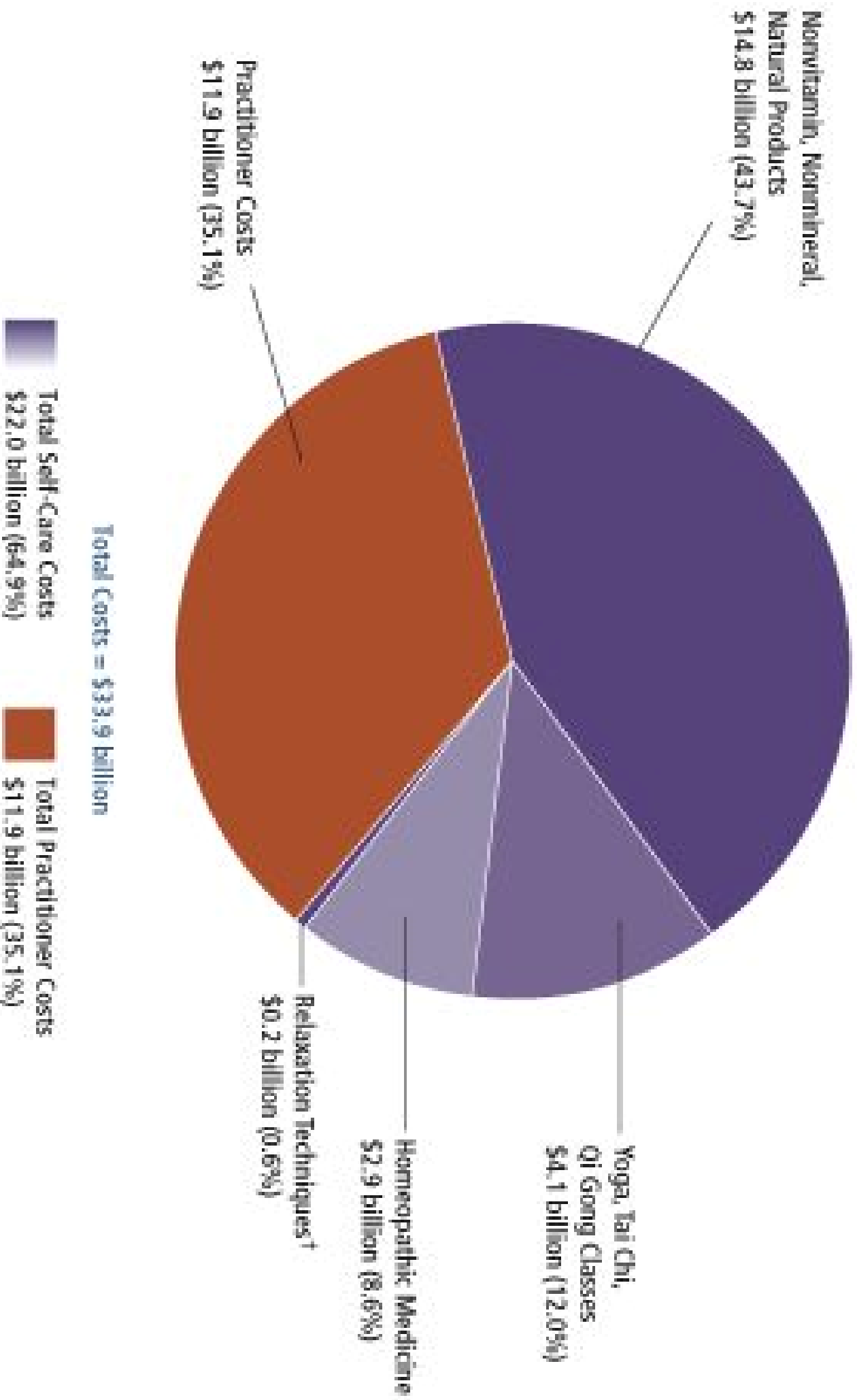


## CAM Out-of-Pocket Spending: Self-Care\* vs. Practitioner Costs



\* Self-Care costs include CAM products, classes, and materials.

† Relaxation techniques include meditation, guided imagery, progressive relaxation, and deep breathing exercises.