Lyme Disease | Mycotoxins | CoVid-19 information on me Disease Vitamin C for Viral Illnesses COVID-19 Fear Nicola Ducharme, ne Disease and LVI ddres Chron Inflammation John Parks Trowbridge, MD Missing the Yeast Syndrome Diagnosis June 2022 Issue #467 Foods That Cause Pain and Inflammation OF THE TOWNSEND LETTER

911 Tyler Street | Port Townsend WA 98368-6541 Phone: 360.385.6021 | Fax: 360.385.0699 Email: advertising@townsendletter.com

Greetings from the Publisher,

w.TownsendLetter.com

Thank you for your interest in the Townsend Letter. I founded this publication in 1983 when there were no journals or magazines discussing alternative medicine. Our focus was to create a forum for health professionals and non-professionals to discuss naturopathic medicine, functional medicine, orthomolecular medicine, nutrition, and related healing arts. In the years to follow academic journals and consumer magazines entered the marketplace but no other publication has served as a forum integrating doctors of multiple disciplines to examine what works and what does not work in alternative medicine.

With the advent of the internet, websites, and Google, the Townsend Letter has evolved from being only a print magazine to also publishing a digital magazine as well as a weekly e-newsletter. Our website serves to publish lengthy articles and references that were abridged in the print magazine, as well as articles that are only published on the web. For those wishing to explore our indexed archives, we do have all of our more than 470 past issues available. Our website offers readers a "Best Reads" section and blog.

In 2023 the Townsend Letter print magazine and digital magazine have ceased to be published. The Townsend Letter is now published only as a regular e-Letter. The Townsend Letter website features new articles and editorials published in the e-Letter. The Townsend e-Letter is emailed to 11,000+ subscribers in the U.S. and internationally.

Advertising opportunities are available in the e-Letter, on the website, and embedded with all new articles. We welcome your interest in advertising and thank you for your support of the Townsend Letter.

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TOWNSEND LETTER MEDIA KIT 2023

The E-Letter is published every 2 weeks. Each E-Letter is published twice, the first email is done on a Saturday, the same E-Letter is then emailed again on Saturday a week later. Each ad placement will run for 2 weeks and be charged for the 2 week (1 issue) placement. *Prices shown reflect 2 weeks of advertising*.

The E-Letter is published 24 times/year with no publication of the e-letter at the end of June and end of December.

Rates Advertising is pre-paid for one month. Extended contracts are payable each month.

Pricing of Advertising Per E-Letter on the Home Page (2 weeks of advertising):

Ad Size	24 issues	12 issues	6 issues	3 issues	1 issue
Small (430x320)	\$200	\$220	\$240	\$250	\$300
Medium (700x600)	\$300	\$330	\$360	\$375	\$450
Large (960x730)	\$400	\$440	\$480	\$500	\$600

Pricing of Advertising **Per E-Letter Embedded in All Articles (2 weeks of advertising)**. Note: **Advertising embedded in all articles** *also* **requires ad placement on e-Letter Home Page**.

Ad Size	24 issues	12 issues	6 issues	3 issues	1 issue
Small (430x320)	\$200	\$220	\$240	\$250	\$300
Medium (700x600)	\$300	\$330	\$360	\$375	\$450
Large (960x730)	\$400	\$440	\$480	\$500	\$600

Pricing of Advertising on Website Per Month

Ad Size	12 months	6 months	3 months	1 month	
Small (430x320)	\$100	\$110	\$120	\$150	
Medium (700x600)	\$150	\$165	\$180	\$225	
Large (960x730)	\$200	\$220	\$240	\$300	

Pricing of Advertising: Classified Advertising (cost/pricing shown per e-letter)

Classified ads are placed in the e-Letter and on our website: TownsendLetter.com/Classified-Ads

Ad Size	24 issues	12 issues	6 issues	3 issues	1 issue
50 words* or less	\$13	\$15	\$17	\$20	\$25
100 words* or less	\$26	\$30	\$34	\$40	\$50
150 words* or less	\$39	\$45	\$51	\$60	\$75

*A word is 5 letters/numbers/symbols/spaces. Call or Email for Longer Classified Ads/extended word count. Classified advertising is paid in advance for entire contract. *No refund if contract is cancelled.*

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TOWNSEND LETTER MEDIA KIT 2023 Sizing and Specifications nsend e-Letter The images below show ad sizes relative to placement within the body of the e-Letter. There are three sizes of display ads available; sizing is in pixels: PIXELS Small ad: 430w x 320h LARGE **Medium ad:** 700w x 600h Large ad: 960w x 730h Small Size Ad Missed an ad deadline? 430 x 320 Contact us anyway! We may be able to arrange placement of your ad... **Medium Size Ad** Large Size Ad 700 x 600 960 x 730 MEDIUM Click here to download the current media kit e-Letter with Actual examples of ad sizes! CLASSIFIED ADVERTISING Advertising Deadlines and Launch Dates Highlighted dates below represent when the e-Letter is sent, the date of the re-send, and preferred dates for ad submissions. We send out a new e-Letter every other week; the lighter green dates represent the re-send. The gray dates represent preferred ad submission deadlines. If you cannot get your ad to us by that date, please contact us **ACCEPTABLE** anyway - we are happy to help you get what you need in front of our readers. We can sometimes arrange for changes to a re-send, but please note we cannot change the emails we've already sent. (We are good, but not that good... so, get your ad to us todayl) AD FORMATS: AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER Su Mo Tu We Th Fr Sa 1 2 3 4 5 1 2 6 7 8 9 10 11 12 3 4 5 6 7 8 9 13 14 15 16 17 18 19 10 11 12 13 14 15 16 20 21 22 23 24 25 26 17 18 19 20 21 22 23 1 2 3 4 5 6 7 8 9 10 11 12 13 14 1 2 3 <mark>4</mark> 6 7 8 9 10 11 .jpg, .jpeg, 3 4 5 6 7 5 12 13 14 15 16 17 18 10 11 12 13 14 15 1 15 16 17 18 19 20 21 19 20 21 22 23 24 25 17 18 19 20 21 22 23 .png, .gif 22 23 24 25 26 27 28 26 27 28 29 30 24 25 26 27 28 29 30 27 28 29 30 31 24 25 26 27 28 29 30 29 30 31 31

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- Please ensure your ad link address is correct, as it will be copied and pasted from the link information you provide; we do not accept responsibility for incorrect links.
- Low resolution or otherwise poor-quality ads will be run without adjustment.
- Ads and links may be changed for each new e-Letter (each e-Letter runs for two weeks). Please provide changes by Wednesday, one week in advance of e-Letter publication.

ADVERTISING AGREEMENT

ACCEPTED AD FORMATS: .jpg, .jpeg, .png, .gif

Please Note: We require a credit card number on file which is valid for the period of time indicated by the advertising contract. We will not use the credit card unless you request its use. All advertising contracts of 12 weeks or less must be paid at time of submission of the advertising agreement form. Ad contracts of longer than 12 weeks will be invoiced at the beginning of each 12 week period.

Company	Ad Contact				
Phone	Fax	Email			PO#
Company Address, City, Stat	e, Zip				
Beginning issue/week	End	ing issue/we	ek	Amount	t per ad \$
<u>AD TYPE:</u> E-Letter Home	epage Embe	dded in e-Le	tter articles	(requires Homepag	ge placement)
Website Homepage	Classified Advert	t ising (ads a	e placed on	the website AND i	n the e-Letter)
Payment by: Check	Money Order	Credit	Card (Amex, L	Disc,Visa,M/C)	PayPal
CC#		Exp	CVV	Signature	
Billing address for Credit C	ard				
Special Instructions:					
Client agrees to meet the ag	reed frequency require	ments and pr	epay for place	ement of ads for 12 w	veeks or less. Ad

Client agrees to meet the agreed frequency requirements and prepay for placement of ads for 12 weeks or less. Ad contracts of longer than 12 weeks will be invoiced at the beginning of each 12 week period. If Client fails to meet the minimum insertion frequency required to qualify for the discounted rate quoted on the rate card, Client agrees that the discount shall be forfeited, and Client shall pay for all current and previous advertising at Publisher's 2 week rate (the one-time insertion rate). Failure to prepay for advertising will result in digital ad not being published. Ads placed for multiple weeks will continue to run unless Client provides new digital ad by Wednesday one week in advance of e-newsletter publication. **Acknowledgment and Authorization:** The undersigned verifies the accuracy of all the information contained in this contract and authorizes prepayment. The advertiser agrees that the Townsend Letter accepts a faxed copy or emailed copy of this contract as an original contract with all contractual obligations retained.

Client Signature	Client Name (please print)	Date
Signature of person authorized to approve particular	yment	Title
Person authorizing e-signatures (if signatures	are typed, we will confirm contract)	

The pricing and terms found in this agreement are current for this version, but may change in future agreements.