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**Introduction**

This report was requested by Mr J. Simmons , Health Department . It studies herbal remedies and considers whether they are effective and safe . The report was to be submitted by 30 October .

**Facts and Findings**

- 1 Many people use plant extracts for medicines .
- 2 Herbs have been used for thousands of years .
- 3 There are three types of herbal medicines : Western , Chinese ,Indian .
- 4 Users need to take care because some herbs have serious side effects .

**Conclusion**

According to some experts , some herbal medicines have a harmful effect on the body . However ,We can get many benefits from herbs , as well .

**Recommendations**

It is recommended that patients :

- use herbal medicines with great care .
- get advice from a herbalist .
- tell your doctor if you are using herbal medicines .
- make sure that herbal remedy is the correct product for you .
- ask a herbalist to make a remedy specially for you .

Hans Martin  
Director , GRS



**Bo.omar90**



**A for and against essay: Is The internet bad for young people ?**

It is now easier than ever to access the internet , whether you are using a computer ,phone or tablet . There is no doubt that many young people are spending more time online With both positive and negative consequences .

One advantage of the internet is that students can do research for their schoolwork and homework . This often help teenagers to widen their knowledge and improve their grades . Another positive aspect of the internet is that people can practise foreign languages by chatting to friends in other countries . This is also a good way of keeping in touch with friends and family around the world .

On the other hand , there are also negative Consequences . Some young people become addicted to online gaming and this can mean that they waste too much time Playing these games . This can have a negative effect on their schoolwork , the amount of exercise they get and their social lives . In addition , excessive internet use can mean that some people hardly talk to their families because they are always on the computer .

To sum up ,spending time on the internet can have a negative impact on young people , but it also has many advantages . Personally , I think the internet is an incredible tool and the benefits o the internet outweigh the dangers . However , we should be careful not to use the internet excessively .

## Sports involving animals should be banned . Discuss

(2)

These days , many people believe that we should not use animals for sports . They think it is really cruel to force animals to play some sports just to make money or for fun . They argue that there should be laws banning the use of animals for this purpose . The objective of this essay is to decide if it is necessary to stop using animals in the field of sport .

Many people argue that it is a must not to use animals for entertainment or sports . They think so because animals feel pain like us . Therefore , we have to keep animals live their own lives in the nature . It can also be argued that animals are living beings like us . They are individuals not objectives . Hence, they deserve our respect . They should enjoy the right to freedom including freedom from harm and exploitation . Moreover , there must be an international law banning all forms of animals abuse.

In contrast , some people argue that animals can add to people's happiness . They are a source of fun and entertainment . Consequently , they see that we can use animals for sports shows that please children . Also , sports involving animals are a main source of income for people practicing them . In addition , some animals make up a big part of some countries' culture . What makes other people support sports involving animals is that people take care of animals . In simple terms , we provide them with food and medical welfare .

In conclusion , it is clear that people have different arguments concerning this topic . Personally , I think animals taking part in sports prove to be intelligent . On balance, it can be said that we should encourage sports involving animals provided that we care for animals . If not , They must be banned .



Bo.omar90



### \*Formal email

Write James Hammond's reply to the email sent by Fatima Al Bitar ( page 14 ) inviting him to speak in their conference in Manama , Bahrain , on 15 May .

Dear Ms Al Bitar ,  
Thank you for your email of 5 February inviting me to speak at the conference in Manama , Bahrain . I am afraid that I will be unable to attend the conference this year due to a prior engagement . If you wish, I could recommend one of my colleagues to speak in my place . Once not attending this year and for any inconvenience caused . again I would like to apologise for Please do not hesitate to contact me should you organise another conference in the future .  
Yours sincerely , James Hammond

### \*\*Informal email

Write James Hammond's reply to the email sent by Nader asking if James wants to give a talk at an industry thing he is getting together in Bahrain in May . ( Page 14 )

Hi Nader ,  
Thanks for the invite to talk at the conference in Bahrain . Sorry , but I won't be able to make it this year as I've already got something on . If you want I can find someone to step in . Anyway , sorry again for not coming and I hope it doesn't put you out too much .  
Please let me know about any other stuff you are doing in the future .  
Best, James