue of the newsletter. To accommodate the inevitable overflow we are eagerly anticipating, CCNH has launched a *Holistic Times* blog to make the additional articles available to the general public. All articles must meet the [submission guidelines](#) in order to be considered for publication in the newsletter or on the blog.

Tara Nicole Brown • Managing Editor

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