

Section 1

#1: "First of all, the traditional of tablets is food in Asian countries. They use food to change the conditions of your body, such as carrots to improve eyesight, tomato to improve your lungs, milk to give dairy and food balance."

Strengths:

- You've included specific examples (carrots, tomato, milk) which helps readers understand your point clearly.
- Your topic sentence introduces the main idea about food as traditional medicine.

Unclear sentence structure → Your opening phrase "the traditional of tablets is food" is confusing because it's not grammatically complete. The connection between "tablets" and "food" isn't explained clearly, leaving readers uncertain about what you mean. Are you saying traditional tablets are made from food, or that food works like tablets? The phrase "conditions of your body" is also vague—do you mean health problems, illnesses, or something else?

Exemplar: *Traditional medicine in Asian countries often uses food as natural remedies. People eat certain foods to improve their health, such as carrots for better eyesight, tomatoes for healthier lungs, and milk for nutritional balance.*

#2: "Additionally, there is also a traditional Chinese method that is called cupping therapy. The results are shown after the surgery or massage. Light pinks means that you have healthy circulation and minimal stagnation."

Strengths:

- You've explained what the different colours mean, which helps readers understand how cupping therapy works.
- The transition word "Additionally" connects your paragraph to the previous one nicely.

Missing background information → You jump straight into explaining the colour results without first describing what cupping therapy actually is or how it's performed. Although you mention placing

cups with flame on skin later in the paragraph, this comes too late. Readers need to understand the basic procedure before learning about the results, otherwise the colour descriptions don't make sense.

Exemplar: *Additionally, there is a traditional Chinese method called cupping therapy. Practitioners heat glass cups and place them on a person's skin, creating suction that draws blood to the surface. The colour of the skin after treatment reveals information about a person's health.*

#3: "To conclude, these are the ways that Chinese created these traditional treatments, mixing food together which is called tablets, cupping therapy which is now using cups and is worldwide, acupuncture which is also known worldwide."

Strengths:

- You've attempted to summarise the three main types of traditional medicine you discussed.

Weak conclusion structure → Your conclusion simply lists the three treatments again without adding any new insight or connecting back to your introduction. The phrase "these are the ways that Chinese created these traditional treatments" doesn't summarise what you've actually discussed in your essay. You also describe the treatments in confusing ways (like "mixing food together which is called tablets" and "cupping therapy which is now using cups") instead of highlighting their importance or main benefits.

Exemplar: *In conclusion, traditional Chinese medicine offers valuable health treatments that have spread worldwide. Whether through carefully chosen foods, cupping therapy that reveals circulation problems, or acupuncture that targets specific body points, these ancient practices continue to help people improve their health today.*

■ Your piece tackles an interesting topic about traditional medicine, and you've clearly done some thinking about different treatment methods. However, your writing would benefit greatly from clearer organisation and more precise explanations.

Your introduction needs work—it asks questions but doesn't answer them clearly, and your opening sentence about medical surgeries doesn't match the rest of your essay, which focuses on traditional

medicine methods rather than surgery. The sentence about your brother seems random and unconnected to anything else. Additionally, try to connect your ideas more smoothly between sentences. For example, in your first body paragraph, you jump from talking about individual foods to combined meals without explaining why this matters or how it relates to your main point about food as medicine.

Your body paragraphs would be stronger if you organised information more logically. In the cupping therapy paragraph, you describe what the colours mean before explaining what cupping actually is—readers need the basic explanation first. Also, be more specific with your language. Instead of saying "conditions of your body," say "health problems" or "illnesses." Instead of "surgery or massage," clarify whether cupping is one or the other (it's actually therapy, not surgery).

Finally, your conclusion should do more than repeat your three topics. Try to leave readers with something meaningful—perhaps explain why these traditional treatments matter today, or which situations they work best for. The recommendation to try cupping therapy feels sudden because you haven't built up to it throughout your essay. Think about what message you want readers to remember after finishing your piece.

Overall Score: 40/50

Section 2

~~#1 Have you ever wondered why is medical surgeries important? Or where it came from? It all came from China.~~ [Have you ever wondered why traditional medicine is important or where it originated? Many traditional healing methods came from China and other Asian countries.] ~~There are lots of different types of medicines over there world but they all come from china and some African countries.~~ [There are lots of different types of traditional medicines around the world, though many originated in China and some African countries.] ~~There are 3 types of medicines that you might know right now it is right now but not before or traditional.~~ [There are three types of traditional medicine that you might not know about, even though they've been used for thousands of years.] ~~These are the ways that medical surgeries started as the world knows how to health.~~ [These are some of the ways that people learnt to improve their health before modern medicine existed.] Read this guide to ~~know~~ [learn]

everything about traditional ~~surgeries~~ [medicine]. ~~I never know that my brother was in bad conditions when I checked with the doctor.~~ [This sentence should be removed as it doesn't connect to the rest of the introduction.]

#2 First of all, ~~the traditional of tablets is food~~ [traditional remedies similar to tablets come from food] in Asian countries. They use food to change ~~the conditions of~~ [the health of] your body, such as carrots to improve eyesight, ~~tomato~~ [tomatoes] to improve your lungs, ~~milk to give dairy and food balance~~ [and milk to provide important nutrients and balanced nutrition]. They also combine meals to ~~realise~~ [release] more ~~of~~ [of the] nutrients that are hidden inside your body. ~~Like eggs and tomatoes, the tomatoes release a secret mineral that it cannot produce if it is eaten alone.~~ [For example, when you eat eggs and tomatoes together, the tomatoes release special minerals that they cannot produce when eaten alone.] Studies and newspapers have shown that 76% of ~~the~~ [these] foods ~~works~~ [remedies work] just like ~~the~~ [modern] tablets, but ~~the~~ [modern] tablets are just more advanced.

#3 Additionally, there is ~~also~~ a traditional Chinese method ~~that is~~ called cupping therapy. ~~The results are shown after the surgery or massage.~~ [Practitioners heat glass cups and place them on a person's skin, creating suction that draws blood to the surface. The colour of the skin after treatment reveals information about the person's health.] Light ~~pinks means~~ [pink means] that you have healthy circulation and minimal stagnation. Bright red means that you have increased blood flow or ~~heat~~ [heat-related] inflammation. Dark purple means that you have severe stagnation and may ~~needing~~ [need] a ~~checkup~~ [check-up] with a doctor. Brown suggests ~~that the~~ [the] release of old blood and toxins, often ~~have~~ [from past] injuries or pain. Last of all, blue may ~~assume~~ [indicate] that ~~your~~ [you have poor] energy and ~~have improved blood~~ [circulation], with ~~low air rate~~ [reduced oxygen flow]. ~~They make massage or surgery by having a round cup and put flame onto it for a few seconds a place it onto the person skin.~~ [This sentence should be removed as the procedure has already been explained earlier in the paragraph.]

Last but not least, the last traditional ~~medical~~ [medicine] that came from Asian countries is called acupuncture. This ~~medical~~ [treatment] places ~~pins~~ [thin needles] on ~~spots~~ [specific points] of the body based on your ~~conditions~~ [health problems], but ~~it is not random~~ [the placement is not random]. Scientists in China had been researching this ~~medical surgery~~ [medical treatment] for thousands of years worldwide. The ~~pins~~ [needles] are as thin as ~~how thin is a piece~~ [strand] of hair. Acupuncture is a popular ~~massage and used on surgeries~~ [treatment used in traditional medicine]. ~~Acupuncture helps us with medical reasons, acupuncture is a great massage, acupuncture is know worldwide.~~ [Acupuncture helps treat various health conditions and is now recognised worldwide.] ~~Also acupuncture~~ [Acupuncture] is also a ~~veterinarian surgery~~ [used as veterinary treatment] for animals too! ~~Like~~ [Such as] dogs and cats!

To conclude, ~~these are the ways that Chinese created these traditional treatments, mixing food together which is called tablets, cupping therapy which is now using cups and is worldwide, acupuncture which is also known worldwide.~~ [traditional Chinese medicine offers three valuable health treatments that have spread worldwide: food remedies that work like natural tablets, cupping therapy that reveals circulation problems, and acupuncture that targets specific body points.] So now I recommend you ~~to~~ **try** [consider trying] one, probably ~~try~~ cupping therapy ~~which tells your health and introduces what you are~~ [to learn more about your circulation and overall health]. But before you try ~~one~~ [any treatment], ~~check-up~~ [consult] with ~~the~~ [a] doctor first.