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Vocabulary Builder Reference from...

Judy Grisel: How does alcohol cause hangovers? |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

consecutive

adj. following in a sequence or order without interruption or break; occurring one after another

synonym: successive, sequential, uninterrupted

(1) **consecutive** holidays, (2) suffer **consecutive** defeats

The athlete won three **consecutive** championships in her sport.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

beverage

n. a drink of any type

synonym: drink, libation, liquid

(1) food and **beverage**, (2) alcoholic **beverages**

Bring a snack or **beverage** to satisfy your appetite.

precise

adj. sharply exact or accurate or delimited

synonym : accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym : experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

hangover

n. the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something

synonym : headache, aftereffect, hang-up

(1) **hangover** cure, (2) severe **hangover**

After drinking too much at the party, he woke up with a terrible **hangover**.

molecule

n. a group of two or more atoms held together by attractive forces known as chemical bonds

synonym : particle, element, atom

(1) small **molecules**, (2) **molecule** behavior

The shape of the DNA **molecule** is a double helix.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

ethanol

n. a colorless, flammable alcohol that is produced by the fermentation of sugars and is commonly used as a fuel,

solvent, and in the manufacture of alcoholic beverages
synonym : alcohol, ethyl alcohol, grain alcohol

(1) **ethanol** plant, (2) **ethanol** production

The production of **ethanol** can have environmental benefits if produced from renewable sources.

colloquial

adj. used in ordinary or familiar conversation but not in formal speech or writing

synonym : conversational, vernacular, idiomatic

(1) **colloquial** speech, (2) written in a **colloquial** style

There is also an increasing distinction between **colloquial** and literal vocabulary.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

severity

n. the quality or condition of being severe, strict, or harsh

synonym : harshness, rigidity, austerity

(1) the **severity** of cold, (2) high **severity**

The **severity** of the drought was a major concern for farmers.

vary

v. to become different in terms of size, shape, etc.

synonym : alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price

Maximum heart rates **vary** a lot for each individual.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

unpleasant

adj. not enjoyable or comfortable

synonym : disagreeable, displeasing, distasteful

(1) **unpleasant** behavior, (2) with **unpleasant** body odor
It is **unpleasant** to see criminal behavior even though it is minor.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym : achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment
It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

reliable

adj. worthy of being relied on; trustworthy

synonym : dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery
Trains are **reliable**, inexpensive, and ideal for long-distance travel.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,
(2) **communicate** well with my advisor
Dolphins use sound to **communicate** with each other.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym : sensory, neuronic, nervous

(1) **neural** stem cells, (2) **neural** networks in AI
There was a disturbance of **neural** function.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

rebound

v. to spring back into a former shape or position after being compressed or stretched

synonym: spring back, resile, recover

(1) **rebound** from a setback, (2) **rebound** back into positive growth

The basketball bounced off the rim and **rebounded** to the player.

sedate

adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

synonym: calm, composed, tranquil

(1) **sedate** atmosphere, (2) **sedate** patient

The **sedate** environment of the library was perfect for studying.

hyperactive

adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

synonym: hyperkinetic, overactive, restless

(1) **hyperactive** child, (2) **hyperactive** imagination

The **hyperactive** dog was running around the house, knocking things over.

tremor

n. a small earthquake or shaking or vibrating

synonym: shaking, quivering, trembling

(1) a **tremor** of delight, (2) **tremor** frequency
The bad **tremor** caused several buildings to collapse.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**
New York is the commercial **heartbeat** of America.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

kilter

n. a state of proper balance or adjustment, a state of good order or organization

synonym: balance, alignment, equilibrium

(1) off- **kilter**, (2) in good **kilter**

The door was out of **kilter** and wouldn't close properly.

contributor

n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor

synonym: donor, giver, subscriber

(1) **contributor** of funds, (2) regular **contributor**

She is a major **contributor** to the local food bank, volunteering every week.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

fluctuate

v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably

synonym: vary, oscillate, sway

(1) **fluctuate** prices, (2) **fluctuate** rapidly
Stock prices **fluctuate** daily based on market demand and supply.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct
We must manage to **regulate** our expenditure.

groggy

adj. weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow

synonym: dizzy, dazed, foggy

(1) still **groggy** from anesthesia, (2) feel **groggy**
We were **groggy** with jet lag.

disorient

v. to make someone confused about where they are or where they should go

synonym: confuse, flummox, perplex

(1) **disorient** his audience, (2) **disorient** and wrong-foot viewers

Several studies have indicated that human activity at sea might **disorient** dolphins and whales.

interfere

v. to get involved in and prevent a process or activity from continuing

synonym: interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

vasopressin

n. a hormone secreted by the pituitary which acts to promote the reabsorption of water by the kidneys and increase blood pressure

(1) potentiate **vasopressin** action, (2) **vasopressin** sensitivity

This drug is a type of **vasopressin** receptor antagonist.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

urine

n. a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate

synonym: excrement, dung, pee

(1) **urine** composition, (2) blood in the **urine**

They collected a **urine** specimen for urinalysis.

kidney

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

dehydrated

adj. to remove the water or moisture from something by a natural or artificial process

synonym: dried, desiccated, parched

(1) **dehydrated** skin, (2) **dehydrated** skimmed milk

I need to drink more water because I'm feeling **dehydrated**.

dehydration

n. a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms

synonym: drying out, desiccation, moisture loss

(1) sign of **dehydration**, (2) **dehydration** as a result of diarrhea

He suffered from **dehydration** after spending the day in the hot sun.

thirst

n. a feeling of needing something to drink; a strong desire for something

synonym : craving, desire, appetite

(1) a burning **thirst**, (2) **thirst** for authority

He read books to quench his **thirst** for knowledge.

lightheaded

adj. feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

synonym : dizzy, giddy, faint

(1) become **lightheaded**, (2) **lightheaded** from dehydration

After the rollercoaster ride, I felt **lightheaded** and needed to sit down.

headache

n. pain in the head; someone or something that causes anxiety or trouble

synonym : concern, difficulty, problem

(1) **headache** accompanied by fever, (2) bit of a **headache**

This pill will relieve your **headaches** immediately.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym : accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym: barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

mitochondria

n. (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food

(1) a membrane of a **mitochondria**, (2) healthy

mitochondria

Mitochondria DNA is used to trace human lineage and migration footprints.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym : exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym : mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

disturbance

n. something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried

synonym : disorder, upset, annoyance

(1) a nervous **disturbance**, (2) a **disturbance** caused by a terrorist

This building construction causes serious **disturbance** to residents.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym : excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym : rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

impair

v. to damage something or make it weaker or worse

synonym : degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

irritate

v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

synonym : annoy, vex, bother

(1) **irritate** skin, (2) **irritate** my partner

The sound of his chewing loudly **irritates** me during dinner.

gastrointestinal

adj. relating to the stomach and intestines, particularly about the digestive system or related disorders

synonym : digestive, intestinal, stomach

(1) **gastrointestinal** disorders, (2) **gastrointestinal** symptoms

Certain foods can cause **gastrointestinal** problems if eaten in excess.

tract

n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

synonym : region, area, tube

(1) a urinary **tract** infection, (2) a **tract** of virgin forest

The farmer owns a large **tract** of land where he grows corn

and soybeans.

inflamm

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflamm** skin, (2) **inflamm** his passion

Her eyes **inflamed** with crying.

intestine

n. a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

synonym: gut, bowel, tract

(1) large **intestine**, (2) **intestine** wall

The small **intestine** is responsible for absorbing most of the nutrients from food.

gastric

adj. relating to the stomach or the digestive system; characterized by or causing discomfort or pain in the stomach or upper abdomen

synonym: stomachic, digestive, belly

(1) **gastric** issues, (2) **gastric** cancer

After eating spicy food, some people experience **gastric** distress like heartburn and indigestion.

acid

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym: sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

nausea

n. a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

synonym: queasiness, sickness, vomiting

(1) **nausea** medication, (2) drug-induced **nausea** and vomiting

The rollercoaster ride left me with a feeling of **nausea**.

vomit

v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

synonym: puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

synonym: essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

fermentation

n. the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of the heat

synonym: brewing, culturing, pickling

(1) oxidative **fermentation**, (2) **fermentation** tank

The process of **fermentation** is used to make beer, wine, and many other products.

flavor

n. the taste sensation produced by a substance in the mouth

synonym: taste, savor, essence

(1) a delicate **flavor**, (2) **flavor** enhancer

The **flavor** of the coffee was rich and full-bodied.

methanol

n. a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen

synonym: wood alcohol, methyl alcohol

(1) **methanol** content, (2) **methanol** fuel cell

Accidental ingestion of **methanol** moonshine has resulted in

death.

metabolism

n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**

Better sleep leads to increased **metabolism**.

toxic

adj. of or relating to or caused by a poison; poisonous

synonym: poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

metabolite

n. a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions

synonym: intermediate

(1) **metabolite** concentration, (2) drug **metabolite**

The liver **metabolite** levels were higher than usual.

worsen

v. to become or make something worse

synonym: languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem

Unilateral import bans have **worsened** that country's terms of trade.

purity

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym: sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

vodka

n. a distilled alcoholic beverage made from fermented grains or potatoes, typically with high alcohol content and little or no added flavoring

synonym: spirit, liquor, distilled beverage

(1) **vodka** shot, (2) flavored **vodka**

I ordered a **vodka** tonic at the bar.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

flavoring

n. a substance or combination of substances used to add taste or aroma to food or drink; a controlled substance used to mask the taste or odor of another substance

synonym: spice, seasoning, essence

(1) beverage **flavoring**, (2) natural **flavoring**

The recipe calls for adding a dash of vanilla **flavoring** to the batter.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

whiskey

n. a type of distilled alcoholic beverage made from fermented grains, typically barley, corn, rye, or wheat, aged in barrels and often consumed straight or with mixers

synonym: bourbon, scotch, rye

(1) bootleg **whiskey**, (2) **whiskey** barrel

I enjoy a glass of **whiskey** on the rocks after a long day.

brandy

n. an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine

synonym: cognac, armagnac, eau-de-vie

(1) **brandy** distillery, (2) **brandy** cocktail

I love the taste of **brandy**, especially on a cold winter night.

remedy

n. a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness

synonym: treatment, medication, therapy

(1) **remedy** for air pollution, (2) an internal **remedy**

This drug will be a good **remedy** for your stomach trouble.

electrolyte

n. a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body

(1) the strong **electrolyte**, (2) replenish his **electrolytes**

Electrolyte imbalances can cause health problems.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

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.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym: sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

moderation

n. the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes

synonym : restraint, temperance, self-control

(1) excessive **moderation**, (2) **moderation** in all things
Overindulging in sweets can lead to health problems, but enjoying them in **moderation** may be acceptable.

Session 2: Spelling

1. he_____at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
2. mo_____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
3. gas_____nal symptoms *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
4. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
5. bootleg wh_____y *n.* a type of distilled alcoholic beverage made from fermented grains, typically barley, corn, rye, or wheat, aged in barrels and often consumed straight or with mixers
6. a tr__t of virgin forest *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
7. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
8. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 1. heartbeat, 2. molecule, 3. gastrointestinal, 4. volunteer, 5. whiskey, 6. tract, 7. vomit, 8. presence

9. ne___l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
10. na___a medication *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
11. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
12. in___e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
13. col_____al speech *adj.* used in ordinary or familiar conversation but not in formal speech or writing
14. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
15. potentiate vas_____in action *n.* a hormone secreted by the pituitary which acts to promote the reabsorption of water by the kidneys and increase blood pressure
16. et___l production *n.* a colorless, flammable alcohol that is produced by the fermentation of sugars and is commonly used as a fuel, solvent, and in the manufacture of alcoholic beverages
17. large in_____ne *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

ANSWERS: 9. neural, 10. nausea, 11. dam, 12. involve, 13. colloquial, 14. responsible, 15. vasopressin, 16. ethanol, 17. intestine

18. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
19. in good ki___r *n.* a state of proper balance or adjustment, a state of good order or organization
20. mod_____on in all things *n.* the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes
21. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
22. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
23. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
24. a dis_____ce caused by a terrorist *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
25. br___y cocktail *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
26. fer_____ion tank *n.* the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of the heat

ANSWERS: 18. volume, 19. kilter, 20. moderation, 21. experiment, 22. inflame, 23. acid, 24. disturbance, 25. brandy, 26. fermentation

27. et____l plant *n.* a colorless, flammable alcohol that is produced by the fermentation of sugars and is commonly used as a fuel, solvent, and in the manufacture of alcoholic beverages
28. the strong ele____te *n.* a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body
29. st____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
30. ur__e composition *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
31. in____re with DNA synthesis *v.* to get involved in and prevent a process or activity from continuing
32. exposure to to__c chemicals *adj.* of or relating to or caused by a poison; poisonous
33. wh____y barrel *n.* a type of distilled alcoholic beverage made from fermented grains, typically barley, corn, rye, or wheat, aged in barrels and often consumed straight or with mixers
34. small mo____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
35. compound the ing____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish

ANSWERS: 27. ethanol, 28. electrolyte, 29. stimulate, 30. urine, 31. interfere, 32. toxic, 33. whiskey, 34. molecule, 35. ingredient

36. im___r my health *v.* to damage something or make it weaker or worse
37. bit of a he____he *n.* pain in the head; someone or something that causes anxiety or trouble
38. good source of essential amino a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
39. to__c molecule *adj.* of or relating to or caused by a poison; poisonous
40. gl____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
41. hyp____ve imagination *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
42. complete no____ly *adv.* usually; under normal conditions
43. a ch____al compound *adj.* relating to or connected with chemistry;
44. stop drinking al____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
45. ga____c cancer *adj.* relating to the stomach or the digestive system; characterized by or causing discomfort or pain in the stomach or upper abdomen

ANSWERS: 36. impair, 37. headache, 38. acid, 39. toxic, 40. glucose, 41. hyperactive, 42. normally, 43. chemical, 44. alcohol, 45. gastric

46. healthy mit_____ria
n. (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food
47. in_____e his passion
v. to cause very strong feelings such as anger or excitement in a person or a group of people
48. fa_____e breaking
n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
49. exp_____nt design
n. the scientific test conducted to observe what happens and gain new knowledge
50. the ul_____te luxury
adj. furthest or highest in degree or order
51. his research area of
 con_____ion
n. the ability to focus all your time and energy on one thing without thinking about anything else.
52. ir_____te my partner
v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
53. my vo_____er work
n. a person who performs or offers to perform a job or service without being paid for or forced to do
54. high se_____ty
n. the quality or condition of being severe, strict, or harsh
55. met_____sm enzyme
n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

ANSWERS: 46. mitochondria, 47. inflame, 48. fatigue, 49. experiment, 50. ultimate, 51. concentration, 52. irritate, 53. volunteer, 54. severity, 55. metabolism

- | | |
|---|---|
| 56. vo__t abuse | v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth |
| 57. fl_____te prices | v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably |
| 58. as_____te with people widely | v. to mentally connect someone or something with someone or something else |
| 59. con_____te a large sum of money to the fund | v. to give something, especially money or goods, to provide or achieve something together with other people |
| 60. ho_____e secretion | n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood |
| 61. high pu___y | n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature |
| 62. the cell of the im___e system | <i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells |
| 63. a urinary tr__t infection | n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body |

ANSWERS: 56. vomit, 57. fluctuate, 58. associate, 59. contribute, 60. hormone, 61. purity, 62. immune, 63. tract

64. hyp_____ve child *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
65. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
66. se___e atmosphere *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
67. an explosive su_____ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
68. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
69. natural fl_____ng *n.* a substance or combination of substances used to add taste or aroma to food or drink; a controlled substance used to mask the taste or odor of another substance
70. regular con_____or *n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
71. fa_____e caused by overwork *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

ANSWERS: 64. hyperactive, 65. communicate, 66. sedate, 67. substance, 68. concentration, 69. flavoring, 70. contributor, 71. fatigue

72. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
73. re_____sh a reserve fund *v.* to fill something that had previously been emptied
74. suffer con_____ve defeats *adj.* following in a sequence or order without interruption or break; occurring one after another
75. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
76. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
77. im_____e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
78. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
79. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
80. high vo_____e *n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 72. inflammation, 73. replenish, 74. consecutive, 75. symptom, 76. influence, 77. immune, 78. symptom, 79. contribute, 80. volume

81. se___e patient *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
82. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
83. vo__a shot *n.* a distilled alcoholic beverage made from fermented grains or potatoes, typically with high alcohol content and little or no added flavoring
84. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
85. re___y for air pollution *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
86. me_____ol content *n.* a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen
87. a pounding he_____at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
88. the se_____ty of cold *n.* the quality or condition of being severe, strict, or harsh
89. n__m of action *n.* something that is regarded as usual, typical, or standard
90. oxidative fer_____ion *n.* the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of the heat

ANSWERS: 81. sedate, 82. balance, 83. vodka, 84. impair, 85. remedy, 86. methanol, 87. heartbeat, 88. severity, 89. norm, 90. fermentation

91. an internal re___y *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
92. su_____ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
93. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
94. hemoglobin met_____sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
95. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
96. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
97. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
98. a delicate fl___r *n.* the taste sensation produced by a substance in the mouth
99. ha_____er cure *n.* the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something

ANSWERS: 91. remedy, 92. substance, 93. neurotransmitter, 94. metabolism, 95. addition, 96. communicate, 97. cortisol, 98. flavor, 99. hangover

100. ir____te skin *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
101. br____y distillery *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
102. severe ha____er *n.* the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something
103. in____ne wall *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
104. food and be____ge *n.* a drink of any type
105. fl____te rapidly *v.* to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
106. st____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
107. re____te blood sugar levels *v.* to control something, especially by means of rules or laws
108. off-ki____r *n.* a state of proper balance or adjustment, a state of good order or organization
109. guarantee re____le delivery *adj.* worthy of being relied on; trustworthy
110. complex car____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

ANSWERS: 100. irritate, 101. brandy, 102. hangover, 103. intestine, 104. beverage, 105. fluctuate, 106. stimulate, 107. regulate, 108. kilter, 109. reliable, 110. carbohydrate

111. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
112. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
113. cultural n__m *n.* something that is regarded as usual, typical, or standard
114. di____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
115. th____t for authority *n.* a feeling of needing something to drink; a strong desire for something
116. wo____n a relation *v.* to become or make something worse
117. blood in the ur__e *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
118. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
119. he_____he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble
120. a tr____r of delight *n.* a small earthquake or shaking or vibrating

ANSWERS: 111. feat, 112. inflammation, 113. norm, 114. disrupt, 115. thirst, 116. worsen, 117. urine, 118. cortisol, 119. headache, 120. tremor

121. chemical ad____on *n.* the act or process of adding something to something else; the process of adding numbers
122. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
123. feel gr___y *adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
124. re____d back into positive growth *v.* to spring back into a former shape or position after being compressed or stretched
125. re_____sh my spirit *v.* to fill something that had previously been emptied
126. a nervous dis_____ce *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
127. in an ugly m__d *n.* the way you feel at a particular time; an angry or impatient state of mind
128. in_____re in another country's affairs *v.* to get involved in and prevent a process or activity from continuing
129. drug met_____te *n.* a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions
130. flavored vo__a *n.* a distilled alcoholic beverage made from fermented grains or potatoes, typically with high alcohol content and little or no added flavoring

ANSWERS: 121. addition, 122. neurotransmitter, 123. groggy, 124. rebound, 125. replenish, 126. disturbance, 127. mood, 128. interfere, 129. metabolite, 130. vodka

131. v__y according to the age *v.* to become different in terms of size, shape, etc.
132. fl___r enhancer *n.* the taste sensation produced by a substance in the mouth
133. blood gl_____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
134. the science of ge_____cs *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
135. wo___n the food problem *v.* to become or make something worse
136. ne___l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain
137. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
138. re_____te our conduct *v.* to control something, especially by means of rules or laws
139. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
140. drug-induced na___a and vomiting *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
141. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 131. vary, 132. flavor, 133. glucose, 134. genetics, 135. worsen, 136. neural, 137. dam, 138. regulate, 139. influence, 140. nausea, 141. brain

142. deh_____ed skimmed milk *adj.* to remove the water or moisture from something by a natural or artificial process
143. toxic ch_____als *adj.* relating to or connected with chemistry;
144. still gr_____y from anesthesia *adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
145. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
146. gas_____nal disorders *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
147. replenish his ele_____tes *n.* a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body
148. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
149. sign of deh_____on *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
150. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
151. the evidence of the pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 142. dehydrated, 143. chemical, 144. groggy, 145. involve, 146. gastrointestinal, 147. electrolyte, 148. alcohol, 149. dehydration, 150. hormone, 151. presence

152. chronic ki___y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
153. re_____le access *adj.* worthy of being relied on; trustworthy
154. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
155. di_____nt his audience *v.* to make someone confused about where they are or where they should go
156. not no_____ly drink much *adv.* usually; under normal conditions
157. v__y directly with the price *v.* to become different in terms of size, shape, etc.
158. lig_____ed from dehydration *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
159. re_____d from a setback *v.* to spring back into a former shape or position after being compressed or stretched
160. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
161. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
162. vas_____in sensitivity *n.* a hormone secreted by the pituitary which acts to promote the reabsorption of water by the kidneys and increase blood pressure

ANSWERS: 152. kidney, 153. reliable, 154. responsible, 155. disorient, 156. normally, 157. vary, 158. lightheaded, 159. rebound, 160. balance, 161. feat, 162. vasopressin

163. deh_____ed skin *adj.* to remove the water or moisture from something by a natural or artificial process
164. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
165. con_____ve holidays *adj.* following in a sequence or order without interruption or break; occurring one after another
166. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
167. the ul_____te goal in life *adj.* furthest or highest in degree or order
168. deh_____on as a result of diarrhea *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
169. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
170. written in a col_____al style *adj.* used in ordinary or familiar conversation but not in formal speech or writing
171. the m__d in a room *n.* the way you feel at a particular time; an angry or impatient state of mind
172. the degree of pu____y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
173. me_____ol fuel cell *n.* a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen

ANSWERS: 163. dehydrated, 164. associate, 165. consecutive, 166. carbohydrate, 167. ultimate, 168. dehydration, 169. ingredient, 170. colloquial, 171. mood, 172. purity, 173. methanol

174. an artificial ki___y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
175. ga_____c issues *adj.* relating to the stomach or the digestive system; characterized by or causing discomfort or pain in the stomach or upper abdomen
176. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
177. beverage fl_____ng *n.* a substance or combination of substances used to add taste or aroma to food or drink; a controlled substance used to mask the taste or odor of another substance
178. pr_____e analyses *adj.* sharply exact or accurate or delimited
179. ge_____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
180. a burning th___t *n.* a feeling of needing something to drink; a strong desire for something
181. alcoholic be_____ges *n.* a drink of any type
182. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
183. excessive mod_____on *n.* the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes

ANSWERS: 174. kidney, 175. gastric, 176. brain, 177. flavoring, 178. precise, 179. genetics, 180. thirst, 181. beverage, 182. disrupt, 183. moderation

184. unp_____nt behavior *adj.* not enjoyable or comfortable
185. con_____or of funds *n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
186. become lig_____ed *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
187. estimate pr_____e costs *adj.* sharply exact or accurate or delimited
188. di_____nt and wrong-foot viewers *v.* to make someone confused about where they are or where they should go
189. tr____r frequency *n.* a small earthquake or shaking or vibrating
190. a membrane of a mit_____ria *n.* (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food
191. with unp_____nt body odor *adj.* not enjoyable or comfortable
192. met_____te concentration *n.* a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions

ANSWERS: 184. unpleasant, 185. contributor, 186. lightheaded, 187. precise, 188. disorient, 189. tremor, 190. mitochondria, 191. unpleasant, 192. metabolite

Session 3: Fill in the Blanks

1. The liver _____ levels were higher than usual.
 - n.* a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions

2. Unilateral import bans have _____ that country's terms of trade.
 - v.* to become or make something worse

3. I love the taste of _____ especially on a cold winter night.
 - n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine

4. The rollercoaster ride left me with a feeling of _____.
 - n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

5. The _____ of the argument was well-presented.
 - n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

6. Trains are _____ inexpensive, and ideal for long-distance travel.
 - adj.* worthy of being relied on; trustworthy

7. This container has a _____ of 10 cubic meters.
 - n.* the amount of space occupied by an object or substance; the magnitude of sound

8. The book _____ my imagination.
 - v.* to encourage something to develop or become more active; to stir the feelings or emotions

ANSWERS: 1. metabolite, 2. worsened, 3. brandy, 4. nausea, 5. substance, 6. reliable, 7. volume, 8. stimulated

9. The _____ dog was running around the house, knocking things over.
adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
10. The former emperor had a particular _____ even after he abdicated.
n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself
11. Higher _____ requires additional equipment and energy.
n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
12. The _____ environment of the library was perfect for studying.
adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
13. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
14. I need to drink more water because I'm feeling _____.
adj. to remove the water or moisture from something by a natural or artificial process
15. During pregnancy, the stomach generates less _____ than usual.
n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

ANSWERS: 9. hyperactive, 10. influence, 11. purity, 12. sedate, 13. hormone, 14. dehydrated, 15. acid

16. There is a clear association between _____ consumption and cognitive decline.
- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
17. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
18. This drug is a type of _____ receptor antagonist.
- n.* a hormone secreted by the pituitary which acts to promote the reabsorption of water by the kidneys and increase blood pressure
19. There is also an increasing distinction between _____ and literal vocabulary.
- adj.* used in ordinary or familiar conversation but not in formal speech or writing
20. Better sleep leads to increased _____.
- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
21. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
22. The process of _____ is used to make beer, wine, and many other products.
- n.* the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of the heat

ANSWERS: 16. alcohol, 17. Cortisol, 18. vasopressin, 19. colloquial, 20. metabolism, 21. involves, 22. fermentation

23. He suffered from _____ after spending the day in the hot sun.
n. a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
24. The farmer owns a large _____ of land where he grows corn and soybeans.
n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
25. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
26. It is _____ to see criminal behavior even though it is minor.
adj. not enjoyable or comfortable
27. I don't _____ take a vacation in the middle of summer.
adv. usually; under normal conditions
28. The sound of his chewing loudly _____ me during dinner.
v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
29. The accident made his vision _____.
v. to damage something or make it weaker or worse
30. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 23. dehydration, 24. tract, 25. symptom, 26. unpleasant, 27. normally, 28. irritates, 29. impaired, 30. inflammation

31. In _____ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers
32. After eating spicy food, some people experience _____ distress like heartburn and indigestion.
- adj.* relating to the stomach or the digestive system; characterized by or causing discomfort or pain in the stomach or upper abdomen
33. New York is the commercial _____ of America.
- n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
34. The small _____ is responsible for absorbing most of the nutrients from food.
- n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
35. After drinking too much at the party, he woke up with a terrible _____.
- n.* the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something
36. The path to a solid online _____ necessitates a high technical ability.
- n.* the fact or state that someone or something exists, occurs, or is present
37. The metal showed signs of _____ after being subjected to repeated stress.
- n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

ANSWERS: 31. addition, 32. gastric, 33. heartbeat, 34. intestine, 35. hangover, 36. presence, 37. fatigue

38. This drug will be a good _____ for your stomach trouble.
n. a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
39. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
40. Endorphins are a type of _____ that gives a sense of well-being.
n. a chemical that carries nerve impulses between neurons or between neurons and muscles
41. Overindulging in sweets can lead to health problems, but enjoying them in _____ may be acceptable.
n. the state or quality of being moderate, balanced, or restrained, especially in one's behavior, habits, or thinking; avoiding excess or extremes
42. The _____ of the drought was a major concern for farmers.
n. the quality or condition of being severe, strict, or harsh
43. The athlete won three _____ championships in her sport.
adj. following in a sequence or order without interruption or break; occurring one after another
44. This building construction causes serious _____ to residents.
n. something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
45. Bring a snack or _____ to satisfy your appetite.
n. a drink of any type

ANSWERS: 38. remedy, 39. associate, 40. neurotransmitter, 41. moderation, 42. severity, 43. consecutive, 44. disturbance, 45. beverage

46. The bad _____ caused several buildings to collapse.
n. a small earthquake or shaking or vibrating
47. The door was out of _____ and wouldn't close properly.
n. a state of proper balance or adjustment, a state of good order or organization
48. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
49. Stock prices _____ daily based on market demand and supply.
v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
50. Try to keep a _____ between work and off.
n. a condition in which everything has the same weight or force; something left after other parts have been taken away
51. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
52. This pill will relieve your _____ immediately.
n. pain in the head; someone or something that causes anxiety or trouble
53. We were _____ with jet lag.
adj. weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
54. _____ DNA is used to trace human lineage and migration footprints.
n. (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food

ANSWERS: 46. tremor, 47. kilter, 48. chemical, 49. fluctuate, 50. balance, 51. experiments, 52. headaches, 53. groggy, 54. Mitochondria

55. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
56. The production of _____ can have environmental benefits if produced from renewable sources.
- n.* a colorless, flammable alcohol that is produced by the fermentation of sugars and is commonly used as a fuel, solvent, and in the manufacture of alcoholic beverages
57. Please _____ my glass with some more wine.
- v.* to fill something that had previously been emptied
58. She felt sick and had to run to the bathroom to _____.
- v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
59. The recipe calls for adding a dash of vanilla _____ to the batter.
- n.* a substance or combination of substances used to add taste or aroma to food or drink; a controlled substance used to mask the taste or odor of another substance
60. She is a major _____ to the local food bank, volunteering every week.
- n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
61. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 55. norms, 56. ethanol, 57. replenish, 58. vomit, 59. flavoring, 60. contributor, 61. responsible

62. I ordered a _____ tonic at the bar.

- n.* a distilled alcoholic beverage made from fermented grains or potatoes, typically with high alcohol content and little or no added flavoring

63. Foods high in _____ include bread, pasta, and rice.

- n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

64. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.

- n.* a notable or impressive achievement, especially one that requires great skill or bravery

65. Greed is the primary _____ in the making of criminals.

- n.* one of the things used to make something, especially one of the foods used to make a particular dish

66. This chemical compound is a thousand-fold more _____.

- adj.* of or relating to or caused by a poison; poisonous

67. This exam requires excellent _____ to pass.

- n.* the ability to focus all your time and energy on one thing without thinking about anything else.

68. His gaffe spoiled the _____ of the dinner party.

- n.* the way you feel at a particular time; an angry or impatient state of mind

69. Her eyes _____ with crying.

- v.* to cause very strong feelings such as anger or excitement in a person or a group of people

ANSWERS: 62. vodka, 63. carbohydrates, 64. feat, 65. ingredient, 66. toxic, 67. concentration, 68. mood, 69. inflamed

70. Dolphins use sound to _____ with each other.
v. to share or exchange information with others by speaking, writing, moving your body, or using other signals
71. _____ imbalances can cause health problems.
n. a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body
72. Maximum heart rates _____ a lot for each individual.
v. to become different in terms of size, shape, etc.
73. After the rollercoaster ride, I felt _____ and needed to sit down.
adj. feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
74. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
75. The shape of the DNA _____ is a double helix.
n. a group of two or more atoms held together by attractive forces known as chemical bonds
76. He read books to quench his _____ for knowledge.
n. a feeling of needing something to drink; a strong desire for something
77. The vaccination does not necessarily make you completely _____.
adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 70. communicate, 71. Electrolyte, 72. vary, 73. lightheaded, 74. ultimate, 75. molecule, 76. thirst, 77. immune

78. Your talking _____ with my work.

v. to get involved in and prevent a process or activity from continuing

79. Government workers cannot _____ to political campaigns.

v. to give something, especially money or goods, to provide or achieve something together with other people

80. The teachers make full use of _____ assistance.

n. a person who performs or offers to perform a job or service without being paid for or forced to do

81. They collected a _____ specimen for urinalysis.

n. a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate

82. The content is _____ and informative for me.

adj. sharply exact or accurate or delimited

83. The break in the _____ threatened the valley.

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

84. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

85. Several studies have indicated that human activity at sea might _____ dolphins and whales.

v. to make someone confused about where they are or where they should go

ANSWERS: 78. interferes, 79. contribute, 80. volunteer, 81. urine, 82. precise, 83. dam, 84. brain, 85. disorient

86. Certain foods can cause _____ problems if eaten in excess.

adj. relating to the stomach and intestines, particularly about the digestive system or related disorders

87. Accidental ingestion of _____ moonshine has resulted in death.

n. a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen

88. I'm so sorry to _____ you when you're pretty busy.

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

89. There was a disturbance of _____ function.

adj. of or relating to a nerve or the nervous system that includes the brain

90. The surgeon removed the healthy _____ from the donor.

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

91. I enjoy a glass of _____ on the rocks after a long day.

n. a type of distilled alcoholic beverage made from fermented grains, typically barley, corn, rye, or wheat, aged in barrels and often consumed straight or with mixers

92. The basketball bounced off the rim and _____ to the player.

v. to spring back into a former shape or position after being compressed or stretched

93. The _____ of the coffee was rich and full-bodied.

n. the taste sensation produced by a substance in the mouth

ANSWERS: 86. gastrointestinal, 87. methanol, 88. disrupt, 89. neural, 90. kidney, 91. whiskey, 92. rebounded, 93. flavor

94. We must manage to _____ our expenditure.

v. to control something, especially by means of rules or laws

95. He is a specialist in the _____ of aging.

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

96. The doctor injected _____ into his patient's veins.

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

ANSWERS: 94. regulate, 95. genetics, 96. glucose