9 MIND AND BODY

PAGES 80–81

ache /eɪk/ Verb
if a part of your body *aches*, you feel a pain there that lasts for a long time

I've got a temperature and my whole body aches | *my back's aching* | *my legs were aching from all that cycling* | *I put my aching feet into a bowl of warm water* | *my head was still aching when I woke up*

Noun: *ache*

I've got an ache in my stomach | *as you get older, you get more aches and pains*

allergy /ˈælə(r)dʒi/ Noun
if you have an *allergy*, you become ill or your skin becomes covered with red marks when you eat, breathe, or touch a particular thing

Collocates: an allergy to something | a food/nut allergy

my mother suffers from a peanut allergy | *Jamie has an allergy to milk products* | *food allergies are becoming more common*

Adjective: *allergic*

Collocates: be allergic to something

I can't eat peanuts – I'm allergic | *he's allergic to cats* | *she had an allergic reaction to aspirin*

appetite /ˈæpətaɪt/ Noun
your *appetite* is the feeling that you want food. If someone has a good *appetite*, they can eat a lot of food. If you lose your *appetite*, you do not want to eat because you feel ill

Collocates: lose your appetite | a healthy/good appetite

I've got a high temperature and I've lost my appetite | *my son has a healthy appetite* | *it took a few days for me to recover, but I've got my appetite back now* | *I hope you've got a good appetite – there's cheese after this*

concentrate /ˈkɒns(ə)nˌtreɪt/ Verb
when you *concentrate*, you think very carefully about what you are doing and do not allow yourself to think about anything else

Collocates: concentrate on (doing) something

I can't concentrate on anything when I have a headache | *be quiet! I'm trying to concentrate* | *I need to concentrate on my history homework* | *he concentrated on reading the report*

Noun: *concentration*

Collocates: lose concentration

it's a job that needs a lot of concentration | *I lost concentration when Andy started singing*

cough /kɒf/ Verb
if you *cough*, you force air out of your throat suddenly, with a short loud noise. If you feel ill and are *coughing* a lot, you have a *cough*

when I have asthma, I cough a lot at night | *I was trying not to cough at the concert* | *the smoke was making her cough* | *I couldn't stop coughing all during the lesson*

Noun: *cough*

I had a nasty cough so didn't go in to work | *I heard a cough and realised that he had come back into the room*

decision /dɪˈsɪʒ(ə)n/ Noun
if you make a *decision*, you choose what you are going to do or have

Collocates: make a decision | a decision to do something | come to a decision

it's a big decision (it's very important), so take your time | *she made the decision to go back to France* | *it's a difficult choice, but we've finally come to a decision* | *it was a very sensible decision to stay at school for another year* | *I had some difficult decisions to make* | *it's not too late to change your decision*

Verb: *decide*

Collocates: decide to do something

I decided to go abroad for a year before university | *I can't decide on the best way to cook the carrots*

depressed /dɪˈprest/ Adjective
if you are *depressed*, you are feeling very unhappy

I've been feeling quite depressed since I retired | *he became severely depressed after losing his job* | *Arthur admitted to feeling lonely and depressed* | *he came back, still looking depressed*

Verb: *depress* | Adjective: *depressing* | Noun: *depression*

Collocates: deeply depressing

it always depresses me when the leaves start falling off the trees | *his brother's death depressed him even more* | *news from the farm was deeply depressing* | *her exam results were rather depressing* | *he was suffering from mild depression (not very serious depression)*

flu /fluː/ Noun uncount
flu or *the flu* is a common illness. It is like a very bad cold but can become very serious

I think I've got the flu | *she's been in bed with flu* | *the flu epidemic of 1919 (when large numbers of people had the flu)* | *I think I'm coming down with the flu (I think I'm starting to get flu)*

hay fever /ˈheɪ ˌfiːvə(r)/ Noun uncount
hay fever is a sort of illness that makes you cough and sneeze when you are near plants

do you suffer from hay fever? | *I get hay fever if I sit on the grass* | *have you taken anything for your hay fever? (have you taken any medicine?)*

hurt /hɜː(r)t/ Verb
if part of your body *hurts*, or if something *hurts* you, you feel pain there

my knee really hurts | *stop hitting me – it really hurts* | *let me look at your eye. Don't worry, it won't hurt* | *it hurts*

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when I try and bend my elbow | *when I woke up, my neck was still hurting*

Adjective: *hurt*

no one was hurt in the accident | *he was badly hurt when he fell off his bike*

nosebleed /ˈnəʊzˌbliːd/ Noun
if you have a *nosebleed*, blood comes out from the inside of your nose

I often get a nosebleed if I go on a plane | *you should see a doctor – that's your third nosebleed this week*

out of breath /ˌaʊt əv ˈbreθ/ Phrase
your *breath* is the air that you take into your body as you breathe

Collocates: be/get out of breath | hold your breath | get your breath back | be short of breath | take a (deep) breath

I get out of breath very easily (I find it difficult to breathe after exercise) | *take a deep breath so I can listen to your chest* | *it took me a few minutes to get my breath back (start breathing normally again after stopping exercise)* | *I can't hold my breath for very long (stop breathing)* | *do you ever get short of breath? (find it difficult to breathe)*

Verb: *breathe*

Collocates: breathe in | breathe out

breathe out slowly while I check your chest | *it's very dusty here so don't breathe through your mouth*

pill /pɪl/ Noun
a *pill* is a small, solid piece of medicine that you swallow

the doctor gave me some pills for my asthma | *the pills are quite big, so break them in half before you try and swallow them* | *I have to take two pills in the morning and three in the evening* | *a sleeping pill (to help someone go to sleep)* | *these pills will make you sleepy, so you shouldn't drive*

rash /ræʃ/ Noun
a *rash* is an area of red spots that you get on your skin if you eat or come into contact with something that makes you ill

Collocates: come out in a rash

I get a horrible red rash all over my body | *when I'm stressed, I come out in a rash* | *he developed a nasty rash* | *I think the rash is spreading to my chest*

sneeze /sniːz/ Verb
if you *sneeze*, you suddenly force a lot of air out your nose or mouth without being able to prevent it, for example, when you have a cold

my eyes get red and I sneeze all the time | *he was coughing and sneezing all night* | *the dust was making me sneeze* | *he sneezed loudly*

Noun: *sneeze*

the disease can spread through coughs and sneezes

sore /sɔː(r)/ Adjective
if a part of your body is *sore*, it is painful and uncomfortable

I've got a sore throat | *my feet are sore after walking all day* | *my arm's getting better, but it's still a bit sore* | *don't rub your eyes, even if they're sore*

suffer /ˈsʌfə(r)/ Verb
if you *suffer*, you feel the bad effects of something

Collocates: suffer from something

I suffer from hay fever every summer | *Ann's got a terrible cold and is really suffering* | *millions suffered and died during the war* | *he suffered a heart attack* | *she suffered a leg injury in the accident*

Noun: *sufferer* | Noun: *suffering*

asthma sufferers don't need drugs | *we offer support for hay fever sufferers and their families* | *the war in Europe led to five years of human suffering* | *medical treatment failed to relieve his suffering*

swallow /ˈswɒləʊ/ Verb
when you *swallow*, you make food or drink go from your mouth into your stomach

it hurts when I swallow | *the tablets were too big to swallow* | *swallow the water slowly* | *she swallowed a fish bone by accident*

sweat /swet/ Verb
if you *sweat*, water comes out through your skin, for example, because you are very hot after exercise or because you are ill

I feel hot and cold, and I'm sweating a lot | *the heat was making me sweat* | *my hands are sweating* | *his father was overweight and sweating heavily*

Noun: *sweat* | Adjective: *sweaty*

sweat was running down his back | *he wiped the sweat from his forehead* | *he was hot and sweaty when he finished his run*

temperature /ˈtemprɪtʃə(r)/ Noun
if you have a *temperature*, your body is too hot because you are ill

Collocates: have a temperature | a high temperature | take someone's temperature

I've got a temperature and my whole body aches | *he had a high temperature so his mother kept him off school* | *I felt quite ill, but my temperature was 37, so quite normal* | *when I took her temperature (measured it) it was 38.5*

throat /θrəʊt/ Noun
your *throat* is the area at the back of your mouth and inside your neck

I've got a sore throat | *he cleared his throat before speaking (coughed a little to make it easier to speak)* | *my throat was dry and I was really thirsty* | *the ears, nose and throat are all connected*

upset stomach /ˌʌpset ˈstʌmək/ Noun
if you have an *upset stomach*, you feel sick because of something you have eaten

too many sweets gave me an upset stomach | *he was sent home from school with an upset stomach*

Verb: *upset*

if you take too much of this medicine it will upset your stomach

voice /vɔɪs/ Noun
your *voice* is the sounds you make when you speak or sing, and your ability to make those sounds

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Collocates: a high/deep/low voice

I'm losing my voice (it's difficult for me to speak because of a problem with my throat) | *don't raise your voice (don't shout)* | *can you lower your voice when you're in the library (speak quietly)* | *he had a surprisingly high voice* | *keep your voice down, please (speak quietly)* | *she has a beautiful singing voice (she can sing very well)* | *I recognised her voice as soon as she started speaking*

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blood pressure /ˈblʌd ˌpreʃə(r)/ Noun uncount
your *blood pressure* is the force with which blood moves around your body. If your *blood pressure* is too high or too low, it can make you ill

Collocates: high/low blood pressure | take someone's blood pressure

if your blood pressure drops too much it can be dangerous | *I'm taking pills for high blood pressure* | *the doctor took my blood pressure (measured it)* | *she suffers from low blood pressure*

damage /ˈdæmɪdʒ/ Verb
if you *damage* something, you harm it or break it

her voice wasn't damaged during the operation | *a lot of buildings were damaged by the storm* | *floods damaged property along the High Street* | *luckily, nothing was damaged or stolen*

Noun: *damage*

the storm caused a lot of damage | *the shop suffered serious damage in the fire*

dry /draɪ/ Verb
to *dry* something that is wet means to make it dry

his body heat actually dried the sheet! | *leave the towels in the kitchen, they'll dry overnight* | *the paint will dry very quickly if you leave the window open* | *it's easier to dry my hair now that I've cut it short*

Adjective: *dry*

leave the windows open until the paint is dry | *his clothes still weren't dry*

effect /ɪˈfekt/ Noun
an *effect* is something that happens because of something else

Collocates: have an effect (on something)

smoking can have a serious effect on your health | *these chemicals can have a bad effect on the environment* | *don't confuse the cause with the effect* | *we don't know how quickly the effects of climate change will take place*

emotional /ɪˈməʊʃ(ə)nəl/ Adjective
something that is *emotional* involves someone's feelings rather than reason and facts

his reaction was less emotional than I'd expected | *she gave me a lot of emotional support after my father died* | *an emotional response to the music* | *it's difficult dealing with emotional problems like that*

Adverb: *emotionally* | Noun: *emotion*

I was physically and emotionally exhausted | *he's never been able to hide his emotions* | *she uses music to express her emotions* | *don't let your emotions rule your life* | *his voice shook with emotion*

exercise /ˈeksə(r)saɪz/ Noun
exercise is physical activity that you do to try and get fit or stay fit

you need more exercise | *try these exercises to help your back muscles* | *regular exercise can help you lose weight* | *too much exercise makes me sweat* | *you should have a proper exercise routine (exercises that you do regularly)* | *half an hour of exercise a day will soon get you fit*

Verb: *exercise*

when I exercise, I get out of breath very quickly | *she exercises for 20 minutes every morning* | *I need to exercise my back, shoulders, and legs*

experiment /ɪkˈsperɪmənt/ Noun
an *experiment* is a scientific test that you do to see what happens under certain conditions

Collocates: do/conduct/carry out/perform an experiment | an experiment shows/proves something

experiments show that the same effect can be achieved with a sugar pill | *the experiment was a failure* | *the experiment showed no harmful effects of the drug* | *the experiment was carried out twice to make sure the results were accurate*

Verb: *experiment* | Adjective: *experimental*

Collocates: experiment on someone or something

we need to experiment further | *surgeons experimented on rabbits before using the drug on humans* | *an experimental research project*

give up /ˌgɪv ˈʌp/ Phrasal verb
if you *give up* something that you do regularly, you stop doing it

Collocates: give up doing something

It's really hard to give up smoking | *I used to collect stamps, but I gave it up when I went to university* | *my parents gave up their restaurant business and went back to Scotland*

healthcare /ˈhelθˌkeə(r)/ Noun uncount
healthcare is a system that provides doctors and hospitals for all the people in a country. Some *healthcare* systems are private, and people have to pay for them, but some countries provide healthcare for everyone and pay for it out of taxes

is there a good healthcare system in your country? | *in America, healthcare is mostly private* | *demand for healthcare services is growing* | *campaigners demanded universal free healthcare (free for everyone)*

illness /ˈɪlnəs/ Noun
if you have an *illness*, you are ill

Collocates: suffer (from) an illness | a serious illness | a terminal illness | mental illness

it's important to try and prevent illness | *she suffered from a serious illness* | *a hospital for people with terminal illness (an illness that will cause their death)* | *mental illness is a serious social problem (an illness of the mind rather than the body)*

Adjective: *ill*

Collocates: be taken ill | fall ill

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I was too ill to go to school | *he was taken ill last night (he suddenly became ill)* | *she's still seriously ill in hospital* | *he fell ill and died while he was on holiday*

injured /ˈɪndʒə(r)d/ Adjective
if you are *injured*, part of your body has become damaged, for example, in an accident

as you get older, you're more likely to get injured playing sport | *luckily, no one was injured in the fire* | *two people were seriously injured in the accident* | *no one was badly injured* | *the injured player was taken to hospital*

Noun: *injury* | Verb: *injure*

Collocates: suffer an injury | a serious injury | a fatal injury

he suffered a serious injury when he fell off his motorbike | *police say the injuries were not life-threatening (not likely to cause death)* | *a fatal head injury (an injury that killed someone)* | *I injured my back playing rugby* | *he injured his shoulder and missed the first match of the season*

injury /ˈɪndʒəri/ Noun
if you suffer an *injury*, part of your body gets damaged, for example, in an accident

Collocates: suffer an injury | a serious injury | a fatal injury

they stopped playing sport not because of injury, but because they thought they were too old | *he suffered a serious injury when he fell off his motorbike* | *police say the injuries were not life-threatening (not likely to cause death)* | *a fatal head injury (an injury that killed someone)*

Verb: *injure* | Adjective: *injured*

I injured my back playing rugby | *he injured his shoulder and missed the first match of the season* | *as you get older, you're more likely to get injured playing sport* | *the injured player was taken to hospital*

insurance /ɪnˈʃʊərəns/ Noun uncount
insurance is an agreement in which you pay money regularly to a company, and they will pay the costs if something bad happens to you

Collocates: an insurance policy

most people have private health insurance | *the damage is covered by your insurance (your insurance will pay to repair it)* | *we took out an insurance policy before we went on holiday* | *you'll need medical insurance if you're going to the US* | *car insurance is really expensive if you're under 25*

Verb: *insure*

Collocates: insure someone or something against something

is your house fully insured? | *we can't insure the house against flooding*

measure /ˈmeʒə(r)/ Verb
if you *measure* something, you use some equipment to find out something such as the size, length, height or amount of it. If something *measures* a certain amount, that is how big it is

doctors can measure the physical changes that take place | *when I measured the kitchen, it was 14 feet long* | *the kitchen measures 14 feet by 10 feet (it's 14 feet long and 10 feet wide)* | *use a ruler to measure the size of the paper*

Noun: *measurement*

you need to take an accurate measurement of the water temperature | *you can record the measurements in either metres or yards*

mind /maɪnd/ Noun
your *mind* is your thoughts

Collocates: spring/come to mind | cross someone's mind | have something in mind

can the power of the mind keep you in good health? | *it never crossed my mind to ask Angela (I never considered asking her)* | *we need a good driver, and your name came to my mind (I thought of you)* | *what did you have in mind for dinner tonight?*

notice /ˈnəʊtɪs/ Verb
if you *notice* something, you start to see it, hear it, feel it, or smell it

I noticed a slight pain in my tooth | *did you notice that funny smell?* | *I shaved my beard off, but no one in the office noticed* | *when I got home, the first thing I noticed was that there was a new car outside* | *when you look at the painting, notice how the artist repeats the triangle shape* | *I noticed that there were three bathrooms upstairs*

Adjective: *noticeable*

raising the price has had no noticeable effect on sales | *just a small amount of salt can make a noticeable difference*

operation /ˌɒpəˈreɪʃ(ə)n/ Noun
if someone has an *operation*, doctors cut into their body in order to repair it or take something out

he had an operation on his knee | *a minor operation (not very serious)* | *she needed an emergency operation* | *a heart operation* | *the operation was successful* | *my operation was carried out by a top surgeon (a doctor whose main job is to do operations)*

Verb: *operate*

Collocates: operate on someone

they operated on my uncle to fix his broken ankle | *if we don't operate immediately, it will be too late*

patient /ˈpeɪʃ(ə)nt/ Noun
a *patient* is someone who is being cared for in a hospital or being treated by a doctor

there were over 2,000 patients in the hospital | *my doctor has a good relationship with all her patients* | *most of our patients here are elderly* | *the patient was discharged the following day (sent home from hospital)* | *a seriously ill patient*

percentage /pə(r)ˈsentɪdʒ/ Noun
a *percentage* is an amount of something which is described as if it is part of a total of 100. A high or large *percentage* of something is a large amount or quantity of it

a percentage of people get these side effects from a sugar pill | *a high percentage of our graduates find work in the banking industry* | *the percentage of Welsh speakers in the school rose to 24%* | *we were offered a percentage of the profits*

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physical /ˈfɪzɪk(ə)l/ Adjective
something that is *physical* is connected to a person's body rather than their mind

doctors can measure the physical changes that take place | *I am in excellent physical and mental health* | *more physical activity will help you get fit* | *he's had a severe physical disability since birth (all his life)* | *gardening can be hard physical work*

Adverb: *physically*

you need to be physically fit to do this job | *despite his age, he was still physically active*

power /ˈpaʊə(r)/ Noun
power is an ability to do something

can the power of the mind keep you in good health? | *I wish I had the power of flight (I wish I could fly)* | *the power of positive thinking*

practise /ˈpræktɪs/ Verb
to *practise* an activity means to do it regularly, especially in order to become better at doing it

our bodies can work well into old age if we don't stop practising sport | *you'll never be able to play the guitar well if you don't practise* | *I practised my dance moves every day* | *he practises law in Manchester (he works as a lawyer)*

Noun: *practice*

I do an hour's piano practice a day | *I need more practice*

prepare /prɪˈpeə(r)/ Verb
if you *prepare*, you do everything that is necessary for you to be ready for a particular situation or for you to do a particular action

firstly, you need to prepare yourself for the heat | *we need to prepare for tomorrow's committee meeting* | *I wasn't properly prepared for the interview* | *can you help me prepare the room for the party?*

Noun: *preparation*

preparations for the election were well under way | *the key to success is good preparation*

reaction /riˈækʃ(ə)n/ Noun
your *reaction* to something is what you do, say, or think as a result of it

his reaction was less emotional than I'd expected | *what was her reaction when you told her you were resigning?* | *my first reaction was to laugh* | *her speech provoked an angry reaction* | *his reaction was one of surprise*

Verb: *react*

Collocates: react to something

how did she react when you told her about it? | *people react to fear in different ways*

receive /rɪˈsiːv/ Verb
if you *receive* something, you get it after someone has given it to you or has sent it to you. *Receive* is slightly formal, and the usual word is *get*

I still haven't received the parcel | *did you receive my email?* | *I received a letter from my old school* | *once payment is received, we will post your order* | *I received my invitation to the party yesterday*

recovery /rɪˈkʌv(ə)ri/ Noun
someone's *recovery* from an illness is the process in which they get better and become well again

Collocates: make a recovery | a recovery from something | a complete/full recovery

she's making a good recovery from the flu | *he left hospital yesterday after a very quick recovery* | *we expect her to make a complete recovery* | *some gentle exercise will help your recovery*

Verb: *recover*

it took me a long time to recover from the operation | *he never fully recovered from his heart attack and died three weeks later* | *you need another week off work to recover properly*

side effect /ˈsaɪd ɪˌfekt/ Noun
side effects are unpleasant effects of a medicine

Collocates: suffer (from) side effects

most drugs and medicines have side effects | *they test new drugs for side effects such as vomiting or headaches* | *some patients suffer side effects* | *these drugs can have serious side effects* | *the main side effect is that you become sleepy*

treatment /ˈtriːtmənt/ Noun uncount
when a doctor *treats* a patient or an illness, he or she give someone medicine or other things to make them better. This activity is *treatment*

medical treatment is expensive if you don't have insurance | *early treatment is important* | *he was rushed to hospital for treatment* | *he's having treatment for his asthma* | *some people prefer to go abroad for treatment*

Verb: *treat*

we need better drugs to treat people with cancer | *there weren't enough doctors to treat everyone who caught the flu*

trick /trɪk/ Noun
a *trick* is an action or statement that makes you believe something that is not true

Collocates: play a trick (on someone)

the effect is not just a trick of the mind | *that was a dirty trick (something that was unfair)* | *it was a clever trick, but I was expecting it* | *my eyes were playing tricks on me (I thought I was seeing something that wasn't there)* | *trick photography (changing photographs to show something that wasn't there)*

Verb: *trick*

Collocates: trick someone into doing something

he tricked me out £100 | *he was tricked into giving away his passport*

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avoid /əˈvɔɪd/ Verb
if you *avoid* something, you make sure you do not do it or experience it

avoid contact with your eyes | *try to avoid repeating words when you write* | *I managed to avoid the rush hour by leaving an hour early* | *I think Sam is avoiding me (trying not to see me or speak to me)*

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bend /bend/ Verb
if you *bend*, you move part of your body so that it is not straight

Collocates: bend forward/down/over

stand up straight, then bend your knees | *I can't bend my arm* | *I bent forward to pick up my bag* | *I bent down to tie my shoelace* | *the job involves bending over a lot and lifting heavy objects* | *she bent down and picked up the letter*

Adjective: *bent*

his arm was bent across his chest

brush /brʌʃ/ Verb
a *brush* is an object with thin, stiff pieces of plastic, wire, or hair which you use to clean things, paint things, or make your hair tidy. If you *brush* something, you clean it or tidy it using a brush

I didn't have time to brush my hair | *you should brush your teeth twice a day* | *Harold brushed the dirt off his coat*

Noun: *brush*

a hair brush | *a clothes brush* | *a paint brush*

burn /bɜː(r)n/ Noun
a *burn* is damage to your skin caused by fire or heat

Collocates: suffer burns

the burn doesn't look too bad | *the nurse dressed the burn (put medicine and a bandage on it)* | *he suffered burns but escaped serious injury* | *he died ten days later from severe burns*

Verb: *burn*

I burnt my hand taking the bread out of the oven

contact /ˈkɒntækt/ Noun uncount
contact happens when one thing touches another thing

Collocates: come into contact with something

avoid contact with your eyes | *have you ever come into contact with an infected person?* | *if physical contact occurs, wash the affected body part immediately* | *all the patients had been in direct contact with the dead man*

course /kɔː(r)s/ Noun
a *course* of treatment is all the medicine you have to take until you are well again

complete the full course | *a course of daily injections*

cure /kjʊə(r)/ Noun
a *cure* for an illness is something that stops the illness and makes someone well again

Collocates: a cure for something

do you know of a cure for hiccups? | *there's no cure for the common cold* | *scientists are still searching for a cure* | *she wants to discover a cure for cancer* | *this is not a permanent cure (it won't last for ever)*

Verb: *cure* | Adjective: *curable* || Opposite – Adjective: *incurable*

Collocates: cure someone of something

she's now completely cured of the disease | *it's likely to be several weeks before he's fully cured* | *this disease used to be fatal, but now it can be cured* | *you can't cure a common cold* | *a curable illness* | *he's got an incurable medical condition*

deep /diːp/ Adjective
something that is *deep* goes a long way from the surface to the bottom

that's a deep cut you've got | *he dug a deep hole in the garden* | *the swimming pool is three metres deep at this end* | *make sure the hole isn't too deep*

Adverb: *deep* | Noun: *depth*

it was buried deep inside the mountain | *the boat sank to a depth of 60 metres*

deep /diːp/ Adjective
a *deep* breath involves taking as much air into your lungs as you can

Collocates: a deep breath

take a deep breath, then let the air out slowly | *she let out a deep sigh*

Adverb: *deeply*

Lucien breathed deeply and closed his eyes

dose /dəʊs/ Noun
a *dose* of medicine is the amount that a doctor tells you to take at one time

do not exceed three doses in 24 hours | *the dose is increased gradually to allow your body to get used to the drug* | *the doctor decided to change the dose after a week*

effective /ɪˈfektɪv/ Adjective
if something is *effective*, it succeeds in doing what it is meant to do

Collocates: highly effective

I took some pills, but they weren't very effective | *this approach encourages more effective planning* | *it's a highly effective (very effective) method of keeping flies out of the kitchen* | *this method was less effective at preventing the disease*

Adverb: *effectively* | Noun: *effectiveness*

how do you effectively manage a team? | *the police did not enforce the law effectively* | *we need to improve the effectiveness of our teaching methods*

exceed /ɪkˈsiːd/ Verb
to *exceed* an amount or rate means to be more than that amount or faster than that rate

do not exceed three doses in 24 hours | *the total price won't exceed £200* | *it's against the law to exceed the speed limit*

external /ɪkˈstɜː(r)n(ə)l/ Adjective
external means on the outside of something

this medicine is for external use only (for your skin, not to be eaten) | *the computer has an external hard drive* | *the external walls of the house* | *his external appearance*

heal /hiːl/ Verb
if an injury *heals*, it recovers and becomes well again

how long did it take for the cut to heal? | *broken bones usually take about six weeks to heal* | *it should heal quite quickly* | *it's healed nicely (well)* | *give it time and it will heal itself*

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knock /nɒk/ Verb
if you *knock* something, you touch or hit it by accident, especially so that it moves or falls to the floor

Collocates: knock something off/over/down

she knocked a cup of coffee off the table | he deliberately knocked me off my bike | I accidentally knocked the clock off the wall | Rob tripped on a wire and managed to knock the whole computer over | he ran across the room, knocking down several chairs in the process

lift /lɪft/ Verb
if you *lift* something, or lift it up, you move it to a higher place

Collocates: lift someone or something up

sit down and lift your leg in the air | he has to lift heavy objects | lift me up so I can see | go to the gym to lift weights

Noun: *lifting*

don't do any heavy lifting because you'll hurt your back

mix /mɪks/ Verb
if you *mix* things, you put them together so that they are all together in one place

mix the pills with water and take after meals | mix the flour and water together, then add some salt | if you mix these two tins of paint, you should get a deep green colour | heat the ingredients until they are melted and mixed into a sauce

Noun: *mixture*

stir the mixture until it comes to the boil | house dust is a mixture of all sorts of things

prescription /prɪˈskrɪpʃ(ə)n/ Noun
a *prescription* is an amount of medicine that a doctor has told you to take. A *prescription* is also a piece of paper from the doctor which tells a chemist exactly what medicine to give you

Collocates: on prescription

the doctor gave me a prescription for my flu | you should finish the prescription | it's a prescription medicine (you can't buy it unless a doctor has said you should have it) | I need to collect my prescription this afternoon | this medicine is only available on prescription (you can only buy it if a doctor has given you a prescription)

Verb: *prescribe*

your doctor can prescribe something to bring your temperature down

pretty /ˈprɪti/ Adjective
a woman or girl who is *pretty* has an attractive face

her sister was very pretty when she was younger | she had fair hair and a pretty face

pull a face /ˌpʊl ə ˈfeɪs/ Phrase
if you *pull a face*, you change the expression on your face to show that you feel disgust or dislike or disappointment

he pulled a face at her when she asked him to do the washing up | she bit into the lemon and pulled a face

raise /reɪz/ Verb
if you *raise* something, you lift it up to a higher place

raise your arm above your head | she raised her hand to get my attention | he raised his head until he could see out of the window | the old flag was lowered and the new flag was raised

ring /rɪŋ/ Verb
if something *rings*, it makes the sound that a bell makes

I set the alarm to ring at 6 | she rang the doorbell but no one answered | the bell rang for the end of the lesson

Noun: *ring*

there was a ring at the door (someone had rung the doorbell)

settle /ˈset(ə)l/ Verb
if something *settles* your stomach, it stops your stomach feeling uncomfortable

I need something to settle my stomach | after I'd had the tea, my stomach settled

smile /smaɪl/ Noun
a *smile* is an expression on your face where the ends of your mouth go up slightly to show that you are pleased or happy about something

she greeted us at the door us with a smile | a faint smile crossed her face | she looked at us with a pleasant smile | he was always ready with a laugh and a smile | a smile brightened her face

Verb: *smile*

Collocates: smile at someone

she smiled to herself when she heard the news | I couldn't stop smiling when I got my exam results | he smiled at me when I came into the room | she smiled broadly and accepted his offer | Connor looked up and smiled pleasantly

tiredness /ˈtaɪə(r)dnəs/ Noun uncount
tiredness is the state of feeling tired

these pills may cause tiredness | side effects include tiredness and headaches | depression can lead to tiredness as well as loss of appetite

Adjective: *tired*

I'm really tired but I need to keep going | he looked very tired | she was tired after an afternoon spent gardening

wipe /waɪp/ Verb
if you *wipe* something, you move something across its surface in order to clean it. If you *wipe* your feet, you move your shoes over a surface in order to clean them

wipe your feet before you come in | he wiped the sweat from his forehead with a handkerchief | gently wipe off the oil with a warm cloth | he wiped his mouth with the sleeve of his shirt

Noun: *wipe*

give the table a wipe

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EXERCISES

Prepositions

A Complete the sentences with the correct preposition.

1 He has an allergy ..... cats.
2 I get out ..... breath very easily.
3 She's ill ..... flu.
4 Do you suffer ..... hay fever?
5 I've got a rash ..... my leg.
6 I can't concentrate ..... anything when I have a headache.

B Choose the correct preposition.

1 The doctor gave me a prescription *about* / *for* my cough.
2 There's no cure *of* / *for* the common cold.
3 She's making a good recovery *from* / *with* the flu.
4 Smoking can have a serious effect *to* / *on* your health.
5 We need to prepare *for* / *about* tomorrow's meeting.
6 He smiled *at* / *to* me when I came into the room.

Word families

C Complete the expressions with the correct form of the word in bold.

1 I'm a bit **depressed**.	There is medication for ..... .
2 an angry **reaction**	How did you ..... ?
3 a new cancer **treatment**	Doctors ..... disease.
4 **mix** the flour and water	A ..... of flour and water.
5 a knee **operation**	They ..... on his knee last night.
6 make a **decision**	..... to leave your job.

D Tick the words in the unit which are both a noun and a verb.

1 suffer .....
2 sneeze .....
3 cough .....
4 ache .....
5 measure .....
6 prepare .....
7 damage .....
8 injury .....

Collocations

E Complete the collocations with nouns from the unit.

1 a fatal i_ _ _ _y
2 a serious i_ _ _ _ _s
3 a complete r_ _ _ _ _ _y
4 a healthy a_ _ _ _ _ _e
5 a high t_ _ _ _ _ _ _ _ _e

F Choose the correct verb. Look up the nouns in bold if you need help.

1 I thought it was him, but my eyes were *doing* / *making* / *playing* **tricks** on me.
2 Some chemicals can *make* / *have* / *do* a bad **effect** on the environment.
3 The **experiment** was *done* / *made* in secret.
4 *Do* / *Take* / *Make* a deep **breath**, then let the air out slowly.
5 We expect her to *make* / *do* / *take* a complete **recovery**.
6 She *did* / *made* / *decided* the **decision** to go back to France.

Patterns

G Put the verb in brackets in the correct form (*to* + infinitive or *-ing*).

1 I injured my back ..... rugby. (play)
2 It's really hard ..... smoking. (give up)
3 He was tricked into ..... his passport. (give away)
4 I decided ..... abroad for a year before university. (go)

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