

Maybe You Should Try This

Discussion

I went to the swimming pool.

What are your plans for the weekend?

After this class we will go to the shopping mall.

I will help my husband to buy a pair of sneakers.

What kind of shoes does he like?

He likes sneakers.

Do you take any kind of medication?

Yes, I do. I take a calcium pill.

Why do you take them?

Shouldn't nature regulate that.

I heard that calcium has side-effects. I heard that even though it supports bones, it doesn't really make them stronger.

If you really want to improve the strength of your bones, you should become a gymnast.

People who practice gymnastics have the strongest bones, because of the pressure their body is experiencing.

You don't have any medical issues?

No, I don't.

Osteoporosis is a disease that makes people's bones very fragile.

Some years ago I got a flu.

After the pregnancy my body was very weak.

I could easily get a flu.

It was because of the lack of sleep.

My immunity was weak.

How many hours should we sleep?

We should sleep for eight hours a day.

If I don't sleep enough I will have a headache next day.

When you wake, your cortisol spikes.

I am allergic to penicillin.

Vocabulary

New words

1. get a cold(expression)
2. mind(noun)
3. go ahead(phrasal verb)
4. pop a pill(expression)
5. made of/from(expression)

Useful words

1. dress shoes(noun):shoes that people wear with a suit.
2. sneakers(noun):what you wear on your feet for sports.
3. immunity(noun):body's protection system.
4. cortisol(noun):hormone that regulates stress in our body.
5. prescribed(noun):(medicine) doctor has written a note, that you are supposed to use a certain medicine.
6. OTC(over the counter)(noun)
7. prescription medicine(noun)
8. antibiotic(noun):medicine that kills germs and bacteria.

Pronunciation

Words

1. prescribed /pri-skrajbd/