DESCRIPTION

Journal of Integrative Medicine (JIM) is a peer-reviewed journal sponsored by Shanghai Association of Integrative Medicine and Shanghai Changhai Hospital, China. It is a continuation of the Journal of Chinese Integrative Medicine (JCIM), which was established in 2003 and published in Chinese language (The phonetic romanization of the Chinese title used by MEDLINE/PubMed is Zhong Xi Yi Jie He Xue Bao). Since 2013, JIM has been published in English language.

JIM is an interdisciplinary journal focusing on academic research and clinical studies in the field of integrative medicine. It aims to be a leading journal for studies in integrative medicine, and to promote communication and integration among traditional medicinal systems, complementary and alternative medicine (CAM), and conventional western medicine. The editorial board is committed to publishing high-quality papers on integrative medicine and creating an open forum in which the international scholarly community can exchange views, share research and clinical experience, discuss integrative medicine education, and confer about issues and problems in our various disciplines and in integrative medicine as a whole. The journal's international scope ensures that research and progress from all regions of the world are widely covered.

Topics covered include all aspects of integrative medicine, such as acupuncture and moxibustion, traditional Chinese medicine, Ayurvedic medicine, herbal medicine, homeopathy, nutrition, chiropractic, mind-body medicine, Taichi, Qigong, meditation, and any other modalities of CAM, as well as their integration with the conventional medicine.

Article types include, but are not limited to, randomized controlled and pragmatic trials, translational and patient-centered effectiveness outcome studies, case series and reports, clinical trial protocols, preclinical and basic science studies, systematic reviews and meta-analyses, papers on methodology and medical history or education, conference proceedings, editorials, commentaries, short reports, book reviews, and letters to the editor.

Headed by experienced and internationally recognized Editors-in-Chief and supported by a strong, internationally diverse team of editors, JIM benefits various groups, including clinical researchers, practitioners, academics and administrators worldwide in the field of medical healthcare. With its global reach, JIM looks to establish itself as an outstanding English language journal in its area of focus.

Benefits to Authors
JIM is published both in print and online. The print issues are published bimonthly. However, the journal publishes articles in their full-citable form as soon as the final author corrections have been approved. Therefore, online publication is ahead of the printed journal at the website http://www.jcimjournal.com/jim/. JIM is indexed in MEDLINE/PubMed, ScienceDirect, Embase, Chemical Abstracts, CAB Abstracts, EBSCO, Western Pacific Region Index Medicus (WPRIM), Chinese Science Citation Database (CSCD) and China National Knowledge Infrastructure (CNKI). This ensures that articles published in JIM have the maximum exposure and visibility to the international scholarly community. JIM does not levy any submission fee or page charges to any author. We also provide many other author benefits, such as free PDFs, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

Please see our Guide for Authors (https://www.elsevier.com/journals/journal-of-integrative-medicine/2095-4964/guide-for-authors) for information on article submission. If you require any further information or help, please visit our support pages: https://service.elsevier.com.

IMPACT FACTOR

2019: 2.446 © Clarivate Analytics Journal Citation Reports 2020

ABSTRACTING AND INDEXING

Western Pacific Region Index Medicus (WPRIM)
PubMed/Medline
Emerging Sources Citation Index (ESCI)
Scopus
Embase
Academic Search (EBSCO)
Chinese Science Citation Database

EDITORIAL BOARD

Editors-in-Chief
Lixing Lao, University of Hong Kong School of Chinese Medicine, Pokfulam, Hong Kong
Clinical trials and pre-clinical studies in acupuncture and Chinese herbal medicine
Chang-quan Ling, Second Military Medical University, School of Traditional Chinese Medicine, Department of Integrative Medicine Oncology, Shanghai, China
Oncology, Herbal medicine, Integrative medicine

Managing Editor-in-Chief
Qing-hui Zhou, Naval Medical University (Second Military Medical University), Changhai Hospital, School of Traditional Chinese Medicine, Department of Acupuncture, Shanghai, China
Acupuncture, Pain management, Traditional Chinese medicine

Associate Editors-in-Chief
Arthur Yin Fan, McLean Center for Complementary and Alternative Medicine, Vienna, United States
Acupuncture, Chinese medicine, Methodology, Neurology; Inflammation, Pain, Medical history
Wei Gu, Department of Rehabilitation Medicine, Shanghai Hospital, Second Military Medical University, Shanghai, China
Rehabilitation medicine, Acupuncture, Military medicine, Physical therapy
Guang Ji, Shanghai University of Traditional Chinese Medicine Institute of Spine Diseases, Shanghai, China
Digestive diseases, Traditional Chinese medicine
Ping Liu, Shanghai University of Traditional Chinese Medicine Institute of Liver Disease, Shanghai, China
Liver diseases, Hepatic fibrosis, Traditional Chinese medicine
Hongcai Shang, Tianjin University of Traditional Chinese Medicine Institute of Chinese Medicine, Tianjin, China
Evidence-based medicine, Clinical trial of traditional Chinese medicine
Wen-jian Wang, Huashan Hospital Fudan University Department of Integrative Medicine, Shanghai, China
Metabolic disease, Traditional Chinese medicine
Members of the Advisory Board

Alan Bensoussan, Western Sydney University, National Institute of Complementary Medicine, Centre for Complementary Medicine Research, Penrith, Australia
Complementary medicine, Chinese medicine, Clinical trials and evidence based practice, Irritable bowel syndrome

Brian M. Berman, University of Maryland School of Medicine Center for Integrative Medicine, Baltimore, United States
Integrative medicine, mind body medicine, acupuncture, pain management

Barrie R. Cassileth, Memorial Sloan-Kettering Cancer Center, Integrative Medicine Service, New York, United States
Integrative medicine, Evidence-based complementary therapies, Integrative oncology

Kai-xian Chen, Shanghai Institute of Materia Medica Chinese Academy of Sciences Department of Pharmacy, Shanghai, China
Biological pharmacy, Integrative medicine

Ke-ji Chen, China Academy of Chinese Medical Sciences Xiyuan Hospital, Beijing, China
traditional medicine, pattern identification, blood stasis, cardiovascular disease

Harry Fong, University of Illinois at Chicago, College of Pharmacy, Department of Medicinal Chemistry and Pharmacognosy, Chicago, United States
Collaborative drug discovery, Botanical dietary supplements, Evidence-based traditional herbal medicines, Monographing medicinal plants

Richard C. Niemtzow, Malcolm Grow Medical Clinics and Surgery Center, United States Air Force Acupuncture and Integrative Medical Center, Joint Base Andrews, United States
Acupuncture, Military medicine, Battlefield acupuncture, Degenerative retinal disease, Concussion headache protocol

Bo-li Zhang, Tianjin University of Traditional Chinese Medicine Institute of Chinese Medicine, Tianjin, China
Cardiovascular disease, Vascular dementia, Stroke, Integrative medicine

Members of the Editorial Board

Jon Adams, University of Technology Sydney, Faculty of Health - Australian Research Centre in Complementary and Integrative Medicine, Ultimo, Australia
Public health, complementary and alternative medicine,

Joel Alcantara, International Chiropractic Pediatric Association, San Jose, United States
Chiropractic research

Stephen D. Anton, University of Florida Department of Aging and Geriatric Research, Gainesville, United States
Obesity; metabolic disease; aging; lifestyle; botanicals

Boon Huat Bay, National University Singapore Yong Loo Lin School of Medicine, Singapore, Singapore
Cancer biology, Photodynamic therapy of cancer

Zhaoxiang Bian, Hong Kong Baptist University School of Chinese Medicine, Hong Kong, Hong Kong
herbal medicine, clinical trials, reporting guidelines, herbal drug development

Annie Bligh, University of Westminster School of Life Sciences Department of Complementary Medicine, London, United Kingdom
Synthetic drug, Traditional Chinese herbal medicines

Brian Budgell, Canadian Memorial Chiropractic College, Toronto, Canada
Neuroscience in chiropractic

Arndt Büssing, University Witten Herdecke Centre of Integrative Medicine, Herdecke, Germany
Resources to cope with chronic illness, spirituality, quality of life, non-pharmacological interventions, health psychology, questionnaire development, Chinese medicine, cellular immunology

Chun-tao Che, University of Illinois at Chicago Department of Medicinal Chemistry and Pharmacognosy, Chicago, United States
Pharmacognosy; natural products; Chinese medicine; biologically active natural substances; development of analytical techniques for herbal drug analysis

Delia Chiaramonte, Greater Baltimore Medical Center, Integrative/Palliative Medicine, Baltimore, United States
Integrative medicine; hospice; anxiety disorders; palliative care

William Chi-Shing Cho, Queen Elizabeth Hospital Department of Clinical Oncology, Hong Kong, Hong Kong
Cancer biomarkers, Proteomics, microRNAs; Chinese medicine

Christopher D’Adamo, University of Maryland School of Medicine Center for Integrative Medicine, Baltimore, United States
Nutrition; nutritional supplements, nutrigenomics, exercise, mind-body medicine, integrative medicine

Vinod Kumar Dixit, Dr Hari Singh Gour University Department of Pharmaceutical Sciences, Sagar, India
Rasayana drugs; plant tissue culture; prostate cancer

Thomas Effert, Johannes Gutenberg University Mainz Institute of Pharmacy and Biochemistry Therapeutic Life Sciences, Mainz, Germany
Network pharmacology, virtual drug screening, bioinformatics
Min Fang, Shanghai University of Traditional Chinese Medicine Yueyang Hospital of Integrated Traditional Chinese Medicine and Western Medi, Shanghai, China
Rehabilitation medicine; acupuncture; massage

Arthur de Sá Ferreira, Augusto Motta University Centre Laboratory of Human Motion Analysis, Niteroi, Brazil
Physiotherapy and occupational therapy; acupuncture

Henry J. Greten, Heidelberg School of Chinese Medicine, Heidelberg, Germany
Family medicine, naturopathy, homoeopathy, acupuncture,

Jia He, Second Military Medical University Department of Health Statistics, Shanghai, China
Public health and preventive medicine; epidemiology; public health statistics

Cheng Huang, Shanghai University of Traditional Chinese Medicine Drug Discovery Laboratory, Shanghai, China
Antineoplastic medicine; endocrine and metabolic diseases; pharmacology of traditional Chinese medicine

Shuang Huang, Augusta University Medical College of Georgia Department of Biochemistry and Molecular Biology, Augusta, United States
Biochemistry; molecular biology; oncology; gene regulation

Ka-Kit Hui, University of California Los Angeles Center for East-West Medicine, Los Angeles, United States
acupuncture, Chinese medicine, chronic pain, Geriatrics, integrative medicine, integrative oncology

Peter J. Hylands, King's College London Institute of Pharmaceutical Science, London, United Kingdom
Standardisation of plant extracts, chemometric metabonomic approaches, natural product research,

Takashi Ikejima, Shenyang Pharmaceutical University China-Japan Research Institute of Medical and Pharmaceutical Sciences, Shenyang, China
Pharmacology; toxicology; pharmacy

Libin Jia, National Cancer Institute Shady Grove, Rockville, United States
Biochemistry; organic chemistry; polymer chemistry; applied chemistry; metallurgy

Wei Jia, University of Hawai'i Cancer Center, Honolulu, United States
Biochemical profiling of botanical preparations and metabolomics; metabolic phenotypes; metabolic transformation; cancer and metabolic disorders

William Jia, The University of British Columbia Department of Surgery, Vancouver, Canada
Oncolytic virotherapy; immuno-oncology

Ted Kaptchuk, Harvard Medical School, Beth Israel Deaconess Medical Center, Boston, United States
East Asian medicine and alternative therapies; placebo effects and placebo controls

Anisur Rahman Khuda-Bukhsh, University of Kalyani, Laboratory of Cytogenetics and Molecular Biology, Department of Zoology, Kalyani, India
Cytogenetics; homeopathic drugs and their mechanism of action

Mikhail Kogan, GW Center for Integrative Medicine, Washington, United States
Geriatrics and palliative care; integrative medicine; neurodegenerative disorders; functional medicine

Myeong Soo Lee, Korea Institute of Oriental Medicine, Daejeon, Korea, Republic of
clinical trial, complementary medicine, evidence based medicine, herbal medicine, systematic review, mind body medicine

Jun-xiang Li, Beijing University of Chinese Medicine, Dongfang Hospital, Gastroenterology Department, Beijing, China
Chronic liver disease; gastrointestinal disease; integrative medicine

Shaoping Li, University of Macau, Taipa, Macao
Herbal glycol-analysis; standard development of Chinese medicines; development of quality control methods; culture, fermentation, active ingredients and quality control of medicinal mushroom

Xiu-Min Li, Icahn School of Medicine at Mount Sinai Division of Pediatric Allergy and Immunology, New-York, United States
Pediatric allergy and immunology

Yongming Li, Warren Hospital, Department of Pathology and Lab Medicine, Bridgewater, United States
Traditional Chinese medicine

Chen Ling, University of Florida College of Medicine, Department of Pediatrics, Division of Cellular and Molecular Therapy, Gainesville, United States
Gene therapy for inherited diseases; gene therapy for liver cancer; basic biology for adeno-associated virus

Gerhard Litscher, Hospital of the Federal State of Styria and University Hospital Research Unit of Biomedical Technology for Anaesthesiology and Intensive Care Medicine, Graz, Austria
Neuromonitoring and high-tech acupuncture research

Jianping Liu, Beijing University of Chinese Medicine Center for Evidence-Based Chinese Medicine, Beijing, China
Evidence based medicine

Ai-ping Lü, Hong Kong Baptist University School of Chinese Medicine, Hong Kong, Hong Kong
Chinese herbal medicine

Hugh MacPherson, University of York Department of Health Sciences, York, United Kingdom
Acupuncture research, clinical trials, chronic pain, evidence based medicine
David Moher, University of Ottawa, School of Epidemiology, Public Health and Preventive Medicine, Ottawa, Canada
Methodology of clinical study; evidence-based medicine; network meta-analysis; reporting guidelines; journalology

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

Pulok K. Mukherjee, School of Natural Product Studies, Department of Pharmaceutical Technology, Jadavpur University, Kolkata, India
Antioxidants; phytochemicals; natural product chemistry; chromatography; food chemistry; herbal medicine

Tai-Long Pan, Chang Gung University School of Traditional Chinese Medicine, Taoyuan, Taiwan
Biochemistry analytical chemistry; structural biology

Nicola Robinson, London South Bank University School of Health and Social Care, London, United Kingdom
public health, complementary medicine, traditional medicine, clinical practice guidelines

Jian-rong Shi, Shanghai University of Traditional Chinese Medicine Experimental Teaching Center, Shanghai, China
Traditional Chinese medicine theory; integrative medicine fundamental research

Byung-Cheul Shin, Pusan National University School of Korean Medicine, Yangsan, Korea, Republic of Traditional medicine; acupuncture; herbal medicine; complementary & alternative medicine; pain medicine; systematic review

David Sibbritt, University of Technology Sydney, Faculty of Health, Australian Research Centre in Complementary and Integrative Medicine (ARCCIM), Sydney, Australia
Complementary and alternative medicine, public health, biostatistics,

Kwok-Fai So, University of Hong Kong Department of Anatomy, Hong Kong, Hong Kong

Demetrios A. Spandidos, University of Crete, Department of Clinical Virology Faculty of Medicine, Crete, Greece
Oncology and molecular medicine

Arun Srivastava, University of Florida College of Medicine, Division of Cellular and Molecular Therapy, Cancer and Genetics Research Complex, Gainesville, United States
Cellular and molecular therapy; cancer and genetics research

Shibin Su, Shanghai University of Traditional Chinese Medicine, Shanghai, China
Traditional Chinese medicine

Ming Tan, Georgetown University Medical Center Department of Biostatistics Bioinformatics and Biostatistics, Washington, United States
Genomics and epidemiological research; biomarker evaluation; laboratory investigations; design, conduct and analysis of clinical trials

Qingchun Tong, University of Texas Health Science Center at Houston, Institute of Molecular Medicine of McGovern Medical School, Houston, United States
Obesity, hypothalamus, feeding, energy expenditure, glucose

Georges Uzan, Hospitalier Paul Brousse, Inserm, Bâtiment Lavoisier, Villejuif, France
Endothelial progenitor cells; stem cells; regenerative medicine; rare cells purification, characterization and culture

Robert Verpoorte, Leiden University Institute of Biology Leiden, Leiden, Netherlands
Metabolomics, plants, alkaloids, extraction, plant tissue culture,

Zheng-tao Wang, Shanghai University of Traditional Chinese Medicine Institute of Chinese Materia Medica, Shanghai, China
Pharmacognosy; toxic herbs research; plant effective components; herbal quality standard

Claudia Witt, Charité University Hospital Berlin Institute of Social Medicine Epidemiology and Health Economics, Berlin, Germany
Clinical and epidemiological studies in complementary medicine (e.g. acupuncture, homeopathy, qigong, naturopathy); health economics and safety evaluations; basic research in homeopathy

Xiu-wei Yang, Peking University Department of Natural Medicines, Beijing, China
Natural products chemistry; drug metabolism

Zemin Yao, University of Ottawa Department of Biochemistry Microbiology and Immunology, Ottawa, Canada
Protein and lipid research; vascular biology

Chao-qin Yu, Second Military Medical University, Shanghai Hospital, School of Traditional Chinese Medicine, Gynaecologic Department of Traditional Chinese Medicine, Shanghai, China
Gynecological oncology; endometriosis; polycystic ovarian syndrome; traditional Chinese medicine

Zhang Jin Zhang, University of Hong Kong School of Chinese Medicine, Pokfulam, Hong Kong
Herbal medicine; acupuncture; psychopharmacology and biological psychiatry

Ming Zhao, Anti Cancer Inc, San Diego, United States
Preclinical oncology; oncolytic bacteria immunotherapy; immunology

Li-gang Zhou, Shanghai Pudong Hospital Department of Endocrinology, Shanghai, China
Diabetes; obesity; thyroid disease
Bing Zhu, Institute of Biophysics Chinese Academy of Sciences, Beijing, China
Epigenetics
GUIDE FOR AUTHORS

Types of article
Contact details for submission
Manuscripts should be submitted online via the JIM’s online submission and peer review website (known as ScholarOne Manuscripts) at http://mc03.manuscriptcentral.com/jcim-en. Regardless of the source of the word-processing tool, only electronic PDF (.pdf) or Word (.doc, .docx, .rtf) files can be submitted through the ScholarOne Manuscripts. There is no page limit. Only online submissions are accepted to facilitate rapid publication and minimize administrative costs. Submissions by anyone other than one of the authors will not be accepted. The submitting author takes responsibility for the paper during submission and peer review. If for some technical reason submission through the ScholarOne Manuscripts is not possible, the author can contact jcim@163.com for support

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 are present:

One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address

All necessary files have been uploaded:
Manuscript:
• Include keywords
• All figures (include relevant captions)
• All tables (including titles, description, footnotes)
• Ensure all figure and table citations in the text match the files provided
• Indicate clearly if color should be used for any figures in print
Graphical Abstracts / Highlights files (where applicable)
Supplemental files (where applicable)

Further considerations
• Manuscript has been 'spell checked' and 'grammar checked'
• All references mentioned in the Reference List are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
• A competing interests statement is provided, even if the authors have no competing interests to declare
• Journal policies detailed in this guide have been reviewed
• Referee suggestions and contact details provided, based on journal requirements

For further information, visit our Support Center.

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

Declaration of 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 competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double anonymized) or the manuscript file (if single anonymized). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal’s official records. It is important for potential interests to be declared in both places and that the information matches. More information.
**Submission declaration**
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.

**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.

**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.

**Disclosure Policy**
A competing interest exists when professional judgment concerning the validity of research is influenced by a secondary interest, such as financial gain. We require that our authors reveal all possible conflicts of interest in their submitted manuscripts.

**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 an 'Exclusive 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.
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.

PREPARATION

PEER REVIEW
Journal of Integrative Medicine is a member of the Committee on Publication Ethics (COPE), and follows the International Committee of Medical Journal Editors (ICMJE) Recommendations. The peer-review policies meet the guidelines of Core Practices of COPE and ICMJE Recommendations.

All contributions of the Journal of Integrative Medicine will be initially assessed by the Editor-in-Chief; about 45% to 50% of submissions will be rejected at this stage, and only those manuscripts judged most likely to meet the journal's editorial criteria will be assigned to the Associate Editor, who will be responsible for handling the manuscript processing, to initiate the external peer review. This journal handles all peer review through the online system ScholarOne Manuscripts, using its Publons Reviewer Connect and Publons Reviewer Recognition Service.

This journal operates a double blind review process. The peer-reviewers' and the authors' identities will remain anonymous to each other. When uploading manuscripts, the submitting author is required to upload a manuscript file designated as Main Document accessible to the peer-reviewers with no identifying author information, and a separate Title Page not accessible to the peer-reviewers with author details. A minimum of two independent expert reviewers are selected (with their review comments returned) to assess the scientific quality of the paper. Based on the comments of the reviewers, the Editor-in-Chief determines whether the manuscript is accepted, rejected, or requires revision before publication, and the decision, as well as the reviewers' comments (without reviewers' identities) will be sent to the authors. If revision (including Minor Revision, and Major Revision) is required, the authors should amend and resubmit the manuscript, with author responses to the reviewer comments. Resubmission will be sent to the reviewers for the second-round review. If the revision is not satisfactory to the reviewers, the author may be asked to make a second revision, or the paper may be rejected.

The decisions about individual manuscripts are based on originality, importance and academic credence. The Editor-in-Chief is responsible for the final decision regarding acceptance or rejection of articles. The Editor-in-Chief’s decision is final. The acceptance rate of the Journal of Integrative Medicine is about 18% of the submissions.

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 - unnumbered sections
Divide your article into clearly defined and numbered sections (numbered 1, 2, 3, etc.). 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'.

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

Material and methods
Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

Theory/calculation
A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

Results
Results should be clear and concise.

Discussion
This should explore the significance of the results of the work, not repeat them. Avoid combining Results and Discussion in one section. Results and Discussion should be written separately as two sections. 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 the 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.

Essential title page information
• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
• Author names and affiliations. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration. 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.
• Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact details are 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.

Highlights
Highlights are optional yet highly encouraged for this journal, as they increase the discoverability of your article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (If any). Please have a look at the examples here: example Highlights.
Highlights should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

**Abstract**
A concise and factual 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.

**Graphical abstract**
Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. You can view Example Graphical Abstracts on our information site.

Authors can make use of Elsevier's Illustration Services to ensure the best presentation of their images and in accordance with all technical requirements.

**Keywords**
Immediately after the abstract, provide a maximum of 6 keywords, using American 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.).

**Math formulae**
Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

**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**

**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, halftones, 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/half-tone (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.

**Color artwork**

Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. **For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article.** Please indicate your preference for color: in print or online only. Further information on the preparation of electronic artwork.

**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.
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

A DOI is guaranteed never to change, so you can use it as a permanent link to any electronic article. An example of a citation using DOI for an article not yet in an issue is: VanDecar J.C., Russo R.M., James D.E., Ambeh W.B., Franke M. (2003). Aseismic continuation of the Lesser Antilles slab beneath northeastern Venezuela. Journal of Geophysical Research, https://doi.org/10.1029/2001JB000884. Please note the format of such citations should be in the same style as all other references in the paper.

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 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.
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:
Note shortened form for last page number. e.g., 51–9, and that for more than 6 authors the first 6 should be listed followed by ‘et al.’ For further details you are referred to ‘Uniform Requirements for Manuscripts submitted to Biomedical Journals’ (J Am Med Assoc 1997;277:927–34) (see also Samples of Formatted References).

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