

## Unit 3

## Ancient wisdom to modern advancement

### Lesson 1: Balance of life

#### Language Patterns for the Introduction

#### 1. Greeting the audience (การทักทายผู้ฟัง)

- Welcome to our presentation.
- Good morning, everyone. Thanks for coming.
- Good morning, teacher and classmates.
- Good afternoon, committee members.
- Good evening, all our distinguished guests.

#### 2. Introducing the presenters (การแนะนำตัวผู้นำเสนอ)

- First of all, let me introduce myself and my group members.
- I'd like to start by introducing myself and my group members.
- My name is Tanya and these are my group members, Lanna and Danai.
- We are second-year students majoring in Physical Therapy.

#### 3. Introducing the presentation topic (การแนะนำหัวข้อที่นำเสนอ)

- Today, we plan to speak about...
- Today we're going to talk about...
- The subject of our presentation today is...
- The theme of our talk is...
- We're going to present...

#### 4. Giving reasons for choosing the topic (การบอกเหตุผลถึงการเลือกหัวข้อ)

- We've chosen this topic because we're interested in natural holistic medical treatment and health care.
- The reason we chose to do this topic is that many Thai people are not aware of this fatal disease.
- Our main purpose in presenting this topic is to show an alternative treatment of diabetes which can be prepared at home.

#### 5. Giving the presentation outline (การระบุถึงโครงสร้างของการนำเสนอ)

- We've broken our speech down/up into three parts/ sections. Firstly, we'll talk about..... Then, ....., and the last part is .....
- We've divided our presentation (up) into three parts/ sections.
- Our presentation is divided into three parts/ sections. In the first part, we'll give the basic concepts of..... Next, ..... will explain about ..... in the last part, .... will talk about ....

#### 6. Announcing the time frame (การระบุถึงกรอบของเวลา)

- Our talk/presentation will last about ten minutes.
- It will take us 15 minutes for this presentation.

#### 7. Giving the question rules (การบอกถึงกฎของการถามคำถาม)

- If you have any questions, please save them for the end of our presentation.
- We'd ask you to save your questions for the end.
- Please feel free to interrupt us if you have questions.
- There will be time for questions at the end of the presentation.

### Language Patterns for the body

#### 1. Making transitions (การเปลี่ยนไปหัวข้อต่อไป)

- Let's move/go on to the second part.
- Now, I'd like to draw your attention to the advantages of practicing yoga.
- In the next part, let us turn to .....

#### 2. Listing information (การลงรายละเอียดข้อมูล)

- The human body is made up of five elements, which are .....
- There are three types of doshas: Vata, Pitta and Kapha.
- There are three things we have to consider: ....., and .....
- Now let us look at the first aspect which is .....

3. Rephrasing idea (การขยายความข้อมูลที่นำเสนอ)

- In other words, .....
- That is, .....
- That is to say, ....
- Let me rephrase that.

4. Giving examples (การยกตัวอย่าง)

- The factors that can affect your well-being include .....
- To illustrate this, .....
- Now let's see an example.
- For example,
- For instance, .....

5. Referring to previously mentioned information (การกล่าวถึงข้อมูลก่อนหน้านี้)

- As Tanya has already said, .....
- As we saw in part one, ....
- To repeat what I've already mentioned, .....

6. Referring to common knowledge (การกล่าวถึงข้อมูลทั่วไปที่เป็นที่ทราบกันดี)

- As you may well know.....
- It is generally accepted that .....
- As you are probably aware, .....

**Directions** Suppose you are preparing a presentation on Thai massage, in your presentation group, complete the presentation outline below.

Topic: Thai massage

Reason(s) why you chose the topic:

- Thai massage is popular activity among tourists
- Thai massage gives many advantages to health.

### Main points:

Thai massage is considered as one of the most popular activities which foreigners literally enjoy spending their money on and provides a variety of benefits to health.

- Thai massage provides customers relaxation and helps relieve stress.
- Thai massage is considered as a healing art that totally focuses on improving the flow of energy throughout the body.
- Thai massage helps relieve headaches such as migraine or tension headaches and reduce back pain.
- It relieves joint stiffness and pain and increases flexibility and range of motion.

Now, write the script for the introduction of the presentation.

## INTRODUCTION

Good morning, teacher and classmates. I'd like to start by introducing myself and my group members. Today we're going to talk about Thai massage. We've chosen this topic because of its popularity among tourists and advantages to our health conditions. We've broken our speech down/up into three parts/sections. Firstly, we'll talk about what it is. Then, its history, and the last part is its benefits and the reasons why it is so popular among tourists. Our talk/presentation will last about ten minutes. If you have any questions, please save them for the end of our presentation.

## BODY 1

Now let us look at the first aspect which is what Thai massage is. It cannot be denied that Thai massage has been around for over 2,500 years. Originally regarded as a healing art, traditional Thai massage includes influences from both Ayurvedic and traditional Chinese medicine. It has been acknowledged across the world that Thai massage is one of the best relaxation massages for those who would like to have great health conditions. In other words, Thai massage can help you get even better after having low back pain or sprain as well.

## **Lesson 2 Know your Dosha**

**Directions** Suppose you have found some useful information below. Read the excerpts and indicate which is about the advantages and which the disadvantages of Ayurveda.

### **Excerpt 1**

Ayurveda has an advantage of being a holistic approach that works on the whole body. It doesn't just rely on traditional medicine which only masks the problems we face in life for the most part. Medications in Ayurveda only come from pure natural sources and don't use the chemicals. We eat vegetables, fruit, and plants, and get the minerals we need from them. With this type of medicine, we don't have the side effects that normally occur with traditional medicine which is often worse than the condition.

### **Excerpt 2**

Ayurvedic medicine uses a variety of products and practices. Ayurvedic products can be made either of herbs only or a combination of herbs, metals and minerals. Some of these products may be harmful if used improperly or without the direction of a trained practitioner. Many materials used in them have not been studied for safety in controlled clinical trials. In the United States, Ayurvedic products are regulated as dietary supplements. As such, they are not required to meet the same safety and effectiveness standards as conventional medicines.

### **Excerpt 3**

It is said that the condition of body and mind are integral to the overall health of an individual. Ayurveda stresses four principles - regulation in food habit, activities, sleeping habit, and sexual habit to maintain the balance of the mind.

Especially its guidelines for an intelligently regulated diet and daily routine are now accepted techniques for stress management. Ayurvedic massages, inhalation of herbal (Aromatherapy) preparations and meditation leave a calming effect on the nerves.

#### **Excerpt 4**

The detoxification methods and other herbal health remedies used in Ayurveda, when applied wholly or singly, make the body more responsive to medicines and treatment. They hasten the healing process and strengthen body parts such as bones, muscle and vital organs like the heart, liver, stomach and intestine.

#### **Excerpt 5**

Ayurveda does have some drawbacks to it. The first disadvantage is there's no scientific evidence that many of the medications and healing techniques actually work for patients who are using Ayurveda. This means that a patient may be given a medicine that does absolutely nothing for them or their condition. In today's world we also have many complex medical problems that need proper medical care to treat. This type of holistic healing practice might not work for complex medical problems where medication and advanced therapies or surgeries are required to keep the individual alive and healthy.

**Directions** Now highlight the information about the advantages and the disadvantages of Ayurveda and take notes below.

**Advantages**

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**Disadvantages**

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**Directions** After you got your notes, write the script for the last part of the presentation.

Ayurveda has many benefits to both our body and mind. First Ayurveda does not rely on chemicals as it uses pure natural sources such as vegetables, fruit and minerals. Therefore, there are no side effects that usually occur with traditional medicine. \_\_\_\_\_

Despite the advantages, Ayurveda has some drawbacks to it. \_\_\_\_\_



**Directions** Read the conclusion of the presentation on Ayurveda and identify its components by putting the numbers in the provided space.

- \_\_\_\_\_ a. Thanking the audience
- \_\_\_\_\_ b. Summarizing the main points
- \_\_\_\_\_ c. Signposting the ending
- \_\_\_\_\_ d. Handling questions

1 That brings us to the end of our presentation. 2 Now, I'd like to summarize the main points. 3 First, we talked about the history and the basic concepts of Ayurveda. This medical science came from India, and it focuses on the balance of life force or doshas which leads to good health. 4 Next, we gave some examples of how Ayurveda can be applied in our daily life. Using potatoes can help decrease blemishes. Moreover, a mixed drink of warm water, honey and lemon juice can improve the condition of obesity. 5 The last part was the advantages and disadvantages of this medical science. Ayurveda is beneficial to both our body and mind and does not have the side effects that normally occur with traditional medicine. However, there has not been enough scientific evidence on its effectiveness. 6 Now, it's the time for questions. If anyone has any questions, we'll be happy to answer them. 7 Thank you very much for your attention.

# LANGUAGE FOCUS

## Language Patterns for the conclusion

### 1. Signposting the ending (การจบการนำเสนอ)

- Well, that's about it for now.
- That's all for our presentation.
- That brings us to the end of our presentation.

### 2. Summarizing the main points (การสรุปประเด็นสำคัญ)

- In brief, we talked about .....
- In conclusion, we've covered .....
- In summary, we've talked about .....
- At this stage / would like to run through/over the main points.
- I'd like to summarize the main points of our presentation. First, we talked about....., then, ..... and in the last part, .....

### 3. Handling questions (การรับมือกับคำถาม)

- Do you have any questions?
- We're ready to take any questions now.
- If there are any questions please feel free to ask us.
- It's the time for questions. If anyone has questions, we'll be happy to answer them.

### 4. Thanking the audience (การขอบคุณผู้ฟัง)

- Thank you for listening.
- Thank you very much for your attention.
- I'd like to thank you (all) for your attention and interest.
- Finally, I'd like to end by thanking you (all) for coming today.
- Finally, I'd like to finish by thanking you (all) for your attention.

# Summary: Outline of Presentation

## Structure

Organize your presentation in a logical structure. Most presentations are organized in three parts, followed by questions:

### 1) Introduction

- greet audience
- introduce the presenters
- introduce the presentation topic
- give reasons for choosing the topic
- give the presentation outline
- announce the time frame
- give the question rules

### 2) Body

- present the subject itself

### 3) Conclusion

- give ending signpost
- summarize main points of your presentation
- invite questions
- thank your audience

## VOCABULARY

indication (n.) การชี้วัด, การระบุ

appropriate (adj.) เหมาะสม

astringent (adj.) มีรสฝาด

irregular (adj.) ไม่ปกติ

harmony (n.) ความสอดคล้อง

infrequent (adj.) ไม่ถี่

rich (adj.) อุดมสมบูรณ์

pungent (adj.) เผ็ดร้อนแรง

### Directions Complete each sentence

#### What are stem cells?

Most of the 300 trillion cells of the body have completely\_\_\_\_(1)\_\_\_\_ functions. Blood, lung, brain, skin or liver cells are all wonderfully designed for what they do. Stem cells, on the other hand, do not have a specific function; they are an immature kind of cell that still has the \_\_\_\_ (2)\_\_\_\_ to develop into many different kinds of cell. They are 'all-purpose' cells.

There is another characteristic of stem cells that makes them so prized. Unlike our specialist cells, stem cells are \_\_\_\_ (3)\_\_\_\_ multiplying, which makes them ideal for replacing damaged tissue rapidly. And being human cells, stem cells could also be used to study disease development, to test new drugs on human tissues and to trial different ways of treating disease.

1. a. unified              b. generalized              c. specialized              d. intensified
2. a. potential              b. consequence              c. indication              d. improvement
3. a. sensitive to              b. capable of              c. concerned with              d. necessary for

**Directions** Choose the most appropriate answers that have the closest meaning to the underlined words.

## Types of stem cells

Scientists distinguish between several types of stem cells. Embryonic stem cells are obtained from 5-day-old embryos produced more than needed in the 'test-tube' for infertile couples. These (1) surplus embryos are stored in the freezer and normally thrown away after five years. Embryonic stem cells can be programmed to become any cell of the body. They also have the capacity to keep (2) proliferating indefinitely in a culture dish. Adult stem cells exist in (3) mature tissues and supply the tissue with replacement cells throughout life. For instance, our blood stem cells produce five million cells per second! Until recently, only tissues like blood and skin were thought to have stem cells. Now it seems that whichever organ researchers look at, they find stem cells. even when those organs do not seem to be very good at replacing their lost cells, like the brain or pancreas. Compared to embryonic stem cells, which can make replacement cells for any tissue. adult stem cells are normally dedicated to making the cells for one particular tissue. For instance, skin stem cells usually can only make skin, not brain or blood. And when (4) isolated and placed in the culture dish, they do not grow indefinitely as embryonic stem cells do. More recently, stem cells have been developed that have the benefits of embryonic stem cells but are made using normal adult cells. One way of doing this is to insert the nucleus from an adult cell into an egg that has had its nucleus removed. The egg then develops into an embryo (5) yielding embryonic stem cells

that are matched to the adult cell donor. Another technique does away with eggs altogether and reprograms adult cells to behave like embryonic stem cells, producing induced pluripotent stem cells. Both technologies have only recently been used to produce human cells and will need extensive research before they can be used therapeutically.

1. a. raised                      b. growing                      c. massive                      d. leftover
2. a. processing                b. circulating                      c. multiplying                d. restricting
3. a. quickly produced                      b. fully developed  
    c. particularly selected                      d. completely modified
4. a. separated                      b. Released  
    c. eliminated                      d. rejected
5. a. identifying                      b. changing  
    c. strengthening                      d. generating