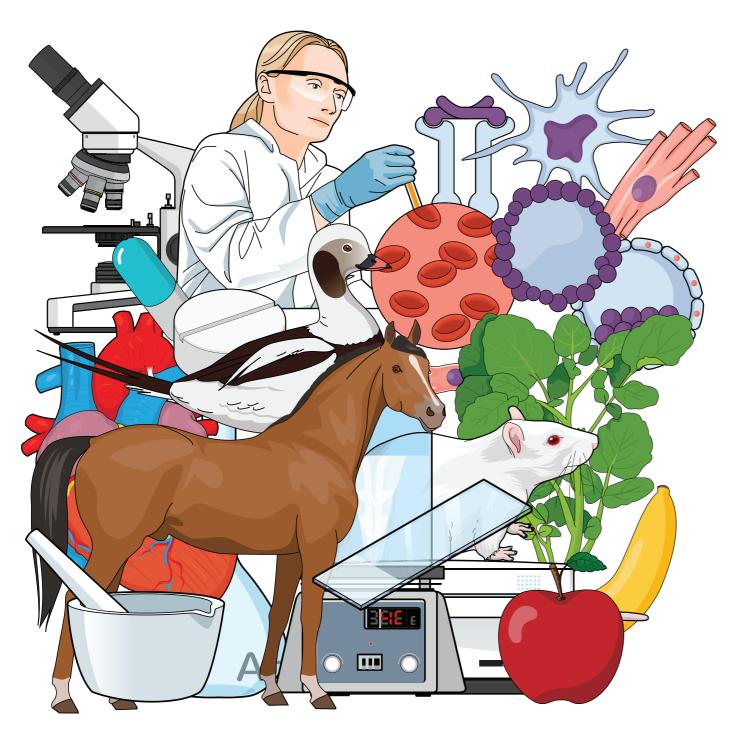
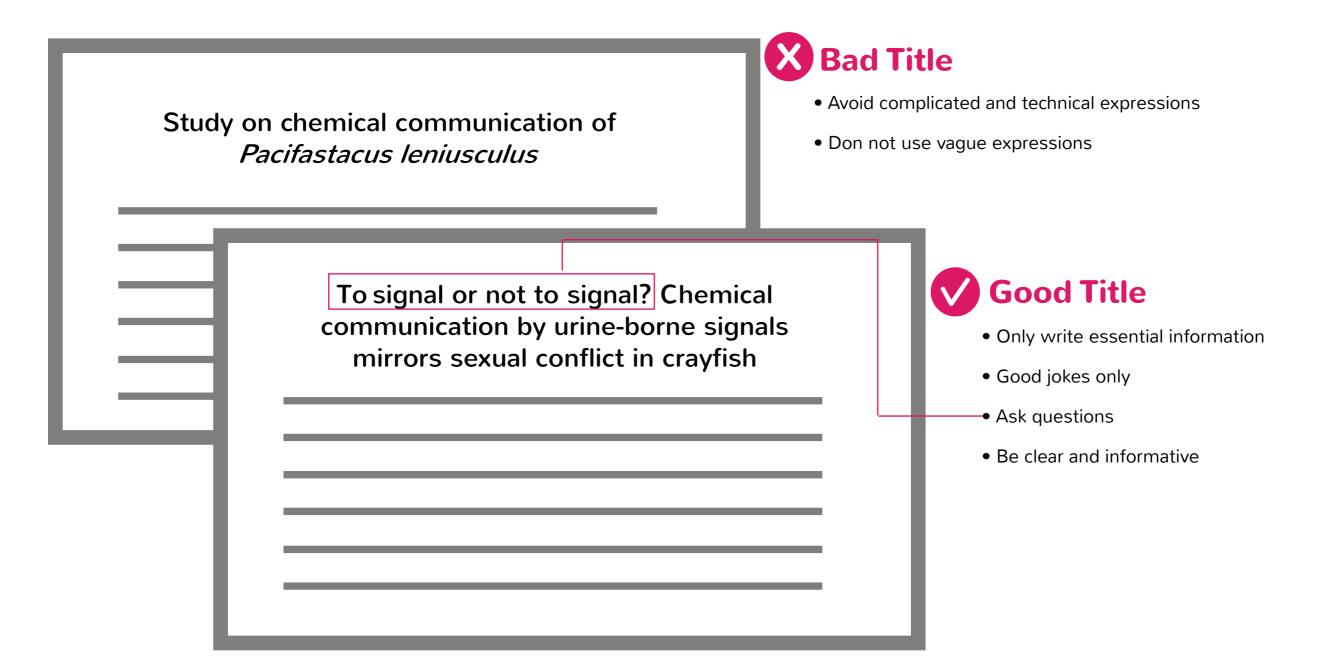


Summary

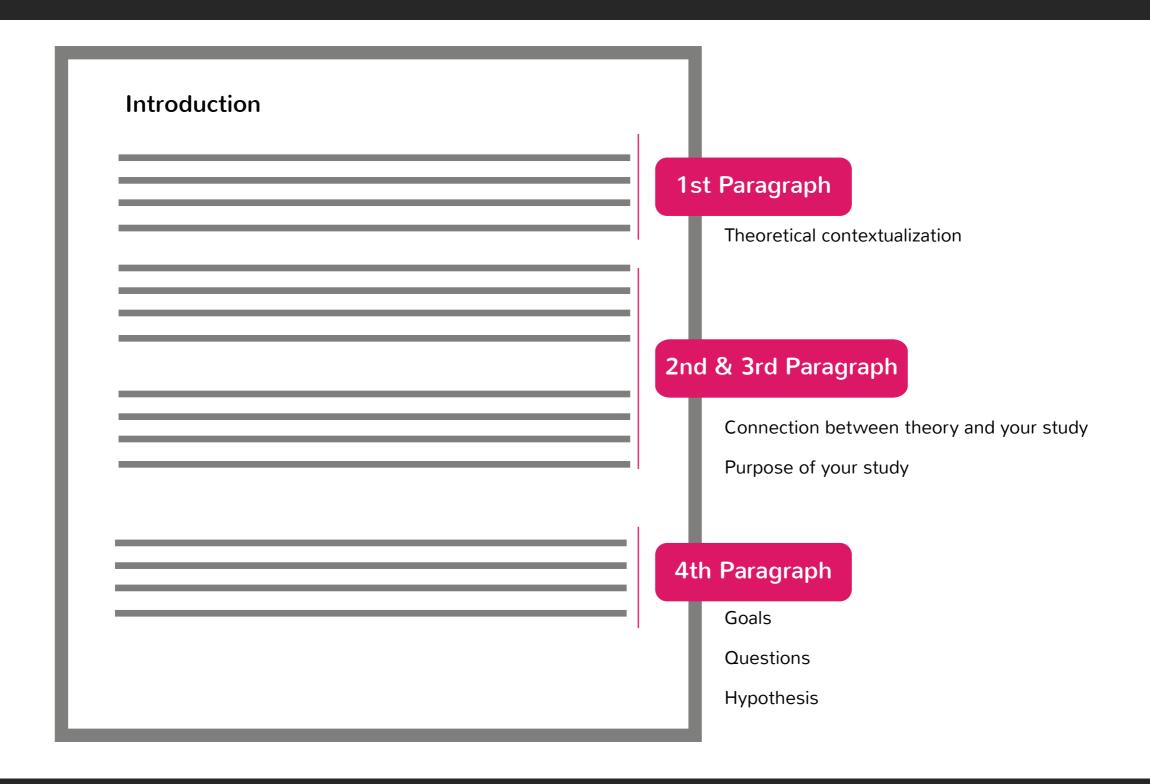


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Title

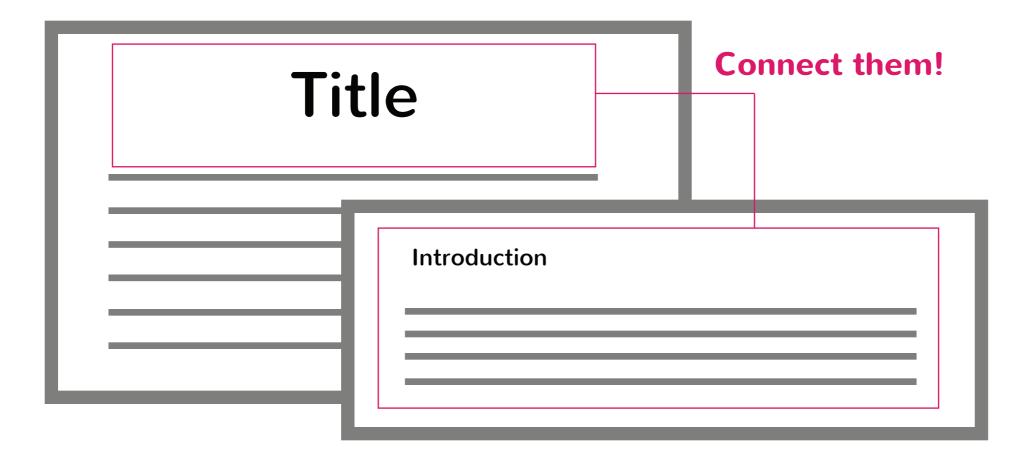


Introduction



Introduction

Remember!

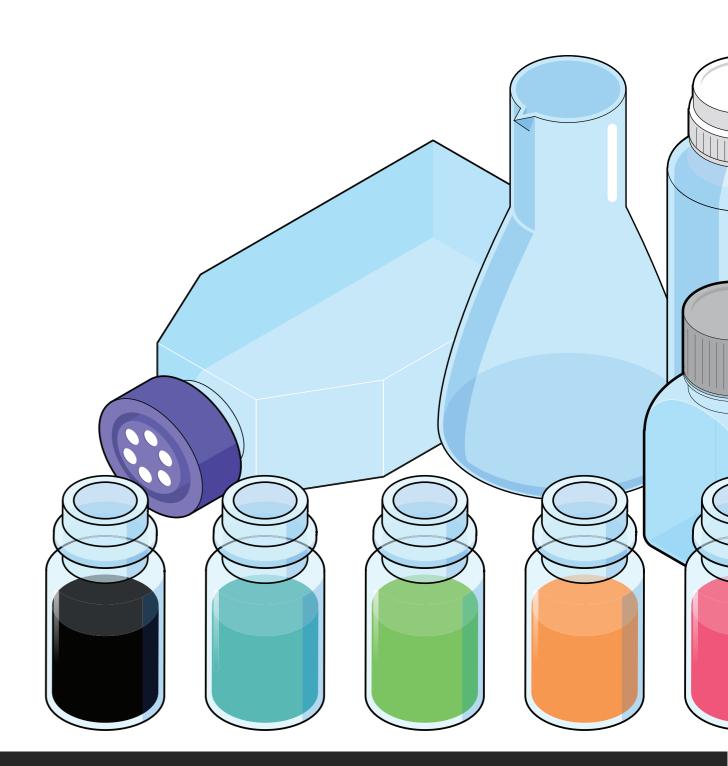


Organize the topics you will write about and make sure they are linked

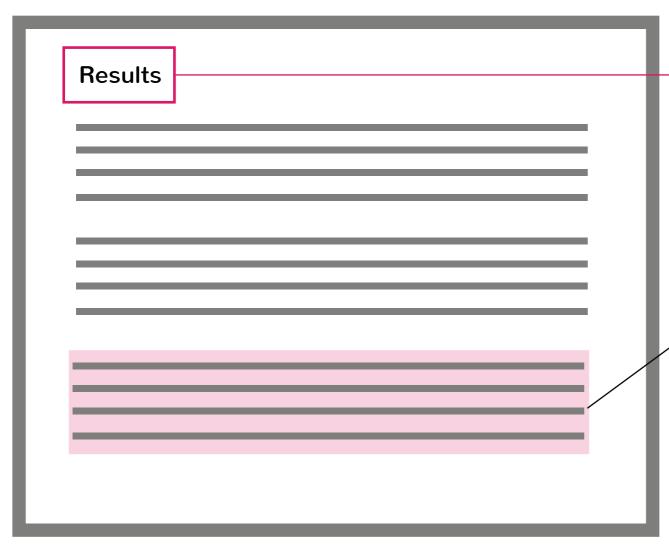
Never explain more than one idea in the same sentence

Materials & Methods

- Use active voice
- Describe well your study site
- Anyone should be able to replicate your study with the data and information you provided
- Present your methods and statistics in the same order as your questions or hypothesis



Results



- Present your results in the same order as your questions or hypothesis
- Only present results that answer your questions or test your hypothesis
- Do not repeat the information from Materials & Methods in the figures
- Highlight the impact of your results

Graphs & Tables

What your graphs and tables must be:

- Extremely necessary
- Self-explanatory
- Easy to understand
- Consistent with your findings
- Simple and B&W
- Clean
- Subtitled

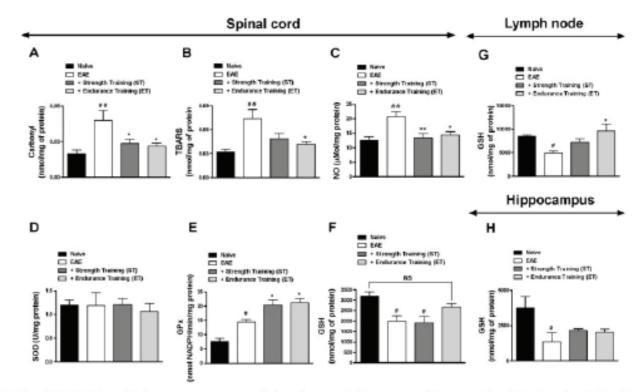


Fig. 2 ET and ST inhibit oxidative stress parameters during the development of EAE. Protein damage (carbonyl technique) (a), lipid damage (2-thiobarbituric acid reactive species (TBARS) technique) (b), formation of nitric oxide (c), superoxide dismutase (SOD) activity (d), glutathione peroxidase (GPx) activity (e), and glutathione (GSH) content (f) were estimated in the spinal cord. GSH content in the lymph node (g)

and hippocampus (h) were estimated in the naive, EAE, ST, and ET groups. Data are presented as mean \pm SEM of four to six mice/group and are representative of three independent experiments (n=12-18 animals/group), where "p < 0.05 and ""p < 0.001 vs. the naïve group; "p < 0.05 and ""p < 0.001 vs. the EAE group (one-way ANOVA followed by Newman-Keuls post hoc test)

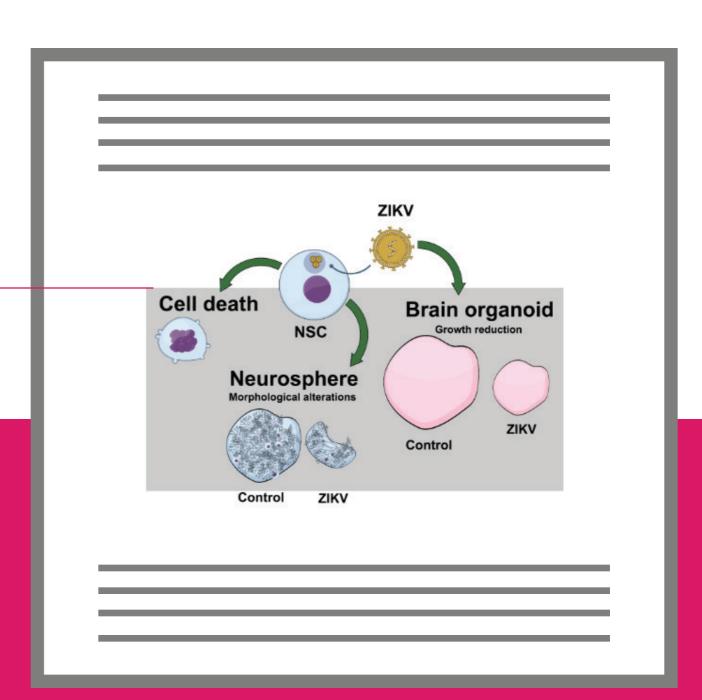
Souza, P. S. et al, 2016. Physical Exercise Attenuates Experimental Autoimmune Encephalomyelitis by Inhibiting Peripheral Immune Response and Blood-Brain Barrier Disruption. Molecular Neurobiology DOI 10.1007/s12035-016-0014-0

Pictures & Illustration

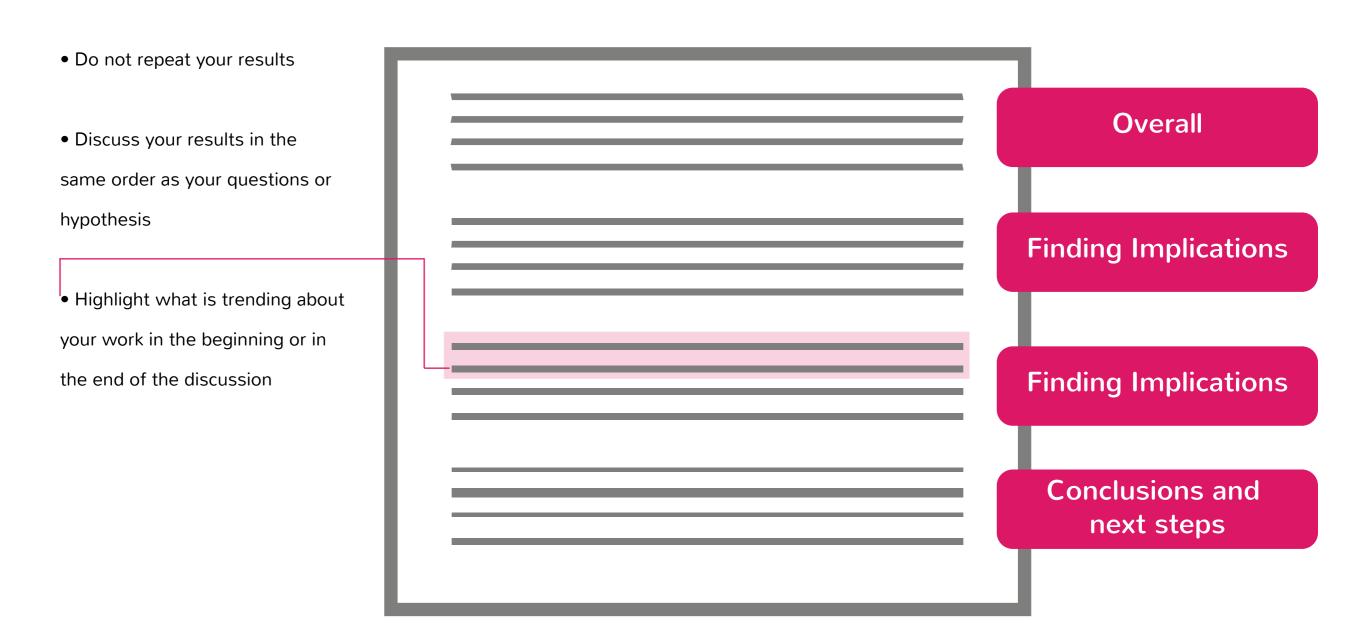
You can only use pictures and illustrations when:

- If needed to represent information presented in your study
- If it shows something new or never seen before
- If it helps undestanding or visualizing a flow of information

This was elegantly done by the group of Dr. Stevens Rehen, an internationally-known researcher in the field of stem cell research and, more recently, cell reprogramming. Two months after the pre-print on PeerJ dated March 2016, the final paper was released and, to our surprise, it was published on Science Magazine, one of the most prestigious scientific journals in the planet.



Discussion



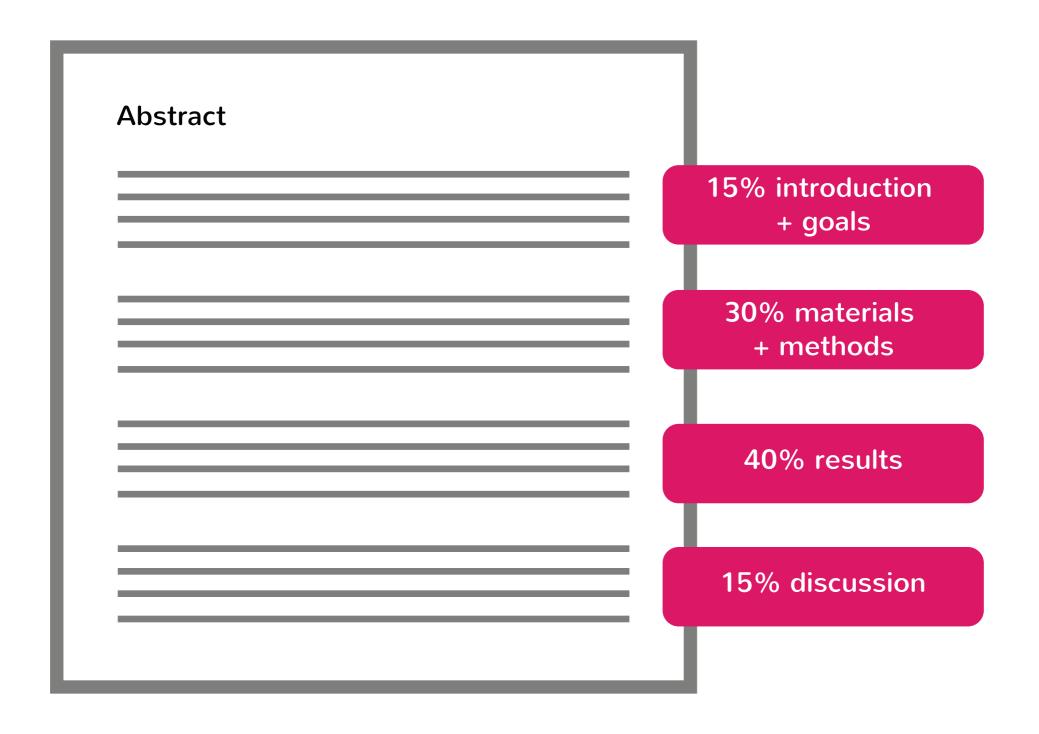
References

Read, read, read, read.

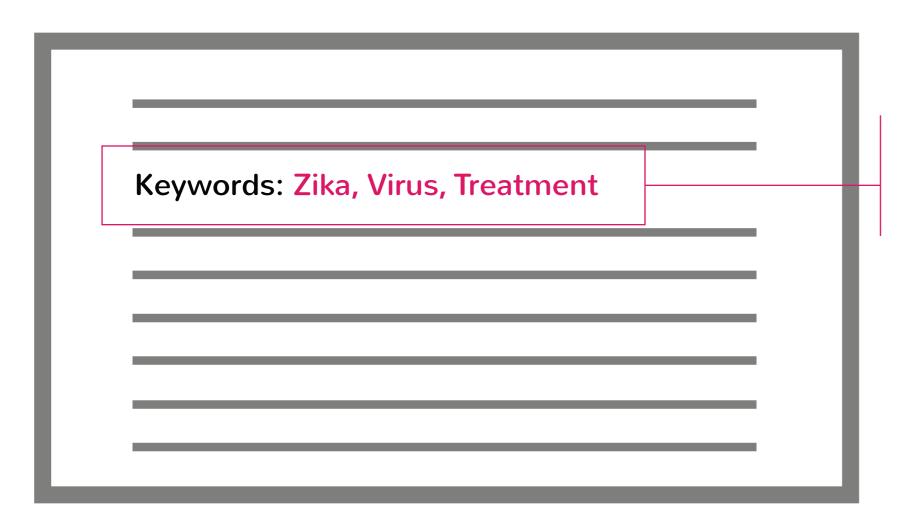
- Search for good references for your work
- If the information you have came from someone else's work, cite them
- Standardize all references



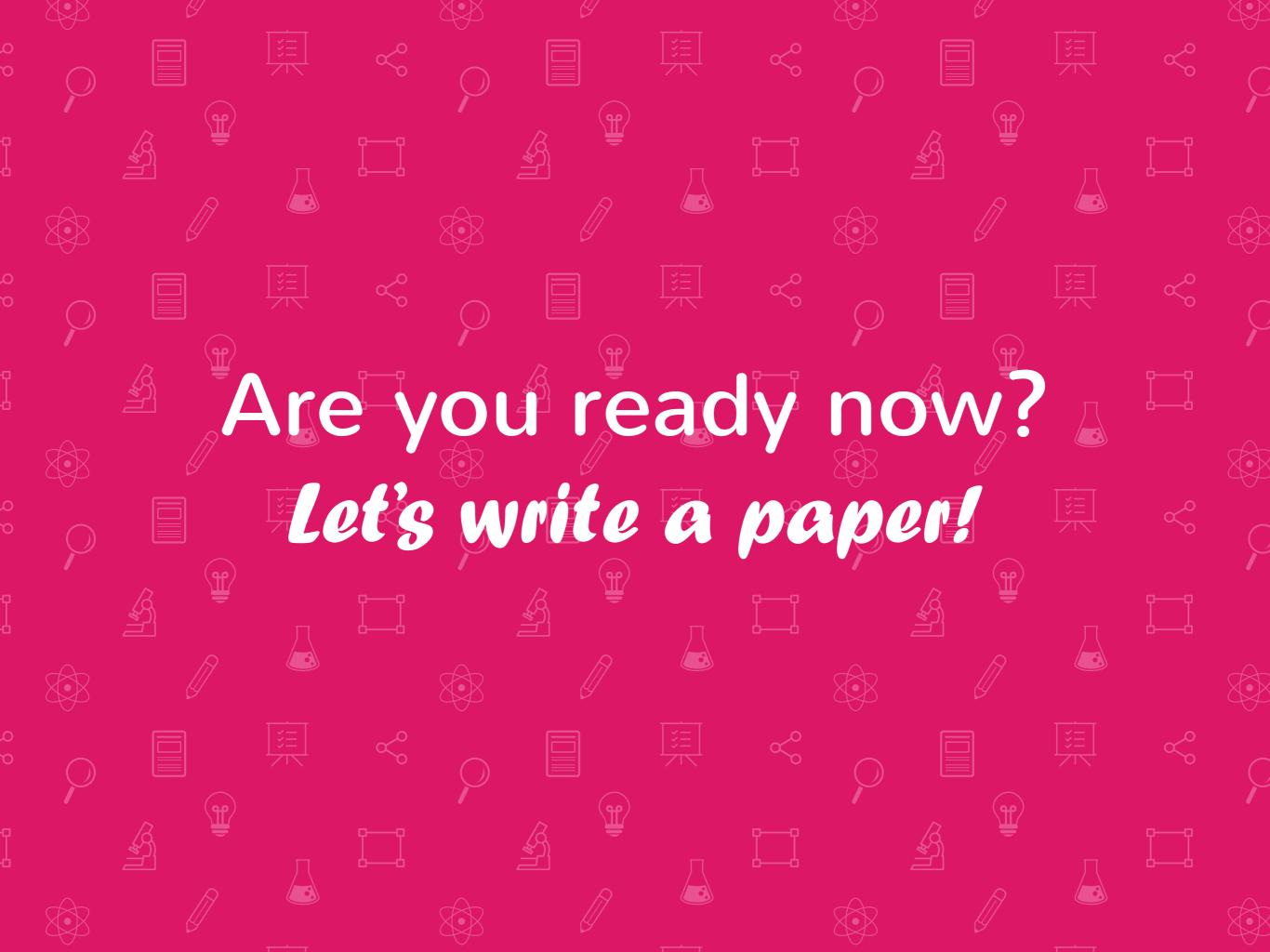
Abstract



Keywords



- Never repeat words from the title
- Use only relevant words to your research
- Avoid words that are too specific





Unify, Simplify, Beautify

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