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Continued from page 24

"The overall effect of acupressure was strongly suggestive but not conclusive," the authors wrote. "Suggestive effects of acupressure, cost-effectiveness, and the noninvasiveness of the interventions encourage researchers to further investigate the efficacy of this modality.

"Acupressure should be strongly recommended as an effective, nonpharmacologic adjuvant intervention for chemotherapy-induced nausea and vomiting control if its positive effects are reproduced in future acupressure clinical trials," they added.

Anxiety: In the Genes?

Massage therapists are no strangers to anxiety—they witness it at work in clients every day. Now researchers say a person's tendency toward anxiety is in part, genetic.

The study shows that people who carry a common variation of a gene that regulates the neurotransmitter dopamine have an exaggerated startle reflex when viewing unpleasant pictures. The researchers offer a biochemical explanation for why some people find it harder to regulate emotional arousal: their sensitivity may, in combination with other hereditary and environmental factors, make them more prone to anxiety.
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