

- **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.