



HEALTH CARE AND PREVENTION

Glossary

to gather	to organize	to get rid of
to follow	to treat	to consult
to choose	to react	to learn
to meditate	to be surprised	alternative medicine
a piece of paper	a speciality	a general practitioner
a proverb	to cure	a therapist
a nutritionist	a homeopath	a low calorie diet
salt-free diet	sophrology	stress management
an initiative	regarding	yes indeed
good job	not at all	all year round
point-by-point	once a month	overweight
its own way	definitely	body in mind
harmony	acupuncturist	naturopath
a consciousness	a daily basis	a specialist
a cardiologist	a dermatologist	a gastroenterologist
a gynecologist	a neurologist	an obstetrician
an oncologist	an ophtalmogist	a pediatrician
a pulmonologist	a psychiatrist	a radiologist
a rheumatologist	a urologist	a dental surgeon
acupuncture	homeopathy	naturopathy
chiropractic	osteopathy	hypnotherapy
phytotherapy	dietetics	balneotherapy
aromatherapy	reflexology	

GRAMMAR

Present perfect and simple preterite with time markers

Use of present perfect with ever/never, just, yet, already, since,

Ever/Never

Example: Have you ever been to India?
I have never been to India.

Just

Example: Is Mary here?
No she has just gone.

'Yet' with negative and interrogative forms

Example: They haven't finished yet.



Have they finished their meal yet?
No, they're still eating.

'Already' with positive form

Example: Have a drink.
No, thanks, I've already drunk too much already.

Since

I have lived in France since 2006.
I live here now.
2006 is the date on which I started living here.

Use of present perfect or preterite with 'for'

I have lived in this house for 3 years. I live in it now.
I lived in that flat for 3 years but I don't live here now.

The 3 years represent the period of time during which I have lived here.

Use of preterite with 'ago'

I started learning French 3 years ago.

And now a dialogue between Wentworth and Sarah...

Health care and prevention

Sarah: So, Wentworth, did you find the contacts you wanted to give me regarding alternative medicine?

Wentworth: Yes indeed. I gathered them all on a piece of paper, organized by a speciality.

Sarah: Good job. So, I guess I have to get rid of my general practitioner then.

Wentworth: Not at all. As says the proverb, 'prevention is better than a cure'. So you should use these therapists all year round just to get a better body and mind harmony.

Sarah: For how long have you been using these methods?

Wentworth: I tried it five years ago and since that day my life has been easier.

Sarah: Okay, so which one should I start with? The acupuncturist or the naturopath? Because I've never experienced any of these medicines.



HYPNO**LANGUE**
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- Wentworth: It's not so easy; it is not a list you have to follow point by point. More like a consciousness that alternative medicine might be able to help and treat you on a daily basis. For instance, I consult each of them once a month and since I've been doing that, I haven't been ill at all.
- Sarah: It sounds interesting. So, do you mean it's better to see you a nutritionist or a homeopath when you're overweight before choosing a low calorie or salt-free diet?
- Wentworth: Of course. Each body is different and has its own way of reacting to dietary treatment.
- Sarah: Thanks a million, Wentworth. I will first start with sophrology to learn stress management regarding my phobia.
- Wentworth: Excellent initiative. And you should begin to meditate as well. You'll be surprised to see how it can help.
- Sarah: I definitely will.