
AN APPLE A DAY

ALTERNATIVE HEALING

Type of module	Project work
Age	14-17-year-old learners
Level	B1
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A kiadvány az Educatio Kht. kompetenciafejlesztő oktatási program kerettanterve alapján készült.

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A teljes programcsomag elérhető: www.educatio.hu címen.

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HISTORY 1

A SHORT HISTORY OF MEDICINE

■ Each of the following paragraphs describes an important period in the history of medicine. Read the paragraphs and match them with the name of the period.

(1) In prehistoric societies...

(2) In ancient Egypt...

(3) Ancient Greek physicians...

(4) In the Middle Ages theologians...

(5) In the Renaissance...

(6) In the 17th and 18th centuries...

(7) In the 19th century...

(8) The 20th century...

(a) ...anatomists published a number of illustrations of vital discoveries (A) _____ the human body which corrected many mistakes of previous periods. The first pain-killers appeared around this time.

(b) ...believed that if somebody was ill, there was a disharmony between the four humours (blood, phlegm, black bile and yellow bile) and the conditions (B) _____ were associated with these liquids. Treatment often included making the patient bleed or vomit so that the balance would be restored.

(c) ...believed that only prayer could cure a patient so there was more interest in the problems of the soul than (C) _____ of the body. Therefore, priests had a more important role than physicians.

(d) ... healers were typically shamans, somewhere between priests, magicians and rulers. Both men and women could be shamans. They used prayers and spells and liked using symbols – for (D) _____ eating a heart-shaped leaf if you had heart problems.

(e) ...medical research continued (E) _____ the use of microscopes, the invention of vaccinations and the discovery of vitamins. The careful observation and detailed record keeping of the period helped later physicians a lot.

(f) ...new disciplines (F) _____ microbiology and bacteriology appeared. Surgery became safer after doctors started to disinfect surgical equipment and also less painful with the introduction of anaesthesia.

(g) ...religion and healing went hand-in-hand. Doctors were priest-physicians who specialized in certain parts of the body because they believed that the different body parts all had their different gods. They prayed to these gods (G) _____ recovery, but they also used almost 700 types of drugs.

(h) ... saw the invention of antibiotics and chemotherapy as (H) _____ as the rise of new professions such as psychiatrist and psychologist, which signalled a new, more humane, approach to the mentally ill.

■ Now read the paragraphs again and fill in the gaps with a suitable word.

HISTORY 2

A SHORT HISTORY OF MEDICINE

■ Each of the following paragraphs describes an important period in the history of medicine. Read the paragraphs and match them with the name of the period. There is a key word or expression (in brackets) after each period to help you.

- (1) In prehistoric societies... (shamans)
- (2) In ancient Egypt... (many types of drugs)
- (3) Ancient Greek physicians... (the four humours)
- (4) In the Middle Ages theologians... (prayer)
- (5) In the Renaissance... (anatomy)
- (6) In the 17th and 18th centuries... (microscopes)
- (7) In the 19th century... (safer and less painful surgery)
- (8) The 20th century... (antibiotics)

- (a) ...anatomists published a number of illustrations of vital discoveries (A) a_____ the human body which corrected many mistakes of previous periods. The first pain-killers appeared around this time.
- (b) ...believed that if somebody was ill, there was a disharmony between the four humours (blood, phlegm, black bile and yellow bile) and the conditions (B) w_____ were associated with these liquids. Treatment often included making the patient bleed or vomit so that the balance would be restored.
- (c) ...believed that only prayer could cure a patient so there was more interest in the problems of the soul than (C) t_____ of the body. Therefore, priests had a more important role than physicians.
- (d) ... healers were typically shamans, somewhere between priests, magicians and rulers. Both men and women could be shamans. They used prayers and spells and liked using symbols – for (D) e_____ eating a heart-shaped leaf if you had heart problems.
- (e) ...medical research continued (E) w_____ the use of microscopes, the invention of vaccinations and the discovery of vitamins. The careful observation and detailed record keeping of the period helped later physicians a lot.
- (f) ...new disciplines (F) l_____ microbiology and bacteriology appeared. Surgery became safer after doctors started to disinfect surgical equipment and also less painful with the introduction of anaesthesia.
- (g) ...religion and healing went hand-in-hand. Doctors were priest-physicians who specialized in certain parts of the body because they believed that the different body parts all had their different gods. They prayed to these gods (G) f_____ recovery, but they also used almost 700 types of drugs.
- (h) ... saw the invention of antibiotics and chemotherapy as (H) w_____ as the rise of new professions such as psychiatrist and psychologist, which signalled a new, more humane, approach to the mentally ill.

■ Now read the paragraphs again and fill in the gaps with a suitable word. The first letter of the words is given for you.

prehistoric societies	shamans
ancient Egypt	many types of drugs
ancient Greece	the four humours
the Middle Ages	prayer
the Renaissance	anatomy
the 17 th and 18 th centuries	microscopes
the 19 th century	safer and less painful surgery
the 20 th century	antibiotics

<p>You are a shaman living in prehistoric times.</p>	<p>You cannot sleep well.</p>
<p>You are an Egyptian physician-priest.</p>	<p>You have swollen feet.</p>
<p>You are an ancient Greek doctor.</p>	<p>You think you have a fever.</p>
<p>You are a very religious doctor in the Middle Ages.</p>	<p>You feel a little dizzy.</p>
<p>You are an anatomist in the Renaissance.</p>	<p>You have a pain in your left ear.</p>
<p>You are a very orderly physician in the 18th century.</p>	<p>You sneeze all the time.</p>
<p>You are a 19th century surgeon.</p>	<p>You have itchy eyes.</p>
<p>You are a 20 th century psychiatrist.</p>	<p>You have an allergy to cats.</p>

<p>You are a shaman living in prehistoric times.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are an Egyptian physician-priest.</p>	<p>I have a pain in my left ear. Could you help me? I have got swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are an ancient Greek doctor.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are a very religious doctor in the Middle Ages.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>

<p>You are an anatomist in the Renaissance.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are a very orderly physician in the 18th century.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are a 19th century surgeon.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>
<p>You are a 20 th century psychiatrist.</p>	<p>I have a pain in my left ear. Could you help me? I have swollen feet. I cannot walk. I have an allergy to cats. Please help me! I cannot sleep well. I'm so exhausted...</p>

That root is heathen.

Here, say this prayer.

That prayer is superstition.

Here, drink this potion.

That potion is snake oil.

Here, swallow this pill.

That pill is ineffective.

Here, take this antibiotic.

That antibiotic is superstitious.

An even shorter history of medicine

The problem: „Doctor, I have an earache.”

The answer:

- 2000 B.C. - Here, eat this root.
- 1000 A.D. - That root is heathen. Here, say this prayer.
- 1850 A.D. - That prayer is superstitious. Here, drink this potion.
- 1940 A.D. - That potion is snake oil. Here, swallow this pill.
- 1985 A.D. - That pill is ineffective. Here, take this antibiotic.
- 2000 A.D. - That antibiotic is artificial. Here, eat this root.



Colour Therapy

Colour Therapy is based on a very simple principle. Each and every colour, as well as each and every illness, has a frequency wavelength on which it vibrates. Colour therapy tries to match the frequency wavelength of a colour to that of a disease in order to cure a patient. A Colour Treatment Machine removes bacterial and virus infections (microbes) from your body with the help of a certain colour. The good side of it is that overdose is not possible – if a certain microbe is killed then its colour simply stops working on you. You can also help the therapy if you take vitamins and drink a lot of water every day.

Other treatments.

■ Complete these sentences with a word or expression as you listen to the others.

1) Ho_____.
 It was founded by a _____ physician _____ years ago.
 Its main principle is: _____.
 Such remedies are made from small parts of _____.
 It's all very natural so there are no _____.
 It also works for _____, not only for people.

2) A_____.
 This treatment focuses on the energy in the body, the _____.
 There are _____ energy channels in the human body.
 If you become ill, that means the _____ of the Chi must be changed.
 They use very thin _____ made of metal.
 This therapy comes from _____: it appeared _____ years ago.

3) He_____.
 You can use flowers, berries or roots as _____ or as _____.
 It is a very _____ method of curing illnesses.
 It helps make your _____ stronger.
 It also helps your body _____ itself.
 If your eyes are red and tired, use _____.

An even shorter history of medicine

The problem: „Doctor, I have an earache.”
 The answer:

- 2000 B.C. - Here, eat this root.
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Homeopathy

Homeopathy is a system of healing and medicine that was founded by a German physician 200 years ago. Its main principle is “like cures like” which means that if you have a cold for instance, then you will get a medicine from which a healthy person would catch a cold – and this medicine cures you! That means, your symptoms disappear, but so does the root cause of the problem! Homeopathic remedies are made from very small parts of plants, animals and minerals, so they’re absolutely natural. For this reason, there are no harmful side effects. Homeopathic medicine probably works like an enzyme or a hormone in your body – so interestingly enough, it works for pets as well!

Other treatments.

■ Complete these sentences with a word or expression as you listen to the others.

1) C _____ T _____
 Each colour has a _____ wavelength on which it vibrates.
 Each _____ illness also has such a wavelength.
 The therapy tries to _____ these two wavelengths to cure an illness.
 _____ is not possible with this therapy.
 You can help the therapy if you drink a lot of _____ and take _____.

2) A _____
 This treatment focuses on the energy in the body, the _____.
 There are _____ energy channels in the human body.
 If you become ill, that means the _____ of the Chi must be changed.
 They use very thin _____ made of metal.
 This therapy comes from _____: it appeared _____ years ago.

3) He _____
 You can use flowers, berries or roots as _____ or as _____.
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 It helps make your _____ stronger.
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Acupuncture

Acupuncture is a way to activate the energy that runs through our body, the Chi (pronounced “chee”). Acupuncturists believe that there are fourteen energy channels in the human body through which the Chi can flow. If somebody falls ill, that means there is something wrong with the flow of the Chi and its direction has to be changed. The Chi runs just under the skin, so this can be done with very thin needles made of metal – a relatively painless procedure. In addition to this, acupuncture is a very safe treatment which has no side effects. In contrast with traditional medicines, it focuses on the root cause of your symptoms as well as the symptoms themselves. It comes from Asia where it first appeared nearly 5000 years ago.

Other treatments.

■ Complete these sentences with a word or expression as you listen to the others.

1) C _____ T _____
 Each colour has a _____ wavelength on which it vibrates.
 Each _____ illness also has such a wavelength.
 The therapy tries to _____ these two wavelengths to cure an illness.
 _____ is not possible with this therapy.
 You can help the therapy if you drink a lot of _____ and take _____.

2) Ho _____
 It was founded by a _____ physician _____ years ago.
 Its main principle is: _____.
 Such remedies are made from small parts of _____.
 It's all very natural so there are no _____.
 It also works for _____, not only for people.

3) He _____
 You can use flowers, berries or roots as _____ or as _____.
 It is a very _____ method of curing illnesses.
 It helps make your _____ stronger.
 It also helps your body _____ itself.
 If your eyes are red and tired, use _____.

An even shorter history of medicine

The problem: „Doctor, I have an earache.”

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2000 B.C. - Here, eat this root.

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1940 A.D. - That potion is snake oil. Here, swallow this pill.

1985 A.D. - That pill is ineffective. Here, take this antibiotic.

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**Herbology**

Herbology is the use of different parts of herbs, for example leaves, flowers, berries, bark or roots for two main reasons. Some herbs are used as spices because they add some aroma to our food. Some other herbs are used as medicine to treat illnesses and to preserve good health. Herbology as an alternative treatment focuses on this second type of herbs. It is perhaps one of the oldest methods of curing people and it can help the patient in a number of ways. Herbs improve and strengthen the immune system, they influence certain organs to produce certain hormones, they help our body clean itself as well as revitalize our physical condition. Chamomile tea for example can work wonders with tired and red eyes.

Other treatments.

■ Complete these sentences with a word or expression as you listen to the others.

1) Ho _____

It was founded by a _____ physician _____ years ago.

Its main principle is: _____.

Such remedies are made from small parts of _____.

It's all very natural so there are no _____.

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The therapy tries to _____ these two wavelengths to cure an illness.

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You can help the therapy if you drink a lot of _____ and take _____.

3) A _____

This treatment focuses on the energy in the body, the _____.

There are _____ energy channels in the human body.

If you become ill, that means the _____ of the Chi must be changed.

They use very thin _____ made of metal.

This therapy comes from _____: it appeared _____ years ago.

3.3 HANDOUT

WHAT YOUR ILLNESS IS TELLING YOU...

EXERCISE 1.

■ Listen to Hannah talking about a book which says that there are psychological problems behind all physical symptoms. Fill in the chart about the three problems she mentions.

Hannah's problem

Symptom (1)	
What does it mean? (2)	
What should you do?	ease your burden, do less of everything, get more support

An example from the book


Symptom	having a cold
What does it mean? (3)	
What should you do? (4)	

Hannah's mum's problem

Symptom (5)	
What does it mean?	false self-image, strong self-control, afraid of night/dreams
What should you do? (6)	

EXERCISE 2.

■ Look at this list of symptoms. What psychological reasons can you imagine for them?

<ul style="list-style-type: none"> - short-sightedness - going bald - a broken bone - being hard of hearing - tooth decay - breaking out in a rash - fainting - allergy 	
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4.2 HANDOUT

AS I SEE IT...

■ The following paragraph describes the problem. After it you can read four different solutions to the problem. Label them using the name of an alternative therapy.



So, as I said, I've got this very intensive pain in my head, more precisely my forehead. It doesn't hurt all the time and I just can't find any reasons that I could link with the return of the pain – sometimes it comes in the morning when I'm at school, sometimes in the evening when I spend some time with my friends, and sometimes even at night, when I should be sleeping. I've seen four different alternative healers but I've forgotten who said what... Can you please help me?

1 - _____

Well, it's quite simple really. Obviously, you are under too much stress from your studies and your immune system has weakened a bit. Also, I find your diet very unhealthy; you barely eat fruits and vegetables! What you need is something against anxiety and sleeplessness, for instance Valerian and Passion Flower – both of these are available in the garden of the school. I also suggest that you take Feverfew for your head, which was used by the Romans as a painkiller.

2 - _____

The first thing you have to know is that if you have a bad headache and you cannot sleep sometimes, then Chi is probably obstructed around your forehead – no wonder it hurts so much! Now if you want to access Chi behind your forehead, you need to find the point on your ear that corresponds to your forehead. This is not very difficult if you have some experience. Then you take your thin metal needle and you'll get better very quickly.

3 - _____

OK, OK, I see you have a headache but that's not the main problem here. We should understand why you have that headache and then use very small parts of animals and plants to make it go away. It might sound surprising at first but I will give you a medicine that would give a headache to a healthy person in a larger dose. But you'll get the medicine in a very small dose, and you already have a headache, so this will stop it for you – you know, "like cures like".

4 - _____

So, what we have to do is find out the frequency on which your headache vibrates and then find the colours which have the same frequency and which could make the headache go away. Traditionally, headaches are treated with green, blue, or a mixture of the two: turquoise or blue-green. However, it is best to examine your own headache first because there might be differences between individuals.

4.4. TEMPLATE – DEAR RESIDENTS!

_____ Centre
_____ (address)
_____ (date)
<p>Dear Residents of _____,</p> <p>We are very happy to inform you that a new _____ centre has been opened in your neighbourhood. Our highly qualified staff just can't wait to meet you personally!</p> <p>If you haven't yet heard about _____, now is the time to familiarise yourself with this fantastic alternative therapy that has a glorious past but an even more promising future. Do visit us and we will show you how to stay or become healthy and fit.</p> <p>First of all, let us tell you about the history of _____. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Secondly, we would like to share some of our main principles with you, so that you can see how close they are to you – and to nature. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Last but not least, _____ is a unique therapy which has a number of advantages over other treatments. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>We are looking forward to seeing you soon in our centre.</p> <p>Yours faithfully,</p> <p>the founders of the _____ Centre</p>

herbology

acupuncture

colour therapy

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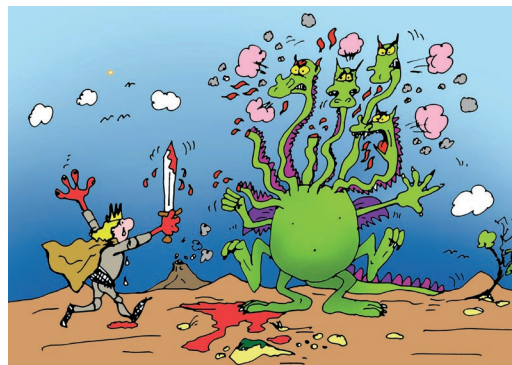
herbology

acupuncture

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The king's youngest son, Jonathan, is allergic to the cold. If the temperature is below 5 degrees, his eyes begin to water whenever there is a strong wind and his fingers turn red and swell up. The main problem is that he cannot use his sword with his swollen fingers and the dragons always laugh at him because they think he is crying from fear.



Little Red Riding Hood is on her way to Grandma but she keeps sneezing every other minute. She has already used up all the napkins as handkerchiefs so the food is going dry. In addition to this, she is a bit afraid that she might attract too much attention from dangerous elements in the forest. She needs help quickly.

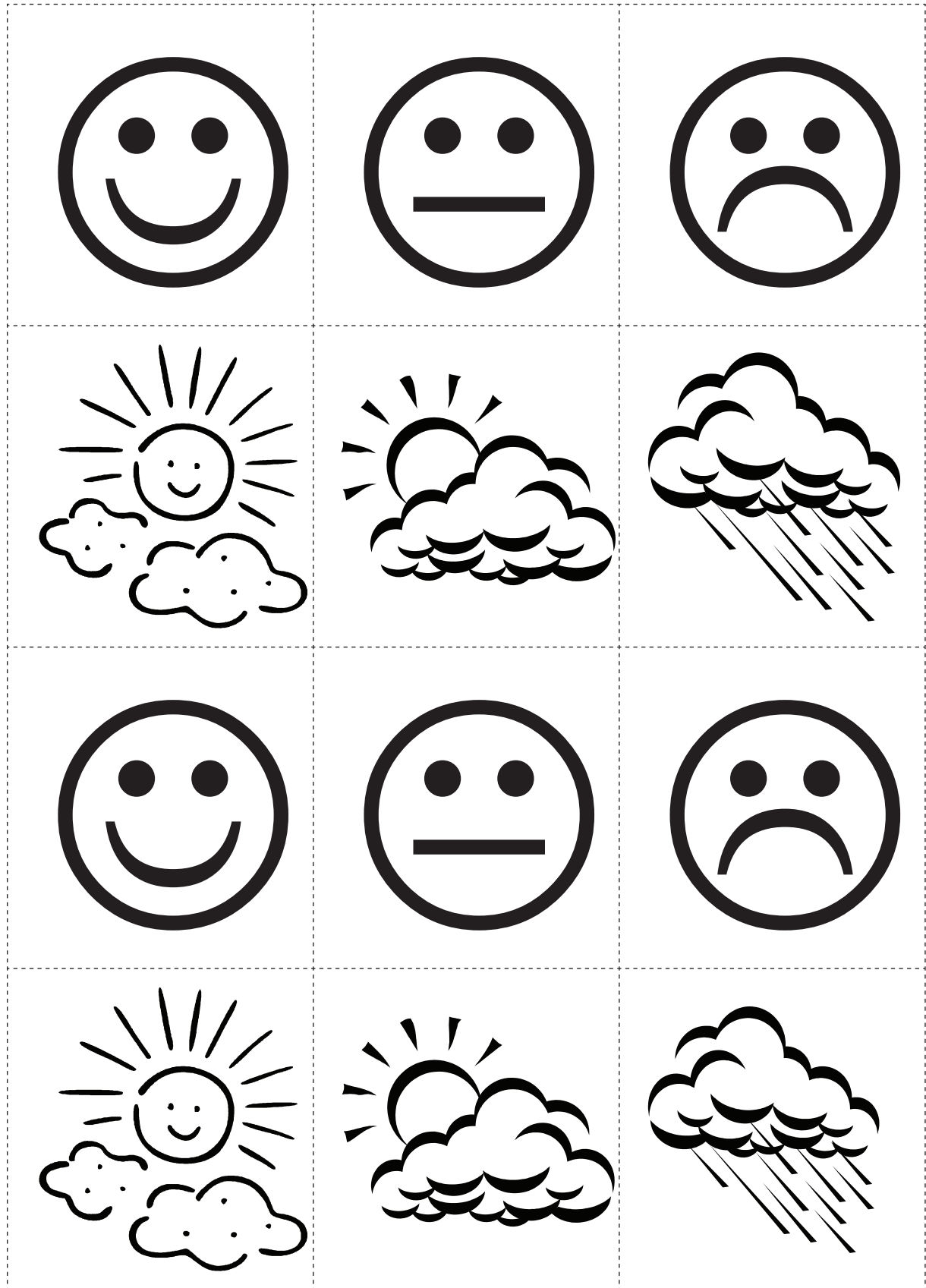


Winnie-the-Pooh is feeling very dizzy. He doesn't exactly know what causes this feeling but he has already come up with three theories about it – which has just increased the dizziness, of course. As far as he remembers, he went to a party the day before and ate a lot of honey, then walked home a little bit after midnight.



Shrek has come out in a rash this morning. He is very upset about the little red spots everywhere on his body. The good thing is that Fiona's hair is also red so they still look good together, but Shrek's self-confidence is again decreasing which could lead to very serious consequences.





- Complete this table while you are listening to the others in your group.

name	therapy	his/her best idea for a solution	three positive things about his/her solution	one thing he/she could improve

