

# 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.

ANXIOUS

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.

RELIEF

MOTION

PEACE

EXTREME

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.

PRACTICE

PRESS

FIT

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.

ASSIST

SOLVE

PLEASANT

