

A

a. Do you see a doctor or do you try other healing forms when you are ill? Why / Why not?



b. Read and find out what the text is about.

Many people use alternative healing forms of health care and believe strongly that they are as effective as the system of medical practice. Here are some examples:

A. Acupuncture: It's a 3000-year-old Chinese medical system. Acupuncturists insert hair-thin needles at certain points in the body to treat various diseases or to relieve pain.

B. Reflexology: It is similar to acupuncture but focuses on treating certain disorders through massage of the soles of the feet.

C. Herbalism: It is the world's oldest and most widely used healing form. Herbalists use herbs to treat illnesses such as depression, anxiety and hypertension.

D. Ayurveda: It takes a preventive approach and focuses on the whole person. It is effective especially in treating headaches and chronic sinusitis.

E. Naturopathy: Proponents of naturopathy believe that the mind and body are in balance. With a healthy diet, adequate rest and minimal stress, the body's own vital forces are sufficient to fight off diseases.

F. Homeopathy: It uses doses of herbs, minerals or even poisons to stimulate the body's curative powers. Homeopathy is based on the theory that if large doses of a substance can cause a problem, tiny doses can help healing of that same problem.

c. Which of the healing forms above:

1. involves the injection of needles into the body at various points?
2. can help someone who has headaches and chronic sinusitis?
3. gives small quantities of a substance?
4. uses the sense of touch?
5. focuses on the balance between the body and the mind?
6. requires plants as medicine?
7. is used for problems with nervous system?

B

a. Make sentences using “get / have something done, get someone to do something, have someone do something, “or” make someone do something”.

1. John’s back is aching. What is he going to do?
He x-rayed.
2. Your mother’s eyesight is pretty poor. What are you planning to do?
I’ll checked.
3. Your grandfather had some symptoms including headaches and vomiting. What did you do?
I have a check-up.
4. You never wash your hands before and after every meal. What does your mother do?
My mother wash my hands before and after every meal.
5. You didn’t want to drink a glass of milk before sleeping last night. What did your father do?
He drink a glass of milk before sleeping last night.

b. Last week Mrs Robinson went to hospital for the following treatments. Write what she says using “causatives”.



1. The nurse measured my blood pressure.
I had
2. The tester took my blood for some tests such as jaundice and cholesterol.
I got
3. The dentist checked my teeth and filled one of them.
I had
4. The nurse took my electrocardiogram.
I got
5. They put my leg in plaster.
I had
6. The optician tested my eyes.
I had
7. The nurse gave me an allergy injection.
I got
8. The doctor gave me some vitamins to use for my low blood value.
The doctor made



c. Combine the sentences using the given conjunctions in parentheses.

1. Sally got wet while tracking. She became ill and stayed in bed for two days. (**because**)
2. Bill wanted to take a break. He wasn't feeling well. (**because of**)
3. My sister has some brown spots on her body. She always stays long hours in the sun. (**since**)
4. Their mother didn't wash the fruit properly. The children got poisoned. (**as**)
5. Judy generally eats fatty food. She looks fatter than the others at her age. (**on account of**)
6. My father doesn't take the pills the doctor has given. He hasn't been able to get well. (**for**)
7. Sue used the wrong moisturiser. She suffers from allergy on her face. (**owing to**)



Circle the best choice.

1. The doctor **treated** / **diagnosed** his patient.
2. The patient is receiving intensive **heal** / **care** in this hospital at the moment.
3. She is still undergoing **treatment** / **recovery** for her condition.
4. The doctor helped to **recover** / **ease** her pain before she died.
5. She is **getting better** / **healing** every day and will soon be on her feet again.
6. The **surgeon** / **physician** took out his patient's appendix.
7. She gave the child some **medicine** / **medicated** sweets for his sore throat.
8. There were 20 **patients** / **casualties** in the train crash.

D

- a. 1. Why do people go to sports clubs?
2. Are you a member of a sports club? Why / Why not?



- b. We asked the instructor of a fitness centre about the excuses people generally make not to exercise. Listen to him and write five of them.

1.
2.
3.
4.
5.

E

Order the following sentences to form a paragraph about hygiene.

- a. ☐ Public hygiene, or sanitation, refers to the steps taken by the government to promote public health.
- b. ☐ It includes both personal and public hygiene.
- c. ☐ The government takes the responsibility of protecting the health, safety, and welfare of its citizens by providing pure air, adequate food, clean water, treated sewage and sufficient medical facilities.
- d. ☐ Hygiene is a science that deals with healthful living.
- e. ☐ Personal hygiene concerns the intelligent care taken by the individual to preserve health by following the rules of healthful living such as cleanliness, oral hygiene, good posture, sufficient exercise, adequate sleep, relaxation, balanced diet and wholesome thoughts.