

- READING -

ACUPUNCTURE

1 Look at the picture, do you know anything about acupuncture?

2 Read the passage below. In pairs, or groups, choose the three most interesting things you learnt about acupuncture from the passage and report to the class.



Acupuncture is one of the oldest medical treatments in the world. It originated in China more than 2,500 years ago. The practice of acupuncture is rooted in the idea of promoting harmony between humans and the world around them and a balance between yin and yang. Although there are unanswered questions, acupuncture appears to work. Scientific studies offer evidence that it can ease pain and treat from simple to complicated ailments.

The technique of acupuncture involves placing hair-thin needles in various pressure points (called acupoints) throughout the body. Stimulating these points is believed to promote the body's natural healing capabilities and enhance its functions. Originally, there were 365 acupoints, but this has increased to more than 2000 nowadays. Acupuncture is considered to be very safe when enough precautions are taken. The most common side effects with acupuncture are soreness, slight bleeding, or discomfort. Some people may feel tired after a session. Care is also needed so that inner body parts are not touched by the needles.

Despite its general safety, acupuncture isn't for everyone. People who have bleeding problems or are taking blood related medicine should not have the treatment. It's also not recommended for people who have electronic medical devices inside their bodies.

Today, a lot of people use acupuncture as a reliable alternative to modern medicine. According to a US. 2002 survey (the most reliable survey to date), an estimated 8.2 million American adults had tried acupuncture. This number has been reported to be increasing steadily.

3 Read the text quickly and find words which are closest in meaning to the following.

1. diseases (n)

2. stop (v)

3. pressure points (n)

4. care (n)

5. choice (n)

6. cure (n)

7. proof (n)

8. enhance (v)

4 Read the text again and answer the following questions.

1. What is the basic idea of acupuncture?

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2. Why is acupuncture believed to be effective?

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3. How many acupoints are there nowadays?

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4. What are the most common side effects with acupuncture?

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5. Who should not take acupuncture?

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6. Why do more and more people turn to acupuncture?

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