



# SMART JUNIORS 2

Dealing with Aches and Pains

Lesson 15  
Read for Detail



- Listen and review 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.

- Read Paragraph 2 and answer the question.

Which of the following disadvantages is **NOT true** about medication?

- A** There will be risk of potential side effects.
- B** There will be a reduction in its efficacy.
- C** It will be very expensive to afford.

## 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.

## Useful Expressions

If we choose to only rely on medication, **there will be** a risk of potential side effects.



## Let Me Try!

If a superstar comes to our school, **there will be** a \_\_\_\_\_  
\_\_\_\_\_.

## 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.

- Read Paragraph 3 and tick the correct option.

**What makes physical therapy less feasible for everyone?**

- It can address the underlying cause of aches and pain.
- It can be expensive and time-consuming.
- It can reduce the reasons for aches and pains.

## 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.

## Useful Expressions

If we can turn some of the exercises into our daily habits, **the reasons for** aches and pains **will** be reduced.



## Let Me Try!

If homework is consistently completed before bedtime, **the reasons for** \_\_\_\_\_  
\_\_\_\_\_ **will be** \_\_\_\_\_.

## 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.



- Read Paragraph 4 and find the correct word to complete each sentence.

1. Natural remedies have fewer side effects than \_\_\_\_\_.
2. The effectiveness of natural remedies can vary for \_\_\_\_\_ people.

## 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.

## Useful Expressions

Natural remedies **have gained popularity due to** their holistic approach.



## Let Me Try!

Electrical cars **have gained popularity** recently **due to** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

## 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.

## Making Inferences

- Read the highlighted words and explain the meaning of the words below based on the given context.

**Inevitable**

**Address**

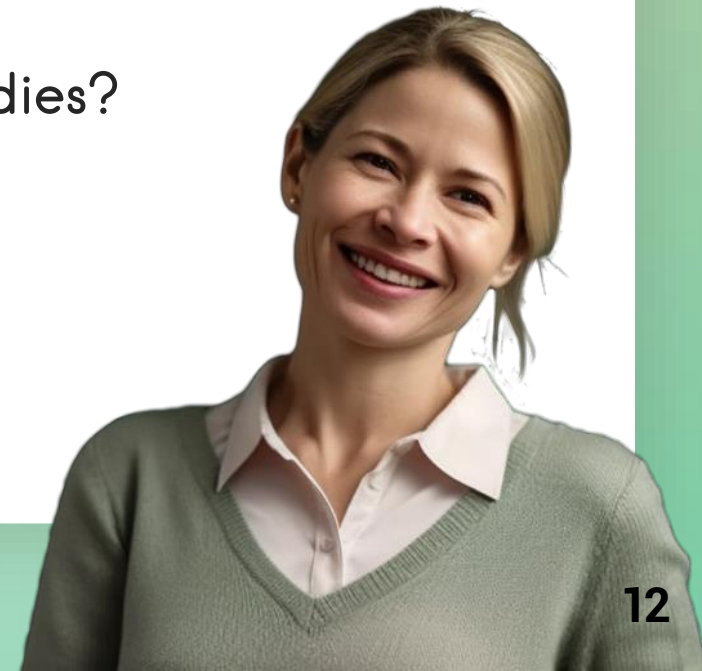
## Dealing with Aches and Pains | Sentences

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.
2. The advantage of physical therapy is its ability to address the underlying cause rather than short-term relief.

- **Discuss with your teacher.**

## Dealing with Aches and Pains

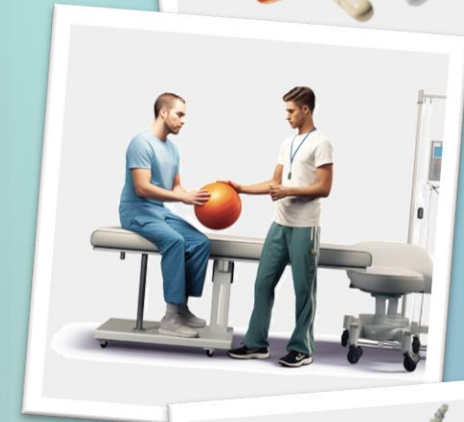
1. Among the three solutions, which one do you usually rely on to deal with aches and pains?
2. Which one do you support more, medication or natural remedies?
3. Have you ever undergone any physical therapy?  
Why and how did you feel?





- **Complete the summary of the essay.**

Aches and pains are inevitable parts of life, impacting our well-being. M\_\_\_\_\_ provides quick r\_\_\_\_\_ but may have side effects and reduced efficacy over time. Physical therapy a\_\_\_\_\_ the underlying cause but requires regular sessions, which might be time-c\_\_\_\_\_ and costly. Natural remedies like herbal supplements offer a holistic approach with fewer s\_\_\_\_\_, but the e\_\_\_\_\_ varies from person to person. Consultation with healthcare professionals is crucial to determine the best s\_\_\_\_\_ for individual needs.





# WHAT'S NEXT . . .

In the next lesson, we're going to learn the critical thinking skill "Evaluating Solutions to a Problem."

See you next time!