

What's The Alternative?

Directions: Use the article "A Different Path to Health" (page 8) to answer the questions in Part 1. Then, write down your opinion about the issue in Part 2.

Part 1: Comprehension Check

Identify the best types of alternative treatments, as stated in the article, for the various conditions listed.

1. pain _____

2. sports injuries _____

3. headaches _____

4. upset stomach _____

5. sore muscles _____

6. circulation problems _____

7. treating the cause of an illness, not only the symptoms _____

8. stress _____

Part 2: Your Turn

Write about an experience you've had with alternative medicine. How did it make you feel? Would you try it again? If you have not tried alternative medicine, what would you be most likely to try and why?
