

Module 4 “Healthy body – healthy mind”

To practise meditation	Research
To achieve peace of mind	Entertainment
To make choice	To stare at
To get the sleep	Difficult / difficulty
To exercise regularly	To distinguish
To solve crosswords	Frequent / frequently / frequency
To manage your stress	Home remedies
To advise / advice	To have a sore throat
Motion	To cure
Confined space	Immune system
To cause smth	Antibacterial quality
To warn/ a warning	Illness / ailment
Direct / directly / direction	To destroy / destruction
Hearing loss	To have headache / stomachache
To restrict / restriction	To get a sunburn
To prevent / prevention	To have a mouth ulcer
To rub	To have smelly feet
To sooth	To have hay fever
To swallow	To get the flu / a cold
Indigestion	To have a bad cough
To neutralise	To have an itchy rash
To take some painkillers	To have insomnia
To go to hospital for an X-ray	To have bad breath
To use some eye / nose / ear drops	To have a minor cut
To take some syrup	To have watery eyes
To put antiseptic / antibiotic cream on it	Phobia
To suffer from / suffering	A fear of height / spider / dark etc
A nightmare	Odd = strange
Sense / sensitive	Ridiculous
	To solve / solution