



SMART **JUNIORS 2**

Dealing with Aches and Pains

Lesson 14

Read for Main Idea

Academic Vocabulary

Read each sentence. Choose the correct definition of the highlighted word.

1. The **solution** to the math problem was finally found after 3 hours.

adj. having the possibility to happen when necessary conditions exist

2. After a long day of working, I felt **relief** when I finished the last task.

n. the answer to solve a problem

3. There's a **potential** possibility that they might fail the exam.

n. a feeling of happiness that something unpleasant has ended

Academic Vocabulary

Read each sentence. Choose the correct definition of the highlighted word.

4. The **therapy** sessions helped Emily cope with her anxiety.



n. the quality of always behaving or performing in a similar way

5. It is not **feasible** to have a party at your house when your parents are at home.



n. a treatment that helps someone feel better and grow stronger, especially after an illness

6. The key to improving your basketball skills is practicing with **consistency** every day.



adj. able to be made, done, or achieved

Think Before Reading

**Look at the pictures. What happened to them?
What are your suggestions to make them feel better?**



1



2



3

Dealing With Aches and Pains

Aches and pains are inevitable parts of life, affecting us in various ways. Whether it's the headache from a long day at work, the backache after an intense workout, or the joint pain due to aging, these discomforts can significantly impact our well-being. Fortunately, there are several effective solutions available to us.

Medication:

One widely used solution is medication. Medication offers quick relief by targeting the root cause of the pain. It provides immediate comfort, allowing people to resume their daily activities. However, if we choose to only rely on medication, such as painkillers, there will be a risk of potential side effects. Additionally, long-term use may lead to a reduction in efficacy over time.

Physical Therapy:

Physical therapy involves exercises, massages, or other techniques to treat aches and pains. This solution focuses on strengthening and stretching affected areas, promoting one's healing from the aches and pains. The advantage of physical therapy is its ability to address the underlying cause rather than short-term relief. If we can turn some of the exercises into our daily habits, the reasons for aches and pains will be reduced. Nevertheless, physical therapy requires regular sessions and can be time-consuming and costly, making it less feasible for everyone.

Natural Remedies:

Natural remedies, like herbal supplements, have gained popularity due to their holistic approach. These solutions often aim to reduce inflammation or promote relaxation. They generally have fewer side effects compared to medication. However, the effectiveness of natural remedies varies from person to person, and scientific evidence supporting their claims may be limited. Furthermore, they might not provide immediate relief, requiring patience and consistency.

When facing aches and pains, individuals have multiple solutions to consider. It is essential to consult with healthcare professionals to determine the most suitable solution based on individual needs and preferences.

Predict From the Title

Look at **the title** of the essay and answer the questions.

1. What is the interview's title?
2. Based on the title, what information is **NOT** part of the essay?
 - A solutions on how to deal with aches & pains
 - B suggestions to reduce aches and pains
 - C get to know different kinds of aches and pains

- Listen and read the essay.

Dealing With Aches and Pains



▶ Aches and pains are inevitable parts of life, affecting us in various ways. Whether it's the headache from a long day at work, the backache after an intense workout, or the joint pain due to aging, these discomforts can significantly impact our well-being. Fortunately, there are several effective solutions available to us.

▶ Medication:

One widely used **solution** is medication. Medication offers quick relief by targeting the root cause of the pain. It provides immediate comfort, allowing people to resume their daily activities. However, if we choose to only rely on medication, such as painkillers, there will be a risk of **potential** side effects. Additionally, long-term use may lead to a reduction in efficacy over time.



► Physical Therapy:

Physical **therapy** involves exercises, massages, or other techniques to treat aches and pains. This solution focuses on strengthening and stretching affected areas, promoting one's healing from the aches and pains. The advantage of physical therapy is its ability to address the underlying cause rather than short-term **relief**. If we can turn some of the exercises into our daily habits, the reasons for aches and pains will be reduced. Nevertheless, physical therapy requires regular sessions and can be time-consuming and costly, making it less **feasible** for everyone.



▶ Natural Remedies:

Natural remedies, like herbal supplements, have gained popularity due to their holistic approach. These solutions often aim to reduce inflammation or promote relaxation. They generally have fewer side effects compared to medication. However, the effectiveness of natural remedies varies from person to person, and scientific evidence supporting their claims may be limited. Furthermore, they might not provide immediate relief, requiring patience and **consistency**.



- ▶ When facing aches and pains, individuals have multiple solutions to consider. It is essential to consult with healthcare professionals to determine the most suitable solution based on individual needs and preferences.

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Physical therapy involves exercises, massages, or other techniques to treat aches and pains. This solution focuses on strengthening and stretching affected areas, promoting one's healing from the aches and pains. The advantage of physical therapy is its ability to address the underlying cause rather than short-term relief. If we can turn some of the exercises into our daily habits, the reasons for aches and pains will be reduced. Nevertheless, physical therapy requires regular sessions and can be time-consuming and costly, making it less feasible for everyone.

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Natural remedies, like herbal supplements, have gained popularity due to their holistic approach. These solutions often aim to reduce inflammation or promote relaxation. They generally have fewer side effects compared to medication. However, the effectiveness of natural remedies varies from person to person, and scientific evidence supporting their claims may be limited. Furthermore, they might not provide immediate relief, requiring patience and consistency.

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The Main Idea

What is the essay mainly about?

- A** It discusses how to accept different aches and pains.
- B** It discusses three different solutions for dealing with aches and pains.
- C** It recommends us to use three ways to cure aches and pains.

Main Idea for Paragraphs



Skim and find.

1. Which sentence tells the main idea?
2. Which sentence introduces the idea of various solutions to the main idea?

Skimming Strategy

In the first paragraph, **always pay attention to the first and the last sentence** to find key information.



Dealing with Aches and Pains | Paragraph 1

Aches and pains are inevitable parts of life, affecting us in various ways. Whether it's the headache from a long day at work, the backache after an intense workout, or the joint pain due to aging, these discomforts can significantly impact our well-being. Fortunately, there are several effective solutions available to us.

Main Idea for Paragraphs



Skim and write True or False.

- _____ 1. This paragraph tells only the advantage of medication.
- _____ 2. The word “however” divides the paragraph into two parts.

Skimming Strategy

Pay attention to **transition words** (like “**however**”) to grasp the complete main idea.



Dealing with Aches and Pains | Paragraph 2

Medication:

One widely used solution is medication. Medication offers quick relief by targeting the root cause of the pain. It provides immediate comfort, allowing people to resume their daily activities. However, if we choose to only rely on medication, such as painkillers, there will be a risk of potential side effects. Additionally, long-term use may lead to a reduction in efficacy over time.

Main Idea for Paragraphs



Skim and underline.

1. What are the advantages and the disadvantages of physical therapy?

Skimming Strategy

Pay attention to **transition words** (like “**nevertheless**”) to grasp the complete main idea.



Dealing with Aches and Pains | Paragraph 3

Physical Therapy:

Physical therapy involves exercises, massages, or other techniques to treat aches and pains. This solution focuses on strengthening and stretching affected areas, promoting one’s healing from the aches and pains. The advantage of physical therapy is its ability to address the underlying cause rather than short-term reliefs. If we can turn some of the exercises into our daily habits, the reasons for aches and pains will be reduced. Nevertheless, physical therapy requires regular sessions and can be time-consuming and costly, making it less feasible for everyone.

Main Idea for Paragraphs



Skim, underline, and circle.

1. Underline the first part and circle the second part.
2. What transition word helped you divide the paragraph into two parts?

Skimming Strategy

The **parallel paragraphs** usually follow the same structure.



Dealing with Aches and Pains | Paragraph 4

Natural Remedies:

Natural remedies, like herbal supplements, have gained popularity due to their holistic approach. These solutions often aim to reduce inflammation or promote relaxation. They generally have fewer side effects compared to medication. However, the effectiveness of natural remedies varies from person to person, and scientific evidence supporting their claims may be limited. Furthermore, they might not provide immediate relief, requiring patience and consistency.



Academic Vocabulary

solution

relief

potential

therapy

feasible

consistency

Read for Main Idea

SKIMMING STRATEGY

1. In the first paragraph, **always pay attention to the first and the last sentence** to find key information.
2. Pay attention to **transition words (like “however” and “nevertheless”)** to grasp the complete main idea.
3. The **parallel paragraphs** usually follow the same structure.





WHAT'S NEXT...

In the next lesson, we're going to read
the essay in detail. See you next time!