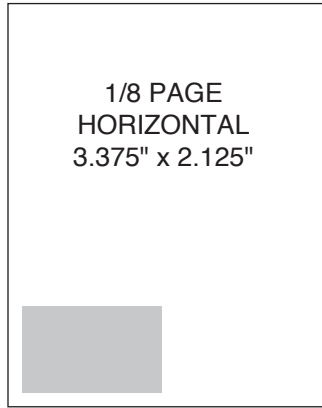
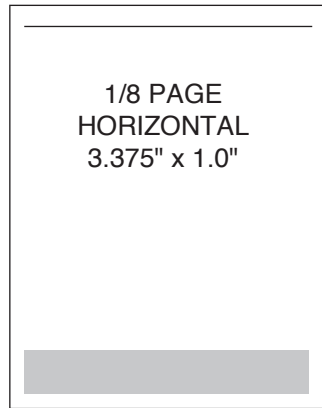


The Guide to Health and Healing: *You, Me, The Planet!*

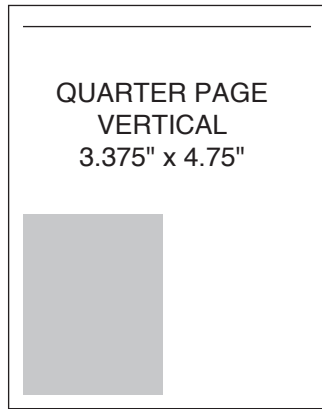
Display Ad sizes, prices and specifications



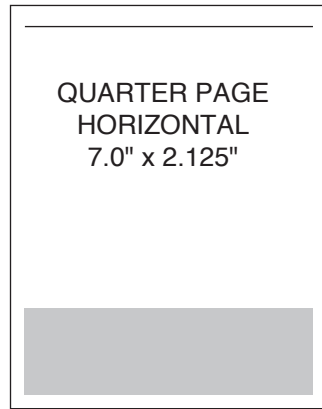
1/8 PAGE
HORIZONTAL
3.375" x 2.125"



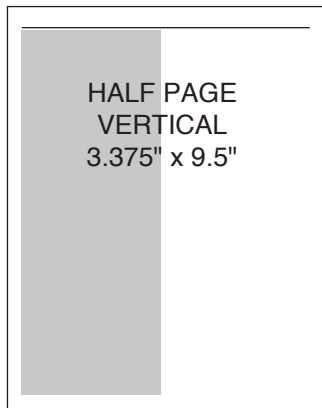
1/8 PAGE
HORIZONTAL
3.375" x 1.0"



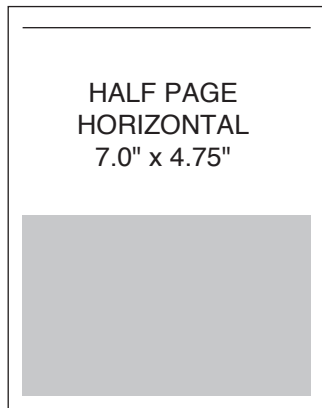
QUARTER PAGE
VERTICAL
3.375" x 4.75"



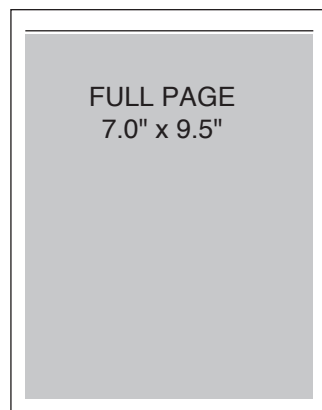
QUARTER PAGE
HORIZONTAL
7.0" x 2.125"



HALF PAGE
VERTICAL
3.375" x 9.5"



HALF PAGE
HORIZONTAL
7.0" x 4.75"



FULL PAGE
7.0" x 9.5"

1/8TH PAGE AD (Hort.Only, inside pages only):

\$350 1 issue black/white
\$385 1 issue color

QUARTER PAGE AD (inside pages only):

\$550 1 issue black/white
\$585 1 issue color

HALF PAGE AD:

Half Page Newsprint

\$755 1 issue Newsprint horizontal only
\$800 1 issue Color Newsprint horizontal only

Half Page Full Color Glossy Inside Front

\$1275 1 issue full color (inside front cover, horiz. only)

Half Page Full Color Glossy Inside Back

\$1025 1 issue full color (inside front cover, horiz. only)

Half Page Full Color Glossy Outside Cover

\$1475 1 issue Full Color horizontal only

Full color glossy ads are published currently on the back cover, inside front cover, and inside back cover and are limited to availability.

Ad Specs:

Display ads must be "camera ready", sized correctly, in greyscale or 4 color at 300dpi. Acceptable Formats: Acrobat high resolution PDF, EPS file or Photoshop Tiff file. Fonts must be converted to outlines, or embedded in the file.

For more specific information on acceptable files formats or technical issues please email: glennis@jumpintuit.com

Ad creation is available for an extra charge: Minimum charge \$30 for 1/2 hr. (\$60 for 1 hr.)

FULL PAGE AD:

Full Page Newsprint

\$1025 1 issue B/W Newsprint
\$1100 1 issue Color Newsprint

Full Page Color Glossy Inside

\$1675 1 issue full color (inside front)
\$1425 1 issue full color (inside back)

Full Page Full Color Glossy Outside Cover

\$1,925 1 issue Full Color outside