DESCRIPTION

The European Journal of Integrative Medicine (EuJIM) considers manuscripts from a wide range of complementary and integrative health care disciplines, with a particular focus on whole systems approaches, public health, self management and traditional medical systems. The journal strives to connect conventional medicine and evidence based complementary medicine. We encourage submissions reporting research with relevance for integrative clinical practice and interprofessional education.

EuJIM aims to be of interest to both conventional and integrative audiences, including healthcare practitioners, researchers, health care organisations, educationalists, and all those who seek objective and critical information on integrative medicine. To achieve this aim EuJIM provides an innovative international and interdisciplinary platform linking researchers and clinicians.

The journal focuses primarily on original research articles including systematic reviews, randomized controlled trials, other clinical studies, qualitative, observational and epidemiological studies. In addition we welcome short reviews, opinion articles and contributions relating to health services and policy, health economics and psychology.

AUDIENCE

scientists, clinical doctors, practitioners, CAM doctors, acupuncturists, osteopaths, alternative practitioners, physiotherapists.

IMPACT FACTOR

2019: 0.974 © Clarivate Analytics Journal Citation Reports 2020

ABSTRACTING AND INDEXING

Scopus
Embase
EMCARE
Science Citation Index
EDITORIAL BOARD

Editor-in-Chief
Nicola Robinson, London South Bank University, School of Health and Social Care, London, United Kingdom
Chinese medicine, Tai chi, evidence-based medicine, acupuncture, public health, health services research, integrated medicine, clinical practice guidelines, qualitative research

Co-Editor and Section Editor Qualitative Research and Primary Care
Ava Lorenc, University of Bristol, School of Social and Community Medicine, United Kingdom

Associate Editor Clinical Trials and Traditional East Asian Medicine (TEAM)
Tae-Hun Kim, Kyung Hee University, Seoul, South Korea
Traditional medicine, acupuncture, evidence based medicine, clinical trial

Associate Editor Herbal Medicine
Nidal Amin Jaradat, An-Najah National University, Faculty of Medicine and Health Sciences, Department of Pharmacy, Nablus, Palestine, State of
Phytochemistry, pharmacognosy, phytotherapy, pharmaceutical chemistry, pharmacy

Associate Editor Qualitative Research and Primary Care
Herman van Wietmarschen, Louis Bolk Institute, Bunnik, Netherlands
Systems biology, metabolomics, rheumatic disease

Section Editors
Section Editor Herbal Medicine
Myeong Soo Lee, Korea Institute of Oriental Medicine Clinical Medical Division, South Korea
Complementary medicine, Acupuncture, Tai chi, Systematic review, Meta-analysis / Evidence based medicine, Clinical practice guideline, Clinical trial, Reporting guidelines

Section Editor Research Methodology
Jian-Ping Liu, Beijing University of Chinese Medicine, Centre for Evidence-Based Chinese Medicine, China
Evidence-based medicine, Traditional Chinese medicine, Integrative medicine, Clinical trials, Research methodology

Section Editor Food and Nutrition
Anne Majumdar, St Mary's University Twickenham, Faculty of Sports, Health and Applied Sciences, United Kingdom
Ayurveda, nutrition, chronic disease, behaviour change, health promotion

Section Editor Acupuncture
Joao Bosco Guerreiro da Silva, Medicine School of Sao Jose do Rio Preto, Brazil
Chinese medicine (acupuncture and rational herbal medicine) clinical research, systematic review, and health services research

Section Editor Mind and Body
Senthamil Selvan, Thomas Jefferson University, United States of America
Clinical trials and clinical research, clinical trial methodology, case studies, biomarkers, cancer, immunotherapy, immunity, regeneration, yoga therapy, herbal medicine (Ayurveda and Siddha), meditation, traditional and natural medicine, systematic review/meta-analysis on integrative and complementary medicine, lifestyle management, gastroenterology, acupressure/varma therapy

Section Editor Systematic Reviews
Susan Wieland, University of Maryland, School of Medicine, Center for Integrative Medicine, United States of America
Systematic reviews and research methodology, information retrieval

Section Editor Network Meta-Analysis and Overviews of Systematic Reviews
Liao Xing, China Academy of Chinese Medical Sciences, China
Evidence based medicine, complementary and alternative medicine, traditional Chinese medicine, systematic review, clinical studies, methodology study, qualitative study, real world study

Managing Editor
Chunli Lu, Beijing University of Chinese Medicine, Center for Evidence-Based Chinese Medicine, Beijing, China

Editorial Board
Terje Alraek, Kristiania University College School of Health Sciences, Oslo, Norway
Acupuncture, autonomic dysregulation, methodology, pain, recurrent urinary tract infections
Lynda Balneaves, University of Manitoba, Rady Faculty of Health Science, College of Nursing, Winnipeg, Manitoba, Canada
Oncology, mixed method, qualitative research, survey methodology, lifestyle interventions, mind-body interventions, acupuncture, cannabis/marijuana

Huijuan Cao, Beijing University of Chinese Medicine, Center for Evidence-Based Chinese Medicine, Beijing, China
Evidence-Based Medicine, complementary and alternative medicine, Chinese medicine, acupuncture, clinical study, clinical epidemiology, randomized controlled trials, systematic review

William C.S. Cho, Queen Elizabeth Hospital, Department of Clinical Oncology, Hong Kong, Hong Kong
Cancer research in the aspects of cancer biomarkers, non-coding RNA, genomics, proteomics, next-generation sequencing, bioinformatics as well as evidence-based Chinese medicine, diabetes, meta-analysis

Vincent Chung, The Chinese University of Hong Kong, The Jockey Club School of Public Health and Primary Care, Hong Kong, Hong Kong
Evidence based healthcare

Lisa Conboy, Beth Israel Deaconess Medical Center, Boston, Massachusetts, United States of America
Ayurveda and other holistic and mind-body therapies, social epidemiology, sociology, social factors and health, women’s health, complementary and alternative medicine, integrative medicine, qualitative research methodology, teaching integrative medicine, teaching research methodology, mental, physical, and spiritual benefits of yoga, meditation, complexity, complex medical illness, acupuncture, whole systems research

Isabelle Gaboury, University of Sherbrooke, Sherbrooke, Quebec, Canada
Health promotion, children healthcare

Paula Gardiner, Boston University, School of Medicine, Boston, Massachusetts, United States of America

Rogier Hoenders, Center for Integrated Psychiatry, Groningen, Netherlands
Integrative psychiatry, mindfulness, compassion, yoga, spirituality, natural medicines for psychiatric disorders

Xiao-Yang Hu, University of Southampton, Faculty of Medicine, Southampton, United Kingdom
Systematic review, evidence based medicine, traditional medicine, infectious disease

John Hughes, Royal London Hospital for Integrated Medicine, London, United Kingdom
Integrated Medicine, acupuncture, qualitative research, and self-care techniques

Jennifer Hunter, Western Sydney University, The National Institute of Complementary Medicine, Sydney, New South Wales, Australia
Primary care, mixed methodology, health services research, practice guidelines

Martin Ingvar, Karolinska Institute, Huddinge, Sweden
Knowledge sharing between professions, continuity in care, digital communication between patient and care, communication science

Xuejing Jin, Beijing University of Chinese Medicine, Beijing, China
Health economic, Economic evaluation, Health outcome research, Quality of life, Health preferences

Miek Jong, UiT The Arctic University of Norway, Norway's National Research Center in Complementary and Alternative Medicine, Tromsø, Norway
Integrative oncology, systematic reviews, randomized controlled trials, natural therapies

Kun Hyung Kim, Pusan National University, Geumjeong-gu, South Korea
Systematic review/meta-analysis on traditional East Asian medicine, assessment of reporting completeness, case-series, case report, research methodology in clinical trials and systematic reviews of intervention, acupuncture, chronic pain, musculoskeletal pain, perioperative pain, use of acupuncture in the hospital setting

Shahar Lev-Ari, Tel Aviv Sourasky Medical Center, Tel Aviv, Israel
Well-being, wellness, lifestyle intervention, health promotion, mindfulness, meditation, yoga, clinical trials methodology

Shao Li, Tsinghua University, Beijing, China
Network pharmacology, systems pharmacology, systems biology, bioinformatics and traditional medicine

Xun Li, Beijing University of Chinese Medicine, Center for Evidence-Based Chinese Medicine, Beijing, China
Evidence-Based Medicine, integrative medicine, qualitative research, medical translation and dissemination

Ning Liang, Institute of Basic Research in Clinical Medicine, China Academy of Chinese Medical Sciences, Beijing, China
Complementary and Alternative medicine, TCM, systematic review, literature bibliometric analysis, overview of systematic reviews, chronic hepatitis B

Aiping Lu, Hong Kong Baptist University, Kowloon, Hong Kong
Rheumatology, clinical trial, Chinese medicine

Ching-Hsing Luo, Sun Yat-Sen University, Guangzhou, China

Eric Manheimer, New York University, School of Medicine, New York, New York, United States of America
Systematic reviews, meta-analyses, randomized trials, research methodology, evidence-based medicine, and acupuncture

Yoshiharu Motoo, Kanazawa Medical University, School of Medicine, Graduate School of Medicine, Department of Medical Oncology, Kahoku-gun, Japan
Herbal medicine, reporting guidelines, clinical trial, oncology

Arne Johan Norheim, UiT The Arctic University of Norway, Tromsø, Norway
Evidence synthesis, systematic reviews, yoga, mental health, self-care

Fan Qu, Zhejiang University, Hangzhou, China
Gynecological endocrinology, acupuncture, acupressure

Paolo Roberti di Sarsina, Salutogenesis Foundation Onlus, Bologna, Italy
Salutogenesis &, Health Promotion, Person Centered Healthcare, Traditional Medicine/CAM, Qualitative Research, Tibetan Buddhism, Spiritual Healing &, Meditation Research, Epistemology and Sociology of TM/CAM

Byung-Cheul Shin, Pusan National University, Geumjeong-gu, South Korea
Evidence-based medicine in musculoskeletal medicine, physical medicine & rehabilitation medicine, and traditional medicine, systematic review/meta-analysis, clinical research & clinical trial

Fuschia Sirois, Bishop's University, Sherbrooke, Quebec, Canada
Motivations for CAM use, psychological well-being, mindfulness and self-compassion, provider based CAM use, psychosocial predictors of CAM use

Caroline Smith, Western Sydney University, Sydney, New South Wales, Australia
Evidence based medicine, acupuncture, gynecology, women's health

Umberto Solimene, University of Milan, Milan, Italy
Lifestyle management (hygiene, exercise, hydration, stress management, social wellness and spiritual wellness) – scoping reviews and mixed methods research, climate and health, hydrotherapy

Elizabeth Thompson, National Centre for Integrative Medicine, Bristol, United Kingdom

Ying Wang, Indiana University, School of Medicine, Indianapolis, Indiana, United States of America
Acupuncture-related basic and clinical research, translational pain research, basic pain research, alternative and complementary medicine, brain neuroimaging research in integrative medicine (MRI/EGG/PET)

Irene Xin Yin Wu, Central South University, Changsha, China
Evidence-based Chinese medicine, clinical trial, critical appraisal on quality of evidence, cancer palliative care
GUIDE FOR AUTHORS

INTRODUCTION
The European Journal of Integrative Medicine (EuJIM) considers manuscripts from a wide range of complementary and integrative health care disciplines, with a particular focus on whole systems approaches, public health, self management and traditional medical systems. The journal strives to connect conventional medicine and evidence based complementary medicine. We encourage submissions reporting research with relevance for integrative clinical practice and interprofessional education.

EuJIM aims to be of interest to both conventional and integrative audiences, including healthcare practitioners, researchers, health care organisations, educationalists, and all those who seek objective and critical information on integrative medicine. To achieve this aim EuJIM provides an innovative international and interdisciplinary platform linking researchers and clinicians.

The journal focuses primarily on original research articles including systematic reviews, randomized controlled trials, other clinical studies, qualitative, observational and epidemiological studies. In addition we welcome short reviews, opinion articles and contributions relating to health services and policy, health economics and psychology.

Types of paper
Systematic Reviews - whose length is not limited and should include Title, Abstract, Introduction, Methods, Results, Discussion, Conclusions, Conflict of Interest, Acknowledgements and References.
Clinical trials - should follow the World Health Organization's (WHO) definition of a clinical trial and registered in one of the publicly-accessible registries. Authors must provide the trial registration number, provide details of ethical approval and should be reported according to the relevant reporting guidelines, i.e. CONSORT for randomized controlled trials, TREND for non-randomized trials, and other specialized guidelines as appropriate and the appropriate check list completed and provided when the article is submitted. Submissions must also include the study protocol as supporting information, or if already published should be referenced appropriately in the text of the article. Although length is not limited it should include Title, Abstract, Introduction, Methods, Results, Discussion, Conclusions, Conflict of Interest, Acknowledgements, and References. As a guideline, a full length paper normally occupies no more than 10 printed pages of the journal, including tables and illustrations. Original research article - based on original research study conducted and written by the authors fully describing their methodologies and explaining their findings in the context of the field and detailing thee studies limitations. Submissions should include: Title, Abstract, Introduction, Methods, Results, Discussion, Conclusions, Conflict of Interest, Acknowledgements, and References. Opinion Articles - Short papers, and should include Title, Abstract, Introduction, Main text (subheadings as appropriate), Conclusions, Conflict of Interest, Acknowledgements and References. These would normally not exceed 5 printed pages, present a personal viewpoint and are concerned with matters of particular interest, debate, and/or cover controversial topics of current importance. They must be based on published articles.

Contact details for submission
Submissions are welcome at https://www.editorialmanager.com/eujim/default.aspx.

Submission checklist
You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details. Ensure that the following items listed in the author checklist are present. Please download the authorchecklist here

Please also attach the author agreement form as this is required by the Journal office. Please click on the below link to download the form. Author agreement

BEFORE YOU BEGIN
Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.
**Human and animal rights**

If the work involves the use of animal or human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans [http://www.wma.net/en/30publications/10policies/b3/index.html]; EU Directive 2010/63/EU for animal experiments [http://ec.europa.eu/environment/chemicals/lab_animals/legislation_en.htm]; Uniform Requirements for manuscripts submitted to Biomedical journals [http://www.icmje.org]. Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects and should mention the registration number of their permission to perform animal experiments and the date of permission. The privacy rights of human subjects must always be observed.

**Informed consent and patient details**

Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author but copies should not be provided to the journal. Only if specifically requested by the journal in exceptional circumstances (for example if a legal issue arises) the author must provide copies of the consents or evidence that such consents have been obtained. For more information, please review the Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals. Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

**Declaration of competing interest**

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors should complete the declaration of competing interest statement using this template and upload to the submission system at the Attach/Upload Files step. **Note: Please do not convert the .docx template to another file type. Author signatures are not required.** If there are no interests to declare, please choose the first option in the template. This statement will be published within the article if accepted. More information.

**Submission declaration and verification**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check.

**Preprints**

Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

**Use of inclusive language**

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Content should make no assumptions about the beliefs or commitments of any reader; contain nothing which might imply that one individual is superior to another on the grounds of age, gender, race, ethnicity, culture, sexual orientation, disability or health condition; and use inclusive language throughout. Authors should ensure that writing is free from bias, stereotypes, slang, reference to dominant culture and/or cultural assumptions. We advise to seek gender neutrality by using plural nouns (“clinicians, patients/clients”) as default/wherever possible to avoid using "he, she,” or "he/she." We recommend avoiding the use of descriptors that refer to personal attributes such as age, gender, race, ethnicity, culture, sexual orientation, disability or health condition unless they are relevant and valid. These guidelines are meant as a point of reference to help identify appropriate language but are by no means exhaustive or definitive.
**Author contributions**

For transparency, we encourage authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. More details and an example

**Authorship**

All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

**Changes to authorship**

Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

**Clinical trial results**

In line with the position of the International Committee of Medical Journal Editors, the journal will not consider results posted in the same clinical trials registry in which primary registration resides to be prior publication if the results posted are presented in the form of a brief structured (less than 500 words) abstract or table. However, divulging results in other circumstances (e.g., investors’ meetings) is discouraged and may jeopardise consideration of the manuscript. Authors should fully disclose all posting in registries of results of the same or closely related work.

**Reporting clinical trials**

Randomized controlled trials should be presented according to the CONSORT guidelines. At manuscript submission, authors must provide the CONSORT checklist accompanied by a flow diagram that illustrates the progress of patients through the trial, including recruitment, enrollment, randomization, withdrawal and completion, and a detailed description of the randomization procedure. The CONSORT checklist and template flow diagram are available online.

**Registration of clinical trials**

Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with International Committee of Medical Journal Editors recommendations. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes. Health-related interventions include any intervention used to modify a biomedical or health-related outcome (for example drugs, surgical procedures, devices, behavioural treatments, dietary interventions, and process-of-care changes). Health outcomes include any biomedical or health-related measures obtained in patients or participants, including pharmacokinetic measures and adverse events. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

**Article transfer service**

This journal is part of our Article Transfer Service. This means that if the Editor feels your article is more suitable in one of our other participating journals, then you may be asked to consider transferring the article to one of those. If you agree, your article will be transferred automatically on your behalf with no need to reformat. Please note that your article will be reviewed again by the new journal. More information.
Copyright
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For gold open access articles: Upon acceptance of an article, authors will be asked to complete a 'License Agreement' (more information). Permitted third party reuse of gold open access articles is determined by the author's choice of user license.

Author rights
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

Role of the funding source
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

Open access
Please visit our Open Access page for more information.

Language (usage and editing services)
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's Author Services.

Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Submit your article

Referees
Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our Support site. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

PREPARATION

Peer review
This journal operates a single anonymized review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. Editors are not involved in decisions about papers which they have written themselves or have been written by family members or colleagues or which relate to products or services in which the editor has an

AUTHOR INFORMATION PACK 15 May 2021  www.elsevier.com/locate/eujim 8
interest. Any such submission is subject to all of the journal's usual procedures, with peer review handled independently of the relevant editor and their research groups. More information on types of peer review.

Use of word processing software
It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. See also the section on Electronic artwork.

To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

Article structure
Subdivision
Divide your article into clearly defined sections. Each subsection is given a brief heading. Each heading should appear on its own separate line. Subsections should be used as much as possible when cross-referencing text: refer to the subsection by heading as opposed to simply 'the text'. The headings should be consistent. with the journal's current requirements as detailed below:

Introduction
State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

Methods
Provide sufficient detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described. Materials used such as plant specimens, reagents etc should be clearly specified, for example provide voucher numbers and sourcing of specimens.

Results
Results should be clear and concise.

Discussion
This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

Conclusions
The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

Appendices
If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

Author details
Please provide complete names of all the authors for your manuscript without any abbreviations as per the journal specifications.

• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
• Author names and affiliations. Where the family name may be ambiguous (e.g., a double name), please indicate this clearly. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author. Please also indicate how your name should be presented when your article is cited i.e. surname followed by initials, including any hyphens.
• **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. **Ensure that phone numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address.** Contact details must be kept up to date by the corresponding author.

• **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Abstract**

A concise and factual and structured abstract is required. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

All abstracts should have the following subheadings

- **Introduction** which will contain a sentence about the background of the topic followed by the aim of the study
- **Methods** which will contain information about the study design, setting, subjects, outcome measures
- **Results** key results which should also include any p values
- **Conclusions** - overall comment about the findings of the study and its relevance to the field of study

The abstract should be structured with four sub-headings: **Introduction (which should include the aim of the study), Methods (materials used, methodology), Results, Discussion/Conclusions.** The text should not exceed 250 words and has to be presented at the beginning of the paper. Unsubstantiated speculation should not be included. Footnotes may not be used. References must provide complete publication data.

**Keywords**

Immediately after the abstract, provide a maximum of 6 keywords, using British spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

**Abbreviations**

Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

**Acknowledgements**

Collate acknowledgements in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

**Formatting of funding sources**

List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.
Units
Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI.

Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

Artwork

Image manipulation
Whilst it is accepted that authors sometimes need to manipulate images for clarity, manipulation for purposes of deception or fraud will be seen as scientific ethical abuse and will be dealt with accordingly. For graphical images, this journal is applying the following policy: no specific feature within an image may be enhanced, obscured, moved, removed, or introduced. Adjustments of brightness, contrast, or color balance are acceptable if and as long as they do not obscure or eliminate any information present in the original. Nonlinear adjustments (e.g. changes to gamma settings) must be disclosed in the figure legend.

Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Embed the used fonts if the application provides that option.
• Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Provide captions to illustrations separately.
• Size the illustrations close to the desired dimensions of the published version.
• Submit each illustration as a separate file.
• Ensure that color images are accessible to all, including those with impaired color vision.

A detailed guide on electronic artwork is available.

You are urged to visit this site; some excerpts from the detailed information are given here.

Formats
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format. Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, half-tones, and line/halftone combinations given below):
EPS (or PDF): Vector drawings, embed all used fonts.
TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
TIFF (or JPEG): Combinations bitmapped line/halftone (color or grayscale), keep to a minimum of 500 dpi.

Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
• Supply files that are too low in resolution;
• Submit graphics that are disproportionately large for the content.

Illustration services
Elsevier's Author Services offers Illustration Services to authors preparing to submit a manuscript but concerned about the quality of the images accompanying their article. Elsevier's expert illustrators can produce scientific, technical and medical-style images, as well as a full range of charts, tables and graphs. Image 'polishing' is also available, where our illustrators take your image(s) and improve them to a professional standard. Please visit the website to find out more.

Figure captions
Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.
Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Citation in text
Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication and a copy of the title page of the relevant article must be submitted.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

References in a special issue
Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley. Using citation plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. More information on how to remove field codes from different reference management software.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
http://open.mendeley.com/use-citation-style/european-journal-of-integrative-medicine
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference style
Text: Indicate references by number(s) in square brackets in line with the text. The actual authors can be referred to, but the reference number(s) must always be given.
Example: '..... as demonstrated [3,6]. Barnaby and Jones [8] obtained a different result ....'
List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text.
Examples:
Reference to a journal publication:
Reference to a journal publication with an article number:
Reference to a book:
Reference to a chapter in an edited book:
Reference to a website:
Reference to a dataset:
Reference to software:

Journal abbreviations source
Journal names should be abbreviated according to the List of Title Word Abbreviations.

Video
Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the file in one of our recommended file formats with a preferred maximum size of 150 MB per file, 1 GB in total. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

Supplementary material
Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

Research data
This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project.

Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the research data page.
Data linking
If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described.

There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the database linking page.

For supported data repositories a repository banner will automatically appear next to your published article on ScienceDirect.

In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

Mendeley Data
This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. During the submission process, after uploading your manuscript, you will have the opportunity to upload your relevant datasets directly to Mendeley Data. The datasets will be listed and directly accessible to readers next to your published article online.

For more information, visit the Mendeley Data for journals page.

Data statement
To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the Data Statement page.

AFTER ACCEPTANCE
Online proof correction
To ensure a fast publication process of the article, we kindly ask authors to provide us with their proof corrections within two days. Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors.

If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.

We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

Offprints
The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Author Services. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.
AUTHOR INQUIRIES
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.
You can also check the status of your submitted article or find out when your accepted article will be published.

© Copyright 2018 Elsevier | https://www.elsevier.com