

LISTENING

- 2**   **13** Listen to a woman called Sarah Macy talking about kite-surfing and complete the sentences with ONE, TWO or THREE words in each space.

KITE-SURFING

- 1** Kite-surfing makes you healthy because it gets the around your body.
- 2** Sarah says it is than driving a car or being a pedestrian.
- 3** Sarah suggests people need to take before they kite-surf.
- 4** Changeable make the sport interesting.
- 5** Sarah believed she'd made by moving to Brazil.
- 6** Her most frightening moment was when circled around her.

Home remedies

A Garlic

Garlic is an enormous help if you have a sore throat. Crush six cloves of garlic into a glass of warm water and gargle with the mixture. Repeat this action regularly for three days and your throat should feel a lot better. Don't worry if you don't like garlic – just remember not to drink it by mistake!

B Magnesium

Magnesium tablets are a great remedy for relieving the pain and reducing the tension of sore muscles, which can occasionally make your head hurt a great deal. So if you feel a bad headache coming, take at least 200 mg of magnesium when the pain begins and it should prevent it from getting worse. However, if you have kidney issues, you should make an appointment to see a doctor first.

C Oatmeal

Oatmeal has been used for centuries as a remedy for a variety of skin conditions. So, if you suffer from dry itchy skin and rashes, then try using oatmeal, something you often find in breakfast cereals. Put whole dry oats into a clean piece of cloth or a sock and tie the end tightly. Then drop it in a hot bath and leave it there for a while. Sit in the bath for up to twenty minutes and you will feel so much better. Your skin should start to improve too.

D Lemons and yoghurt

Did you know that lemon juice and yoghurt can help improve the smell of your breath? The juice kills the bacteria that cause the smell and the plain yoghurt does the same thing, but leaves a nicer taste in your mouth. Apparently, it'll keep your breath fresh for up to twenty-four hours. You don't need to spend lots of money on mouthwash!

E Sugar or salt

Have you ever tried to hold your breath as long as you can to stop hiccups? Hiccups are a common, uncomfortable and embarrassing problem, but one thing which has a great effect in stopping them is sugar or salt. Just swallow one or two teaspoons of either – sugar is recommended because it tastes a whole lot nicer and is so much easier to swallow!

F Olive oil

Are your lips dry and cracked from the cold or too much sun? Try making your own lip remedy with olive oil and sugar. Mix them together to make a paste and rub it gently on your lips. You can also use the same mixture for your skin to protect it from extreme temperatures. And another wonder of this totally natural product is that the vitamin E it contains can repair nail damage. It will help your nails grow stronger and longer if you use a drop every day.

READING

3 You are going to read about six home remedies. For statements 1–7, choose from the remedies (A–F).

- 1 It may be advisable to get a medical consultation before taking this remedy.
- 2 You shouldn't actually swallow this remedy.
- 3 Combine these elements for a cheaper and tastier alternative remedy.
- 4 This remedy can be used to solve problems related to weather conditions.

- 5 One remedy goes down better than another possibility.
- 6 Mixed with warm water this works well for external problems.
- 7 Use this remedy in advance of something becoming more serious.