Unit 2. YOUR BODY AND YOU

Exercise 4. Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

29. Acupuncture originated in China and has been used as a traditional medicine for thousands of years.

A. began B. created C. developed D. introduced

30. There is no evidence at this time that acupuncture can treat cancer itself.

A. clue B. data C. proof D. sign

31. Acupuncture can treat from simple to complicated ailments.

A. acupoints B. diseases C. points D. treatments

32. Some people believe that acupuncture can be a cure of cancer.

A. allergy B. practice C. therapy D. treatment

33. Acupuncture can ease nausea and vomiting caused by chemotherapy.

A. increase B. prevent C. reduce D. spoil

34. Are there any alternatives that might provide better options for gay people?

A. choices B. decisions C. judgements D. votes

35. The old blood cells are broken down by the spleen and eliminated from the body.

A. cut out B. exhaled C. removed D. held

36. Humans will enjoy longer life expectancy when they are more conscious of what they eat and do.

A. aware of B. capable of C. responsible for D. suitable for

37. Together, all of these treatments are supposed to cleanse your body and stimulate your immune system.

A. encourage B. generate C. increase D. expand

38. The most common side effects with acupuncture are soreness, slight bleeding and discomfort.

A. direct B. indirect C. original D. unwanted

39. Consuming nuts can boost your heart health and lifespan.

A. Eating B. Ingesting C. Inhaling D. Swallowing

40. Doing exercise regularly helps prevent diseases like heart disease, stroke and type 2 diabetes.

A. avoid B. cure C. forbid D. reduce

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41. Tomato juice contains a rich amount of fiber which helps in breaking down LDL or bad cholesterol in the body.

A. compounds B. comprises C. produces D. Provides

42. The human body possesses an enormous, astonishing, and persistent capacity to heal itself.

A. cure B. generate C. Protect D. remove

Exercise 5. Mark the letter A. B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

43. The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

A. breathing out B. dismissing C. exhaling D. inhaling

44. Turmeric can help in boosting immune system and fight off free radical attacks in the system.

A. destroying B. enhancing C. weakening D. stopping

45. Although there are unanswered questions, acupuncture appears to work.

A. be incorrect B. be ineffective C. be uncertain D. be unhelpful

46. Apart from being used as an ingredient in cooking, turmeric also promotes many health benefits.

A. contributes to B. discourages C. stimulates D. weakens

47. Originally, there were 365 acupoints, but now this has increased to more than 2000 nowadays.

A. reduced B. stabled C. transferred D. turned into

48. Acupuncture is considered to be very safe when enough precautions are taken.

A. comfortable B. dangerous C. Sore D. unhealthy

49. Compound exercises can increase strength and size far effectively than isolation exercises.

A. Light B. Heavy C. Mixed D. Single

50. Care is also needed so that inner body parts (lungs, heart liver, etc.) are not touched by the needles.

A. external B. foreign C. superficial D. visible

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