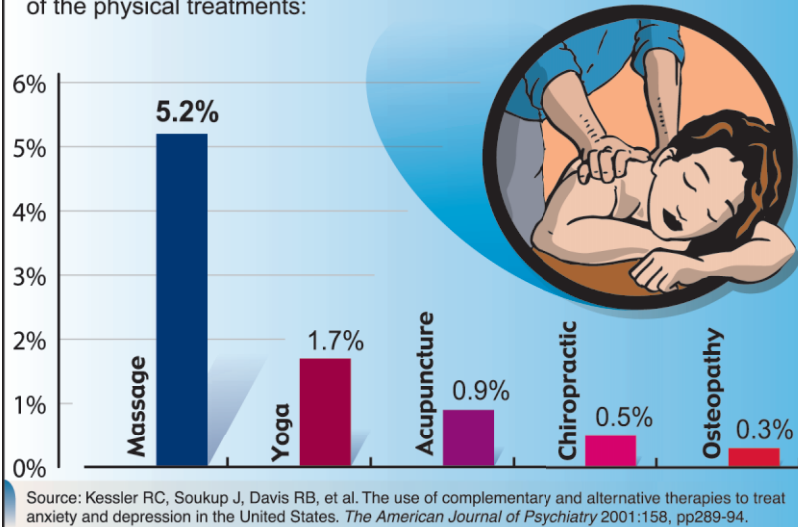


Massaging Away Anxiety

A recent study on complementary and alternative therapies for treatment of anxiety attacks found that massage was the most frequently utilized of the physical treatments:



Source: Kessler RC, Soukup J, Davis RB, et al. The use of complementary and alternative therapies to treat anxiety and depression in the United States. *The American Journal of Psychiatry* 2001;158, pp289-94.