

Marketing Wisdom of OLD

Building the New with the Wisdom of our Forefathers

FORAGING
IN THE
MODERN WORLD

CHESTNUTS - ONE FOR
FOOD, ONE FOR MEDICINE

THE ART OF BASKET-
WEAVING
JOANNA'S COLLECTIONS

THE LOST ART OF BAKING
BREAD & IT'S IMPACT ON
FAMILY STRUCTURES

NATURAL MEDICINE

"MEDICINE IS ONE OF THE BASIC SOCIAL
ENTERPRISES WHICH ENGAGES THE
EMOTIONAL, TECHNICAL AND BIOLOGICAL
ASPECTS OF HUMAN BEINGS."

ISSUE NO. 1

AUTUMN 2023



WELCOME

Wisdom of Old for the new world

I would like to introduce myself. I am, by profession, a holistic practitioner. I strongly believe that nature holds the cure for many of the ailments of mankind. I am also a writer, a listener, an avid learner, a nature and peace lover. I am a hobby artist and a vegan.

Of prime importance to me are my family and my nearest and dearest. Nature, its beauty and abundance, I appreciate and respect immensely. I am grateful for a good chat with friends, a good book and a warming cup of tea. I am grateful for everyone and everything in my life.

I want this world that we live in to be a better place. I wish for us to live in a kinder, more wholesome world and I wish to inspire others to strive for the same. Together, a lot is possible. We can at least try to live the change and set examples. I care, therefore I wish to inform and share what others are doing to maintain, revive or survive of 'Wisdom of Old' that was shared through time or has been remembered. I hope you enjoy reading this new magazine.

Uta

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Editor-In-Chief

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A QUARTERLY MAG

ON ALL THINGS CALM,
MINDFUL, HEALTHY
LIVING..AND SO MUCH
MORE...

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**Get in touch if you
would like to share
an idea or have
suggestions.**

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[HTTPS://CARECLIN.ORG/WISDOM-OF-OLD/](https://careclin.org/wisdom-of-old/)

to download this current issue
to your tablet or computer

About 'WoO'

WHY THIS MAGAZINE?

This magazine is meant to be a short break; a calm wandering of the mind, back into a world when mindfulness needed not be mentioned, because it simply was... a normal trait; when the world appeared calmer and happier. At the same time it is meant to be a source of information, of ideas and tools that may permit us to create that world again, where hand-made and home grown were valued and treasured still. The 'Wisdom of Old', of our forefathers and mothers must not be forgotten, but should be revived.

WHY AT THIS TIME?

The world has, and is changing, and for many a desire for a calmer, kinder and much more caring and supportive world is growing. We may be spread across the globe, but we share feelings, ideas and can, despite the distance, be community. Welcome to 'WoO'



GET PUBLISHED, BE HEARD AND SHARE YOUR WISDOM

We are looking to share articles and information on topics such as: foraging, sustainability, ecology, recipes of old, wisdom of our forefathers, natural healthcare, going off-grid, mindfulness, environmental matters, healthy food, organic farming, moon and companion planting, home schooling etc. - in fact anything that brings us back to a more mindful, kind, healthy and supportive life. Write for us and get your voice, ideas and projects advertised for FREE in the issue your article is published in!

We do not pay for articles, but bring your word to your audience

MARKETING YOU & WHAT YOU DO - WITH ADVERTS AT WOO

Why advertise with us.

Well, we will provide articles and information in the pages of WoO that people will want to read and we will distribute this to the ever growing community of people living a life that differs from the norm. Amidst all the conundrum of the past years many have identified the immense value associated with living a 'different' life, and if you cater or service to that audience, then we strive to reach your audience.

Our readers may be your customers and consumers. Advertise with us!

To start our magazines journey into the open we are offering a **20% discount** on advertisements for the first 2 issues.



How does it work?

Provide us with your picture advert in .jpeg or .png file **or** send us your logo, short text and contact details and we will design an advert for you, for exclusive use in WoO. The service of advert designing is subject to a fee of 50 Euros.

The first advertisement design is **FREE** for first time authors at WoO. Repeat publication of this advert is free in issues of WoO that the authors articles are published in. Publication in other issues is subject to a fee. Please email office.magazine@proton.me for more information.

Advertising fees:

Single issue advert:

1/8 page size advert	40 Euros
1/4 page size advert	90 Euros
1/2 page size advert	180 Euros
Full page size advert	380 Euros

Two issue advert (1/2 year):

1/8 page size advert	70 Euros
1/4 page size advert	160 Euros
1/2 page size advert	330 Euros
Full page size advert	720 Euros

Four issue advert (all year):

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1/4 page size advert	300 Euros
1/2 page size advert	630 Euros
Full page size advert	1400 Euros



***Your Brand
or Product***

DEADLINES

- for article submissions **and** adverts that we design for you, for the Winter Issue 2023:
November 15th, 2023
- for adverts that you supply, for the Winter Issue 2023: **November 30th, 2023**

The Winter Issue of WoO goes live on January 1st, 2024

SUBMISSION GUIDELINES

We would be thrilled to publish your article!
If you have authored a piece and would like to submit it for consideration please be aware of the guidelines that have been outlined below:

- Submissions should be in a pdf **and** a Microsoft word-, an OpenOffice-, or a LibreOffice Writer- file. 1.5-spaced text, with a 12 point font, Arial is preferred.
- The Authors guarantee that the submitted work is their own and does not infringe another's rights to it.
- Images should be submitted separately as jpeg or png files, and must not infringe copyright. Authors must have permission to use them.
- While word limits must not necessarily be viewed as of strictest adherence, please be sensible in the length of your works. Normal articles should be confined to 1500-3000 words. Shorter or longer works may be acceptable following approval by the editors.
- The works you submit must be your original works and may not have been published elsewhere.
- The copyright of works published at WoO will be retained with WoO, as such, publications may not be resubmitted or republished elsewhere, but Authors may publish their own article to their own website after publication at WoO.
- **SUBMISSIONS TO THIS EMAIL PLEASE:
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A Magazine
on all things calm,
mindful, healthy
living..and so much
more...



Please add a short biography to your article submission, this must be a separate file. This bio may feature details such as contact, professional website, blog-links (max. 2), a photograph of you, and information on projects you are involved in. The photograph should be submitted as a separate jpeg or png file. The bio should be no larger than 150 words.

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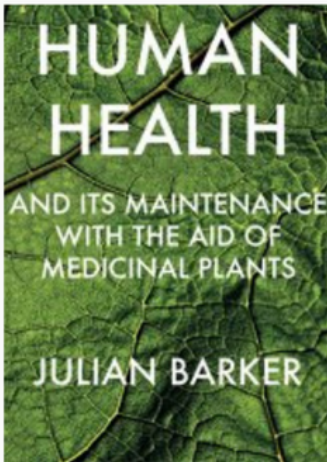
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**Jim Parums -
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Autumn 2023

CLEVER H
THE MAGI

HOMEOPATHY
MAGAZINE
EVERY 3 MONTHS

A Remedy for...
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FEATURE:
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