

Do you prefer natural or modern medicine?

Arthur / Australia



Part 1: Listen to the conversation and answer the questions.

1	What part of the plant does he boil?	2	What has he been trained in?	3	Why does Arthur prefer?
a	Roots	a	Modern medicine	a	Modern
b	Leaves	b	Traditional medicine	b	Traditional

Part 2: Put the following words in the text.

not / associated / treat / condition / prefer / natural / refined / ailments / process / trained

The question that I'm answering today is, do I _____ natural or modern medicine?

Now, in my experience, in my family, we have utilized both. The _____ component is in the form of traditional Chinese medicines, where you boil roots and herbs to _____ different _____. And of course, the modern medicine is the medicine in the hospital as we know of it today.

Now for me, I prefer modern medicine more because personally I have _____ in the area as a health professional. So I understand the science, I've seen the _____, and I also like how each of the treatments provided do have a form of research and proof _____ with it.

Now, that's _____ to say that the natural ways are not correct because so much of the modern medicine is based also on what we've found in natural medicines as well, but more _____ to match a certain _____. So personally, I have used both, but I prefer modern medicine.

Answer Key

Do you prefer natural or modern medicine?

Arthur / Australia



Part 1: Listen to the conversation and answer the questions.

1	What part of the plant does he boil?	2	What has he been trained in?	3	Why does Arthur prefer?
a	Roots	a	Modern medicine	a	Modern
b	Leaves	b	Traditional medicine	b	Traditional

Part 2: Put the following words in the text.

not / associated / treat / condition / prefer / natural / refined / ailments / process / trained

The question that I'm answering today is, do I **prefer** natural or modern medicine?

Now, in my experience, in my family, we have utilized both. The **natural component** is in the form of traditional Chinese medicines, where you boil roots and herbs to **treat different ailments**. And of course, the modern medicine is the medicine in the hospital as we know of it today.

Now for me, I prefer modern medicine more because personally I have **trained in the area** as a health professional. So I understand the science, I've seen the process, and I also like how each of the treatments provided do have a form of research and **proof associated with** it.

Now, **that's not to say** that the natural ways are not correct because so much of the modern medicine is based also on what we've found in natural medicines as well, but more **refined** to match a **certain condition**. So personally, I have used both, but I prefer modern medicine.

natural component

Meaning: A part of something that comes from nature, such as herbs or plants used in medicine.

Examples:

- Many traditional remedies include a **natural component** like herbs or roots.
- The **natural component** of this treatment comes from medicinal plants.

treat ailments

Meaning: To use medicine or remedies to cure or relieve sickness or health problems.

Examples:

- Herbal tea is often used to **treat ailments** like sore throats and colds.
- Modern medicine provides effective ways to **treat ailments** such as infections.

trained in the area

Meaning: Having professional education or experience in a specific field.

Examples:

- She is **trained in the area** of nutrition and gives advice on healthy eating.
- As a doctor, he is **trained in the area** of emergency medicine.

proof

Meaning: Evidence that shows something is true or correct.

Examples:

- Scientific research provides **proof** that vaccines are effective.
- We need **proof** before believing any health claims.

associated with

Meaning: Connected or related to something.

Examples:

- Smoking is **associated with** many health problems.
- Regular exercise is **associated with** a lower risk of heart disease.

that's not to say

Meaning: A phrase used to clarify that you are not completely rejecting something.

Examples:

- I love coffee, but **that's not to say** I never drink tea.
- She prefers modern medicine, but **that's not to say** natural remedies don't work.

refined

Meaning: Improved or made more effective through changes and improvements.

Examples:

- Modern medicine is **refined** to ensure safety and effectiveness.
- The recipe has been **refined** over the years to make it taste better.

certain condition

Meaning: A specific illness or health issue that requires treatment.

Examples:

- This drug is used to treat a **certain condition** related to heart disease.
- Different herbs can help with **certain conditions**, but not all illnesses.