



HYPNO**LANGUE**
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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	A nutritionist
To gather	A homeopath
To organize	Low-calory diet
To get rid of	Salt-free diet
To follow	Sophrology
To treat	Stress management
To consult	An initiative
To choose	Regarding
To react	Yes indeed
To learn	Good job
To begin	Not at all
To meditate	All year round
To be surprised	Point by point
Alternative medicine	Once a month
A piece of paper	Overweight
A speciality	Its own
A general practitioner	Definitely
A proverb	
To cure	
A therapist	
Body and mind	
Harmony	
Acupuncturist	
Naturopath	
A consciousness	
A daily basis	

A specialist	Acupunture
A cardiologist	Homeopathy
A dermatologist	Naturopathy
A gastroenterologist	Chiropractic
A gynaecologist	Osteopathy
A neurologist	Hypnotherapy
An obstetrician	Phytotherapy
An oncologist	Dietetics
An ophtalmologist	Balneotherapy
A paediatrician	Aromatherapy
A pneumonologist	Reflexology
A psychiatrist	
A radiologist	
A rheumatologist	
A urologist	
A dental surgeon	



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