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Vocabulary Builder Reference from...

Judy Grisel: How does alcohol cause hangovers? |

TED Talk

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Advanced Words Only

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Session 1: Word List

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**.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

inflame

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

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** 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.

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**.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. 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
2. 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
3. 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
4. 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
5. 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
6. 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
7. 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: 1. whiskey, 2. brandy, 3. vomit, 4. disrupt, 5. disrupt, 6. dehydration, 7. fermentation

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|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8. in good ki___r | <i>n.</i> a state of proper balance or adjustment, a state of good order or organization |
| 9. car_____ate metabolism | <i>n.</i> (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 |
| 10. neu_____ter receptor | <i>n.</i> a chemical that carries nerve impulses between neurons or between neurons and muscles |
| 11. in_____e skin | <i>v.</i> to cause very strong feelings such as anger or excitement in a person or a group of people |
| 12. vo__t after ingesting | <i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth |
| 13. lig_____ed from dehydration | <i>adj.</i> feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings |
| 14. ga_____c cancer | <i>adj.</i> relating to the stomach or the digestive system; characterized by or causing discomfort or pain in the stomach or upper abdomen |
| 15. off-ki___r | <i>n.</i> a state of proper balance or adjustment, a state of good order or organization |
| 16. healthy mit_____ria | <i>n.</i> (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: 8. kilter, 9. carbohydrate, 10. neurotransmitter, 11. inflame, 12. vomit, 13. lightheaded, 14. gastric, 15. kilter, 16. mitochondria

17. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
18. 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
19. 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
20. a tr____r of delight *n.* a small earthquake or shaking or vibrating
21. hyp_____ve imagination *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
22. 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
23. deh_____ed skimmed milk *adj.* to remove the water or moisture from something by a natural or artificial process
24. 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
25. hyp_____ve child *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

ANSWERS: 17. inflame, 18. hangover, 19. sedate, 20. tremor, 21. hyperactive, 22. intestine, 23. dehydrated, 24. electrolyte, 25. hyperactive

26. 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
27. re____d back into positive growth *v.* to spring back into a former shape or position after being compressed or stretched
28. 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
29. 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
30. feel gr____y *adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
31. im____r insulin sensitivity *v.* to damage something or make it weaker or worse
32. a burning th____t *n.* a feeling of needing something to drink; a strong desire for something
33. 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
34. me____ol fuel cell *n.* a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen

ANSWERS: 26. cortisol, 27. rebound, 28. vodka, 29. gastric, 30. groggy, 31. impair, 32. thirst, 33. flavoring, 34. methanol

35. me_____ol content *n.* a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen
36. th____t for authority *n.* a feeling of needing something to drink; a strong desire for something
37. 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
38. deh_____ed skin *adj.* to remove the water or moisture from something by a natural or artificial process
39. col_____al speech *adj.* used in ordinary or familiar conversation but not in formal speech or writing
40. 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
41. 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
42. tr____r frequency *n.* a small earthquake or shaking or vibrating
43. 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
44. 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

ANSWERS: 35. methanol, 36. thirst, 37. brandy, 38. dehydrated, 39. colloquial, 40. vasopressin, 41. carbohydrate, 42. tremor, 43. hangover, 44. whiskey

45. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
46. 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
47. fl_____te rapidly *v.* to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
48. re_____sh a reserve fund *v.* to fill something that had previously been emptied
49. 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
50. written in a col_____al style *adj.* used in ordinary or familiar conversation but not in formal speech or writing
51. di_____nt and wrong-foot viewers *v.* to make someone confused about where they are or where they should go
52. wo___n the food problem *v.* to become or make something worse
53. 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
54. drug met_____te *n.* a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions

ANSWERS: 45. neurotransmitter, 46. mitochondria, 47. fluctuate, 48. replenish, 49. flavoring, 50. colloquial, 51. disorient, 52. worsen, 53. fermentation, 54. metabolite

55. wo___n a relation *v.* to become or make something worse
56. re____d from a setback *v.* to spring back into a former shape or position after being compressed or stretched
57. re_____sh my spirit *v.* to fill something that had previously been emptied
58. 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
59. ir____te skin *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
60. 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
61. 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
62. ir____te my partner *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
63. 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

ANSWERS: 55. worsen, 56. rebound, 57. replenish, 58. sedate, 59. irritate, 60. vasopressin, 61. heartbeat, 62. irritate, 63. vodka

64. sign of deh_____on *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
65. di_____nt his audience *v.* to make someone confused about where they are or where they should go
66. become lig_____ed *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
67. 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
68. 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
69. gas_____nal symptoms *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
70. gas_____nal disorders *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
71. im____r my health *v.* to damage something or make it weaker or worse
72. still gr____y from anesthesia *adj.* weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
73. fl_____te prices *v.* to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably

ANSWERS: 64. dehydration, 65. disorient, 66. lightheaded, 67. heartbeat, 68. electrolyte, 69. gastrointestinal, 70. gastrointestinal, 71. impair, 72. groggy, 73. fluctuate

74. 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
75. met_____te concentration
- n.* a substance produced by metabolic processes in living organisms, especially those that are essential for normal physiological functions
76. 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

ANSWERS: 74. intestine, 75. metabolite, 76. cortisol

Session 3: Fill in the Blanks

1. 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

2. _____ 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

3. 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)

4. 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

5. Certain foods can cause _____ problems if eaten in excess.
adj. relating to the stomach and intestines, particularly about the digestive system or related disorders

6. He read books to quench his _____ for knowledge.
n. a feeling of needing something to drink; a strong desire for something

7. The bad _____ caused several buildings to collapse.
n. a small earthquake or shaking or vibrating

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

ANSWERS: 1. lightheaded, 2. Electrolyte, 3. hyperactive, 4. irritates, 5. gastrointestinal, 6. thirst, 7. tremor, 8. worsened

9. 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
10. Stock prices _____ daily based on market demand and supply.
- v. to rise and fall irregularly or unexpectedly; to vary or change often and unpredictably
11. 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
12. 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
13. 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
14. We were _____ with jet lag.
- adj. weak, dizzy, or unable to think or walk well because of illness, intoxication, sleep, or blow
15. 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
16. 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

ANSWERS: 9. rebounded, 10. fluctuate, 11. disorient, 12. vomit, 13. fermentation, 14. groggy, 15. dehydrated, 16. gastric

17. Accidental ingestion of _____ moonshine has resulted in death.
- n.* a poisonous chemical substance that is the simplest alcohol formed when methane reacts with oxygen
18. 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
19. 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
20. 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
21. 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
22. 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
23. 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
24. _____ 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: 17. methanol, 18. dehydration, 19. disrupt, 20. vodka, 21. whiskey, 22. vasopressin, 23. hangover, 24. Mitochondria

25. 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
26. 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
27. There is also an increasing distinction between _____ and literal vocabulary.
- adj.* used in ordinary or familiar conversation but not in formal speech or writing
28. 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
29. _____ 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
30. 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
31. 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

ANSWERS: 25. sedate, 26. metabolite, 27. colloquial, 28. carbohydrates, 29. Cortisol, 30. brandy, 31. intestine

32. Her eyes _____ with crying.

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

33. 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

34. 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

35. Please _____ my glass with some more wine.

- v.* to fill something that had previously been emptied

36. The accident made his vision _____.

- v.* to damage something or make it weaker or worse

37. 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

38. 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

ANSWERS: 32. inflamed, 33. neurotransmitter, 34. flavoring, 35. replenish, 36. impaired, 37. heartbeat, 38. kilter