

## FOLK REMEDIES

Read the conversation below and fill in the blanks with the correct form of the causative verbs.

is approved

makes

are backed

calms

can sharpen

help

lets

**Host:** So, Dr. Wendt, are folk remedies usually based on scientific fact or are they just snake oil for example, do carrots really \_\_\_\_\_ you see better at night?

**Dr. Wendt:** Not all folk remedies \_\_\_\_\_ up by real science, but that one is. Our research shows that the vitamin A in carrots \_\_\_\_\_ night vision. It's been scientifically proven

**Host:** Great. So, is it also true that honey \_\_\_\_\_ a cough and \_\_\_\_\_ you sleep at night? I'd say yes to that one. I swear by it!

**Dr. Wendt:** You're right! It's true. Medical researchers have tested this, and there is proof that honey can be as effective as most cough medicines.

**Host:** So, my tea with honey \_\_\_\_\_! That's good to know. OK, here's one from a listener: Does eating cheese before bed cause nightmares?

**Dr. Wendt:** I'm afraid there is no scientific basis to support the idea that cheese \_\_\_\_\_ people have bad dreams. But a heavy meal, with or without cheese, may disturb your sleep or make you remember your dreams more clearly.