Matura bez problemu – zadania tekstowe 13

Przeczytaj tekst, z którego usunięto zdania. Wybierz takie, które w najbardziej logiczny sposób uzupełnia kontekst artykułu.

It's a piece of advice yogis have given for thousands of years: take a deep breath and relax. Watch the tension melt from your muscles and all your worries vanish. Somehow we all know that relaxation is good for us. **(1)**

a) *A comprehensive scientific study has showed that deep relaxation changes our bodies on a genetic level.*
b) *Insight into human genetic code may reveal the long ways of development of the man's immune system.*

It has been discovered that in long-term practitioners of relaxation methods such as yoga and meditation, far more disease-fighting genes were active, compared to those who practised no form of relaxation. In particular, genes that protect us from disorders such as pain, infertility, high blood pressure and even rheumatoid arthritis were switched on. The changes were induced by what is called the relaxation effect, **(2)**

a) *no matter what its true influence upon human health may be.*
b) *a phenomenon that could be just as powerful as any medical drug but without the side effects.*

The research has revealed that genes can switch on, just as easily as they switch off. The scientists asked the control group to start practising relaxation methods every day, and after only two months, their bodies began to change. The genes that help fight inflammation, kill diseased cells and protect the body from cancer all began to switch on. **(3)**

a) *Surprisingly, though, many of the patients were not determined enough to carry it out to the end.*
b) *More encouraging still, the benefits of the relaxation effect were found to increase with regular practice.*

The more people practised relaxation methods such as meditation or deep breathing, the greater their chances of remaining free of arthritis and joint pain with stronger immunity, healthier hormone levels and lower blood pressure. **(4)**

a) *The research has showed how a person's state of mind affects the body on a physical and genetic level.*
b) *Definitely, the side-effects have blurred the positive image of the study results, which, in turn, has discouraged the researchers.*

It might also explain why relaxation induced by meditation or repetitive mantras is considered to be a powerful remedy in traditions such as Ayurveda in India or Tibetan medicine.

But just how can relaxation have such wide-ranging and powerful effects? Research has described the negative effects of stress on the body. Linked to the release of the stress hormones adrenalin and cortisol, stress raises the heart rate and blood pressure, weakens immunity and lowers fertility. **(5)**

a) *Stress-relieving physical exercises do not guarantee a long-lasting effect or protection from disease.*
b) *By contrast, the state of relaxation is linked to higher levels of feel-good chemicals such as serotonin.*

Indeed, studies show that relaxation has virtually the opposite effect, lowering heart rate, boosting immunity and enabling the body to thrive.

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