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she should go

You **should** go on a diet. => ADVICE

Why don't you go on a diet? => ADVICE

Why doesn't she go ?

Why should you go on a diet? =>

REASON

You **ought to** go on a diet. => ADVICE

to ITCH

to SCRATCH

overweight / obese

painful

doctor / Dr / doc / MD

Dr. Michael Smith MD

I have a date. => PERSONAL / ROMANTIC

I have an appointment. => BUSINESS / FORMAL

sunglasses = shades

glasses = spectacles = specs

get well soon = GWS

ought not to => oughtn't to

BREATHLESS

Why don't you work out?

Why don't you exercise for an hour a day?

You ought to get some rest.

You **should be** sleeping at the moment.

You **should listen** to relaxing music.

You **should read** a book.

Why don't you call the (mind health doctor) psychologist?

You **should** relax, calm down and watch a good film about love.

You shouldn't worry about / You should take it easy

You should consult a doctor about that.

You should go to the hospital.

You should put on a compress.

You should apply cream.

You should study harder.

You ought to get a job.

You should flatter your parents.