

Select Readings, Second Edition
Upper-Intermediate, IELTS™-Style Final

Read the passage and answer **Questions 1–15** which follow.

A

In a world that relies so heavily on technology and modern science every day, many people have begun to take a step back. More and more, people are questioning the benefits of Western medication and treatments. In an attempt to return to a more natural, holistic¹ form of treatment for disease and ailments, many people are turning to TCM, or traditional Chinese medicine.

B

Traditional Chinese medicine (TCM) is an ancient medical system that takes a deep understanding of the laws and patterns of nature and applies them to the human body. Many people mistakenly derive their understanding of TCM from acupuncture². However, acupuncture is only one form of treatment in the comprehensive world practice of TCM. Acupuncture, acupressure (similar to acupuncture but done with pressure instead of needles), *qigong* (a unique form of stretching and breathing techniques), herbal medicine, Chinese psychology, mental health therapy, and special healing foods are all considered important forms of treatment in traditional Chinese medicine.

Traditional Chinese medicine is a complete medical system. TCM takes the position that to cure ourselves of illness, we need to find the root of the problem. In other words, if we only treat the symptom, as is often the case in Western medicine, the problem will usually keep recurring.

At the core of traditional Chinese medicine is the concept that the body has the power to cure itself if the proper techniques are utilized. This belief is based on the fundamental idea that everything in the universe is made of energy, and that this energy must flow freely throughout our bodies.

C

Traditional Chinese medicine has been around for some 3,000 years. No other system of medicine rivals it in antiquity besides India's *ayurveda*. In TCM, it is thought that everything in the universe, including our health, is connected, and thus, our physical bodies are both a part of, and connected to, nature. As such, TCM incorporates the Chinese concept of the five elements of nature (wood, fire, earth, metal, and water) and the concept of *yin-yang* (the idea that opposites are connected to and depend on each other). The ancient Chinese observed nature's own cycles and changes to develop the concepts that would eventually become the basis for TCM.

D

Though practiced in China for thousands of years, the conceptual basis of traditional Chinese medicine is often difficult and even mysterious for many Westerners to accept. Compounding

¹ **holistic** looking at the whole, not just the parts that make up the whole

² **acupuncture** treatment done by inserting needles into special points on the body to repair the flow of energy between these points

this, of course, is the fact that when Western culture refers to traditional Chinese medicine, it is often only referring to the practice of acupuncture. However, as mentioned previously, TCM includes far more than acupuncture, and in fact, acupuncture is only a small aspect of TCM. TCM is extremely complex, and a fully trained doctor will be skilled in far more than acupuncture.

E

In traditional Chinese medicine, each person may be treated differently for similar problems. Treatment is personalized. Unlike the Western approach to diagnosing and treating illness, TCM focuses more on the pattern of the symptoms involved, not just what the individual symptoms are. TCM looks at the whole person and what's happening in his/her whole life. In treating the body, TCM practitioners focus on harmonizing the entire body.

Traditional Chinese medicine is reported to offer a wide variety of benefits. Reputed to have the ability to improve general health, TCM is usually less costly than Western medicine, and is not dependent on pharmaceutical³ products, which often cause side effects and may even require the use of additional medications.

QUESTIONS 1–5

The Reading Passage has 5 sections A–E.

Choose the best headings for sections A–E from the list of headings below.

Write the correct number i–x in boxes 1–5 on your answer sheet.

- i History of Acupuncture
- ii What is TCM?
- iii Treatments and Benefits
- iv TCM and Pharmaceuticals
- v Traditional Chinese Medicine Gaining in Popularity
- vi TCM in the West
- vii Advantages of Western Medicine over TCM
- viii Practices of *Ayurveda*
- ix Key Concepts Behind TCM
- x Western Schools of Traditional Chinese Medicine

- 1 Section A
- 2 Section B
- 3 Section C
- 4 Section D
- 5 Section E

³ **pharmaceutical** created for use as a medicinal drug

QUESTIONS 6–9

Do the following statements agree with the information given in the Reading Passage?

In boxes 6–9 on your answer sheet write

- TRUE** if the statement agrees with the information
FALSE if the statement contradicts the information
NOT GIVEN if there is no information on this

- 6 TCM looks at the root of the problem, rather than just its symptoms.
7 TCM treatments do not carry any side effects.
8 TCM does not follow a holistic approach like Western medicine does.
9 TCM carries the idea that everything in the universe and nature are connected.

QUESTIONS 10–12

Complete the summary of the reading. Choose ONE word from the Reading Passage for each blank.

Many people are turning to traditional Chinese medicine (TCM), an ancient medical system that draws its practices from observations of nature and a holistic view of health and healing. TCM is a (10)_____ medical system which includes a variety of practices, including acupuncture, acupressure, *qigong*, herbal medicine, and special healing foods, among others. TCM carries the belief that the body has the power to heal itself if it is given the proper type of treatment. TCM treats the root of an illness, rather than just individual (11)_____, and treatment may be personalized for each individual patient. TCM is often misunderstood in the West, though it may have several benefits over Western medicine, such as lower costs, and the fact that it does not use (12)_____ products, many of which have powerful side effects.

QUESTIONS 13–15

Choose the correct letter, **A**, **B**, **C** or **D**. Write your answers in boxes 13–15 on your answer sheet.

- 13 All of the following are mentioned as benefits from traditional Chinese medicine EXCEPT
- A it is not dependent on Western pharmaceutical products.
 - B its treatments do not deliver any side effects.
 - C it often costs less than Western medicine.
 - D it can improve general health.
- 14 Which of the following statements is probably closest to the author's beliefs?
- A TCM is an effective medical system, though it is not given enough credit in the West.
 - B TCM is not as popular in the West because it does not make use of pharmaceutical products.
 - C Acupuncture is the most effective part of TCM, and that's why it is the most widely known.

D Western medicine is more effective than TCM when it focuses on treating the symptoms.

15 The author's purpose in writing this article is primarily to

A introduce the philosophy and practice of traditional Chinese medicine.

B explain why many people are abandoning Western medicine.

C describe how a person becomes certified in traditional Chinese medicine.

D point out how the body is connected to nature and the universe.