

Listening Practice 9

You are going to hear a talk about stress reduction. Listen and complete the sentences. Click the correct answer.

- 1** Which statement about Cortisol is true?
 - A It causes stress.
 - B It is linked to abdomen fat.
 - C It fights glucose.
 - D It helps people relax.
- 2** The speaker says that ...
 - A in some situations, stress is a positive thing
 - B we need to help our body deal with stressful situations
 - C we should avoid stress at all times
 - D the body can't produce adrenaline for long periods of time
- 3** Stress and anxiety increased in the 1950s because of ...
 - A a lack of money
 - B the amount of housework they had to do
 - C what people saw in TV shows
 - D increased advertising
- 4** According to the speaker, what do the early anti-stress pills share with caffeine and alcohol?
 - A They have unexpected side effects.
 - B Users need to take increased doses for them to work.
 - C They cause withdrawal symptoms when users stop taking them.
 - D They are all addictive.
- 5** Natural alternatives that help fight stress ...
 - A are easy to find in shops
 - B include fruits such as cherries and gooseberries
 - C have only been used since the problems with drugs were discovered
 - D all contain high levels of magnesium
- 6** According to the speaker, the problem with natural remedies is that ...
 - A they don't work
 - B they can be dangerous
 - C their effects are not immediately obvious
 - D they are unpleasant tasting
- 7** The secret ingredient in Herbamag Calm ...
 - A reacts with substances produced by the body
 - B fights stress on its own
 - C contains magnesium
 - D won't relieve stress without the other natural ingredients in the tablets
- 8** Which of these statements about Herbamag Calm is true?
 - A Only doctors will be receiving them.
 - B Users should take one tablet every morning after they have eaten.
 - C There are two different-sized packets of tablets available.
 - D Users must get a prescription from their doctor to buy the tablets.

