In this next module, I'm going to edit two more paragraphs for you. Here is an example from the published literature. I want you to pause the video now and read it on your own, then restart the video, if you have time. You might even want to attempt editing this one on your own. If you want to do that, I have provided the text as a resource alongside this video.

OK, hopefully you noticed all the repetition here, as well as some passive voice. Several howevers the paragraph really meanders, and we can do it a lot to make it more focused. Before I do any sentence level editing, I first need to step back and figure out exactly what it is the authors were trying to say. Paragraph should carry one main idea, and we need to figure out what the main point is here.

For this example, I'm going to go through each sentence and translate it into a quick and dirty summary. I’m going to give the upshot without worrying at all about making the pro sound nice, or worrying about keeping in every detail. We’ll worry about all that later. So here's the first sentence. The concept of chocolate having potential therapeutic benefits for people with diabetes, especially type diabetes, presents a number of intellectual challenges from both clinical and sociological perspectives. I think that just boils down to something very simple. It’s surprising that chocolate might be healthy.

Second sentence says, it seems almost counterintuitive to suggest an energy dense food that is high in sugar and often seen as a treat or dietary sin could offer such promise? This boils down to its counterintuitive that chocolate might be healthy.

Third sentence says. However, a large volume of mechanistic and animal model studies has been undertaken, demonstrating the potential benefits of cocoa and chocolate for both glucose regulation and modification of complications associated with diabetes. This boils down to many studies suggest that chocolate is healthy.

And then we get Caesar Fraga in the American Journal of Clinical Nutrition, first, proposed the potential of chocolate for people with diabetes in 2005.This just boils down to the first of these studies was in 2005.When I ended this paragraph, I actually decided that some of the specific details about this first study aren't really critical and actually detract from the main idea of this paragraph. So in my final edit, you'll notice that I took out the author's name and the journal's name. I don't think those specific details are important in this context.

Next we get it was suggested that we should consume more Coco and chocolate to reduce the burdens of hypertension and diabetes. That boils down to the study show benefits for hypertension and diabetes.

Then we get another study, grassy and colleagues further reinforced this potential for its anti-hypertensive That talking about blood pressure, an insulin sensitizing effect. That’s talking about diabetes with a mechanistic data. That boils down to another study showed benefits for hypertension and diabetes. Again, when I added this in the end, I ended up taking out the specific author's names here, because I thought that detail was it necessary and detracted from the main point.

Finally we get However, the hypothesis of chocolate having a beneficial effect remains counterintuitive to the average consumer, and has yet to gain support among the wider medical and health care community. That boils down to its counterintuitive that chocolate might be healthy. So consumers and medical professionals are skeptical.

OK, we can put this all together now. Um, just I extracted those upshots that I wrote and put them all on one slide, so we get it's surprising that chocolate might be healthy. It’s counterintuitive that chocolate might be healthy. Many studies suggest the chocolate is healthy. The first of these studies was in 2005.That study showed benefits for hypertension and diabetes. Another study should benefit for hypertension diabetes later. And then its counterintuitive that chocolate might be healthy. So medical professionals are skeptical, so we can see a lot of repetition there. And in fact, we have three sentences that are basically saying, it's surprising and counterintuitive that chocolate is healthy. I’m going to move these altogether. This is going to help me with organization. So I'm going to move these down here and put all the surprising and counterintuitive sentences together at the end. So I just move those to the end. And I'm going to use this now to kind of help me organize my ideas. So what I did here is I decided to start with many studies suggest that chocolate is healthy. I think that's the main point of this paragraph. The first of these studies was in 2005, and, uh, what did these studies show? They all showed benefits for hypertension and diabetes. Then we get, I don't need to say that another, study should benefit for hypertension and diabetes. I’m just going to say that all of these studies showed those benefits. And then we get three sentences about counterintuitive and surprising. I crossed out all but one of those, and I decided to start with the idea that medical professionals are skeptical, and then end with the idea that chocolate is counterintuitive. So this kind of boils down the whole paragraph into these main points. I use that to guide my edit, and so here's my edited version.

**Many mechanistic and animal studies suggest health benefits for cocoa and chocolate, particularly for patients with hypertension and type diabetes. These studies suggest that cocoa chocolate can lower blood pressure, improve glucose regulation, improve insulin sensitivity, and reduce complications from diabetes. But the idea of chocolate is medicine has yet to gain widespread support among consumers or among the wider medical and healthcare community. It seems counterintuitive that a high sugar, energy dense food, one often seen as a treat or dietary sin, could promote health.** You can see that I got this down to 87 words, and I've hit all of those main points from my outline of the upshots of the various sentence.

I’m actually going to show you my edited version with track changes on it. If you want. You can actually pause the video and look carefully at the changes that I've made at the sentence level.

All right. The second example is another example for something I was editing. This was a paragraph on headaches. Go ahead now and pause the video and read this through once, and then restart the video again if you have time, you might even want to try editing this one on your own before you restart the video.

Okay, so hopefully you noticed all the repetition and clutter in this paragraph. We’re going to strip away this clutter and get to the main points.

I’m going to do the same thing I did in the last example, which is just to boil each sentence down to its upshot and use that to help me organize and edit the paragraph.

First sentence says, headache is an extraordinarily common pain symptom that virtually everyone experiences at one time or another. The upshot there is that headaches are important,

Then we get as a pain symptom. Headaches have many causes. Well, that's just headaches of many causes.

The full range of these causes were categorized by the International Headache Society in 1988.

That 3rd sentence just boils down to The International Headache Society classifies headaches by cause.

then we get the IHS, distinguished distinguishes two broad groups of headache disorder primary headache disorders and secondary headache disorders. Well, that boils down to the International Headache Society, classifies headaches into primary and secondary.

Then we get secondary headache disorders are a consequence of an underlying condition, such as a brain tumor, a systemic infection or head injury. Okay? That boils down to secondary. Headaches arise from another condition, such as brain tumors,

then we get in primary headache disorders. The headache disorder is the fundamental problem. It is not symptomatic of another because that just defines primary headaches. Primary headache disorders are disorders themselves. Then we get the two most common types of primary headache disorder are episodic tension, type in migraine.

So here are examples of primary headache disorders. Then finally, we get this last sentence. Although International Headache Society is the most broadly used, recognized classification system, used, a brief common on others would be appropriate, especially if there are uses that have epidemiological advantages. This is sort of going off on another point in it saying, we're going to also tell you about other classification system.

So let me pull all of those sentences together now and use this to help me organize and edit the paragraph. So we get Headaches are important. Headaches have many causes. The International Headaches Society classifies headaches by cause. They classify headaches into primary and secondary. You can see the repetition here. Secondary headaches are this. Primary headaches are this. Here are some examples. And then this. Well, we're going to also tell you about other classification systems. So went through and kind of took away the repetition and just sort of boiled this down. We get headaches are important? Yeah, that sentence is probably not necessary, but I'll allow the authors to leave it. In the next three sentences, you can boil down into one sentence. The International Headache Society classifies headaches as primary and secondary by cause. They decide if it's primary or secondary by cause. That’s the main idea of this paragraph. Is really just to say how headaches are classified, then we get what our primary headache disorders. Well, notice that I moved this up in the original secondary headache disorders came before primary. I didn't like this, because I wanted primary to come before secondary. It’s just the natural order of things. So I moved this first. This is the definition of primary headaches. After the definition of primary headaches, we can get the examples of primary headaches, and then we get the definition of secondary headaches and the examples of secondary headaches. So it's a fairly simple structure that we've boiled it down to.

So now I'm going to show you my edited version. I've got the word count down from 139 words to 76. It says, headache is a pain symptom that almost everyone experiences. That’s the headaches are important. Sentence, the International Headaches Society groups headaches into two types based on cause. Notice my use of the coal in here, primary headache disorders and secondary headache disorders. In primary headache disorders, the headache itself is the main complaint. The two most common types are episodic tension, type in migraine. Secondary headache disorders result from an underlying condition, such as a brain tumor, a systemic infection or a head injury. And again, if you want to look carefully at the edits I've made, I'm showing you my track changes here so you can study the edits I've made. It’s a good way to learn editing yourself.

在下一个模块中，我将为你再编辑两个段落。以下是已发表文献中的一个例子。我想让你现在暂停视频然后自己阅读，然后重启视频。如果你有时间，你甚至可能想尝试自己编辑这个。如果你想这样做，我已经在这段视频旁边提供了文字作为资源。好的，希望你注意到这里所有的重复以及一些被动的声音，但是有几个。这段话确实很曲折，我们可以做很多事情来使其更加集中。在我进行任何句子级别的编辑之前，我首先需要退后一步，弄清楚作者到底想说什么。一个段落应该包含一个主要思想，我们需要弄清楚这里的要点是什么。在这个例子中，我将仔细阅读每句话，然后将其翻译成一个简短而肮脏的摘要。我要给出结果，根本不用担心散文听起来不错，也不用担心要保留每一个细节。我们稍后会担心所有这些。所以这是第一句话。从临床和社会学的角度来看，巧克力对糖尿病，尤其是2型糖尿病患者具有潜在的治疗益处的概念带来了许多智力挑战。我认为这可以归结为非常简单的事情。令人惊讶的是，巧克力可能很健康。第二句话说：“认为一种糖含量高、通常被视为一种零食或饮食罪恶的能量密集型食物可以带来这样的希望，这似乎几乎违反直觉。”这可以归结为，巧克力可能健康是违反直觉的。第三句话说：“但是，已经进行了大量的机械和动物模型研究，证明了可可和巧克力对调节血糖和改善糖尿病相关并发症的潜在益处。”这可以归结为，许多研究表明巧克力是健康的。然后我们明白了，《美国临床营养学杂志》上的塞萨尔·弗拉加（CesarFraga）在2005年首次提出了巧克力对糖尿病患者的潜力。这可以归结为，这些研究中的第一项是在2005年。当我编辑这段话时，我实际上认为关于第一项研究的一些具体细节并不重要，实际上偏离了本段的主要思想。因此，在我的最终编辑中，你会注意到我删除了作者的名字和期刊的名字。在这种情况下，我认为这些具体细节并不重要。接下来，有人建议我们应该多吃可可和巧克力，以减轻高血压和糖尿病的负担。这可以归结为，该研究显示对高血压和糖尿病有益。然后我们有另一项研究，格拉西及其同事用机制数据进一步强化了其抗高血压药的潜力，即血压和胰岛素增敏作用，即糖尿病。这可以归结为，另一项研究显示对高血压和糖尿病有益。再说一遍，当我最后编辑这篇文章时，我最终删除了这里的具体作者姓名，因为我认为这个细节没有必要，也偏离了要点。但是，我们终于明白了，巧克力具有有益作用的假设对普通消费者来说仍然是违反直觉的，尚未得到更广泛的医疗和医疗保健界的支持。这可以归结为，巧克力可能健康是违反直觉的，因此消费者和医疗专业人员持怀疑态度。好吧。我们现在可以把所有这些放在一起。我提取了我写的那些结果然后把它们全部放在一张幻灯片上。所以我们明白，巧克力可能很健康真是令人惊讶。巧克力可能很健康，这违反直觉。许多研究表明，巧克力是健康的。其中第一项研究是在2005年。该研究显示对高血压和糖尿病有益。另一项研究表明，后来对高血压和糖尿病有益。而且，巧克力可能健康是违反直觉的，因此医疗专业人员持怀疑态度。因此，我们可以看到那里有很多重复，事实上，我们有三句话基本上是在说，巧克力是健康的，这既令人惊讶又违反直觉。我要把它们全部移到一起。这将帮助我进行整理。所以我要把它们移到这里，最后把所有令人惊讶和违反直觉的句子放在一起。所以我把它们移到了最后，我现在要用它来帮助我整理我的想法。所以我在这里所做的是，我决定从许多研究开始，研究表明巧克力是健康的。我认为这是本段的要点。这些研究中的第一项是在2005年，这些研究显示了什么？它们都显示出对糖尿病高血压的益处。然后我们明白，我不必说另一项研究显示了对高血压和糖尿病的益处。我只想说，所有这些研究都显示了这些好处。让我说三句关于违反直觉和令人惊讶的句子。除了@@其中一个之外，我都删掉了，我决定从医疗专业人员持怀疑态度的想法开始，然后以巧克力违反直觉的想法结束。因此，这可以将整个段落归结为这些要点。我用它来指导我的编辑，所以这是我的编辑版本。许多机械和动物研究表明，可可和巧克力对健康有益，特别是对高血压和2型糖尿病患者。这些研究表明，可可和巧克力可以降低血压，改善血糖调节，改善胰岛素敏感性并减少糖尿病并发症。但是，巧克力即药物的概念尚未获得消费者或更广泛的医疗和医疗保健界的广泛支持。通常被视为零食或饮食罪的高糖能量密集食物可以促进健康，这似乎违反直觉。你可以看出，我已经把这个词减少到了87个单词，而且我已经从我对各种句子的结果的概述中得出了所有这些要点。实际上，我要向你展示我编辑过的版本，上面有跟踪的更改。如果你愿意，你可以暂停视频，仔细看看我在句子级别上所做的更改。好吧。第二个例子是我正在编辑的内容的另一个例子。这是一段关于头痛的段落。现在继续暂停视频并通读一遍，然后重启视频。再说一遍，如果你有时间，你甚至可能想在重启视频之前尝试自己编辑这个视频。好的，所以希望你注意到本段中的所有重复和混乱之处。我们要把这些混乱的东西清理干净然后谈谈要点。我将做与上一个示例相同的事情，那就是将每句话归结为结果，然后用它来帮助我整理和编辑段落。第一句话说：“头痛是一种非常常见的疼痛症状，几乎每个人都曾经历过这种症状。”结果是头痛很重要。然后我们得到，作为一种疼痛症状，头痛有很多原因。好吧，那只是头痛有很多原因。1988年，国际头痛学会对所有这些原因进行了分类。第三句话可以归结为，国际头痛协会按原因对头痛进行分类。然后我们明白，IHS区分了两大类头痛疾病：原发性头痛疾病和继发性头痛障碍。好吧，归结为，国际头痛协会将头痛分为原发性头痛和继发性头痛。然后我们明白，继发性头痛是潜在疾病的结果，例如脑瘤、全身性感染或头部受伤。归结为，继发性头痛是由另一种疾病引起的，例如脑瘤。然后我们得到，在原发性头痛疾病中，头痛症是根本问题。它不是其他原因的症状。这只是原发性头痛的定义，原发性头痛本身就是疾病。然后我们得到两种最常见的原发性头痛症或发作性紧张型和偏头痛，所以以下是原发性头痛疾病的例子。最后我们得到最后一句话，尽管国际头痛学会是使用最广泛、最受认可的分类系统，但对其他分类系统进行简短评论还是适当的，特别是如果有具有流行病学优势的用途。这有点涉及另一点，也就是说，我们还要向你介绍其他分类系统。因此，现在让我把所有这些句子放在一起，用它来帮助我整理和编辑段落。所以我们明白，头痛很重要。头痛的原因有很多。国际头痛学会按病因对头痛进行分类。他们将头痛分为原发性和继发性。你可以在这里看到重复。继发性头痛是这个，原发性头痛是这个。这里有一些例子，然后是这个。好吧，我们还将向您介绍其他分类系统。我经历了一下，有点消除了重复的内容然后把它归结了。我们明白，头痛很重要。是的，这句话可能没有必要，但我允许作者把它留在里面。接下来的三句话你可以归结为一句话。国际头痛协会按病因将头痛分为原发性头痛和继发性头痛。他们根据原因决定是主要的还是次要的。这就是本段的主要思想。其实只是为了说明头痛是如何分类的。然后我们明白，什么是原发性头痛症？好吧，请注意，我将其向上移动，最初的继发性头痛疾病出现在原发性头痛之前。我不喜欢这个，因为我想让小学先到中学。这只是事物的自然秩序。所以我先移动了这个。这是原发性头痛的定义。在定义了原发性头痛之后，我们可以得到原发性头痛的例子，然后我们可以得到继发性头痛的定义和继发性头痛的例子。因此，我们将其归结为一个相当简单的结构。所以现在我要给大家看我编辑过的版本。我已经把字数从139个字减少到了76个。上面写着：“头痛是一种几乎每个人都会经历的疼痛症状。这句话很重要。国际头痛协会根据病因将头痛分为两种类型。请注意我在这里使用冒号。原发性头痛失调和继发性头痛障碍。在原发性头痛疾病中，头痛本身是主要的不适。最常见的两种类型是发作性紧张型和偏头痛。继发性头痛疾病是由潜在疾病引起的，例如脑瘤、全身性感染或头部受伤。”再说一遍，如果你想仔细看看我所做的编辑，我在这里向你展示我的曲目更改，这样你就可以研究我所做的编辑。这是自己学习编辑的好方法。