The mental thought impacts on the therapy effect. If I believe it is work, it will increase our immunity and better soon. If you don't believe, it will take more time to recover.

The answer lies in the placebo effect, an unexplained phenomenon wherein drugs, treatments, and therapies that aren't supposed to have an effect, and are often fake, miraculously make people feel better.

1-1. placebo (n.)

1. placebo effect

a. Some people think that going to a doctor is merely a placebo effect because if you were just having a cold, you will get better/sooner/later

2-1. unexplained (adj.)

2-2. explain (v.)

The suspect explains how his alibi cannot be fake.

2-3. explanation

He is having trouble understanding the explanation of the law of the attraction.

3-1. phenomenon (n.) plural phenomena

A lot of people don't really believe in the El Nino phenomenon.

3-2. phenomenal (adj.)

He is quite a phenomenal musician.

4-1. therapy (n.)

4-2. therapist (n.)

I’m seeing a therapist. (我有在看心理諮商師)

5-1. supposed (adj.) 你應該完成但卻沒做到(過去式)(有間接指控的感覺)

1. You were supposed to do something

a. You were supposed to be here at seven.

b. You were supposed to finish your homework before you go to sleep.

6-1. miraculous (adj.)

Even though he has a spinal injury and the doctor told him that he would never be able to walk again, (but) today he miraculously starts up on the wheelchair.

6-2. miracle (n.)

Oh, it is such a miracle.