

<https://www.massagetherapycanada.com/new-research-continues-to-reinforce-effectiveness-of-massage-therapy-for-relief-of-chronic-pain/>

<https://www.amtamassage.org/resources/massage-and-health/alternative-to-opioids/>

Canada opioid related deaths in 2021 reference

<https://www.canada.ca/en/health-canada/services/opioids/federal-actions/overview.html>

First paper discussed

<https://academic.oup.com/painmedicine/article/22/1/181/6128746?login=false>

Second paper discussed

<https://pubmed.ncbi.nlm.nih.gov/33282031/>

Third paper discussed

<https://clinicaltrials.gov/ct2/show/NCT04233385?term=massage&cond=Breast+Cancer&draw=2&rank=5>