

FLOAT YOUR TROUBLES AWAY

Read the text and use the word in capitals to form a word that fits in each space.

Nowadays, anyone who is trying to ease pain or reduce their level of

(1)_____ can try a treatment which is known as flotation therapy.

Experts have claimed that this can (2)_____ a significant number of medical conditions. The patient is asked to lie (3)_____ in a large, tank, which is filled with warm, salty water. When the patient is in the water, it is so (4)_____ that he or she becomes (5)_____ relaxed.

As well as being of (6)_____ value in dealing with the patient's mental state, flotation is said to lead to a reduction in high blood (7)_____ and to ease long-term physical pain. Even people whose level of (8)_____ is said to be good are certain to find that it is worth taking the time to float.

Studies have shown that the therapy can be of considerable (9)_____ in giving up smoking, losing weight and finding effective (10)_____ to difficult problems. All of this is achieved by the simple method of freeing the patient's brain from the many (11)_____ aspects of everyday life. In future years, this may become a standard method of dealing with stress-related problems.

ANXIOUS

RELIEF

MOTION

PEACE

EXTREME

PRACTICE

PRESS

FIT

ASSIST

SOLVE

PLEASANT

