Extra training

Use of English
Task 171

Complete the gaps (A-F) with the phrases (1-7).
There is one phrase that you do not need to use.

1. about your behaviour and lifestyle

2. to harmonise the forces of *yin* and *yang*

3. and trying to understand how it works

4. which causes energy flow (called *'qi')* within the body to become blocked

5. from qualified and experienced acupuncturists only

6. and ft is one of the main components of traditional Chinese medicine

7. when acupuncture needles are inserted into their body

ACUPUNCTURE

Acupuncture is one of the oldest healing techniques in the world. It has been practised in Asian countries for thousands of years **A** ..... . Acupuncture involves putting extremely thin metallic needles into the skin at certain sites. These needles are then moved around by hand, heated or connected to a battery. The aim is to return health and relieve pain.

In traditional Chinese medicine, a healthy body is one in which the forces of *yin* and *yang* are balanced. *Yin* is whatever is cold and slow and *yang* is whatever is hot and excited. Disease occurs when there is an imbalance in the forces of *yin* and *yang*, **B** ..... . Acupuncture works by unblocking *qi*, and hence returning *yin* and *yang* to balance.

When visiting an acupuncturist for the first time, be prepared to answer several health questions. The specialist will also ask you **C** ..... . This is necessary for them to determine your treatment needs. In general, people do not feel any pain **D** ..... . In fact, during acupuncture sessions many people report feeling either relaxed or full of energy.

For the most part, acupuncture is an incredibly safe medical procedure. Very few complications have been reported. Those that have, have been the result of practitioners using defective needles or placing them incorrectly in the patient's body. Thus, it is important to seek treatment **E**..... .

For many years now, scientists in the West have been studying the usefulness of acupuncture **F** ..... . Their studies have not yet found the mechanism behind acupuncture's apparent effectiveness, but they have indicated that acupuncture can be useful in treating a wide variety of health problems. Every year, thousands of people benefit from using acupuncture to help them stop smoking, relieve stress, lose weight and much more.

A	B	C	D	E	F

LIVEWORKSHEETS