

## YOUR TOOLS OF THE TRADE

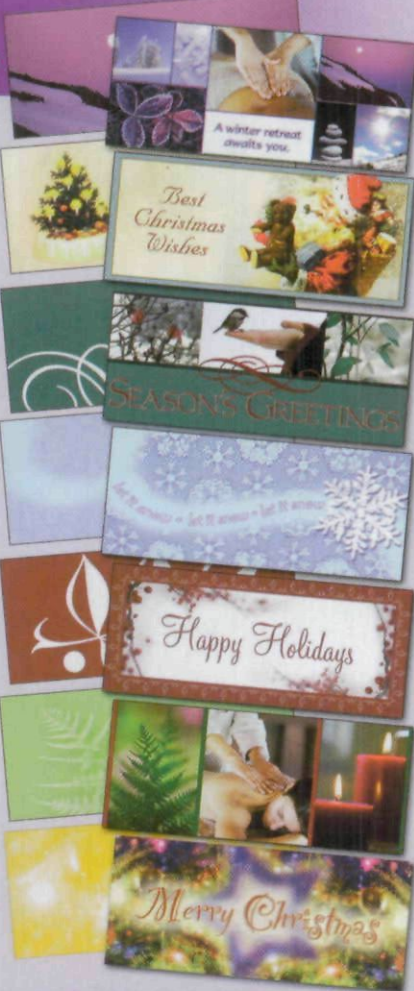
### Holiday Gift Certificates

The holiday season is the most natural time to introduce your services to new clients.

Make your first impression reflect your personality and professionalism with any of our dozens of holiday designs.

All gift certificates include matching envelopes, gold seals, and record-keeping stubs.

FREE SAMPLES!



### Holiday Greetings & Promotional Postcards

Postcards are a great way to reach out during the busy season without straining your budget.

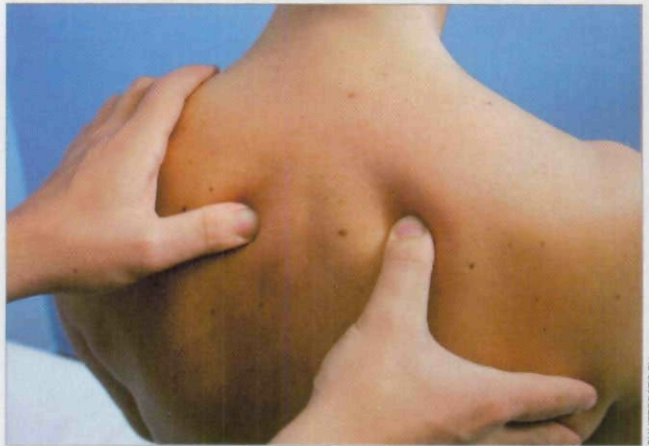
See our website for coordinated greeting cards and full online catalog.



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"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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