



STUDENT'S NAME: _____

LEVEL: _____

DATE: _____

READING COMPREHENSION ACTIVITY

Alternative Medicine: Exploring Different Approaches to Health

When it comes to taking care of our health, people often think of **conventional medicine**, which is the standard healthcare system used by doctors and hospitals. But there's also **alternative medicine**, which includes therapies that focus on natural treatments and the connection between the mind and body.

Conventional Medicine

Conventional medicine, also known as Western medicine, is based on scientific research and evidence. Doctors use tools like X-rays, blood tests, and scans to diagnose illnesses. Treatments often include:

- **Medications**, like antibiotics for infections or painkillers for relief.
- **Surgery**, which can fix physical problems inside the body.
- **Vaccinations**, which protect people from diseases like the flu or measles.

The goal of conventional medicine is to treat specific symptoms or conditions using proven methods. It's highly effective for emergencies, serious diseases, and infections, and has greatly increased life expectancy around the world.

Alternative Therapies: Mind and Body Approaches

On the other hand, **alternative medicine** takes a more holistic approach, focusing on the whole person—body, mind, and spirit. These therapies aim to improve overall well-being and promote natural healing. Some examples include:

- **Yoga and meditation** to reduce stress, improve flexibility, and support mental health.
- **Acupuncture**, where thin needles are inserted into the body to help relieve pain or restore energy balance.
- **Herbal remedies and essential oils**, which use plants and natural extracts to treat common ailments like colds or headaches.
- **Massage therapy** to relieve muscle tension and improve circulation.

Many of these therapies are based on ancient practices from cultures around the world. While some have been studied scientifically, others rely on long-standing traditions and personal experiences of healing.

Integrating Both Approaches

More and more people are choosing to combine both conventional and alternative medicine in their healthcare routines. This is called **integrative medicine**. For example, someone recovering from surgery might also use acupuncture to help with pain management, or someone with anxiety may practice yoga alongside taking prescribed medications.

This balanced approach allows people to benefit from the best of both worlds: the scientific advances of conventional medicine and the personalized, natural focus of alternative therapies. Each approach has its strengths, and together, they offer more comprehensive care for physical, mental, and emotional health.

VOCABULARY

Classify the following words into the corresponding category.

- Surgery
- Acupuncture
- Yoga
- Vaccinations
- Herbal remedies
- Meditation
- Medications
- Massage therapy
- X-rays and scans
- Essential oils

Conventional Medicine	Alternative Medicine

VOCABULARY

Select and write the word that matches each of the definitions.

- Acupuncture
- Alternative Medicine
- Conventional Medicine
- Herbal Remedies
- Integrative Medicine
- Massage Therapy
- Meditation
- Surgery
- Vaccinations
- Yoga

Words	Definitions
	A. A system that uses natural treatments and focuses on the whole person, including the mind and body.
	B. A therapy that uses thin needles inserted into the body to relieve pain or restore energy balance.
	C. A standard healthcare system used by doctors and hospitals, based on scientific research.
	D. A treatment that involves the use of plants and natural extracts to heal common ailments.
	E. Injections that help prevent diseases by stimulating the body's immune system.
	F. A practice that includes physical postures and breathing exercises to promote flexibility and mental well-being.
	G. A combination of conventional and alternative medicine used together for comprehensive health care.

	H. A therapy that uses touch to relieve muscle tension and improve circulation.
	I. A procedure where doctors physically operate on the body to treat or remove conditions.
	J. A mental practice aimed at focusing the mind and reducing stress.

TRUE / FALSE

Read the following statements, decide and write if they are True or False.

- ✓ Conventional medicine is based on scientific research and evidence. _____
- ✓ Alternative medicine only focuses on treating specific symptoms using proven methods. _____
- ✓ Acupuncture is a type of alternative therapy that involves using needles to relieve pain. _____
- ✓ Vaccinations are an example of an alternative therapy used to prevent diseases. _____
- ✓ Many alternative therapies are based on long-standing traditions and ancient practices from around the world.

- ✓ Integrative medicine combines both conventional and alternative treatments to promote overall health.

- ✓ Massage therapy is commonly used in conventional medicine to treat infections. _____
- ✓ Yoga and meditation are examples of alternative therapies that support mental and physical well-being.

- ✓ Conventional medicine is not effective for treating emergencies or serious diseases. _____
- ✓ People recovering from surgery sometimes use acupuncture as part of an integrative approach to healthcare.
