

Anorexia

Anorexia is a comparatively new illness that seems to be (0) to the society we live in which increasingly (1) us on our appearance. The media encourages us to try to be (2) and beautiful. Falling short of this can put enormous (3) on the majority of us who are less than perfect.

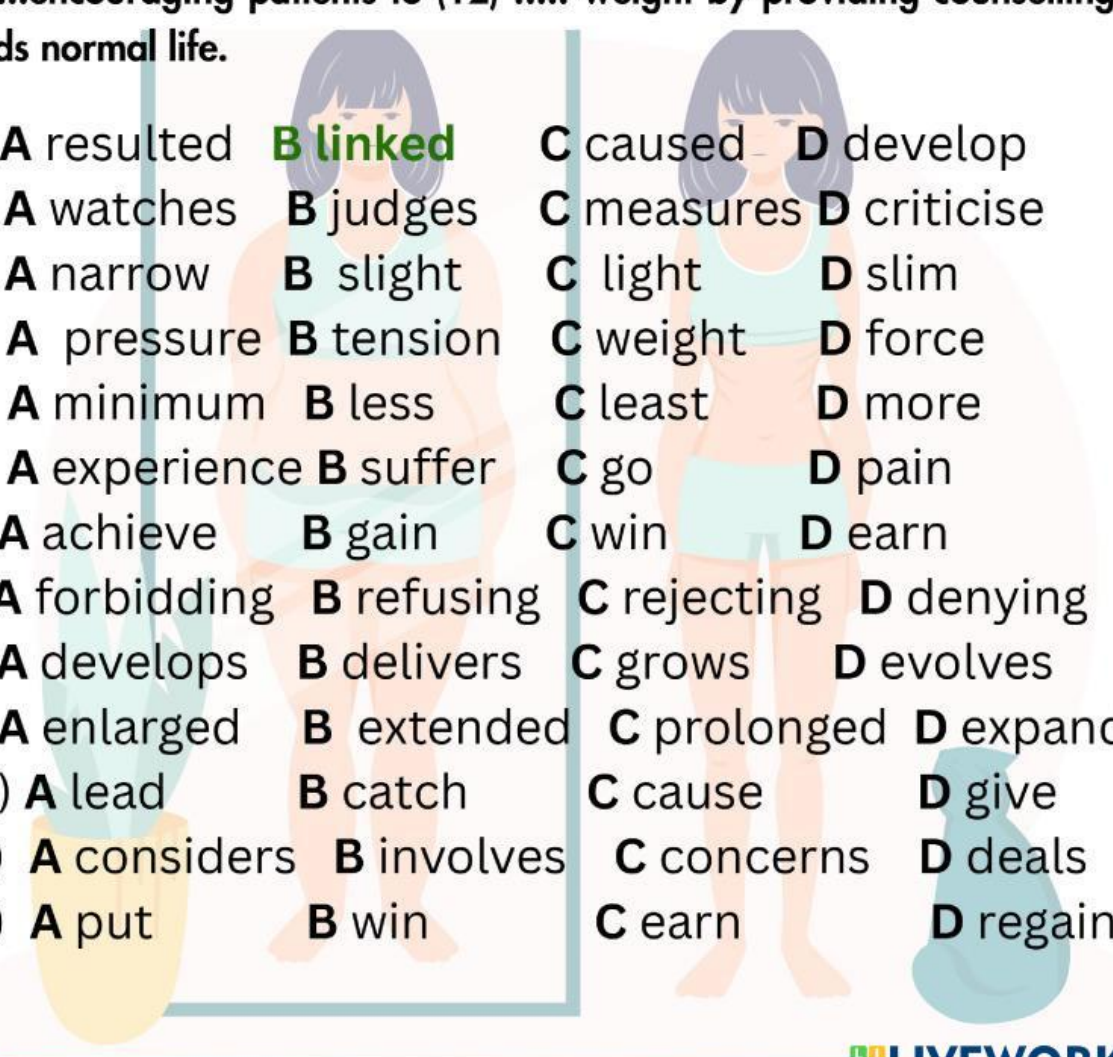
Each year, there are estimated to be at (4) 2,000 new cases of anorexia. About one sufferer in ten is male, but most anorexics are females in their teens and twenties who (5) from, a distorted self image, feeling fat and ugly, however slim and attractive they may appear to others. Though constantly hungry, anorexics attempt to (6)control of their lives by (7).....to eat.

The problem commonly (8) in the teenage years, when responsibilities increase.

In (9).....cases, it can (10) anaemia, heart and kidney problems, and, in almost a fifth of the cases, death by starvation or secondary infection.

Treatment therapy which in essence, guides the sufferers

(11)encouraging patients to (12) weight by providing counselling and towards normal life.

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|-----------------|-----------------|-------------|-------------|
| 0) A resulted | B linked | C caused | D develop |
| 1) A watches | B judges | C measures | D criticise |
| 2) A narrow | B slight | C light | D slim |
| 3) A pressure | B tension | C weight | D force |
| 4) A minimum | B less | C least | D more |
| 5) A experience | B suffer | C go | D pain |
| 6) A achieve | B gain | C win | D earn |
| 7) A forbidding | B refusing | C rejecting | D denying |
| 8) A develops | B delivers | C grows | D evolves |
| 9) A enlarged | B extended | C prolonged | D expanded |
| 10) A lead | B catch | C cause | D give |
| 11) A considers | B involves | C concerns | D deals |
| 12) A put | B win | C earn | D regain |

Alternative Therapy

Creative therapy is now (0) A as a worthy alternative to the more conventional forms of treatment such as psychoanalysis. Art, music and dance are some of the forms of therapy now (1) These therapies are thought to be (2) in relieving stress, depression and even emotional problems caused by tensions in relationship.

Art therapy (3) painting, sculpting and modelling as a(n) (4) of expressing one's hidden feelings. The good news is that no particular talent is needed; once you have (5) your work of art, there is the opportunity to (6) it through with a therapist. Those who find it difficult to immediately start up a conversation find this (7) of therapy useful. Music therapy involves singing or the playing of a musical instrument, (8) sound to bring hidden emotions to the (9) Again, no special skill is required; you don't have to be Pavarotti to (10) from this type of therapy.

This technique is often used to promote self-confidence in the physically or mentally disabled. And for those among you who (11) too much time on intellectual pursuits, dance therapy may prove (12) It encourages spontaneity and helps the deep thinker become more bodily aware.

0) **A** regarded **B** considered **C** thought **D** felt

1) **A** accessible **B** available **C** handy **D** ready

2) **A** active **B** capable **C** efficient **D** effective

3) **A** contains **B** implies **C** involves **D** requires

4) **A** means **B** attempt **C** process **D** effort

5) **A** completed **B** worked **C** ended **D** achieved

6) **A** talk **B** discuss **C** tell **D** speak

7) **A** category **B** class **C** variety **D** form

8) **A** consisting **B** having **C** using **D** trying

9) **A** surface **B** top **C** front **D** side

10) **A** profit **B** win **C** gain **D** benefit

11) **A** have **B** spend **C** use **D** spare

12) **A** invaluable **B** priceless **C** precious **D** worthy