



#### 134. Healthcare and prevention

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

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

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

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

Sarah: Ok! So which one should I start with? The acupuncturist or the naturopath?

W: this is not so easy, it's a not a list you have to follow point by point, but more 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 a nutritionist or a homeopath when you're overweight before choosing a low-calory or salt-free diet?

W: Of course! Each body is different and has its own way of reacting to a diet or a treatment.

Sarah: Thanks a million Wentworth, I will first start with sophrology to learn stress management regarding my phobia.

W: excellent initiative, and you should begin to meditate as well, you'll be surprised to see how it can help.

Sarah: I will definitely!



## GLOSSARY:

Healthcare and prevention: médecine et prévention	A nutritionist: un nutritionniste
To gather: rassembler	A homeopath: un homéopathe
To organize: organiser, trier	Low-calory diet: un régime hypocalorique
To get rid of: abandonner	Salt-free diet: régime sans sel
To follow: suivre	Sophrology: sophrologie
To treat: traiter	Stress management: la gestion du stress
To consult: consulter	An initiative: une initiative
To choose: choisir	Regarding: concernant
To react: réagir	Yes indeed: oui effectivement
To learn: apprendre	Good job: bon travail
To begin: commencer	Not at all: pas du tout
To meditate: méditer	All year round: toute l'année
To be surprised: être surpris	Point by point: point par point
Alternative medicine: médecines douces	Once a month : une fois par mois
A piece of paper: un bout de papier	Overweight : en surcharge pondérale
A speciality : une spécialité	Its own way : sa propre manière
A general practitioner : un médecin généraliste	Definitely : certainement, assurément
A proverb : un proverbe	
To cure : guérir	
A therapist : un thérapeute	
Body and mind : le corps et l'esprit	
Harmony: l'harmonie	
Acupuncturist: acuponcteur	
Naturopath: naturopathe	
A consciousness: une conscience	
A daily basis: une base quotidienne	

A specialist : un spécialiste	Acupunture : l'acuponcture
A cardiologist : un cardiologue	Homeopathy : l'homéopathie
A dermatologist : un dermatologue	Naturopathy : la naturopathie
A gastroenterologist : un gastroentérologue	Chiropractic : la chiropraxie
A gynaecologist : un gynécologue	Osteopathy : l'ostéopathie
A neurologist : un neurologue	Hypnotherapy : hypnothérapie
An obstetrician : un obstétricien	Phytotherapy : la phytothérapie
An oncologist : un cancérologue	Dietetics : la diététique
An ophtalmologist : un ophtalmologue	Balneotherapy : balnéothérapie
A paediatrician : un pédiatre	Aromatherapy : aromathérapie
A pneumonologist : un pneumologue	Reflexology : la réflexologie
A psychiatrist : un psychiatre	
A radiologist : un radiologue	
A rheumatologist : un rhumatologue	
A urologist : un urologue	
A dental surgeon : un chirurgien dentiste	



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