

## Unit C17m-A [ʃ] dilution—[ʒ] delusion

**Story**

*Listen to the story as your teacher reads it, or on tape, until you understand the main ideas.*

Many people are very health conscious. They exercise faithfully, get plenty of rest, and eat only nutritious foods. Some even take special dietary supplements. Natural supplements are growing in popularity. They usually contain herbs, acids, and minerals—unusual things like licorice root, benzoic acid, and chromium. Some of the herbs are native to America; others come from Asia or even Polynesia.

Because of their exotic ingredients, these supplements are expensive. Many people, however, are willing to pay any price for good health. Besides, a small bottle of the supplement solution lasts a long time because users take just a few drops per day mixed in a glass of water. It's only a weak (1) **dilution**.

Other people argue that these supplements are really poison. Taken in strong doses, they can actually harm the user's health or even cause death. These people say that users' claims of better health are a (2) **delusion**. They insist that any benefits are purely psychological.

Obviously, there is a lot of confusion and contention on this topic.

#1



#2

**Contrasting Sentences**

*Listening: Write the appropriate key word in each blank. Later, as you hear each sentence, mark the box, point to the picture, make a gesture, and/or say the rejoinder. Speaking: Choose and say each sentence so that your listener(s) can respond correctly.*

- It's only a \_\_\_\_\_ (thin liquid)
- It's only a \_\_\_\_\_ (false belief)