

“Reading Series 2 - Stress in Humans” @ <http://www.youtube.com/ESL4free>

The text indicates that being under stress..

- A.** makes people more likely to suffer colds.
- B.** increases the supply of white blood cells.
- C.** increases the chances of recovering from illness.
- D.** can cause long-lasting damage to parts of the body.

Reading Text - Stress in Humans:

It is likely that long-term stress may affect the body's ability to regulate inflammation. The immune system is partly regulated by cortisol, a hormone that attaches to white blood cells and suppresses inflammation. It is thought that white blood cells become less sensitive to high levels of cortisol, such as those triggered in response to long-term stress. This impairs the hormone's ability to regulate the white blood cells. Without this, the duration and/or intensity of the inflammatory response increases, heightening the risk of severe infections. In particular, this might explain the increased risk of upper respiratory infections under stress, for example developing colds, and might provide a more general explanation for why prolonged stress would play a role in other inflammatory diseases as well.

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SOME WORDS AND EXPRESSIONS IN THE TEXT

Inflammation: a condition in which a part of the body becomes red, swollen & painful.

Prolonged: continuing for a long time.

Regulate: control or set the amount or rate of something.

Suppress: stop or slow the growth/development of something.