**15/11/2017**

**Motion:** *Alternative medicine is a waste of time and money.*

Useful links:

1. **ESL Health Unit**<https://www.fremont.k12.ca.us/cms/lib/CA01000848/Centricity/Domain/189/unit5_inter_lesson3.pdf>
2. **Clinical trials of 'quack alternative medicines should be stopped because they are damaging and a waste of money', say two leading critics**<http://www.dailymail.co.uk/health/article-2730008/Clinical-trials-quack-alternative-medicines-stopped-damaging-waste-money-say-two-leading-experts.html>
3. **Conventional Vs Alternative Medicine Explained** <http://www.foodmatters.com/article/conventional-vs-alternative-medicine-explained>
4. **Why do people turn to alternative medicine** <https://sciencebasedmedicine.org/why-do-people-turn-to-alternative-medicine/>
5. **Natural vs. Conventional Medicine**

<https://dellaterrawellness.com/natural-vs-conventional-medicine/>

Video:

1. **Conventional vs alternative medicine explained** <https://www.youtube.com/watch?v=Vl4JXd7hNyo>
2. **Connecting Modern Medicine to Traditional Healing: Dr. Cheo Torres at TEDxABQ**

<https://www.youtube.com/watch?v=KiqrtsN9xis>

**Vocabulary**

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| иглоукалывание | acupuncture | a way of treating pain or illness by putting thin needles into parts of the body |
| недуг | ailment | an illness that is not very serious |
| альтернативный | alternative | different from what is usual or expected |
| ароматерапия | aromatherapy | a technique which uses natural sweet swelling oils for controlling pain or for rubbing into the body during massage |
| хронический | chronic | continuing for a long time and not easily solved or cured |
| дополнительный | complementary | combining well with other things to bring out the good in them |
| обычный | conventional | used or existing for a long time and considered usual |
| гипноз | hypnosis | a state similar to sleep, in which someone’s thoughts and actions can be influenced by someone else |
| основной | mainstream | the beliefs and opinions that represent the most usual way of thinking about or doing something |
| без хирургического вмешательства | non-invasive | medical treatment that does not involve cutting into someone’s body |
| остеопатия | osteopathy | treatment of disease by manipulation of the bones or muscles |
| плацебо | placebo | a harmless substance that is given to a patient instead of medicine |
| практикующий врач | practitioner | someone who is trained to do a particular type of work that involves a lot of skill |
| радикальный | radical | very different |
| лечение | treatment | a method that is intended to cure an injury or sickness |
| приступ | bout | a short period of time during which you suffer from an illness |
| травяной | herbal | made of herbs |
| гомеопатия | homeopathy | a system of medicine in which a disease is treated by giving extremely small amounts of a substance that causes the disease |
| инертный | inert | not producing a chemical reaction when combined with other substances |
| пренебрегать | neglect | to fail to look after someone or something properly |
| психосоматический | psychosomatic | a psychosomatic illness is caused by fear or anxiety rather than by a physical problem |
| успокоить кого-то | put someone at ease | to make someone feel less worried about something |
| шарлатан | quack | someone who pretends to be a doctor |
| облегчение | relief | a feeling of comfort when something frightening, worrying, or painful has ended or has not happened |
| успокоительное | sedative | a drug used to make someone calm or go to sleep |
| соблазнять | seduce | to make someone want to do something by making it seem very attractive or interesting to them |
| подрывать | undermine | to gradually make someone or something less strong or effective |
| благополучие | well-being | a feeling of being comfortable, healthy, and happy |