

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.

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.