Reading Part 1

Fill in the correct form of the words in brackets to complete the sentences. The first (0) has been done for you as an example.

Alternative and complementary medicine

Alternative medicines are fast becoming the new mainstream as Britons **(0 - increase) increasingly** turn to self-medication. Sales of _____ **(1 - herb)** and homeopathic remedies in chemists, health stores and supermarkets have doubled in a decade and are now estimated to be worth £200m. And there is no sign of a slowdown as consumers – the majority being women aged more than 35 years – are expected to continue sweeping _____ **(2 - nature)** pills, potions and ointments off the shelves, according to new research. Sales are predicted to reach £265m in the next four years. _____ **(3 - grow)** has been particularly rapid in the past five years, as the market acquires a greater reputation for offering legitimate alternatives to pharmaceutical-based _____ **(4 - treat)**.

One reason is that the government is _____ **(5 - courage)** people towards more self-medication by relaxing regulations on _____ **(6 - prescribe)** only drugs and promoting the role of the pharmacist. This has prompted more people to try alternative treatments they would not have considered had they visited their GPs. The industry will be given further legitimacy by new EU legislation, which will require all over-the-counter herbal medicines in the UK to have a _____ **(7 - register)**. Herbal medicines, which contain extracts from plants and minerals, account for the fastest growth.

_____ **(8 - science)** tests have shown there is evidence that some could have a _____ **(9 - benefit)** effect. More controversial are the homeopathic remedies, with critics claiming they offer nothing more than a placebo effect. Homeopathy is a system of therapy based on the concept that disease can be treated with drugs, in minute doses, thought capable of producing the same symptoms in healthy people as the disease itself does.

Today's high-octane lifestyles, longer working hours and increased stress are all said to have contributed to the love affair with complementary medicine. While one in five people _____ **(10 - report)** suffers from stress and insomnia, many do not want to tell their doctors to avoid black marks on their medical records.

LIVEWORKSHEETS