

MANUSCRIPT PREPARATION

Original articles

Manuscripts must be completed double-spaced and lines should be numbered for review purposes. Make sure that line numbers are assigned continuously, starting from the abstract and ending after the references. Please insert page numbers in the bottom, right-hand corner of each successive page beginning at the second page (do not assign a page number to the Title page). All files (except illustrative elements) should be uploaded as Microsoft Word documents.

4.1 Title page

The title page provides general information about the manuscript. The following informative units are compulsory:

- Title. The title should be concise and informative. It represents the content of the manuscript and should serve electronic retrieval of the article. Be cautious on using abbreviations and formulae.
- Author(s) information: The highest academic degree of each contributor should be listed, including the names of the institutions/organizations for which they work. Please provide the e-mail addresses and full contact details of all authors, including postal address and telephone number. Clearly indicate who will handle correspondence.
- Word count: please add the number of manuscript words, excluding abstracts, acknowledgements, tables, figures and references.
- Conflict of interest declaration: conflict of interests information for each author (both author's conflict of interests and sources of support for the work) should be

summarized on the title page and presented in further detail on the conflict of interest form.

4.2 Manuscript structure

Manuscripts submitted to the research in cellular medicine and natural health section should be divided into clearly defined sections. We strongly advise you to build your manuscript in the following way:

- a. **Abstract.** This paragraph offers a concise and balanced reflection of the contents of the manuscript and is subdivided as follows: **Introduction:** elaborates briefly on the background of the study and clearly states its main objectives. **Methods:** basic procedures, materials and study parameters. Summarizes the experimental design and basic methodology. **Results:** the main findings including key statistical results and trends. **Discussion:** provides a sharp summary of your interpretations and conclusions, including clinical implications.

Please avoid lengthy background and confusing abbreviations. Most electronic databases index titles and abstracts only. The abstracts gain the widest exposure, so ensure that your abstract truly reflects the content of the manuscript and includes sufficient key information to enable references to your manuscript.

Keywords: please provide four to seven keywords that do not appear in the title of the document. Abbreviations or ambiguous terms are not allowed.

- b. **Introduction.**

Situate your study in a theoretical context, familiarize the recipient with the rationale behind your research project and introduce your objectives via an inverted triangle structure. The following details should be included:

- A review of the scientific literature available on the subject discussed, the current understanding, rationale and gaps in the modern understanding.
- Narrow down to the specific problem investigated, main objectives and eventually the hypotheses tested.

Scientific background information should be provided only to the extent that it serves a better understanding of the objective and study rationale. If feasible, please provide a forecast of potential study outcomes.

Style: The journal of CM&NH encourages the use of the active voice, and fosters clear phrases.

c. Methods and materials.

Document how the study/experiment was conducted and provide the rationale for the adaptation of specific procedures or materials. The methods/experimental section of the manuscript should include a statement that all experiments were carried out in compliance with the relevant laws regarding protection of participants (human and animal), and state the committee(s) that approved the experiments.

The Journal of CM & NH recommends inclusion of the following elements:

- *Account of materials deployed.* Include (specialized) materials/equipment used in the study that are not covered by basic lab equipment. When targeting human or animal subjects, inclusion criteria should be formulated explicitly. Additionally, information on subject allocation to experimental groups (if relevant) should be provided.

- *Material preparations.* A detailed recapitulation of (material) preparations prior to protocol implementation. In the event of drug evaluation, please document brand names, manufacturers, concentrations, dosages and infusion rates. Please provide grounds for efficacy evaluation and document the administering of sedative drugs.
- *The research protocol* Document experimental manipulations, measurement method/assessment procedures whereby succeeding procedures are presented in the order of actual performance, commencing with baseline measures, independent variable manipulation and concluding with assessments of dependent variable alterations.
- Provide a description of statistical and qualitative data analysis methods.

For transparency reasons, materials and methods can be separated.

The methodology and material paragraphs should provide enough quantitative and qualitative information to enable study duplication and evaluation of statistical procedures. Secondly, enough detail should be provided to facilitate an assessment of the validity of the results and conclusions.

d. Results.

Study findings should be presented objectively, using both text and figures/tables. Please ensure a rational sequence while presenting what was observed in the course of investigation, and avoid interpretations.

Statistical reports (exact data) such as measures, counts, rates and percentages should be presented in tables, figures and graphs whereas key outcomes and associations should be reserved for textual fields unescorted by excessive detail.

Do not assume that non-textual presentations speak for themselves and use illustrative materials effectively. Numeric data should not solely be presented as derivatives (like percentages) but also as absolute numbers.

All Tables, figures and graphs, accompanied by headings,- must be numbered successively. Excessive repetitions or text-graph data duplication should be avoided.

e. Discussions.

Offer an outline of the main results, explain the meaning of the findings and analyze your data in appropriate depth. The following elements should be included:

- The main findings of the study
- An interpretation of the results: relate study findings to previous study outcomes and highlight their significance. Decide if your hypothesis is supported or whether it should be rejected. Offer potential explanatory mechanisms: mechanisms that may account for the study outcomes.
- Consider alternative plausible explanations for the findings.
- Explore the significance of study results for future research and clinical practice.
- Identify and acknowledge study limitations.
- Make suggestions for future research directions.
- Conclusion: offer a short conclusion based on the results and discussion, it may include suggestions for practice change.

Avoid presentations of new data or needless repetition of information or data that has been introduced in previous sections.; Focus instead on the decisive, meaningful

facets of the study. Evade speculation, over interpretation or inflation of the significance of study results.

f. Acknowledgements.

Significant attributions, both in the process of designing, conducting or reporting the study, as well as sources of funding or material supply, can be acknowledged in this section.

g. References.

Please document all sources accurately. We encourage the use of original research articles. References should be numbered in order of initial appearance in the text and appear in the Reference List in numerical order, following the citation standards of the American Medical Association (AMA) reference citation format. For the complete style manual online please go to <http://www.amamanualofstyle.com/>

The editor will check the accuracy of all reference citations. However, we want to stress the importance of checking all references before submitting the paper to the journal. Every reference listed should be cited in the text and vice versa.

Below please find an overview of the main AMA-guidelines:

AMERICAN MEDICAL ASSOCIATION (AMA) CITATION STYLE

Rev. 11/1/2012

General rules from the 10th edition

- Items are listed numerically in the order they are cited in the text
- Include up to 6 authors
- For more than six, provide the names of the first three authors and then add et al
- If there is no author, start with the title
- Periodicals (journals, magazines, and newspapers) should have abbreviated titles; to check for the proper abbreviation, search for the Journal Title through [LocatorPlus](#) at the National Library of Medicine website

Citation Type	Example
Journal article – in print – one author	Spencer J. Physician, heal thyself – but not on your own please. <i>Med Educ.</i> 2005; 89: 548-549.
Journal article – in print – 2-6 authors	Salwachter AR, Freischlag JA, Sawyer RG, Sanfey HA. The training needs and priorities of male and female surgeons and their trainees. <i>J Am Coll Surg.</i> 2005; 201: 199-205.
Journal article – in print – more than 6 authors	Fukushima H, Cureoglu S, Schachern P, et al. Cochlear changes in patients with type 1 diabetes mellitus. <i>Otolaryngol Head Neck Surg.</i> 2005; 133: 100-6.
Journal article – online *if there is no DOI, provide the URL for the specific article	Coppinger T, Jeanes YM, Hardwick J, Reeves S. Body mass, frequency of eating and breakfast consumption in 9-13-year-olds. <i>J Hum Nutr Diet.</i> 2012; 25(1): 43-49. doi: 10.1111/j.1365-277X.2011.01184.x
Journal article – online from a library database* *there is no specific way to cite articles found in library databases according to the AMA so double check with your professor	Calhoun D, Trimarco T, Meek R, Locasto D. Distinguishing diabetes: Differentiate between type 1 & type 2 DM. <i>JEMS [serial online]</i> . November 2011; 36(11):32-48. Available from: CINAHL Plus with Full Text, Ipswich, MA. Accessed February 2, 2012.
Newspaper article – in print *if the city name is not part of the newspaper name, it may be added to the official name for clarity * if an article jumps from one page to a later page write the page numbers like D1, D5	Wolf W. State's mail-order drug plan launched. <i>Minneapolis Star Tribune.</i> May 14, 2004:1B.
Newspaper article – online	Pollack A. FDA approves new cystic fibrosis drug. <i>New York Times.</i> January 31, 2012. http://www.nytimes.com/2012/02/01/business/fda-approves-cystic-fibrosis-drug.html?ref=health . Accessed February 1, 2012.
Websites	Outbreak notice: Cholera in Haiti. Centers for Disease Control and Prevention Web site. http://wwwnc.cdc.gov/travel/notices/outbreak-notice/haiti-cholera.htm Published October 22, 2010. Updated January 9, 2012. Accessed February 1, 2012.
Entire book – in print	Modlin J, Jenkins P. <i>Decision Analysis in Planning for a Polio Outbreak in the United States.</i> San Francisco, CA: Pediatric Academic Societies; 2004.
Book chapter – in print	Solensky R. Drug allergy: desensitization and treatment of reactions to antibiotics and aspirin. In: Lockey P, ed. <i>Allergens and Allergen Immunotherapy.</i> 3 rd ed. New York, NY: Marcel Dekker; 2004:585-606.

To find more AMA style citations, go checkout the [AMA Manual of Style: A Guide for Authors and Editors](#). 10th ed. Oxford: Oxford UP.

AMERICAN MEDICAL ASSOCIATION (AMA) CITATION STYLE
Rev. 11/1/2012

Citing sources within your paper

Unlike APA or MLA, you will not use the author's last name for the in-text citations. Instead, you will number each instance when you are referencing an article. The order of numbering will be contingent on the order in which you use that reference within your paper. In the example below, the first article referenced is given the number one in superscript. In the References section, you will find the matching article listed as number 1.

<p>Example Article</p> <p>1. Zoellner J, Krzeski E, Harden S, Cook E, Allen K, Estabrooks PA. Qualitative application of the theory of planned behavior to understand beverage consumption behaviors among adults. <i>J Acad Nutr Diet.</i> 2012;112(11):1774-1784. doi: 10.1016/j.jand.2012.06.368.</p>	
<p>In-Text Citation Example</p>	<p>LARGE INCREASES IN AMERICANS' CONSUMPTION OF sugar-sweetened beverages (SSB) have been a topic of concern. Between 1977 and 2002, the intake of "caloric" beverages doubled in the United States, with most recent data showing that children and adults in the United States consume about 172 and 175 kcal daily, respectively, from SSB.¹ It is estimated that SSB account for about 10% of total energy intake in adults.^{2,3} High intake of SSB has</p>
<p>References Section Example</p>	<p>References</p> <ol style="list-style-type: none"> 1. Duffey KJ, Popkin BM. Shifts in patterns and consumption of beverages between 1965 and 2002. <i>Obesity.</i> 2007;15(11):2739-2747. 2. Nielsen SJ, Popkin BM. Changes in beverage intake between 1977 and 2001. <i>Am J Prev Med.</i> 2004;27(3):205-210. 3. Drewnowski A, Bellisle F. Liquid calories, sugar, and body weight. <i>Am J Clin Nutr.</i> 2007;85(3):651-661.

Use commas to separate multiple citation numbers in text, like you see between references 2 and 3. Unpublished works and personal communications should be cited in the text (and not on the reference list).¹ Superscript numbers are placed outside periods and commas, and inside colons and semicolons. When citing the same source more than once, give the number of the original reference, then include the page number (in parentheses) where the information was found. See pages 41-44 of the *AMA Manual of Style* for more information.

References

Citing AMA guide website. <http://libguides.stkate.edu/content.php?pid=99799&sid=749106>. Updated April 2011. Accessed October 24, 2012.

To find more AMA style citations, go checkout the [AMA Manual of Style: A Guide for Authors and Editors](#). 10th ed. Oxford: Oxford UP.