

To finalize your submission strategy, I have curated a list of magazines and journals categorized by their focus area. These outlets are known for covering the intersection of **neuroscience, mental health, and the lived experience of neurodivergence.**

1. Scientific & Health Research Journals

Best for the 750-word deep-dive or a summary of the full research paper.

- **Frontiers in Psychology / Neuroscience**
 - **Focus:** They frequently publish on "Sensory Processing" and "Autonomic Dysfunction."
 - **Submission Info:** frontiersin.org/about/contact
 - **Note:** Look specifically for their "Research Topics" sections regarding Neurodiversity.
 - **The Journal of Health Psychology**
 - **Focus:** The intersection of psychological states (stress/masking) and physical health outcomes.
 - **Contact:** journals.sagepub.com/home/hpq
 - **Editorial Office:** JHP-Editorial@sagepub.com
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2. Neurodiversity & Disability Specific Magazines

Best for the 500-word feature. These audiences will resonate deeply with the "Misunderstood" phase of the loop.

- **ADDitude Magazine**
 - **Focus:** ADHD and comorbid conditions (like chronic pain and sensory issues).
 - **Contact:** additudemag.com/contact-us
 - **Pitch Email:** letters@additudemag.com
 - **Spectrum News**
 - **Focus:** The leading source for autism research news. They often feature "Deep Dive" articles on biological intersections.
 - **Contact:** spectrumnews.org
 - **Pitch Email:** news@spectrumnews.org
 - **Psychology Today**
 - **Focus:** Broad psychological insights. They have a specific "Neurodiversity" vertical.
 - **Contact:** psychologytoday.com/us/writers-guidelines
 - **Pitch Email:** editorial@psychologytoday.com
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3. Popular Science & Wellness Magazines

Best for the 350-word executive summary or the 500-word feature.

- **Scientific American (Mind Vertical)**

- **Focus:** Accessible science. They love pieces that explain a "mechanism" (like the Vagus Nerve/CRPS link).
 - **Contact:** scientificamerican.com/page/contact-us
 - **Pitch Email:** opinion@sciam.com (for the "The Way We Think" or "Forum" sections).
 - **Experience Life Magazine**
 - **Focus:** Holistic health and functional medicine. They frequently cover Vagus nerve health and chronic illness.
 - **Contact:** experiencelife.lifetime.life
 - **Pitch Email:** editors@experiencelife.com
 - **Mindful Magazine**
 - **Focus:** Mindfulness and the nervous system. This is a great fit for the "Vagus Nerve Recovery" aspect of your research.
 - **Contact:** mindful.org
 - **Pitch Email:** editors@mindful.org
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4. Pain-Specific Publications

Best for the 750-word deep dive. These editors understand CRPS but need the Neurodivergent context.

- **Pain News Network**
 - **Focus:** Chronic pain news and patient advocacy.
 - **Contact:** painnewsnetwork.org
 - **Pitch Email:** editor@PainNewsNetwork.org
 - **The Chronic Pain Magazine (Action on Pain)**
 - **Focus:** Practical advice and latest research for pain sufferers.
 - **Contact:** action-on-pain.co.uk
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Submission Strategy Tip

When you send your pitch, emphasize that this research connects **biological markers (Vagus tone)** with **social experience (Neurodivergent masking)**. This "bio-psycho-social" angle is currently very high-demand in editorial circles.

Would you like me to draft a specific "Cover Letter" for the Scientific American Mind pitch, focusing on the Vagus Nerve/CRPS mechanism?