

Nombre: \_\_\_\_\_

1. Read and answer the questions



Alternative Medicine Guide

**London.** The British Government's Health Education Authority (HEA) has commissioned a book, *Alternative Medicine Guide*, by Dr. Peters in which nearly 60 types of alternative medicine from acupuncture to yoga are ranked for popularity, medical credibility, scientific research and availability.

One star under medical credibility means doctors regard it with "antagonism," two with "indifference," three, "interest." Four stars equals "acceptance."

Similarly, one star for scientific research means "non-existent;" two: "anecdotal;" three: "some studies;" and four stars indicates "papers in the best journals."

Acupuncture, osteopathy and hypnotherapy, for example, are four-star therapies that pass tests of medical credibility and scientific research. Aromatherapy, now practiced by nurses in some State cancer care units, rates three stars in both categories.

The book contains some interesting facts about popular non-traditional medicines. Reflexology – top-rating with the public – earns three stars for medical credibility despite insufficient research. Crystal and gem healing, which hold one star for credibility and research, get three stars for popularity. Bach flowers remedies are usually recommended in women's magazines even if there is not any clinical proof.

Hypnotherapy, on the other hand, in spite of a lack of professional regulation that allows any charlatan to practice on the strength of a day's correspondence course, has an impressive research record demonstrating that, in the right hands, it can change lives.

The fact that the HEA commissioned such a book reflects the seriousness with which orthodox medicine regards the popularity of complementary (or non-conventional) therapies. What do complementary therapies offer that orthodox medicine does not?

Although public demand for complementary medicine in Britain is growing at an estimated annual rate of 10 to 30 percent, there has been little scientific proof to indicate which therapies are more effective. Given the enormous and vast numbers of people prepared to deliver themselves into the hands of practitioners whose credentials are dubious and methods unproven, it is remarkable how little rigorous clinical research has been carried out.

1. The British Government asked a doctor to write a book on Alternative Medicine. T F

2. What are some of the non-conventional therapies accepted by doctors?  
\_\_\_\_\_

3. What are some very popular types of alternative medicine even if they have not been scientifically proved?  
\_\_\_\_\_

4. How can you become a practitioner of hypnotherapy?  
\_\_\_\_\_

5. According to the article, now that public demand for non-conventional medicine has increased, more research is being carried out to test their effectiveness. T F

2. Read about Medicine in the future and complete the blanks with ONE word only

Medicine as we know it is set to change dramatically over the next century. Here are just some of the changes \_\_\_\_\_ you may well see in your lifetime.

Visits to doctors will become a thing of the past. Already heart monitors can transfer details of a beating heart down a telephone line to a hospital computer. Soon patients may be able to tell all their complaints to computers \_\_\_\_\_ will then decide on treatments and dispense medicines.

**LEVEL A5**

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Even \_\_\_\_\_ all that seems a little far-fetched, at \_\_\_\_\_ you may not need to worry any more \_\_\_\_\_ going to the dreaded dentist: dentists are developing a liquid that dissolves tooth decay. So, if you would \_\_\_\_\_ not see a dentist again, you will soon be able to \_\_\_\_\_ your teeth problems solved easily and painlessly. You may not have to worry about getting old \_\_\_\_\_: on average, people in the developed world live twice as long today as they \_\_\_\_\_ to do a hundred years \_\_\_\_\_. This is partly because of advancing medical techniques and the fact that scientists are trying to prevent the ageing process.

**3. Read about this person's worries about old age and complete the blanks with a suitable linking word**

"I'm afraid of growing old and not being \_\_\_\_\_ attractive as I am today. \_\_\_\_\_, what bothers me even more is that I am actually shallow enough to think this way. \_\_\_\_\_ I try not to do it, I guess I value external beauty too much. I imagine that \_\_\_\_\_ I develop a proper attitude on life, I will never be perfectly happy. I have to change \_\_\_\_\_ no one can escape old age. But how do I get there? I think that in \_\_\_\_\_ to be content, we should focus on the internal and develop an appreciation for it. \_\_\_\_\_ of looking at the body, we should focus on the inner soul so \_\_\_\_\_ we start appreciating the spiritual dimension in the people around us. I'm going to train myself to look at the quality of a person rather \_\_\_\_\_ his or her external appearance. I'm sure I'll be happier as \_\_\_\_\_ as I manage to do this. What do you think?"

**4. Read this story and complete the blanks with the appropriate tense of the verbs in brackets.**

**Whenever you see a + add a modal verb.**

Why do people try alternative medicines? Generally speaking, people \_\_\_\_\_ (trust) conventional medicine, particularly in occidental cultures. However, at any time something \_\_\_\_\_ (+ make) them decide to deliver themselves into the hands of practitioners of all sorts of non-conventional practices.

This is the story about a middle-aged man who was feeling very down. Everything \_\_\_\_\_ (seem) to be going wrong for him. He had problems at work and his wife \_\_\_\_\_ (leave) him to go off with a friend of his. So after he \_\_\_\_\_ (feel) depressed for over a month, he decided to see a doctor.

He \_\_\_\_\_ (+ wait) for ages at the doctor's surgery. The man sitting next to him was looking at his watch nervously and a woman \_\_\_\_\_ (cough) badly. Finally, he \_\_\_\_\_ (call) in.

The doctor was writing a note when he came in. "*Just a moment, I \_\_\_\_\_ (finish) something. I'm afraid I \_\_\_\_\_ (be) very busy this morning.*" Then, he looked up at the man and asked, "*So, what's the problem?*" But the man was gone.

It was at that moment that the man decided he needed something different. He talked to some friends about it. One of them suggested he \_\_\_\_\_ (+ try) Bach flowers remedies.

The following week, he found a Bach flowers practitioner. "*Well, I \_\_\_\_\_ (have) a bit of a crisis. You know, lots of problems. And I \_\_\_\_\_ (do) a lot of work.*"

After talking to the practitioner for about an hour or so, he said, "*If you \_\_\_\_\_ (not / work) so hard for the last two years, this wouldn't have happened to you.*"

"*So, what \_\_\_\_\_ (+I / do)?*" asked the man. "*To start with, you \_\_\_\_\_ (+ take) a pill of Rescue Remedy every day with supper. This remedy \_\_\_\_\_ (contain) positive energy from flowers that will neutralize your negative energy. However, you \_\_\_\_\_ (+ not / expect) it to work wonders. Unless you improve your life quality, the remedy \_\_\_\_\_ (have) no effect.*"

And that was how this man stopped \_\_\_\_\_ (think) that conventional medicine was the only way out of health problems.

**LEVEL A5**

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**5. Read the interview between a laughter therapist and a patient. Complete their conversation.**



Therapist: \_\_\_\_\_?

Patient: Well, I've been feeling a little bit unhappy lately. I just thought, "All I need is a good laugh." I've noticed I don't usually laugh. And I really don't think a conventional doctor would be much help. That's why I'm here basically.

Therapist: I see. As you know this is a group therapy. Before you are admitted there are a couple of things I need to know about you. \_\_\_\_\_?

Patient: Like this? Since the beginning of October.

Therapist: \_\_\_\_\_?

Patient: Actually, yes. Something shocking happened to me at that moment: my girlfriend and I broke up.

Therapist: \_\_\_\_\_?

Patient: Yes, we had been having problems for several months. The break-up did not come up as something completely unexpected.

Therapist: And you haven't been on psychological therapy, \_\_\_\_\_?

Patient: No, I'm not really in for it.

Therapist: Anyway, \_\_\_\_\_?

Patient: A friend of mine told me about this therapy. To be honest with you, I didn't even think such a thing as laughter therapy could exist.

Therapist: And \_\_\_\_\_?

Patient: If I hadn't heard about this sort of treatment, I guess I would have tried music therapy or chromotherapy. They are said to work very well too.

Therapist: Ok, then, \_\_\_\_\_?

Patient: This week, if possible. The sooner, the better.

Therapist: This week... Yes, I can fit you in. There's a group at 7.30 pm on Wednesday.  
\_\_\_\_\_?

Patient: Yes, Wednesday sounds great. One more question, \_\_\_\_\_  
\_\_\_\_\_?

Therapist: If you don't feel comfortable with the group, you can try another one. Or you can always stop coming, of course.

**6. Composition.**

**Write about 80 - 120 words on one of the following:**

- "My worst medical experience."  
OR
- You've just started to take acupuncture. Write an email to a friend telling him/her about the experience. Say why you decided to start, how it works and its results.