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Vocabulary Builder Reference from...

Hei Man Chan: Is it possible to lose weight fast? |

TED Talk

https://www.ted.com/talks/hei_man_chan_is_it_possible_to_lose_weight_fast

Advanced Words Only

IMPORTANT

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Session 1: Word List

- fad** *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
synonym: craze, mania, trend
(1) become a **fad**, (2) computer game **fad**
His interest in music composition is only a **fad**.
- rampant** *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
synonym: prevalent, dense, uncontrolled
(1) **rampant** growth of weeds, (2) **rampant** corruption
In an overly protective industry, violations of the ethics rules tend to be **rampant**.
- tapeworm** *n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
synonym: helminth, cestode, ribbon worm
(1) **tapeworm** eggs, (2) **tapeworm** treatment
The doctor diagnosed the patient with **tapeworm** infection.

hatch

v. to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage

synonym : incubate, breed, produce

(1) **hatch** a plan, (2) **hatch** a baby chick

The eggs began to **hatch**, and the small chicks emerged.

digestive

adj. relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

expend

v. to use or spend time, money, energy, etc.

synonym : disburse, spend, pay

(1) **expend** a great deal of energy, (2) **expend** time and resources

Billionaires tend to **expend** private funds on a public undertaking.

glycogen

n. a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed

synonym : storage carbohydrate, energy reserve, animal starch

(1) **glycogen** storage, (2) **glycogen** synthesis

The liver produces and stores **glycogen** for the body to use as a source of energy.

droplet

n. a small drop of liquid

synonym : bead, drip, dewdrop

(1) **droplet** size, (2) **droplet** formation

A single **droplet** of water can reflect the entire world upside down.

bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain
Cancer cells are often carried throughout the body by the **bloodstream**.

starvation

n. a severe lack of food that leads to malnutrition and, ultimately, death

synonym: hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

replenish

v. to fill something that had previously been emptied

synonym: refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

starve

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

synonym: famish, hunger

(1) **starve** for a victory, (2) **starve** to death

If you don't eat soon, you're going to **starve**.

regimen

n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

synonym : routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

detoxification

n. the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something

synonym : cleansing, purification, detox

(1) **detoxification** process, (2) natural **detoxification**

Detoxification programs can help eliminate harmful substances and improve overall health.

disastrous

adj. extremely bad, harmful, or unsuccessful

synonym : catastrophic, destructive, fatal

(1) have **disastrous** consequences, (2) absolutely **disastrous** effect

The emission of hazardous substances has **disastrous** effects on the ecology of a region.

Session 2: Spelling

- | | |
|------------------------------------|---|
| 1. re_____n of chemotherapy | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 2. gl_____en storage | <i>n.</i> a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed |
| 3. absolutely dis_____us effect | <i>adj.</i> extremely bad, harmful, or unsuccessful |
| 4. a di_____ve enzyme | <i>adj.</i> relating to or capable of causing or promoting digestion of food |
| 5. det_____ion process | <i>n.</i> the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something |
| 6. fitness re_____n | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 7. ex_____d a great deal of energy | <i>v.</i> to use or spend time, money, energy, etc. |
| 8. st_____e for a victory | <i>v.</i> to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance |
| 9. computer game f_d | <i>n.</i> an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze |

ANSWERS: 1. regimen, 2. glycogen, 3. disastrous, 4. digestive, 5. detoxification, 6. regimen, 7. expend, 8. starve, 9. fad

10. dr____t formation *n.* a small drop of liquid
11. re_____sh a reserve fund *v.* to fill something that had previously been emptied
12. ta_____rm eggs *n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
13. de_____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
14. ra_____t corruption *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
15. st___e to death *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
16. sta_____on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
17. re_____sh my spirit *v.* to fill something that had previously been emptied
18. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
19. ha__h a plan *v.* to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage

ANSWERS: 10. droplet, 11. replenish, 12. tapeworm, 13. deplete, 14. rampant, 15. starve, 16. starvation, 17. replenish, 18. unhealthy, 19. hatch

20. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
21. de_____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
22. natural det_____ion *n.* the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
23. become a f_d *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
24. ha__h a baby chick *v.* to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage
25. blo_____am in an artery *n.* the blood flowing through the body
26. ra_____t growth of weeds *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
27. ta_____rm treatment *n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body

ANSWERS: 20. unhealthy, 21. deplete, 22. detoxification, 23. fad, 24. hatch, 25. bloodstream, 26. rampant, 27. tapeworm

28. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
29. dr_____t size *n.* a small drop of liquid
30. die of sta_____on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
31. have dis_____us consequences *adj.* extremely bad, harmful, or unsuccessful
32. blo_____am to the brain *n.* the blood flowing through the body
33. gl_____en synthesis *n.* a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed
34. ex_____d time and resources *v.* to use or spend time, money, energy, etc.

ANSWERS: 28. digestive, 29. droplet, 30. starvation, 31. disastrous, 32. bloodstream, 33. glycogen, 34. expend

Session 3: Fill in the Blanks

1. The liver produces and stores _____ for the body to use as a source of energy.
 - n.* a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed
2. A single _____ of water can reflect the entire world upside down.
 - n.* a small drop of liquid
3. His interest in music composition is only a _____.
 - n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
4. In an overly protective industry, violations of the ethics rules tend to be _____.
 - adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
5. The doctor diagnosed the patient with _____ infection.
 - n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
6. The emission of hazardous substances has _____ effects on the ecology of a region.
 - adj.* extremely bad, harmful, or unsuccessful
7. Billionaires tend to _____ private funds on a public undertaking.
 - v.* to use or spend time, money, energy, etc.

ANSWERS: 1. glycogen, 2. droplet, 3. fad, 4. rampant, 5. tapeworm, 6. disastrous, 7. expend

8. The eggs began to _____ and the small chicks emerged.
v. to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage
9. My doctor prescribed a strict _____ of exercise and healthy eating to help me lose weight.
n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
10. _____ programs can help eliminate harmful substances and improve overall health.
n. the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
11. Cancer cells are often carried throughout the body by the _____.
n. the blood flowing through the body
12. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
13. If you don't eat soon, you're going to _____.
v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
14. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
15. The drought led to widespread _____ in the region.
n. a severe lack of food that leads to malnutrition and, ultimately, death

ANSWERS: 8. hatch, 9. regimen, 10. Detoxification, 11. bloodstream, 12. unhealthy, 13. starve, 14. digestive, 15. starvation

16. Please _____ my glass with some more wine.

v. to fill something that had previously been emptied

17. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

ANSWERS: 16. replenish, 17. deplete