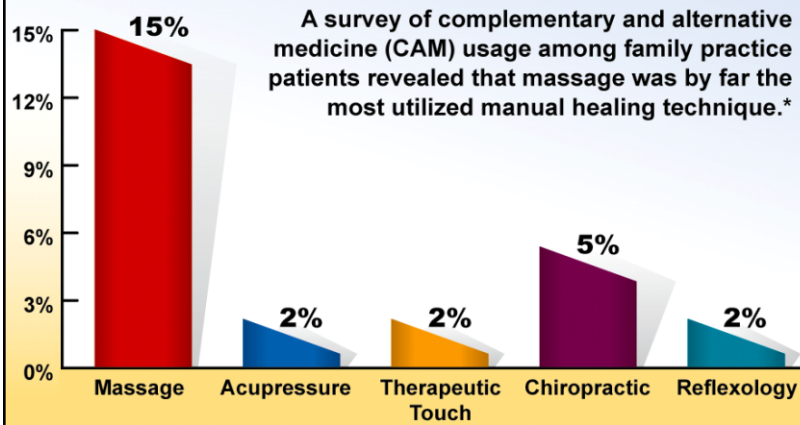


## Hands Down, Massage Is Best



Source: Burge SK, Albright TL, et al. Use of complementary and alternative medicine among family practice patients in South Texas. *American Journal of Public Health*, October 2002;92(10), pp1614-16.

\*Survey participants were asked about use of numerous CAM treatments, not limited to the manual healing techniques noted above. Other treatment categories included mind-body treatments; herbal remedies; folk practices; and other CAM practices. Relaxation (28%), herbs (24%) and meditation (15%) were the top three specific treatments utilized.