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To: IELTS Prep Group

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Lesson Objective

The student shall be able to use "power words" as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills

Section One

Vocabulary

Match the correct word in column A with the definition in column B, then use in a sample sentence

Evaluation Criteria: Ability to understand definitions of English vocabulary

Column A	Column B
VOCABULARY	DEFINITION
1. WELLNESS (noun)	A. To supply water to a person in order to restore or maintain a balance of fluids.
2. OBESITY (noun)	B. The quality or state of being healthy in body and mind, especially as the result of deliberate effort.
3. HYDRATE (verb)	C. Counter to what intuition would lead one to expect.
4. DETOXIFICATION (noun)	D. Of, relating to, or affecting the heart and blood vessels.
5. FERMENT (noun)	E. Most favorable or desirable; best.
6. CARDIOVASCULAR (adjective)	F. Also called organized ferment. any of a group of living organisms, as yeasts, molds, and certain bacteria, that cause fermentation.
7. COUNTERINTUITIVE (adjective)	G. The metabolic process by which toxins are changed into less toxic or more readily excretable substances.
8. OPTIMUM (adjective)	H. The condition of being very fat or overweight; corpulence.

Section Two

Reading Comprehension and Pronunciation skills.

Evaluation Criteria: Ability to effectively read and comprehend written English in a social or business environment.

ARTICLE A

Think Small Changes Won't Make a Difference?

Here Are Six That Will Transform Your Health.

Source

1. Ever feel like you've fallen too far off the wagon when it comes to your health? Or feel like it would take a miracle to get you back on track with your goals? Fortunately for you, wellness doesn't have to be an all-or-nothing experience. And contrary to what many people think, you don't have to completely overhaul your lifestyle to gain more energy, balance your hormones, and heal your gut. Small changes can make a huge difference in your health and well-being. In that vein, let's dive into six seemingly small and innocuous changes that can make a real difference in how you feel every single day.





2. Establish a morning ritual.

Start the day off by completing one simple task and you're likely to complete others later that day. This could be something like reciting a positive mantra every morning before you head out the door, completing a five-minute morning stretch routine, reading one chapter in a non-work-related novel, or simply making your bed!

Did you know that making your bed in the morning may just be the world's easiest success habit? It starts a chain reaction of other productive habits throughout the day. In fact, Navy SEAL William H. McCraven stated, "If you want to change the world, start off by making your bed. If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. And by the end of the day that one task completed will have turned into many tasks completed.

3. Have a high-protein breakfast.

Fewer than six hours of sleep per day is associated with low-grade chronic inflammation and worsening insulin resistance, as well as increased risk for obesity, type 2 diabetes, and cardiovascular disease (CVD). This is a profound finding as a recent cross-sectional study demonstrated that almost one-third of U.S. adults get less than six hours of sleep. Complete proteins (think clean animal meats, eggs, tempeh, or even a quality protein shake) will increase chemicals in the brain that not only improve sleep but also improve your mood.

This is all due to a little amino acid called tryptophan, which is a precursor to serotonin. Serotonin is our "feel-good hormone" and makes us feel happy and motivated throughout the day. Serotonin then turns into melatonin, which helps us sleep at night! Without that complete protein at the start of the day, this conversion can't take place, leaving you tired and moody.

4. Drink more water.

We are over 70 percent water, which is the basic medium of our blood, excretion, and metabolism. In fact, just two glasses of water a day reduces the chance of developing high blood pressure by 28 percent. Adequate hydration can also make or break the strength and resiliency of your active lifestyle. Getting enough fluids helps balance your muscle's ability to contract and relax, maintains mental clarity, stops you from overheating, and keeps your joints lubricated and flexible.

The problem is that most people think they're already drinking enough water. I encourage you to really dive into this one a little deeper to see the real scenario playing out. Use an app like Daily Water or grab your favorite 20-ounce glass or stainless-steel water bottle and find out how many times you'd have to fill it up to drink half of your body weight in ounces of water every day.

5. Choose to stand.

For the vast majority of our evolutionary history, we've had to exert more physical energy in a given day finding food, shelter, and avoiding danger just to survive. There really wasn't much need to "work out" every day when daily activities provided this natural movement and exercise. Today, things are much different. Many of us are sitting at a desk or sitting in a car for the majority of the day. Yet we know that too much sitting is associated with numerous problems, ranging from weight gain to osteoporosis to cardiovascular disease. Sitting for more than two hours at a time without taking a short break drastically increases these risk factors.

So, what can you do about it? Before you go out and buy a fancy standing desk—let's remember that we're focusing on small changes that will have a large ripple effect. So, if you didn't read No. 3 above, take another look because we're doubling up here: When we actually drink enough water throughout the day, it provides a built-in reminder to stand up and walk every couple of hours. If you're drinking half of your body weight in ounces of water each day, odds are you are going to have to stand up to use the bathroom every few hours. If you're not, you're not drinking enough water and if you're not drinking enough water, you're not standing enough. Boom.

6. Detox daily.

Your amazing body is continuously detoxing, and it doesn't need a fancy juice cleanse of magic grapefruit concoction to do its job. However, the way we treat our bodies and what we put in them can either assist this process or add to the already heavy load our liver carries. Two tiny changes in your day can give your liver a much-appreciated boost in daily detoxification.



First, skip the late-night snacks. The liver's regenerative cycle is between 11 p.m. and 3 a.m. If your body is busy digesting food at this time, it disrupts the detoxification process. Aim for a 10 p.m. bedtime and about 12 hours between dinner and breakfast. Second, add lemon zest to your morning smoothie, daily water, or favorite dressing. Lemon zest has a phytonutrient called d-limonene that supports the liver detoxification enzymes. Invest in a microplane grater to simplify your zesting needs!

7. Eat something fermented every day.

The bacteria found in your gut comprise approximately 2 pounds of your body weight! This is also where about 70 percent of our immune system is housed. Nutritional science is only just beginning to understand the complexity of the microbiome and just how much it has to do with overall health. But no one can deny that the role of the microbiome in overall health is critical.

As Hippocrates stated, "All disease begins in the gut." Doing just one small thing to love your gut every day will have a major payoff in terms of increased energy, glowing skin, fewer digestive issues, and a trimmer waistline. Pick two or three fermented foods and incorporate just two forkfuls or a few sips of these daily. Sauerkraut alongside some scrambled eggs and guacamole! And remember, a true fermented food will be found in the refrigerated section of the store and will not be made with vinegar—only sea salt and the chosen vegetable and spices.

ARTICLE B

How Much Should You Exercise To Maintain Weight Loss?

[Source](#)

1. We all know that exercise is supposed to be good for us, but only about 20 percent of people move regularly. Those of us who exercise may be drawn into popular workout trends, like CrossFit or hopping on the elliptical for 60 minutes, but in my research, I've learned that overly aggressive high-intensity interval training (HIIT) or chronic cardio may not be the smartest way to look and feel our best.
2. Over exercising releases two key hormones.



Over exercising releases two key hormones: CRH and cortisol, both related to the stress response. CRH increases the permeability (or leakiness) of the intestinal wall as well as the permeability of the lungs, skin, and blood-brain barrier. Cortisol levels rise with rigorous exercise, such as running, which may cause too much wear and tear and accelerate aging. High cortisol also alters tight junctions between cells such that small harmful substances may pass through the barrier.

Additionally, high cortisol reduces gut motility, blocks digestion, blunts blood flow to the gut, and lessens mucus production, an important immune function. For people with dysregulation of the control system for CRH and cortisol, the hypothalamic-pituitary-adrenal axis, you may need to back off your workouts in order to fully heal, as part of a comprehensive functional medicine protocol. Even elite athletes get help from several workarounds, such as by supplementing with probiotics, omega-3s, and vitamin C; however, moderation may be your best bet.

3. Sometimes weight loss is counterintuitive.

Personally, I love to run. But at age 35, I discovered that my serum cortisol was three times what it should be in the morning. Intense exercise raises cortisol even further, which was causing several downstream problems for me: weight gain, short telomeres, blood sugar problems, knee pain, leaky gut, fatigue, and I was stuck in a pattern of revving my body too much with my workouts. When I backed down on running mileage each week and added more adaptive exercise like yoga, Pilates, gyro tonics, and barre class, my HPA healed and I got a better response to exercise. I lost weight. My joints were happier. My telomeres were better.



4. How much exercise is too much?

On the flip side, inactivity and sitting too much are not good for you either. In particular, sitting too much increases your risk of diabetes and heart disease, plus it makes your hip flexors tight, which can contribute to low back pain and stiffness. Just like Icarus's mandate not to fly too high or too low, there's a middle ground that provides the greatest longevity benefits. When you don't exercise enough, it can harm your immune system, reduce your stress resilience, and dysregulate your circadian rhythm. When you exercise too much—too long, too intensely, too frequently, and without sufficient recovery—you may cause problems to your stress-response system, leading to immune problems, injury, and a leaky gut.

In summary, like many things when it comes to health, exercise has a U-shaped association, meaning that moderate amounts are optimal, but low or high levels can be harmful. The general recommendation I subscribe to is to exercise 20 to 30 minutes per day four times per week. What kind of exercise is ideal? I call it targeted exercise—burst training and adaptive workouts, like Pilates, barre, or yoga. These will stabilize cortisol levels, help with weight loss, and keep your muscles toned. Here are my basic tenets for optimal exercise:

5. Move less but more often.

Aim for bursts of movement that fold into your natural rhythm. Do a one-minute burst of enthusiastic dancing after you wake up. Invest in a stand-up or treadmill desk, and use it daily (I've walked more than 2,000 miles on mine while writing my newest book, *Younger*). Practice heel lifts while you chat on the phone or stand in line at the grocery store. Perform 12 push-ups after going to the bathroom. The point is to incorporate moments of movement rather than only forced discipline that's devoid of pleasure. Start small by adding one to five minutes of new movement to your routine each day during this week.

6. Burst-train.

In the morning or before 1 p.m. two to three times per week, do an exercise where you focus on fast-twitch muscle bursts. Cave men and women tended to exercise in bursts: a quick run to the river to fetch water and carry a bucket back to the tribe, a jog with a sick infant to a neighbor's dwelling for help. Our bodies perform well with burst training and then recover at a moderate intensity for one to three minutes. Protocols vary; use one that makes the most sense for you. Burst training can be applied to cardio exercise (e.g., intermittently sprinting on a trail alternating with a jog) or weight lifting (lifting a weight, such as with a biceps curl, as many times as you can with good form for one minute, followed by one minute of rest). Other examples:

Walking three minutes fast (approximately 6 or 7 on an exertion scale from 1 to 10, or the green zone of 70 to 80 percent of your maximal exertion), then alternating with three minutes at a normal pace. Chi running with sprint intervals or regular running with 30-second sprints. High-intensity interval training (HIIT) with weights or cardio (stationary bike, elliptical, treadmill), alternating two to three minutes at a moderate pace with one to two minutes at your maximal pace.

7. After burst training, get a recovery drink.

It increases muscle mass and keeps the mTOR gene turned off. This is only for people who perform burst training (at least four to five bursts per session) or vigorous training of at least 30 minutes' duration. What's proven to work is a combination of macronutrients high in protein and carbohydrates, even in older folks. But drink it within 45 minutes of your workout; immediately after your workout is ideal. Avoid sugar. The best formula is somewhere between 10 to 40 grams protein (I suggest 20 grams for the average woman), 7 grams or more of carbohydrate (I suggest 10 to 20 grams for women), and up to 3 grams of fat.

8. Get enough sleep!

For optimal weight loss and energy levels, I recommend getting to sleep by 10 p.m. and sleeping seven to eight and a half hours. If you're not getting enough sleep, try to aim for a nap if you're feeling tired. This is so important for your body to produce enough growth hormone and repair itself after a workout. Sleep cleanses toxins and rejuvenates our cells in profound ways.

9. Schedule and take sufficient time for recovery.

Exercise affects your hormones, and adequate recovery keeps your hormone profile in balance so that your adrenals don't get fried and take your sex hormones and thyroid down with them. It's about galvanizing the full arsenal of repair mechanisms in



your body: stitching together microtears in your muscles, ironing out the fascia when it gets jangled, reinvigorating mitochondria so you're brimming with energy rather than feeling worn down or burned out. The official definition of recovery is your ability to repair tissues damaged during exercise, rebuild muscles, provide functional restoration of the body such that you prevent injury, rejuvenate emotionally and psychologically, and feel prepared to meet or exceed performance the next time.

Previously, I'd chronically limit my recovery, and I wonder if the same is true for you. If you exercise five days per week, then at its simplest, recovery means 24 hours between bouts of exercise and two rest days. If you exercise four days per week, you take three rest days. For me, my weekends are my harder exercise days, and Mondays and Fridays are my rest days.

- 10.** Recovery allows you to heal from oxidative stress, which you may or may not feel as fatigue and muscle soreness. But recovery runs deeper; in a larger sense, it's about paying attention to the messages of your cells, your inner voice, and not letting ego run the show. My ego tells me to over exercise and under-recover, which is a recipe for injury, spasm, and weak mitochondria. Don't let that happen to you. Recovery is also about tuning into the messages your body is sending you—the ache in your left sacroiliac joint or the twinge in your right knee. Ironically, I taught myself to ignore those signals during medical residency when self-care came last, but I've been learning to hear and feel those sacred messages from my body in my recovery.

Even if you haven't been exercising consistently, you still have the chance to get on track. Choose an exercise that you enjoy and break a sweat four times this week. As we know, exercise combats stress, helps us sleep better, and raises endorphins. It's good for your sleep, weight, stress, genes, and mind. Even walking counts! Ideally, start to notice your heart rate at rest and while exercising, and after paying close attention to your body, weight, and mood, you'll sort out the perfect route toward feeling and looking your best.