1. Read and listen to the following text

There are 50 trillion cells in the human body, 206 bones, 32 teeth, and more than five and a half liters of blood.

That most perfect of organs, the biologist’s best argument for natural selection, the window to the soul. In sleep, it is covered by a lid. Close one and you wink, close two and you blink.

People paint the nails to make themselves more attractive and put rings on them to signify alliance. They help us read if we cannot see, and help us speak when we cannot hear.

The size of a fist, it beats 70 times a minute without stopping for more than 60 years. So much more than just a pump for the blood, it symbolizes love and the centre of our being.

The bone that opens and closes the mouth and holds your teeth. It drops if you are shocked or surprised.

Some people fill theirs with smoke, although they are supposed to be used for getting oxygen to the blood and removing carbon dioxide. The right one is bigger than the left one.
DIFFICULT VOCABULARY

<table>
<thead>
<tr>
<th>lid</th>
<th>wink</th>
<th>blink</th>
<th>Alliance</th>
</tr>
</thead>
<tbody>
<tr>
<td>fist</td>
<td>pump</td>
<td>sleeve</td>
<td>fill</td>
</tr>
</tbody>
</table>

1.B. Label the human body diagram using the word list below.

1C. Multiple choice: Choose the right answer

(Definitions of parts of the body/verbs related to them)
1. B  Illnesses

Practise the following conversation

Doctor: What's the matter
Patient: I don't feel well, I feel dizzy
Doctor: I am going to take your blood pressure.

WRITE A DIALOGUE USING THE FOLLOWING VOCABULARY
I feel sick   My ankle is swollen   you need to have X-rays   give you some tablets

2. B. GRAMMAR

a) "Should" is most commonly used to make recommendations or give advice.

Complete the following sentences using should/shouldn’t and suitable advice to each situation. Use the following vocabulary

<table>
<thead>
<tr>
<th>Drink coffee</th>
<th>Take antihistamines</th>
<th>Low-fat food</th>
<th>Carry heavy things</th>
<th>Use neutral ph products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat salt</td>
<td>Take calcium</td>
<td>Go on a diet</td>
<td>Drink alcohol</td>
<td>Avoid highly alkaline soaps</td>
</tr>
<tr>
<td>Moisturize cuticles</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

1. People with high cholesterol ..........................................
2. People with sleeping problems ..........................................
3. People with liver problems ............................................
4. People with high blood pressure .....................................
5. People with back ache
6. People who suffer from high fever
7. People with osteoporosis
8. People with obesity
9. People with dry skin
10. People with brittle nails

2.C. Complete the sentences under the pictures

I vomit when I .......... When I have fever I ..........

I protect myself against bacteria by......

2.D. Listen to the following conversation

http://www.youtube.com/watch?v=gzIwL4d5OtA&feature=player_embedded#

2.E Fill the blanks with the right word

Exercise 1

1. If your ______ hurt, you should go to the dentist.

2. If you open your ______, you will see better!!
3. A wedding ring is worn on the \underline{\text{finger}}.

4. Pinocchio got a very big \underline{\text{nose}} because he told too many lies.

5. If you are very cold, put a woollen scarf around your \underline{\text{neck}}.

6. Eating is very easy. You just put food into your \underline{\text{mouth}}!

7. If you drink too much beer, your \underline{\text{head}} will hurt the next day.

8. Be careful not to injure your \underline{\text{fingers}} when you lift something heavy.

9. Men who drink a lot of beer often have a large \underline{\text{belly}}.

10. You put socks on your \underline{\text{feet}}.

**EXERCISE 2**

1. I haven't been able to sleep in three days. I think I might have \underline{\text{insomnia}}.
   - insomnia
   - a cold
   - the hiccups

2. Drinking water is one way to get rid of \underline{\text{the hiccups}}.
   - the hiccups
   - illness
   - fever

3. He smokes too much. Just look at the way he \underline{\text{coughs}}.
   - spits
   - sleeps
   - coughs

4. The baby was \underline{\text{having}} a fever, so they took him to see the doctor.
   - causing
   - running
   - having

5. The doctor prescribed \underline{\text{water}} for my rash.
   - water
6. It's possible to become addicted to ________.
   - pain killers
   - water
   - a fever

7. After Will fell off his bike, his mother dressed his ________.
   - wound
   - blood
   - damage

8. I ________ my ankle when I was playing basketball.
   - ran
   - fell
   - twisted

9. Drinking tea with honey can help soothe ________.
   - a hurt throat
   - a sore throat

10. It's Spring, and my ________ are acting up again.
    - allergies
    - allergic
    - allergic reaction
Cellulite is the term used for the appearance of fat deposits right beneath the surface of the skin. These show up as dimples on the skin (similar to orange peel) and most commonly appear in the pelvic region – especially the thighs and stomach. Both males and females can be affected, although cellulite is most common in post-pubertal women. It is classified using 3 different grades, Medical News Today reports. At grade 1, there are no visible symptoms on the skin but fat cells can be found using a microscope.

At grade 3, the dimples are clearly visible.

What causes it?

There is no concrete explanation for what causes cellulite. The Times estimates that it affects as many as 85-98% of all post-pubertal women, making the condition “pretty much a secondary sexual characteristic of our gender”.

Other factors that may contribute to cellulite include:

- **Genes** – certain genetic characteristics have been associated with cellulite, including gender, race, circulation, slow metabolism, skin thickness. It can also be hereditary.
- **Fat** – the amount of fat in the body and how it is distributed is thought to be a major factor. Cellulite is more common in people who are overweight or obese. Eating too much carbohydrate, fat, salt and insufficient fibre can also be contributing factors.
- **Lifestyle** – those who smoke and don’t do any exercise are more at risk.
Hormones – especially in women, hormones play a big part in determining the pattern of fat distribution.

How can cellulite be treated?

There is a long-standing debate over whether it is actually possible to remove cellulite completely and what can be done to reduce it. It has become apparent that results from ‘treatment’ vary from person to person. Here are a number of methods developed solely for this purpose, as outlined by Medicine Net:

- **Cellulite creams** – these often contain a group of chemicals called methylxanthines. These include aminophylline, caffeine, and theophylline and are known for their ability to break down fat stores. Applied to the affected area, the cream aims to reduce the appearance of dimples.

- **Dietary supplements** – these are intended to improve metabolism, circulation and protect against cell damage, as well as breaking down fat cells. Popular supplements include ginkgo biloba, sweet clover, grape-seed bioflavinoids, bladder wrack extract, oil of evening primrose, fish oil, and soy lecithin.

- **Laser therapy** – there are two popular but very costly laser treatments available in the US to combat cellulite. TriActive employs laser treatment with suction and skin manipulation. VelaSmooth combines laser and massage therapy. Both of these require multiple sessions and maintenance treatment.

- **Mesotherapy** – this involves the injection of drugs and other substances into the affected tissue. Again, this treatment has to be carried out multiple times, although many physicians do not administer it because they feel it is unproven and too risky.

- **Cellulite diets** – some claim that a special diet can help eliminate cellulite. This often involves eating food which is low in fat and carbohydrate and contains nutrients aiding the metabolism and skin elasticity.

1. Read the text and decide if the following sentences are true or false
2. Answer the following questions
3. Find words in the text that mean
Health Questionnaire for Massage Therapy
This form to be completed and brought in prior to receiving massage

Name:
__________________________________________________________________________

Last First
D.O. B_________/_________/_________ (MM/ DD/ YYYY)
Occupation:
__________________________________________________________________________

Home Address:
__________________________________________________________________________

City________________________State:______________Zip:________________________

Cell Phone #:
__________________________________________________________________________

Email:______________________________________________________________________

Home Phone #:
__________________________________________________________________________

Business #:
__________________________________________________________________________

The best way to contact me is:
__________________________________________________________________________

Referred by:
__________________________________________________________________________

Emergency Contact:
__________________________________________________________________________

Phone:______________________________________________________________________

Do you have any particular goals in mind for this massage session?
__________________________________________________________________________

Have you ever had a professional massage before? Yes ( ) No ( )

Prohibiting Factors
Do you have any difficulty lying on your front, back or side? Yes ( ) No ( )
If yes, please explain:

Do you have sensitive skin? Yes ( ) No ( )
Any known allergies and or sensitivities to topical applications? Yes ( ) No ( )
If yes, please explain:

Are you wearing any of the following? contact lenses ( ) dentures ( ) a hearing aid ( )

1 of 5
Do you sit for long hours at a workstation, computer or driving? Yes ( ) No ( )
Do you perform any repetitive movement in your work, sports or hobby? Yes ( ) No ( )
If yes, please explain:
_________________________________________________________________________________
_________________________________________________________________________________

**Pertinent Medical Information**
Do you have or have you had any of the following conditions? Check appropriate lines.

___ High Blood Pressure ___ Stiff Neck ___ Recent Surgery
___ Low Blood Pressure ___ Whiplash ___ Fractures
___ Heart Condition ___ Serious Accident ___ Recent Fever
___ Nervous Condition ___ Varicose Veins ___ Arthritis
___ Eating Disorders ___ Any Contagious Disease ___ Inflammation
___ Diabetes ___ Internal Organ Dysfunction ___ Insomnia
___ Epilepsy ___ HIV virus ___ Headaches
___ Cancer ___ Skin Disorders ___ Pregnancy
___ Decreased ROM ___ Allergies ___ Other

Any further comments, explanations or information regarding your health history that would be useful for your massage therapist to know?
_________________________________________________________________________________
_________________________________________________________________________________

Are you presently under the care of a physician? Yes ( ) No ()
If yes, please explain:
_________________________________________________________________________________
_________________________________________________________________________________

Are you taking any medications? Yes ( ) No ( )
If so please list medications you are taking and what they are prescribed for?
________________________________________
GLOSSARY

Health and Healthcare

The words below are some of the most important used when talking about the Health and Healthcare.

Health and Healthcare - Illnesses

ache  ear ache  headache  stomach ache  toothache  cancer  cold  cough  flu  heart attack  heart disease  infection  infectious disease  pain  virus

Health and Healthcare - Minor Injuries

bruise  cut  graze  wound

Health and Healthcare - Treatment

bandage  check-up  dose (of medicine)  drugs  injection  give some an injection  medicine  take medicine  operation  pain-killer  pill  plaster  tablet  tranquilizer

Health and Healthcare - People

dentist  doctor  general practitioner  midwife  nurse  patient  specialist  surgeon

Health and Healthcare - Places

hospital  operating theatre  surgery

waiting room  ward

Health and Healthcare - Verbs
catch
cure
heal
hurt
injure
operate on
prescribe
prescription
treat
treatment

**Health and Healthcare - Adjectives**

fit
ill
sick
feel sick
be sick
vomit
healthy
unhealthy
painful
unwell
well

<table>
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<td>plaster</td>
<td>yeso</td>
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<tr>
<td>wheelchair</td>
<td>silla de ruedas</td>
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<td>to feel good</td>
<td>sentirse bien</td>
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<tr>
<td>to catch a cold</td>
<td>atrapar un resfrío</td>
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<tr>
<td>to have a cold</td>
<td>tener un resfrío</td>
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<tr>
<td>to sneeze</td>
<td>estornudar</td>
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<tr>
<td>to cough</td>
<td>toser</td>
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<tr>
<td>to blow one's nose</td>
<td>sonarse la nariz</td>
</tr>
<tr>
<td>to feel sick</td>
<td>tener náuseas</td>
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<tr>
<td>to feel dizzy</td>
<td>estar mareado</td>
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<tr>
<td>to faint</td>
<td>desmayarse</td>
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<tr>
<td>to pass out</td>
<td>desmayarse</td>
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<td>to be tired</td>
<td>estar cansado</td>
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<tr>
<td>to be exhausted</td>
<td>estar agotado</td>
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<tr>
<td>to have backache</td>
<td>tener dolor de espalda</td>
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<tr>
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<td>tener dolor de oídos</td>
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<td>tener dolor de cabeza</td>
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<td>to have a sore throat</td>
<td>tener dolor de garganta</td>
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<tr>
<td>to have a stomach-ache</td>
<td>tener dolor de estómago</td>
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<tr>
<td>to have toothache</td>
<td>tener dolor de dientes</td>
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<td>to have a temperature</td>
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<td>tener diarrea</td>
</tr>
<tr>
<td>to have a rash</td>
<td>tener erupciones, sarpullido</td>
</tr>
<tr>
<td>English</td>
<td>Spanish</td>
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<td>--------------------------------</td>
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</tr>
<tr>
<td>to have spots</td>
<td>tener granitos</td>
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<tr>
<td>to have a black eye</td>
<td>tener un ojo morado</td>
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<td>to get a bruise</td>
<td>magullarse</td>
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<tr>
<td>to get burnt</td>
<td>quemarse</td>
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<tr>
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<td>perder el apetito</td>
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<td>to lose one's voice</td>
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<td>to break one's arm</td>
<td>quebrarse el brazo</td>
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<td>to sprain one's ankle</td>
<td>tener un esguince en el tobillo</td>
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<td>to twist one's ankle</td>
<td>torcerse el tobillo</td>
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<tr>
<td>to take a medicine</td>
<td>tomar un medicamento</td>
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