

[IMAGE] Article Format Guidelines and Submission Information [IMAGE] a.consent:link { color:#FFF; }
a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[\[IMAGE\]](#)

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[\[IMAGE\]](#)

[IMAGE]

[IMAGE]

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
- [Too Little Talking](#)

[Previous Issues](#)

[Did You Know?](#)

- [Fitness Goals: Money Motivates \(Especially When You Risk Losing It\)](#)
- [NSAIDs Up Miscarriage Risk?](#)
- [Energy, Energy, Everywhere – Should We Be Worried?](#)
- [Say No to Diet Drugs](#)
- [Healthy Food Choices 101: Helping Kids Eat Right](#)

Other Health Sites

[Chiroweb.com](#)
[Dynamicchiropractic.com](#)
[Chirofind.com](#)
[Acupuncturetoday.com](#)

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. 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.
3. 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.
4. 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.
5. 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.

If an article is accepted for publication, an "Assignment of Copyright" form is sent to you. It must be signed and returned before we can publish your work, and ensures that you have not published your work elsewhere. We usually grant permission to reprint articles in other publications, as long as it credits the MPAMedia publication in which it originally appeared. This also allows MPA Media to protect you from anyone who might use your article illegally.

MPA Media, like most publishers, has a backlog of articles waiting to be published. As a result, a newly accepted article may not immediately be published, unless it is a news item or is otherwise time-critical. We cannot tell you specifically in which issue your article will appear, only that we intend to publish it as soon as possible. Some articles appear as far as six months from the date of acceptance. We ask that you wait at least this long to contact us about the status of your article.

We do not base placement of an article on any scheduled advertising; any instances of ads similar to editorial content are strictly coincidental.

We are available weekdays from 8:30 a.m. to 4:30 p.m., PST.

(714) 230-3150 office
(714) 899-4273 24-hour fax
editorial -at- toyourhealth.com

Page printed from:
http://www.toyourhealth.com/contactus/guidelines.php?no_b=true