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Article Format Guidelines and Submission Information

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The following guidelines should answer most of your questions related to submitting an article for *To Your Health*.

1. Articles submitted to **MPA Media** (publisher of *Dynamic Chiropractic*, *Acupuncture Today*, *Massage Today*, *Nutritional Wellness*, *Naturopathy Digest* and *To Your Health*) **must not** have been previously published or submitted for publication elsewhere (unless the article was published in an association newsletter).
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