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Article Format Guidelines and Submission Information

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).
2. Articles must not be commercial or promotional with respect to a product or service. Any such references will be omitted or reworded in general terms.
3. Our readers tell us they are more apt to read shorter articles. We recommend a length of 75-150 lines (between 1.5-3 pages), typed, single-spaced.
4. We prefer Microsoft Word documents in 11-point, Times New Roman font, as it translates best for our graphic design department. If you do not have Word, a simple text file will work, even pasted into the body of an e-mail message.
5. We prefer articles sent via e-mail; however, if you send an article via postal mail, save the article to a floppy disc and include a printed copy of the article.
6. We will also ask that you provide us with a recent color photograph of professional quality, your CV or résumé and verifiable contact and credential information.

An in-house editorial panel reviews all articles, but sometimes an article may be sent to an outside reviewer for additional input. You will receive notification in writing as to whether or not MPAMedia is interested in publishing your article, usually within 6-8 weeks.

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