

FUMC ESL 4-14-2014 Advanced Lesson Acupuncture

Talk for one or two minutes on one of these subjects:

One thing I don't like about doctors is---

The things I do to stay healthy are---

I worry about my parent's health because---

One unhealthy practice that I refuse to give up is---

I believe in taking vitamins and supplements to improve my health. (agree or disagree)

Using "result"

result—something that happens or exists because of something else that has happened
noun—The result of the pregnancy test was positive. As a result of their hard work, the building was finished. **plural**: The results of the tests showed no cancer. The election results showed Obama won. Are the results of your exam in yet? The results from the cricket match will be posted soon.

verb—Fifty percent of bicycle accidents result in injuries. Illness results from living under stress.

Think quickly to finish these sentences.

Research into cancer might result...

Studying harder results...

Working late every night can result...

Feeding zoo animals can result...

Daylight savings time results...

Drinking under the influence of alcohol results...

The trial resulted...

When I analyzed the results...

The result of the chess match...

Read the article below and underline any words or phrases you don't understand.

Many people think twice about doctors sticking needles in them. However, research into acupuncture might change people's opinions. A new study into this ancient Chinese therapy shows it is better than usual hospital treatments at relieving back pain. The research team found acupuncture is "better" for a bad back than the care given in the West. This may be good news for millions of people who suffer from back pain. Up to 85 per cent of us will experience a painful back at some time in our life. The research team surveyed 638 patients with lower back pain. Researcher Dr Daniel Cherkin said all the varieties of acupuncture in the study "had beneficial effects" when compared to usual treatment. He said acupuncture was both safe and effective.

Acupuncture is growing in popularity around the world. It is a technique in which very thin needles are pushed into specific points on the body. Experts say each point has access to a special energy flow. The needles can stop the flow of energy that causes pain. They also say acupuncture is painless. Western doctors do not understand how or why these lines of energy work. The WHO recommends acupuncture for over 20 different medical problems. Dr Cherkin's study showed acupuncture worked. After eight weeks, up to 69 per cent of the test patients having acupuncture said their back pain improved. This compares to just 39 per cent for the patients who received conventional care.

Which of these statements are supported by the article.

- 1-Doctors ask patients to think more than once before they use needles.
- 2-Acupuncture may be better than western cures for treating bad backs.
- 3-Over four fifths of us will have back pain at some stage in our life.
- 4-European and American doctors understand why acupuncture is so effective.
- 5-A team of researchers based their results on 638 different people.
- 6-Acupuncture isn't as popular as it used to be.
- 7-WHO approves the use of acupuncture.
- 8-Acupuncture needles cause the patients a little bit of pain.

Choose the word that fits in the blank. Use the word list below:

conventional	ancient	beneficial	survey	flow	relieve	sticking
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- 1-Something that is _____ is centuries old.
- 2-If you look something over, map it, or record it's features, you _____ it.
- 3-Poking with a needle is the same as _____ something sharp into someone.
- 4-The normal or standard treatment might be called the _____ treatment.
- 5-Treatment that results in a good outcome is _____.
- 6-To _____ is to move along continuously in a steady stream.
- 7-If you _____ someone from pain, you lessen the pain.

Discuss in groups:

- 1-Have you ever tried, or would you ever try acupuncture?
- 2-How do you feel about needles and injections?
- 3-Do you think acupuncture is better than Western medicine?
- 4-What do you recommend for a bad back?
- 5-Do you suffer from any aches and pains?
- 6-What does it mean to "think twice" about something? Give an example of something you have "thought twice" about.
- 7-Do you think there are any dangers in acupuncture?
- 8-Discuss any other old remedies you know about.
- 9-Have you ever tried any alternative remedies? Did they work?