

Dear Dr Yan

Thank you for provisionally accepting our opinion review. We have made all the changes requested in your edited version of our paper and highlighted the changes in our revised version of the paper in red.

The changes are as follows:

1. We have added a running title.
2. We have deleted the 'supported by' heading, as this work has not supported by a grant.
3. We have added a fax number.
4. We have lengthened the abstract.
5. We have lengthened the core tip.
6. We have added an audio core tip.
7. We have added subtitles.
8. The references have been adjusted as requested. Reference 6 is not on PubMed but does have a DOI number which has been added. It can be accessed at: <https://www.tandfonline.com/doi/abs/10.1080/07352689891304276> References 7,16 and 17 do not have DOI numbers but are accessible on PubMed so the PMIDS have been included. Reference 16 has 'Part 1' written after the issue number so we have included that in the reference.

Lastly we have changed the word 'fad' in the title to 'trend' because we are not sure whether people whose first language is not English will understand the word 'fad'. If you prefer 'fad' we would be very happy for you to change it back to 'fad'.

We hope that the paper is now fully acceptable.

Yours sincerely

PJ Whorwell