

Passage Two

The mind-body effect should not be surprising in view of the experience over the year with placebos. The term placebo is used to describe a “pill” that contains no medical ingredient but that often produces the same effect as genuine medication. Placebos provide ample proof that expectations can have an effect on body chemistry.

According to a recent article on placebos in Medical World News, studies conducted over the past 25 years have shown that placebos satisfactorily relieved symptoms in an average of 35 percent of patients tested. These symptoms include: fever, severe postoperative pain, anginal pain, headache, and anxiety, among other complaints. The explanation for this strange phenomenon is that the human mind can create actual changes in body chemistry as a result of what it believes. If, for example, a person believes that a certain medication contains a substance that can accomplish a specific need, the body tends to move in that direction.

6- It is implied that

- a. placebos are more effective than true medicine in most cases
- b. the relationship between the body and mind has not been established well
- c. placebos must be prescribed to avoid side-effects of the drugs
- d. the human physical and mental aspects are closely related

7- Experiments with placebos have

- a. indicated the interaction between body and mind
- b. increased the expectations one can have from his body chemistry
- c. rejected the great effects of real medication on the body
- d. revealed the priority of mind over body in the treatment of diseases

8- According to this reading selection, the body chemistry

- a. is rarely affected by one's belief in what the drug does
- b. may undergo change when one thinks it does
- c. affects people's attitudes towards drugs and placebos
- d. produces necessary changes in the drug taken

9- It is implied that the effect of a real drug

- a. is independent of people's attitudes toward it
- b. depends on how its ingredients affect the chemistry of the body
- c. may be accelerated or otherwise based on one's belief
- d. depends on the time and type of substance which is mixed