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## HEALTH CARE THERAPIES

Unscramble the word, find the name of therapy and fill the blanks.

1. Acupuncture is the treatment of ill-health by inserting needles into the skin at particular points. **UNUPACTUCER**
2. Chiropractic is to help the spine and joints to move more easily, to reduce stiffness and tension in the muscles, and to relieve pain. **RCARITCIPOHC**
3. Massage therapy is a system of treatment of the soft tissue of the body. It involves rubbing, kneading or applying pressure to various parts of the body, with the aim of alleviating aches. **SAMSAEG**
4. Yoga is an ancient tradition of mental and physical exercises, which started in India over 5,000 years ago. There are many different styles of it, some focus more on physical postures, while others on breathing and meditation. **AOGY**
5. Aromatherapy uses the natural healing properties of oils, which are extracted from plants to improve health and prevent illness. **AHTAORAYPEMR**
6. Naturopathy is the practice of using natural treatments to help the body to heal itself. **TYNAUATHOPR**
7. Nutritional therapy uses food and diet to help the body's own healing ability to maintain good health and to prevent illness. Practitioners look for nutritional deficiencies, allergies or intolerance to food. **TUNILNATION**
8. Reflexology is based on the principle that certain points on the feet and hands, correspond to various parts of the body and that by applying pressure to these points in a systematic way, a practitioner can help to release tensions. **ELXGOFYREOL**



## RESOURCEFUL FLORA

Identify the following plants and name them:



People of Australia call this tree gum tree or just gum. It gives a red wood.

Eucalyptus



This Central American tree gives the lightest and softest wood. The wood is very valuable.

Balsa



Aspirin, the most widely used painkiller today, first came from the bark of this tree.

Willow



This tree of Argentina is the world's toughest tree. It is resistant to storms, fire and insect attacks.

Ombu



This tree is sacred to the Japanese Shinto religion. People uproot it to take in processions.

Sakaki



Chicle, the main ingredient used to make chewing-gum come from this tree.

Sapota

### Know More

- ❑ The Great Banyan in the Indian Botanical Garden, Kolkata has canopy covering 1.2 hectares !
- ❑ Washington D.C. is famous for its Cherry Blossom Festival each spring.



This is the world's most poisonous mushroom, even animals do not dare to come near it.

Death Cap



Death cap 7  
Eucalyptus 1  
Sakaki 5  
Sapota 6  
Willow 3  
Balsa 2  
Ombu 4