Sending Images (Photos, Graphs, Figures, etc.) to JAHVMA
Updated 10/10/2022

IMPORTANT: All images must be your original or accompanied by permission to reprint. If reprinting, you are responsible for the accuracy of the image, including but not limited to facts and figures displayed in the image.
Do not use images that have been previously published in another scientific journal.
JAHVMA will reject images that do not comply with these criteria.

Creating original images: Online programs such as BioRender can be used to create images, working with hundreds of pre-existing templates.

Submitting images (checklist):

- Submit images to editor-jahvma@ahvma.org
- Images must be submitted as attachments to emails, with one image per email, the paper title and figure # as the “name” of the image, and the figure # in the subject line of the email.
- Do NOT submit an image embedded in a Word document. Just note, for example, “(Figure 1)” in the text where you want the reader to consult the figure. Reasons: 1) Figures submitted in a Word document will not be of high enough resolution, and 2) during the layout/design phase of publication, the graphics designer will “fit” the image into the appropriate location on the page which will look nothing like a Word document.
- Each image should be saved and named with the title of the paper and figure # in the name. This prevents confusion when we store the images months in advance of publication.
  Ex: Figure 3: Overview of the heart’s intelligence: a dynamic perspective into the world of energetic wellness
- Figure legends should NOT be embedded in the figure, but rather should appear as a separate section at the end of the manuscript. This allows for easy editing as indicated. Figure legends should provide sufficient detail to render the figure intelligible without reference to the text. Explain all abbreviations and symbols, stains, and magnifications.
  For any copyrighted material, indicate that permission has been obtained and from whom.
  ex: Figure 3: Heart rhythm patterns in relation to emotions. Image is courtesy of the HMI. www.heartmath.org
- Images should be submitted as pdfs, jpg, png, or tiff.
- Resolution for images should be 300 dpi and at least 2 x 4 inches. We want our readers to enjoy looking at your very clear images.
- Images taken on a cellphone should be emailed at the highest resolution allowed, for the same reason as the above bullet.
- If you have any concerns about the quality of the image you are submitting, we encourage you to seek help from a friend/family member/colleague/fifth grader prior to submitting a possibly inadequate image to JAHVMA. While we would like to support you in this endeavor, our time and resources are devoted to making sure your manuscript will be exceptional.