The Role of Dietary Phytosterols in Reducing Human Stress

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Keywords: Alignment, aromatic plant, medicinal plant. (Do not use words that are in the title)

Abstract

The text of the abstract is indented, but does not leave a blank line after the word "Abstract." For the abstract, all text is in Font = 12 point Times New Roman bold. In the abstract as in other text, leave 2 spaces after each period. The text is single spaced and justified.

Introduction

The text within the sections entitled introduction, materials and methods, results, and discussion, should be in Font = 12 point Times New Roman regular (that is not bold). The text is single spaced and justified. Use the introduction to introduce the subject material of your paper.

Materials and Methods

In the materials and methods, you should describe the parameters and indicate the methodology for the work. The text should be in Font = 12 point Times New Roman regular. Be sure to give citation credit where appropriate. Do not leave a blank line after a paragraph.

The next paragraph is indented as the first paragraph. If you need to use subheadings, the first set of subheadings (known as subheading) will be in italics as the plant material example following. To have subheadings, you must use more than one.

Plant material. Golden sage (*Salvia officinalis* 'Aurea'), black cohosh (*Cimicifuga racemosa* (L.) Nutt.), and Arugula (*Eruca vesicaria* subsp. *sativa*) were used in these experiments. The plants were seeded on August 4, 2002, at the experimental farm of the Institute in plots 4 m x 16 m on July 25, 2009, in plots 4 m x 6 m. A total of 6 fertilizers were used in treatment ….

Results

Plants seeded in early spring grew larger and had increased oil content as compared with plants seeded in the fall (Table 1). Of special interest was the golden sage, a plant that grew rapidly in treatments containing excess phosphorus. The oil content …….

Discussion

In the discussion, write about the importance of the work in reference to other similar work. Fully discuss the research, do not repeat the results. Cite the work of others to support your work or indicate differences.

The increased number of phytoestrogens observed in the black cohosh used in this study supports the work of others (Franks, 2003; Jones, 1999; Li and Green, 2001) cultivating this species. In collected black cohosh plants, Banager (2002) noted the phytoestrogens were concentrated in leaf tissue. Although the black cohosh leaves in our study did contain phytoestrogens, the concentration was relatively low as compared with other reports (Banager, 2002; Green and Trip, 2000; Marks, 1966).

Acknowledgements

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Place tables and figures on the page closest to their reference in the text. Be sure figures and tables are labeled completely and be sure to include units; font size may be changed to fit within margins. Colors may used in figures, but should be selected so that printing in gray scale will distinguish differences.

Table 1. The effect of nitrogen on growth of sage.

Treatment	Growth[1]	
	Height[2]	Fresh weight[2]
(kg/ha)	(cm)	(g plant^{-1})
20	15.9	12.7
30	17.8	34.2
40	19.7	44.4
50	23.0	46.2

[1] Measured at full bloom.
[2] Mean of five stems.

Column headings
Units
Fields
Row headings
Footnotes

Align all decimals with decimal tab

Type table and figure titles in Tms Rm 12 font; type heading and data in Tms Rm 10 font.

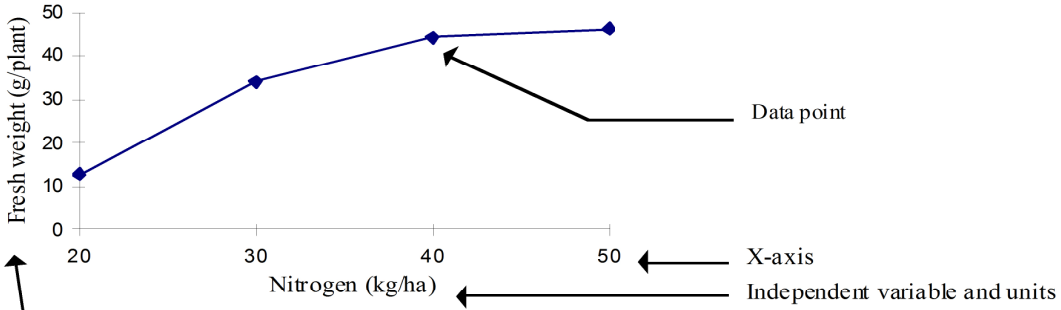

Figure 1. The effect of nitrogen on growth of roses.

Data point
X-axis
Independent variable and units
Figure title, 12 pt
Dependent variable and units