

Alternative medicine more popular in Bahrain

13th January, 2014



Alternative medicine is becoming more popular in Bahrain. More and more people are trying things like hypnotherapy and reiki. Hypnotherapy is when a hypnotherapist tries to change the feelings and behavior of people. Many people use it to

stop smoking. Reiki changes the energy lines in your body to make you better. People are also becoming interested in other kinds of alternative medicine, for example, homeopathy and acupuncture. Wikipedia.com says alternative medicine is any treatment that heals the body without medicine. Wikipedia says there is little scientific research on it. There are very few medical universities in western countries where you can study alternative medicine.

Bahrain allowed alternative medicine in 2012 and is being very careful. It only gave licences to seven therapy clinics in 2013. Dr Baha Fateha from Bahrain's health department said more people wanted to open their own clinics. He told Gulf News: "Alternative therapy is on the increase in Bahrain and we have new applications all the time." He also said the country wanted to make sure new clinics were safe. He said: "First, we need to see evidence that they have the professional qualifications to do their job and that they have a business plan." A hypnotherapist in Bahrain said many people did not understand alternative medicine. She said people, "still see it as a form of magic or something that can't be trusted".

Sources: *Gulf Daily News* / *Wikipedia*

Writing

Alternative medicine is better than that using modern drugs. Discuss.

Chat

Talk about these words from the article.

medicine / popular / hypnotherapy / feelings / stop smoking / energy / heals / research / careful / therapy / health department / applications / clinics / qualifications / magic

True / False

- Alternative medicine is now the most popular treatment in Bahrain. T / F
- Reiki is increasing in popularity, hypnotherapy is decreasing. T / F
- The article says people use hypnotherapy to stop smoking. T / F
- There are many university courses in the west for alternative medicine. T / F
- Bahrain has allowed alternative medicine since the year 1912. T / F
- More people in Bahrain want to open an alternative therapy clinic. T / F
- Bahrain wants clinic owners to have qualifications and a business plan. T / F
- Some people still believe alternative medicine is like magic. T / F

Synonym Match

- | | |
|-----------------|-----------------|
| 1. becoming | a. requests |
| 2. trying | b. actions |
| 3. behavior | c. believed in |
| 4. kinds | d. cautious |
| 5. treatment | e. getting |
| 6. careful | f. proof |
| 7. increase | g. types |
| 8. applications | h. checking out |
| 9. evidence | i. rise |
| 10. trusted | j. care |

Discussion – Student A

- How often do you take medicine?
- Does the medicine you use always work?
- What do you think of alternative medicine?
- Would you like to try hypnotherapy?
- Why do people choose alternative medicine instead of "normal" medicine?
- Why do you think there is so little research on alternative medicine?
- Do you think alternative medicine is best for some things and conventional medicine is better for other things?
- How often do you take medicine?

Phrase Match

- | | |
|------------------------------------|------------------------|
| 1. More and | a. qualifications |
| 2. trying things | b. countries |
| 3. Many people use it | c. evidence |
| 4. treatment that heals | d. plan |
| 5. medical universities in western | e. like hypnotherapy |
| 6. Alternative therapy is on the | f. of magic |
| 7. we need to see | g. the body |
| 8. professional | h. to stop smoking |
| 9. have a business | i. increase in Bahrain |
| 10. people still see it as a form | j. more people |

Discussion – Student B

- What do you know about alternative medicine?
- What do you think of acupuncture? Would you try it?
- What is "alternative" about alternative medicine?
- Do you think alternative medicine will ever become common?
- Why do you think alternative medicine isn't so common in hospitals?
- Why do people think alternative medicine is a kind of magic?
- What do you use for aches and pains?
- What questions would you like to ask an expert on alternative medicine?

Spelling

- trying things like nhtypeapyhor
- hvbiaeor (USA) / iohvrbaue (UK) of people
- changes the yenrge lines
- becoming ietnstrdee in other kinds
- ttarnmete that heals the body
- medical iuretniisev
- Bahrain dwollae alternative medicine in 2012
- gave licences to seven therapy iicslcn
- Alternative therapy is on the aiescner in Bahrain
- we need to see ednvieec
- professional cilisnoiufataq
- have a esibusns plan

Answers – Synonym Match

1. e	2. h	3. b	4. g	5. j
6. d	7. i	8. a	9. f	10. c

Role Play

Role A – Sleep

You think sleep is the best thing to stay healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): fruit, exercise or having fun.

Role B – Fruit

You think fruit is the best thing to stay healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, exercise or having fun.

Role C – Exercise

You think exercise is the best thing to stay healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): fruit, sleep or having fun.

Role D – Having fun

You think having fun is the best thing to stay healthy. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least effective of these (and why): fruit, exercise or sleep.

Speaking – My cure

What do you suggest for the following problems? Talk about this with your partner(s). Change partners and discuss what you talked about.

- | | |
|---------------|-----------------------|
| • headache | • tiredness / fatigue |
| • stress | • flu |
| • muscle pain | • bad breath |
| • bad skin | • obesity |

Answers – True False

a	F	b	F	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.