

A Minor ailments and ways of talking about minor problems

Note that **hurt** is different from **ache**:

My arm **hurts** where I banged it against the car door. [gives pain caused by an injury]

My wrists **ache** from too much typing at the computer.

The fixed expression (**the usual**) **aches and pains** is often used to refer in a non-serious way to minor problems.

A: How've you been keeping recently, Mona?

B: Oh fine, you know, just the usual **aches and pains**. (~~Just the usual pains and aches~~)

The fixed expression **cuts and bruises** can refer to minor injuries.

A: I hear you fell off your bicycle. Are you all right?

B: Yeah, fine, just a few **cuts and bruises**, nothing serious. (~~Just a few bruises and cuts~~)

Some other kinds of physical discomfort:

My hand is **stinging** since I touched that plant. [sudden, burning pain]

My head is **throbbing**. [beating with pain]

I have a **stiff neck** from turning round to look at the computer screen all day. I'll have to move the monitor to a better position. [pain and difficulty in moving your neck round]

I feel a bit **dizzy**. I think I should sit down. [a feeling that you are spinning round and can't balance]

She was a bit **feverish** this morning, so I told her to stay in bed. [with a high temperature]

I had a terrible **nauseous** feeling after taking the medicine, but it passed. [/'nɔ:siəs/ feeling that you want to vomit]

He was **trembling** all over; I knew it must be something serious. [shaking]

My nose is all **bunged up** today with this horrible cold. [blocked]

Other informal expressions that mean 'not well, but not seriously ill':

You look a bit **off-colour** today. Are you all right?

I was feeling a bit **under the weather**, so I stayed home that day.

I'm just feeling a bit **out of sorts**, it's nothing to worry about. I'll be fine tomorrow.

B Alternative medicine

Nowadays a lot of people prefer alternative medicine (different from typical western systems). For example:



acupuncture /'ækjupʌŋktʃə/



chiropractic /kai'rəʊ'præktɪk/



herbal medicine

homeopathy /'həʊmi'ɒpəθi/: taking tiny amounts of poisonous substances

aromatherapy /ə'rəʊmə'therəpi/: using aromatic oils and massage