

Exercise 1

- 1 lightheaded 2 relieve 3 queasy
 4 has butterflies in her stomach 5 cure 6 under the weather
 7 are lethal 8 the sniffles 9 dose 10 tolerate

Exercise 2

- 1 contaminate 2 pure 3 lungs 4 asthma 5 remedies
 6 liver/heart/pancreas 7 extracts 8 slimy 9 bitter/sour
 10 stomach

Exercise 3

- 1 True 2 False 3 Don't know 4 Don't know 5 True

Exercise 4

- 1 Laughter can improve your well-being because it helps release endorphins.
 2 Psychoneuroimmunology is the study of the effects of the interaction of the mind, body and immune system on health.
 3 Laughter reduces blood pressure and harmful stress hormones, and boosts the immune system.
 4 The growing number of therapies involving laughter is evidence that it is a valid treatment.
 5 Clowns are used in hospitals to entertain sick children making them less anxious and more responsive to treatment.

Exercise 5

- 1 it 2 that 3 make 4 – 5 It 6 to 7 is 8 –
 9 that 10 they

Exercise 6

- 1 It is surprising that more people don't recycle their rubbish.
 2 It is incredible to find homes without electricity in central London.
 3 It was annoying to discover that all the tickets had been sold.
 4 It is essential to learn everyday English to pass your English oral exam.
 5 It is difficult to be happy if you don't laugh now and then.
 6 It is not a good idea to go out the night before an exam.
 7 It was wonderful to win first prize last week.
 8 It is unusual to see people on the beach at this time of the year.
 9 It is amazing that John got good marks in his chemistry test.
 10 It is normal to feel nervous before taking an exam.

Exercise 7

- 1 trial 2 as 3 paint 4 try 5 claim/say 6 pressure
 7 treatment 8 swelling 9 dose 10 alternative

Exercise 8 (suggested answers)

- 1 Have you ever had/trying a mud bath?
 2 What about acupuncture? / Have you ever had acupuncture?
 3 What therapies would you like to try?
 4 got butterflies in my stomach
 5 No, thanks. It / Camomile tea makes me feel

Exercise 9

Students' own answers.