

THERAPEUTIC

Meaning: Therapeutic refers to something that has healing or beneficial effects on physical or mental well-being.

1. The therapeutic benefits of yoga include improved flexibility and reduced stress levels.
2. Many patients find that art therapy provides a therapeutic outlet for their emotions.
3. The doctor recommended a therapeutic approach that combines medication with lifestyle changes.
4. Listening to music can have a therapeutic effect on mental health and well-being.
5. The community center offers therapeutic programs designed to support individuals with disabilities.

Source: sentences.whatistheurl.com

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