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# HEALTH

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**ОДОБРЕНО НА ЗАСЕДАНИИ** КАФЕДРЫ «АНГЛИЙСКИЙ ЯЗЫК» ПРОТОКОЛ № 3 ОТ 20.11.21

**ОДОБРЕНО НА ЗАСЕДАНИИ** УЧЕБНО-МЕТОДИЧЕСКОГО СОВЕТА ИНГУШСКОГО  
ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА ПРОТОКОЛ №4 ОТ 27.12.21.

## What Is Chinese Massage?

Massage has been a central part of Chinese medicine for thousands of years, with records stretching back as far as the 2nd century BCE. Unlike Deep Tissue or Sports Massage, which focus on releasing tight muscular knots by targeting blood flow to the area, Chinese Massage techniques also aim to promote overall health by easing the flow of energy, or “qi”, around the body.

### What is Qi?

Qi (or ch’i) literally translates as “breath” or “air”, and is used to refer to the “life force” or “energy flow” that is within every living thing. It is a holistic philosophy that permeates many elements of Chinese culture, from martial arts to calligraphy. Even if you don’t directly subscribe to Eastern philosophies, you might understand this principle as the desire to find a sense of calmness and balance in your daily life.

Traditional Chinese medicine asserts that the body has its own natural patterns of qi that flow through channels, called meridians. Imbalances and blockages in these channels, as well as deficiencies of qi in key organs, are understood to cause the symptoms of many illnesses. Imbalances can be gently corrected through a variety of techniques, including nutrition, exercise, acupuncture and massage.

### Chinese Massage techniques

There are two main types of Chinese massage.

- Tui Na (pronounced “twee na”) has some similarities to a Deep Tissue Massage, and uses kneading, chopping and stretching motions to relieve sore points and blockages in the body’s muscular system.
- Zhi Ya (pronounced “zee yah”) practitioners pinching and pressing techniques on the surface of the skin, as in Acupressure, Reflexology and Qigong.

In both types of traditional Chinese massage, the practitioner’s aim is to release both physical and energetic tension, in order to restore a sense of balance and kickstart the body’s own healing process.

### What are the potential benefits of Chinese Massage?

Chinese massage is an alternative therapy that is used widely around the globe. There are many benefits to incorporate Chinese massage into your life.

#### • Can increase energy

Whether you need to speed up (“yang” energy) or slow down (“yin” energy), a Chinese massage practitioner will be able to determine which vigorous or relaxing techniques to apply to help you find inner peace. Chinese massage may also help you to improve your sleep quality, leaving you ready to face a new day with renewed enthusiasm.

- **Speed up recovery of soft tissue injuries**

If you're experiencing pain or stiffness relating to lower back pain, frozen shoulder or sciatica, massaging soft tissue increases blood flow, which may result in relief of stiffness and pain reduction.

- **Boost your circulation**

The main meridians in the body also run alongside the cardiovascular system, meaning that qi has physiological ties to healthy circulation. Hand techniques, including perpendicular pressure and a rolling fist, stimulate and re-energise blood flow.

- **Break down scar tissue**

For people with stiff joints and reduced mobility due to past injuries, massage therapy can assist in increasing your range of motion and easing soreness.

- **Support emotional health**

Underpinned by its philosophy of balance, the healing touch massage may be a particularly supportive and refreshing therapy for those feeling low or overwhelmed. On a physical level, muscular release can reduce stress and aid sleep, while energetic blockages can contain emotional tension in the body which may contribute to anxiety and depression.

## **Who would Chinese Massage be good for?**

Chinese massage techniques are used in a wide range of treatments, including Reflexology and Energising massages. As this kind of massage can be used in so many different ways, it is important to ensure that you're receiving the right treatment for your personal goals, so always discuss your needs with your therapist in advice.

Although Chinese massage may involve pressure or pinching when releasing blockages, it should never be so intense that it becomes painful. You should leave your treatment feeling refreshed and revitalised, and may find the benefits are cumulative over several appointments.

**a. Read and translate the article.**

**b. Answer the questions below.**

### **QUICK QUIZ**

1. What does Chinese massage do?
2. What is Qi?
3. How can be imbalances corrected?
4. Which are two main types of Chinese massage do you know?

1. What do you do to stay healthy?
2. Do you get ill very often?
3. Is there anything you'd like to improve about your fitness?
4. Are you careful about what you eat?
5. How important is a healthy lifestyle for you?

### c. Read and translate the dialogue “In the Gym”.

- Hello, my name is Jane and I'd like to ask a few questions about getting fit.
- Hi, Jane. What can I do for you?
- I need to get in shape.
- Well, you've come to the right place. Have you been doing any exercise lately?
- I'm afraid not.
- OK. We'll start off slow. Which type of exercise do you enjoy doing?
- I like doing aerobics, but I hate jogging. I don't mind doing some weight-lifting, though.
- Great, that gives us plenty to work with. How often can you work out?
- Twice or three times a week would be good.
- Why don't we start with an aerobics class twice a week followed by a little weight lifting?
- Sounds fine to me.
- You'll need to start slowly and build up gradually to three or four times a week.
- OK. What kind of equipment will I need?
- You'll need a leotard and some sneakers.
- Is that all? How do I sign up for the classes?
- We'll need you to join the gym and then you can choose which classes fit your schedule best.
- Great! I can't wait to get started. Thanks for your advice.
- No problem. I'll see you in aerobics class!

### Key Vocabulary from dialogue

**Get in shape** – To work to have good, robust health; to become strong or fit.

**Jogging** – the activity of running at a steady, gentle pace as a form of physical exercise

**Weight lifting** – the sport or activity of lifting barbells or other heavy weights.

**Work out** - to exercise in order to improve the strength or appearance of your body

**To sign up** – to agree to become involved in an organized activity

**d. Match a word with its definition.**

Vitamins	a food that is used with other foods in the preparation of a particular dish.
Backache	a person trained to care for the sick or infirm, especially in a hospital.
Winning	discipline training the consciousness for spiritual insight.
Ingredients	rise in temperature.
Warm up amounts	any of a group of natural substances which are necessary in small amounts for the growth and good health of the body.
Yoga	medical treatment in which a doctor cuts open someone's body.
Nurse	a knife with a small, sharp, sometimes detachable blade, as used by a surgeon.
Ointment	prolonged pain in one's back.
Treatment	succeeding with great difficulty.
Surgery	an ability that has been acquired by training.
Scalpel	a smooth oily substance that is rubbed on the skin for medicinal purposes or as a cosmetic.
Skill	the management of someone or something.
Dizziness	the production of extra mucus by the nose.
Runny nose	a sensation of spinning around and losing one's balance.

## Fitness and health idioms

Someone who has a lot of energy might be described as **full of beans**.

If someone **is on their last legs**, they are in a weak condition and will not be able to live much longer.

**Fit as a fiddle** means 'in very good health' and may more often be used to refer to older people.

If you're feeling **run down**, you are tired and lacking energy, usually after a sustained period without enough rest.

Someone who is feeling **under the weather** is slightly unwell (but with nothing serious).

If you describe someone as **in bad shape** or **out of shape**, it means that they are not physically fit and probably have an unhealthy lifestyle

We all feel a bit **off colour** sometimes; this is a chiefly British expression and is similar to under the weather.

If someone is **in the pink of health**, they are completely healthy.

A person who has difficulty hearing could be described as **hard of hearing**.

If you're in the process of recovering, you can say you're **on the mend**.

If you have a **frog in your throat**, it means you are having difficulty talking because of a sore throat.

If someone has **a new lease of life**, they have a new enthusiasm for living.

You can say "**you are what you eat**" when you want to point out the connection between food and health.

If you **have vim and vigor**, you have lots of energy and enthusiasm for life.

If you're as **sick as a dog**, you're very sick.

You **recharge your batteries** if you do something to regain your energy after a period of hard work.

If someone has a **clean bill of health**, they have a doctor's certificate or test reports stating that their health is good.

If someone is **as right as rain**, then they feel very healthy.

**To black out** is to lose consciousness.

If someone is **at death's door**, they are very near death.

If somebody is **as fit as a fiddle**, they are physically fit.

If someone **is the picture of health**, they look extremely healthy.

If someone looks or feels **like death warmed up**, they look very ill or tired.

If someone has **gone under the knife**, they have undergone an operation.

## Do you know the differences between sickness, illness and disease?

The words are often used interchangeably, but there is a clear difference between the three.

**An illness** is what you have. Illness is real. An illness is what the patient has. An illness is a negative health condition, with a cause. Every illness has a cause. An illness can be cured, however, cured is not defined medically, nor scientifically, for most illnesses. Medical references do not document CURE for scurvy, nor for the common cold even though cures are common.

**A disease** is what a doctor diagnoses. Diseases and medical conditions are what medical doctors can diagnose. Only a medical professional can diagnose a disease. Diseases are created and often diagnosed without any reference to cause. A case of a disease might be cured, but most diseases are incurable by lack of a definition of "cured". Cured is only defined medically and scientifically for a disease caused by a parasite, all other diseases are incurable by lack of a definition of cured. Doctors are trained to diagnose diseases, but there is no medical training in diagnosing "cured".

There's a well known saying although I can't find the source: "A patient goes to the doctor with an illness, and goes home with a disease." It is important to remember that a diagnosis can be wrong. A diagnosis is the doctor's judgement about the illness. The illness is present and real. A diagnosis might be an over-diagnosis, an under- diagnosis, or simply wrong. At the same time, a disease is a medical construct, which can change over time. Some disease definitions disappear over time and new disease definitions are created.

**A sickness** is the society's view, or the community view of an illness or other condition, not necessarily a medical condition. We might describe a sadist as "sick". They don't have an illness that can be cured, and they cannot be diagnosed with a disease. In some societies, in some communities, left-handedness and homosexuality are sicknesses. When these are written into medical textbooks, so that doctor can diagnose them, they become diseases. But homosexuality in itself is not an illness, not a medical condition. Sicknesses are not cured medically nor scientifically, unless they are diseases caused by a parasite. But sometimes, a sickness like "stealing" is cured by a whack on the side of the head from a parent, or a prison term.

### e. Who is who? Match each of the doctors with their works.

**Podiatrist** [pə'daiətrɪst]; **General Practitioner** ['dʒenərəl præk'tɪʃnə]; **Pediatrician** [pi:diə'triʃn];

**Endocrinologist**[endəʊkraɪ'nɒlədʒɪst];**Neurologist**[njʊə'rɒlədʒɪst];**Rheumatologist**[ru:mə'tɒlədʒɪst]; **Psychiatrist** [saɪ'kaiətrɪst]; **Nephrologist** [nɪ'frɒlədʒɪst]; **Pulmonologist** ['pʌlmənɒlədʒɪst]; **Ophthalmologist** [ɒfθæl'mɒlədʒɪst]; **Oncologist** [ɒŋ'kɒlədʒɪst]; **Dermatologist** [dɜ:mə'tɒlədʒɪst]; **Cardiologist** [kɑ:di'ɒlədʒɪst]; **Orthopedist** [ɔ:θəʊ'pi:dɪst].

1. \_\_\_\_\_ treats musculoskeletal problems.
2. \_\_\_\_\_ is a type of eye doctor who is trained and certified to provide eye care and perform oral surgery.



3. \_\_\_\_\_ focuses exclusively on mental health.
4. \_\_\_\_\_ is a specialist in internal medicine of joints, muscles, and bones.
5. \_\_\_\_\_ treats and diagnoses problems with the heart and blood vessels.
6. \_\_\_\_\_ is a doctor specializing in the skin.
7. \_\_\_\_\_ focuses on the the respiratory organs — the lungs, airway and respiratory muscles.
8. \_\_\_\_\_ is a specialty that focuses on diseases of the kidneys.
9. \_\_\_\_\_ is specialist in the feet and the lower limbs.
10. \_\_\_\_\_ is trained to provide healthcare to patients of any sex or age.
11. \_\_\_\_\_ is a doctor that specializes in childhood medicine, or those under 18.
12. \_\_\_\_\_ focuses on the anatomy, functions, and disorders of the nerves and nervous systems.
13. \_\_\_\_\_ specialises in glands and all the hormones they produce.
14. \_\_\_\_\_ is doctor that deal with the prevention, diagnosis, and treatment of cancer.

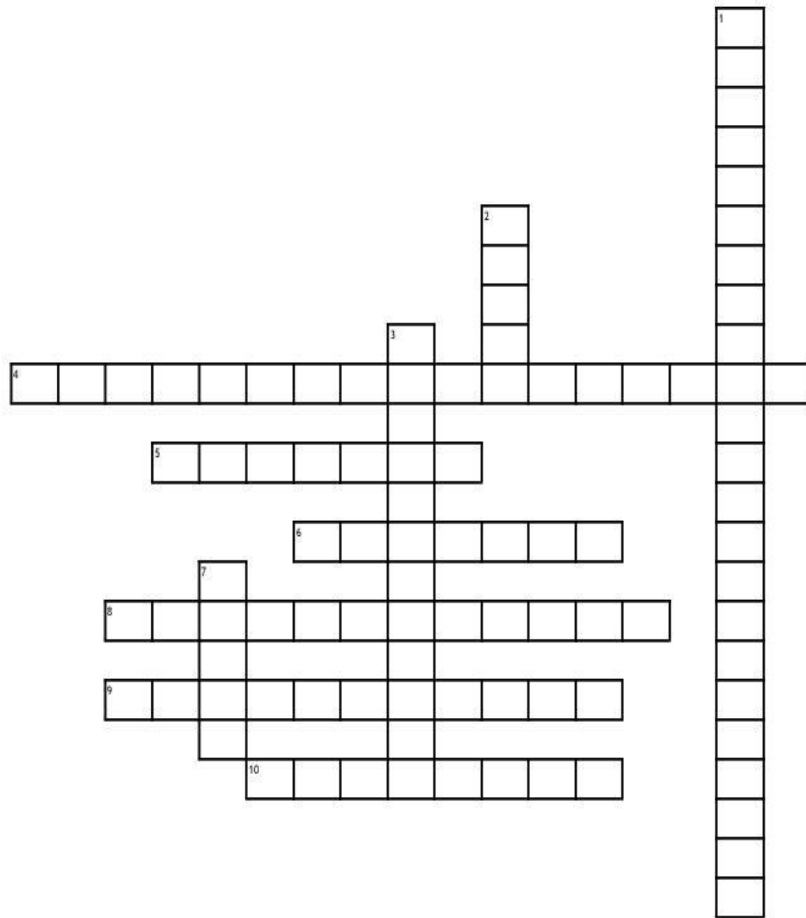
**f. Use the words in the list to complete the passage**

**cure; evidence; exercise; fast foods; healthiest; heart attacks; illnesses; increase; obesity; overeating; sedentary; weight;**

In the last forty years, more and more people in Western countries like the U.S.A., Great Britain and Australia have become very overweight, a condition that doctors call \_\_\_\_\_. In the last twenty years obesity rates have also increased in developing countries, especially among young people who have been targeted by advertisements for Western \_\_\_\_\_ like hamburgers, pizzas, deep-fried chicken and donuts. Obesity is a very serious health problem because obese people have a much higher chance of developing many serious \_\_\_\_\_ than people of normal weight. These illnesses include heart disease, which can lead to fatal \_\_\_\_\_, Type 2 diabetes, which can cause blindness, kidney disease and the loss of arms and legs, and many types of cancer which are very difficult to \_\_\_\_\_. But the chances of developing these terrible illnesses is greatly reduced if we can keep our bodies at a healthy \_\_\_\_\_. Research has found that there are three main causes of obesity. The first is \_\_\_\_\_, which means eating more food than our bodies need. The second is what scientists call a \_\_\_\_\_ lifestyle, which means spending too much time sitting in front of a television or computer, and not enough time doing physical work or exercise. The third cause is consuming sugary drinks and foods that \_\_\_\_\_ the amount of fat our bodies produce and store. A lot of \_\_\_\_\_ shows that the unhealthiest foods are those with high levels of animal fat like processed and fatty meats, egg yolks and high-fat dairy products, and those with high levels of refined carbohydrates like white bread, sugar, sweets, cakes, snack foods and soft drinks. The evidence also shows that the \_\_\_\_\_ foods are fresh

fruits and vegetables, whole grains, beans, nuts, fish and other seafood. If we mostly eat these healthy foods, and also get plenty of \_\_\_\_, we should enjoy long and healthy lives.

**g. Solve the crossword and learn the new words.**



**Across**

- 4. The ability of the muscle or group of muscles in the body to repeatedly contract or keep going without rest?
- 5. The ability to keep your body mass or centre of mass over a base of support?
- 6. The ability to change direction under control and maintaining speed, balance and power?
- 8. The ability of repeating a pattern or sequence of movements with fluency and accuracy?
- 9. The amount or range of movement that you can have around a joint?
- 10. The ability of a muscle to exert force for a short period of time?

**Down**

- 1. The ability to continuously exercise without tiring?
- 2. The ability of the body to move quickly?
- 3. The time it takes for you to initiate an action or movement?
- 7. The combination of strength and speed?























# Body Crossword



# WHAT'S WRONG WITH YOU ?

FIND THE WORDS AND THE MYSTERY MESSAGE.....

A crossword puzzle grid with 25 numbered clues and 25 corresponding illustrations. The grid is 25 rows by 15 columns. The clues are:

1.  A bruise on a hand.
2.  An ambulance.
3.  A man coughing into a handkerchief.
4.  A doctor sitting at a desk in a clinic.
5.  A woman with her hand to her chin, looking thoughtful.
6.  A man using crutches to walk.
7.  A man coughing into his hand.
8.  A woman with her hand to her chin, looking thoughtful.
9.  A man with a cast on his arm.
10.  A man with a cast on his arm.
11.  A man with a cast on his arm.
12.  A man with a cast on his arm.
13.  A man with a cast on his arm.
14.  A man with a cast on his arm.
15.  A man with a cast on his arm.
16.  A man with a cast on his arm.
17.  A man with a cast on his arm.
18.  A large hospital building with a red cross.
19.  A man with a cast on his arm.
20.  A man with a cast on his arm.
21.  A man talking on a mobile phone.
22.  A man with a cast on his arm.
23.  A man with a cast on his arm.
24.  A man with a cast on his arm.
25.  A man with a cast on his arm.

The grid contains 25 numbered starting points for words. The words are: 1. Bruise, 2. Ambulance, 3. Cough, 4. Doctor, 5. Think, 6. Crutches, 7. Cough, 8. Think, 9. Cast, 10. Cast, 11. Cast, 12. Cast, 13. Cast, 14. Cast, 15. Cast, 16. Cast, 17. Cast, 18. Hospital, 19. Cast, 20. Cast, 21. Phone, 22. Cast, 23. Cast, 24. Cast, 25. Cast.