

## Health idioms

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|----|------------------------------|--|
| 1  | a dose of one's own medicine | Receive the same treatment that one gives to others (usually negative) |
| 2  | alive and kicking            | Well and healthy   |
| 3  | at death's door              | Very near death  |
| 4  | bitter pill to swallow       | An unpleasant fact   |
| 5  | black out                    | To lose consciousness  |
| 6  | Bundle of nerves             | Very nervous or anxious  |
| 7  | Check up                     | An examination of a patient by a doctor                                |
| 8  | clean bill of health         | A report that a person or animal is healthy                            |
| 9  | go under the knife           | Have surgery   |
| 10 | just what the doctor ordered | exactly what is needed or wanted                                       |
| 11 | nothing but skin and bones   | to be very thin or emaciated   |
| 12 | on the mend                  | Becoming better, becoming well, healing                                |
| 13 | Out of sorts                 | not feeling well, in a bad mood  |
| 14 | under the weather            | Not feeling well   |

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