



Extra training

Reading

Task

048

Read the text. Seven sentences have been removed from the article. Choose from the sentences (1-8) the one that fits each gap (A-G). There is one extra sentence.



Fire DRAGON Therapy

In China, there is one kind of therapy that is bound to leave you feeling all warm and fuzzy inside. However, some may say that it is too hot to handle! Would you dare to be set aflame with fire dragon therapy?

Originally developed in Tibet, fire dragon therapy aims to stimulate the flow of energy, or *qi*, in a person's body. In China, *qi* is believed to be the life force of all living things, which becomes blocked when a person is sick. **A**

Fire dragon therapy is one such method that corrects the flow of *qi*. **B** It can also aid weight loss and improve the condition of the skin.

Prior to the therapy, each patient is given a full-body examination during which the specialist determines which areas require healing. **C** Finally, several wet towels are placed on the patient in order to prevent severe burns during the treatment.

Once a patient has been prepared, they are told to relax and be fearless, which is quite necessary in light of what comes next! **D** At first, patients simply feel a warm sensation; however, the fire is left to burn until it becomes unbearable. This heat is said to encourage blood flow, which in turn helps the body to expel any harmful toxins that lead to ill health.

The moment a patient reports that they can take the heat no more, the flames are extinguished using a wet towel and the area is massaged with oil. Many people consider this the most painful part of the treatment, as the massage must be intense in order to drive the toxins out of the body. This procedure is repeated several times and then the patient is allowed to rest.

E

A visit to a fire therapist will cost a mere 100 Yuan (£10) for a single session. **F** These usually take place once or twice a week, and can be applied to any part of the body, including the back, stomach, legs and even the head!

Although it may seem rather dangerous, many patients swear by the effectiveness of this kind of therapy. **G** So what do you think? Would you like to spice up your life with a little fire, or does the idea of it make you break out in a sweat?

- 1 Then, the towel atop their flesh is promptly set on fire!
- 2 Once they have been pinpointed, those regions are covered with herbs and then bound in plastic wrap.
- 3 They believe that fire is a natural healer which also helps to purify the body.
- 4 During the procedure, patients drink hot water in order to stay hydrated.
- 5 As such, traditional Chinese medicine helps to redress the flow of energy and restore balance in the body.
- 6 However, a series of treatments is recommended for long-term benefits.
- 7 It is used for a variety of ailments, such as stress, insomnia and general aches and pains.
- 8 Afterwards, people report feeling relaxed and pain-free, which is surprising since they have just been ignited!

A	B	C	D	E	F	G