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It can take many forms. Marine life, for example, is influenced by tidal patterns. Beasts are usually active or inactive depending on the position of the sun or moon. Numerous creatures, including humans, are mostly holey - that is, they would like to go out in the hours of sunlight. Nocturnal animals, such as bats and possums, prefer to feed at night. The third group is known as crepuscular: thrive in low light of dawn and sunset and remain inactive in other hours. Watch. It comes to people who are interested in what is known as circadian rhythm. This is a complete cycle our bodies naturally aim to go through for twenty-four hours a day. Aside from sleeping at night and waking up during the day, each cycle includes many other factors such as changes in blood pressure and body temperature. Not everyone has the same circadian rhythm. Night people, for example, often describe how difficult it is for them to work in the morning, but become alert and focused in the evening. It is a benign variation of circadian rhythms known as chronotype. Scientists have limited opportunities to create durable modifications of chronobiological requirements. Recent therapeutic developments for humans such as artificial light machines and melatonin administration can reset our circadian rhythms, for example, but our bodies can tell the difference and health suffers when we break these natural rhythms for long periods of time. Plants seem no more malleable in this regard; Studies show that vegetables grown in season and ripened on a tree are much higher in essential nutrients than those grown in greenhouses and matured by laser. Knowledge of chronobiological patterns can have many pragmatic consequences for our every day of life. While modern life can sometimes seem subdued by biology - after all, who needs circadian rhythms when we have caffeine pills, energy drinks, shift jobs and cities that never sleep? - synchronization with our body watch is essential. The average city dweller, for example, excites during an eye-blearing time of 6.04 a.m., which researchers believe to be far too early. One study found that even a rise of 7.00am has detrimental health effects if exercise is performed within 30 minutes of it. The optimal moment was reduced to 7.22am; muscle aches, headaches and sn living conditions are reported to be the lowest of study participants who woke up then. Once you're ready to go, what then? If you're trying to shed the extra pounds, nutritionists are adamant: never miss breakfast. This disorients your circadian rhythm and puts your body in hunger mode. The recommended course of action is to follow an intense workout with a carbohydrate-rich breakfast; on the contrary, and the results of weight loss are not so pronounced. Morning is also great for breaking out vitamins. Supplement absorption by the body is not dependent on temporary, but naturopath Pam Stone notes that the extra boost to breakfast helps us get energized for the day ahead. To improve absorption, Stone offers pairing supplements with food in which they are soluble and stay away from caffeinated beverages. Finally, Stone To take care of storage; High potency is best for absorption, and heat and humidity are known to deplete potency potency Addition. After dinner espressos are becoming more traditional - we have Italians to thank for it - but to prepare for a good night's sleep we better put the brakes on caffeine consumption as early as 3pm. With a seven-hour half-life, a cup of coffee containing 90 mg of caffeine taken at this hour can still leave 45 mg of caffeine in the nervous system at ten o'clock in the evening. It is very important that by the time you are ready to sleep, your body has got rid of all traces. Evenings are important for folding before bedtime; however, nutritionist Geraldine George warns that after five carbohydrates quickly more cultural myth than chronobiological demand. This will deprive your body of vital energy needs. Intestinal overload can lead to indigestion, however. Our digestive tracts do not close at night completely, but their work slows down until scanned as our bodies prepare for sleep. Consumption of a modest snack should be quite sufficient. 1-7 Do the following statements agree with the information in Reading 1? The answer is true, false or not given to questions 1-7. However, if the application agrees with the information False, if the statement contradicts the information is not given, if there is no information about this 1) Chronobiology is the study of how living things evolved over time. 2) Sea level rise and fall affects the behavior of sea creatures. 3) Most animals are active during the daytime. 4) Circadian rhythms determine how we do different things on different days. 5) Nightman can still have a healthy circadian rhythm. 6) New treatments can constantly change circadian rhythms without causing harm. 7) Natural-made vegetables have more nutritional value. Issues 8-13 Choose the correct letter, A, B, C or D. 8) What did the researchers define as the ideal time to wake up in the morning? A) 6.04 B) 7.00 C) 7.22 D) 7.30 9) In order to lose weight, should we A) avoid breakfast B) eat low-carb breakfast C) exercise before breakfast D) exercise after breakfast 10) Which is not mentioned as a way to improve supplement absorption? A) Avoiding caffeinated beverages, taking supplements B) taking supplements for breakfast C) taking supplements with foods, which can dissolve their D) storage additives in a cool, dry environment 11) The best time to stop drinking coffee A) in the middle of the day B) 10pm C) only when feeling anxious D) after lunch 12) Evening, we should) stay away from carbohydrates B) stop exercising C) eat as much as possible D) eat light food 13) Which of the carbs B) stop exercising C) as much as possible D) Eat Light Food 13) Which of the carbohydrates B) the following phrase best describes the main purpose of reading Passage 1? A) offer healthier ways of eating, sleeping and exercising B) to describe how modern made chronobiology largely irrelevant C) enter chronobiology and describe some practical application applications Plan a daily schedule that can change our natural chronobiological rhythms Remember you have 60 minutes to complete the reading test! You have to spend about 20 minutes on each of the three sections. You've completed the first section of the Reading test. Now let's move on to Reading Pass 2. The future of helium in the air A) In recent years we have all been exposed to terrible media reports about the impending demise of global coal and oil reserves, but the depletion of another key non-renewable resource continues without getting much press at all. Helium - an inert, odorless, monatomic element known as a substance that causes balloons to float and voices creak when inhaled - can disappear from this planet within a generation. B) Helium itself is not uncommon; there is actually a copious supply of it in space. In fact, 24 percent of the elementary mass of our galaxy is made up of helium, making it the second most common element in our universe. However, because of its lightness, most of the helium disappeared from our planet many years ago. Consequently, in the Earth's atmosphere there is only a tiny share - 0.00052%, or rather. Helium is in addition to the product of millennia of radioactive decay from elements of thorium and uranium. Helium is mainly found in underground natural gas bunkers and is produced commercially by a method known as fractional distillation. C) The loss of helium on Earth will have a major impact on society. Defying the perception of it as a novelty substance to parties and gimmicks, the element actually has many vital uses in society. Perhaps the most famous commercial use is airships and airships (non-flammable helium replaced hydrogen as a hoisting gas du Jour after the Hindenburg Disaster of 1932, during which the airship caught fire and crashed to the ground, killing some passengers and crew). But helium also plays an important role in deep-sea dives, where it is mixed with nitrogen to mitigate the risk of inhaling ordinary high-pressure air; As my tool for rocket engines; and, in its most common use, as a heat cool for superconducting magnets in hospital MRI (magnetic resonance imaging) scanners. D) The possibility of losing helium forever poses the threat of a real crisis, because its unique qualities are extremely difficult, if not impossible to duplicate (of course, no biosynthetic ersatz product is close to the point of feasibility for helium, even if similar events continue at a rapid pace for oil and coal). Helium is even hilariously derided as a lone element because it does not adhere to other molecules like its cousin, Hydrogen. According to Dr. Lee Sobotka, helium is the most noble of gases, meaning it is very stable and unreactive for the most part ... It has a closed electronic configuration, very tightly tight Atom. It is this thirst for own electrons prevents the combination with other elements. Another important attribute is the unique helium boiling point, which is lower than for any other element. The worsening global shortage could render millions of dollars of high-quality, vital equipment completely useless. The reduction in supplies has already led to the postponement of research and development projects in physical and technical laboratories and manufacturing facilities around the world. There is a huge imbalance in supply and demand, partly due to the expansion of high-tech production in Asia. E) The source of the problem is the Helium Privatization Act (HPA), an American law passed in 1996 that requires the U.S. National Helium Reserve to eliminate its helium assets by 2015 regardless of market price. While designed to settle the initial cost of the U.S. Congress reserve is unaware of its effects, the result of this fire sale is that global helium prices are so artificially deflated that few may be concerned about disposing of the substance or using it wisely. Deflated values also mean that natural gas extracting sees no reason to capture helium. Much is lost in the mining process. As Sobotka notes: The government had a good vision for storing helium, and now the question is whether corporations will have a vision to capture it when producing natural gas, and consumers have the wisdom to recycle? This requires a long-term vision, since the current market forces are not enough to force reasonable practices. For Nobel laureate Robert Richardson, the U.S. government should be predominate to repeal its privatization policy as the country supplies more than 80 percent of global helium, mostly from the National Helium Reserve. For Richardson, a twenty-fifty-fold price increase would provide incentives for recycling. A number of steps need to be taken to prevent costly predicament in the decades to come. First, all existing helium stocks must be preserved and released only by permit, and medical use takes precedence over other commercial or recreational requirements. Secondly, protection should be mandatory and enforced by the regulator. At this point, some users, such as hospitals, tend to diligently recycle while others, such as NASA, spend huge amounts of helium. Finally, studies of alternatives to helium should begin in earnest. Issues 27-31 Reading 3 has six points, A-F. What is the following information? 27) The use of helium, which makes the activity safer 28) the possibility of creating an alternative to helium 29) a term that process as helium is taken out of the ground 30) the reason why helium users do not make an effort to preserve its 31) contrast between the chemical properties of helium and how non-scientists think think It Issues 32-35 Do the following statements agree with the writer's claims in Reading 3? Answer yes, no or no questions 32-35. Yes, if the statement agrees with the claims of the writer

No, if the statement contradicts the statements of the writer Is Not given, if it is impossible to say what the writer thinks about it 32) Helium chooses to be on his own. 33) Helium is a very cold substance. 34) High-tech industries in Asia use more helium than laboratories and manufacturers in other parts of the world. 35) The U.S. Congress understood the possible consequences of HPA. 36-40 Complete your summary below. Choose no more than two words from the passage for each answer. Sobotka argues that big business and helium users should help take care of helium reserves because (36) will not be encouraged by buying and selling alone. Richardson believes that (37) must be recalled because the U.S. provides most of the world's helium. He argues that higher costs will mean people (38) use the resource many times over. People should need (39) get access to the helium that we still have. Also (40) make sure that helium is used carefully. Remember that you have 60 minutes to complete the reading test! You have to spend about 20 minutes on each of the three sections. Now you have reached the end of the reading test; download the replies and see how well you've done. Done. ielts reading passage with answers british council. ielts reading passage with answers pdf. ielts reading passage 1 johnson's dictionary with answers. ielts reading passage 1 walking with dinosaurs answers. ielts general reading passage practice with answers. ielts reading passage one hundred days of reform with answers. ielts reading passage practice with answers pdf. fair game ielts reading passage answers with explanation

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