

▪ **Home remedies**

D What is wrong with each person? Complete the sentences using the words from the list. Add any necessary words, as in the example.

hay fever, the flu, travel sickness, a sunburn, an upset stomach, a headache

- 1 I feel ill when I am in a moving car.
I *have travel sickness*.
- 2 John's head hurts.
John
- 3 Lucy ate too much and now she feels sick.
Lucy
- 4 I keep sneezing and my eyes are itchy all summer.
I
- 5 Peter was on the beach all day and now his skin is red and painful.
Peter
- 6 Ellen's temperature is very high but she feels cold.
Ellen

E Read the web page and fill in: *sprinkle, sore, chopped, chew, soothe, rub, curing, swallow, cool, boil, adding, antibacterial.*

Home Doctor

Today, the team at www.homedoctor.co.uk offer you their six top tips for **1)** common health problems using natural products.

Acne and Spots

If you have a skin problem, just **2)** a little **3)** garlic onto your spots. It may sound strange, but garlic has **4)** qualities – it kills germs and bacteria and it will make your spots disappear!

Headache

If you don't like taking painkillers for your headaches, why not have a cup of tea instead? Just **5)** some water in the kettle, pour it over an ordinary tea bag and leave it to brew for a few minutes – then drink up!

Smelly Feet

It's embarrassing, but many people have smelly feet. There is an easy solution, however. Simply **6)** some baking soda into your shoes. Believe it or not, it really works!

7) Throat

Although it doesn't sound like a serious problem, it can be very annoying. But don't worry – the answer is right there in your kitchen cupboard! **8)** a spoonful of honey a couple of times a day to **9)** the pain.

Sunburn

Try to stay safe in the sun, but if you do get sunburnt, try **10)** a cup of white vinegar to a **11)** bath – don't make the water too hot.

Travel Sickness

If you suffer from travel sickness, buy some ginger. Simply **12)** a piece before you start your journey and you'll feel much better.

F Fill in: *insomnia, remedy, indigestion, disorder, odour, vessels, inability, arteries.*

- 1 My dad gets if he eats too much spicy food.
- 2 Scientists think the changing size of blood in the brain causes headaches.
- 3 Chris suffers from – he rarely gets more than 3 hours sleep a night.
- 4 Tony has had a hearing since birth, but it doesn't seem to affect his life at all.
- 5 Honey is a natural for a sore throat.
- 6 Eating lots of junk food can cause fat to block the that carry blood from the heart to the rest of the body.
- 7 No one had lived in the apartment for over a year – it needed cleaning and there was a dreadful coming from the fridge.
- 8 Tara couldn't sleep and so she went to see the doctor, who said that her to sleep was caused by too much stress at work.