

**1. Answer the questions according to the text above.**

**a)** What is mentioned as a common misbelief in the text? Why is it considered so?

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**b)** What are the downsides of antibiotics according to the text?

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**c)** What causes urinary infections? What is the recommended remedy for it?

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**d)** Why are some people adding cinnamon to their diets?

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**2. Have you ever tried any natural remedy? Who recommended it to you? Was it beneficial?**

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