

August 2005

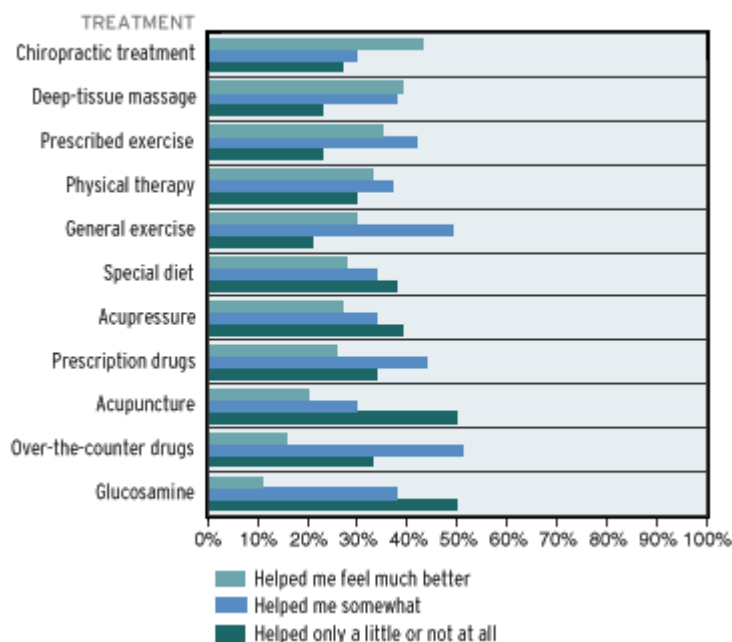
The healing touch

Back pain, neck pain, fibromyalgia, and osteoarthritis accounted for about one-fourth of the ailments that survey respondents told us about. Standard medical treatments tend to provide only partial relief for those maladies, which may be why a higher proportion of readers tried alternative treatments for them than for other conditions.

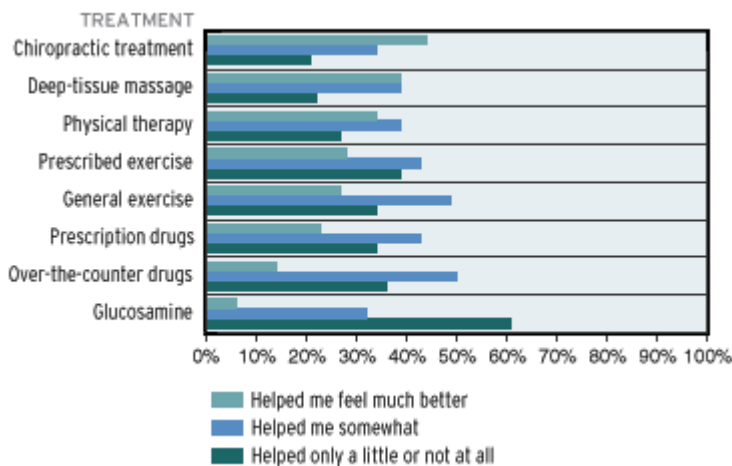
“It makes sense to use alternative treatments when the primary treatments are ineffective,” says Howard Beckman, M.D., a clinical professor of medicine at the University of Rochester with extensive expertise in alternative medicine.

For all four conditions, readers told us that “body therapies”--massage, chiropractic, exercise, and physical therapy--provided more relief than medications, either conventional or alternative. The results are detailed below.

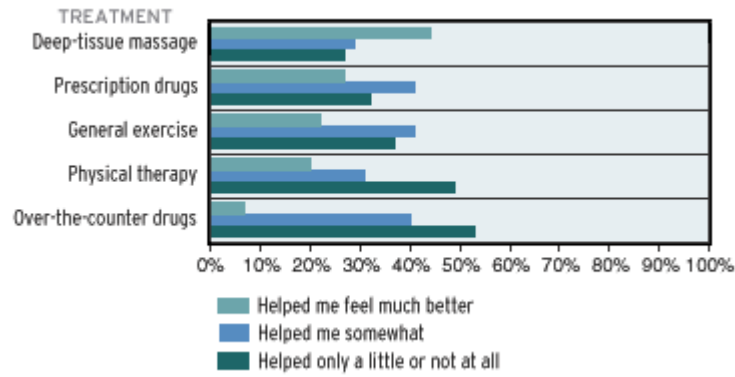
BACK PAIN



NECK PAIN



FIBROMYALGIA



OSTEOARTHRITIS

