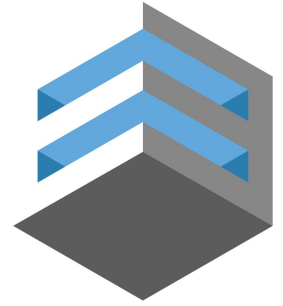


Englist.me



Vocabulary Builder Reference from...

Andrew Lovering: How high altitude affects your body
| TED Talk

[https://www.ted.com/talks/andrew_lovering_how_high
_altitude_affects_your_body](https://www.ted.com/talks/andrew_lovering_how_high_altitude_affects_your_body)

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source.
We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

teleport

v. to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers

synonym: beam, transport, transmit

(1) **teleport** objects through space, (2) **teleport** to any location in the world

The magician seemed to **teleport** instantly from one side of the stage to the other.

altitude

n. the height of an object or point in relation to sea level or ground level

synonym: height, elevation, tallness

(1) the meridian **altitude**, (2) low **altitude**

The plane flew at a high **altitude** to avoid turbulence.

barometer

n. an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

synonym: indicator, gauge, measure

(1) economic **barometer**, (2) air pressure **barometer**

The number of patients in the hospital is a useful **barometer** of regional health trends.

approximately

adv. close to a specific number or time but not exactly that number or time

synonym: about, around, roughly

(1) **approximately** 3 feet long, (2) **approximately** same

This trail takes **approximately** 2.5 hours.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

suffocate

v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym: choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

survive

v. to live or exist despite a dangerous event or period

synonym: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

breath

n. the air that is taken into and expelled from your lungs;
the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

compose

v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

synonym: compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts

The structure is **composed** of three main components.

numerous

adj. amounting to a large indefinite number

synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous** assumptions.

compound

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

synonym: combination, mixture, blend

(1) aquatic **compound**, (2) harmful **compound**

Common salt is a sodium and chlorine **compound**.

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.

bind

v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

synonym: tie, stick to, adhere

(1) **bind** the man's hands, (2) **bind** old letters into a bundle

The company's rules **bind** the employee's working hours.

hemoglobin

n. a protein-based molecule found in red blood cells that transports oxygen throughout the body

synonym: red cell pigment, oxygen carrier

(1) **hemoglobin** level, (2) abnormal **hemoglobin**

The **hemoglobin** gene mutation can cause genetic disorders such as sickle cell disease.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

essential

adj. indispensable; fundamental

synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

relative

adj. considered and evaluated through comparison with something else

synonym: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

atmosphere

n. the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work

synonym: air, ambiance, circumstances

(1) carbon dioxide in the **atmosphere**, (2) a convivial **atmosphere**

The spaceship began to burn up as it approached the Earth's **atmosphere**.

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

ascend

v. to go or move upward; to become king or queen; to inherit something, such as a power

synonym: rise, climb, go up

(1) **ascend** the ladder, (2) **ascend** to power

The plane began to **ascend** into the sky.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

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.

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.

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**.

fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

adapt

v. to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed

I advised him to **adapt** to his new surroundings.

carotid

adj. relating to the carotid artery, which supplies blood to the head and face

(1) **carotid** disease, (2) **carotid** stenosis

The doctor examined my **carotid** artery to check for any blockages or abnormalities.

chemoreceptor

n. a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels

(1) **chemoreceptor** sensitivity, (2) carotid **chemoreceptor**

Chemoreceptors in the gut regulate the release of digestive enzymes.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym: deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

counteract

v. to act against something to reduce its bad or harmful effects or neutralize it

synonym: balance, offset, compensate

(1) **counteract** the effect of poison, (2) **counteract** global warming

Our body's immune system produces antibodies to **counteract** disease.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

pump

- v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym: drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

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.

ascending

- adj.* changing location in an upward direction; increasing in size or value

synonym: rising, climbing, growing

(1) the **ascending** plane, (2) **ascending** trend line

Please sort the list of names of employees in **ascending** order.

accord

- n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

synonym: alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**

The organization finally signed a peace **accord**.

reap

- v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

synonym: collect, harvest, derive

(1) **reap** the benefits, (2) **reap** crops

He **reaped** a significant profit from the listing of his company's stock.

adaptation

n. the action or process of changing to suit different conditions

synonym: adaption, adjustment, transformation

(1) **adaptation** ability, (2) language **adaptation**

The company's **adaptation** approach has been highly effective.

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.

plasma

n. (biology) the yellow-colored liquid component of blood, in which blood cells are suspended; (physics) one of the four fundamental states of matter consisting of positive ions and free electrons

(1) **plasma** membrane, (2) high-temperature **plasma**

Blood **plasma** makes up about half of the volume of blood.

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.

efficiently

adv. in a way that produces maximum output with minimum effort or expense

synonym: expeditiously, skillfully, ably

(1) **efficiently** combined, (2) develop software more **efficiently**

We can resolve support requests quickly and **efficiently** by utilization of AI.

distribute

v. to give something to a large number of individuals, or to spread or furnish something

synonym: broadcast, disperse, hand out

(1) **distribute** wealth evenly, (2) **distribute** video content
His estate was **distributed** to his sons.

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.

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**.

ventilate

v. to supply fresh air to a room, building, etc.; to remove stale air from it

synonym: air out, circulate, freshen

(1) **ventilate** my opinion, (2) **ventilate** air

It's important to **ventilate** the room to avoid the buildup of harmful gases.

acclimatize

v. to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one

synonym: adapt, adjust, fit

(1) **acclimatize** to cold weather, (2) **acclimatize** recruits
I need to **acclimatize** myself to the high altitude before going for a trek in the mountains.

extended

adj. longer than usual or anticipated

synonym: extensive, prolonged, elongated

(1) **extended** vacation, (2) **extended** payment

The **extended** airport runways may accommodate larger jets.

acclimate

- v.* to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning

synonym: adjust, adapt, acclimatize

(1) **acclimate** to the climate, (2) **acclimate** to the culture
It takes time for your body to **acclimate** to a new environment.

recover

- v.* to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

summit

- n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

synonym: peak, top, crest

(1) reach the **summit**, (2) **summit** talks

The climbers reached the mountain's **summit** after a long and challenging journey.

artery

- n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

synonym: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

vein

- n.* a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation

synonym: artery, blood vessel, capillary

(1) spider **vein**, (2) collapsed **vein**

The nurse inserted the needle into the **vein** in his arm to draw blood.

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**.

dilate

v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

vessel

n. a ship or large boat

synonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

capillary

n. a tube of small internal diameter; any of the minute tubes that carry blood

(1) a **capillary** tube, (2) **capillary** action

There are many **capillary** vessels in the gills of fish.

leak

v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container

synonym: outflow, divulge, disclose

(1) **leak** data, (2) **leak** a classified memo

He **leaked** serious accounting irregularities that only people in the company's executive could know.

fluid

n. a substance that can flow and is not solid

synonym: liquid, aqua, sap

(1) plenty of **fluids**, (2) **fluid** assets

She was diagnosed with a **fluid** buildup in her lungs.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym: squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom
The snake's muscles began to **constrict** around its prey.

buildup

n. the accumulation or increase of something over time
synonym: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**
The **buildup** of stress over time can lead to health problems.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak

points

One of the main **advantages** of the new product is its increased efficiency.

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**.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

Session 2: Spelling

- | | |
|------------------------------------|--|
| 1. ci_____te a rumor | <i>v.</i> to move continuously or freely around a place or closed system |
| 2. re_____r a loss | <i>v.</i> to return to a former condition, health, mind, or strength |
| 3. tr_____r a biochemical response | <i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 4. ve_____te air | <i>v.</i> to supply fresh air to a room, building, etc.; to remove stale air from it |
| 5. su_____te fire | <i>v.</i> to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression |
| 6. cou_____ct the effect of poison | <i>v.</i> to act against something to reduce its bad or harmful effects or neutralize it |
| 7. a ca_____ry tube | <i>n.</i> a tube of small internal diameter; any of the minute tubes that carry blood |
| 8. employment co_____ct | <i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law |
| 9. es_____al commodities of life | <i>adj.</i> indispensable; fundamental |
| 10. the meridian al_____de | <i>n.</i> the height of an object or point in relation to sea level or ground level |

ANSWERS: 1. circulate, 2. recover, 3. trigger, 4. ventilate, 5. suffocate, 6. counteract, 7. capillary, 8. contract, 9. essential, 10. altitude

- | | |
|-------------------------------------|---|
| 11. a ti__t game | <i>adj.</i> fixed, fastened, or kept together firmly or closely |
| 12. ar___y blockage | <i>n.</i> one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc. |
| 13. app_____ely same | <i>adv.</i> close to a specific number or time but not exactly that number or time |
| 14. basic br__n function | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 15. se___e heat | <i>adj.</i> extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous |
| 16. te_____rt objects through space | <i>v.</i> to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers |
| 17. cou_____ct global warming | <i>v.</i> to act against something to reduce its bad or harmful effects or neutralize it |
| 18. ca_____ry action | <i>n.</i> a tube of small internal diameter; any of the minute tubes that carry blood |
| 19. air pressure ba_____er | <i>n.</i> an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment |

ANSWERS: 11. tight, 12. artery, 13. approximately, 14. brain, 15. severe, 16. teleport, 17. counteract, 18. capillary, 19. barometer

- | | |
|--|--|
| 20. inc_____ly cheerful character | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely |
| 21. he_____at abnormality | <i>n.</i> the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force |
| 22. te_____rt to any location in the world | <i>v.</i> to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers |
| 23. es_____al amino acid | <i>adj.</i> indispensable; fundamental |
| 24. hold your br____h | <i>n.</i> the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs |
| 25. fa_____e caused by overwork | <i>n.</i> 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 |
| 26. acc_____ze to cold weather | <i>v.</i> to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one |
| 27. co_____e my thoughts | <i>v.</i> to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it |
| 28. a convivial atm_____re | <i>n.</i> the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work |

ANSWERS: 20. incredibly, 21. heartbeat, 22. teleport, 23. essential, 24. breath, 25. fatigue, 26. acclimatize, 27. compose, 28. atmosphere

- | | |
|---------------------------------|---|
| 29. small mo____les | <i>n.</i> a group of two or more atoms held together by attractive forces known as chemical bonds |
| 30. lack of ox____n | <i>n.</i> the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live |
| 31. language ada_____on | <i>n.</i> the action or process of changing to suit different conditions |
| 32. dis_____te wealth evenly | <i>v.</i> to give something to a large number of individuals, or to spread or furnish something |
| 33. do l__g transplantation | <i>n.</i> either of the two organs in the chest that people and some animals use for breathing |
| 34. co_____ct law | <i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law |
| 35. ac____d with public opinion | <i>n.</i> an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have |
| 36. tr_____r inflation | <i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 37. pl____a membrane | <i>n.</i> (biology) the yellow-colored liquid component of blood, in which blood cells are suspended; (physics) one of the four fundamental states of matter consisting of positive ions and free electrons |

ANSWERS: 29. molecule, 30. oxygen, 31. adaptation, 32. distribute, 33. lung, 34. contract, 35. accord, 36. trigger, 37. plasma

- | | |
|--------------------------------------|--|
| 38. co_____ct freedom | <i>v.</i> to make something narrow or tight, often restricting movement or flow; to become narrow or tighter |
| 39. a pounding he_____at | <i>n.</i> the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force |
| 40. ve_____te my opinion | <i>v.</i> to supply fresh air to a room, building, etc.; to remove stale air from it |
| 41. ex_____ed vacation | <i>adj.</i> longer than usual or anticipated |
| 42. ac_____te to the culture | <i>v.</i> to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning |
| 43. a private ind_____al | <i>n.</i> a single person or thing, as distinct from a group |
| 44. as_____ng trend line | <i>adj.</i> changing location in an upward direction; increasing in size or value |
| 45. nu_____us countries | <i>adj.</i> amounting to a large indefinite number |
| 46. th_____en a healthy relationship | <i>v.</i> to utter intentions of injury or punishment against someone |
| 47. aquatic co_____nd | <i>n.</i> an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements |
| 48. student on a ti__t budget | <i>adj.</i> fixed, fastened, or kept together firmly or closely |
| 49. huge military bu_____p | <i>n.</i> the accumulation or increase of something over time |

ANSWERS: 38. constrict, 39. heartbeat, 40. ventilate, 41. extended, 42. acclimate, 43. individual, 44. ascending, 45. numerous, 46. threaten, 47. compound, 48. tight, 49. buildup

- | | |
|---------------------------------|---|
| 50. low al____de | <i>n.</i> the height of an object or point in relation to sea level or ground level |
| 51. at inc____le speed | <i>adj.</i> unbelievable; enormous |
| 52. b__d the man's hands | <i>v.</i> to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly |
| 53. high-temperature pl____a | <i>n.</i> (biology) the yellow-colored liquid component of blood, in which blood cells are suspended; (physics) one of the four fundamental states of matter consisting of positive ions and free electrons |
| 54. ind____al freedom | <i>n.</i> a single person or thing, as distinct from a group |
| 55. ad____on of vectors | <i>n.</i> the act or process of adding something to something else; the process of adding numbers |
| 56. score an ad____ge | <i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has |
| 57. ab____b a shock | <i>v.</i> to take in a fluid or other substance gradually |
| 58. a se____e case of pneumonia | <i>adj.</i> extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous |
| 59. con______ion of armaments | <i>n.</i> the ability to focus all your time and energy on one thing without thinking about anything else. |

ANSWERS: 50. altitude, 51. incredible, 52. bind, 53. plasma, 54. individual, 55. addition, 56. advantage, 57. absorb, 58. severe, 59. concentration

60. 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
61. di___e blood vessel	<i>v.</i> to make something wider, larger, or more open
62. collapsed v___n	<i>n.</i> a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation
63. eff_____ly combined	<i>adv.</i> in a way that produces maximum output with minimum effort or expense
64. th_____en national security	<i>v.</i> to utter intentions of injury or punishment against someone
65. plenty of fl___ds	<i>n.</i> a substance that can flow and is not solid
66. acc_____ze recruits	<i>v.</i> to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one
67. ad__t fully to the environment	<i>v.</i> to make fit for or change to suit a new purpose or environment
68. fo_____te situation	<i>adj.</i> having good luck or lucky
69. r__p the benefits	<i>v.</i> to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
70. im___e from criminal prosecution	<i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 60. immune, 61. dilate, 62. vein, 63. efficiently, 64. threaten, 65. fluid, 66. acclimatize, 67. adapt, 68. fortunate, 69. reap, 70. immune

71. re____ve factors	<i>adj.</i> considered and evaluated through comparison with something else
72. dep_____on of liberty	<i>n.</i> a state of not having something, such as food or money, that you need for a pleasant life
73. the p__k current in the circuit	<i>n.</i> the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
74. chemical ad_____on	<i>n.</i> the act or process of adding something to something else; the process of adding numbers
75. mo_____le behavior	<i>n.</i> a group of two or more atoms held together by attractive forces known as chemical bonds
76. chronic sleep dep_____on	<i>n.</i> a state of not having something, such as food or money, that you need for a pleasant life
77. su_____e a blizzard	<i>v.</i> to live or exist despite a dangerous event or period
78. drug-induced na____a and vomiting	<i>n.</i> a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
79. na____a medication	<i>n.</i> a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
80. as____d the ladder	<i>v.</i> to go or move upward; to become king or queen; to inherit something, such as a power

ANSWERS: 71. relative, 72. deprivation, 73. peak, 74. addition, 75. molecule, 76. deprivation, 77. survive, 78. nausea, 79. nausea, 80. ascend

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| 81. re____ne our role | <i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way |
| 82. as nu____us as the sand | <i>adj.</i> amounting to a large indefinite number |
| 83. dis____te video content | <i>v.</i> to give something to a large number of individuals, or to spread or furnish something |
| 84. reach the su____t | <i>n.</i> the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues |
| 85. ada____on ability | <i>n.</i> the action or process of changing to suit different conditions |
| 86. a remote re____ve | <i>adj.</i> considered and evaluated through comparison with something else |
| 87. a ge____c disorder | <i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes |
| 88. permanent br__n damage | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 89. economic ba____er | <i>n.</i> an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment |
| 90. ex____ed payment | <i>adj.</i> longer than usual or anticipated |
| 91. develop software more eff____ly | <i>adv.</i> in a way that produces maximum output with minimum effort or expense |

ANSWERS: 81. redefine, 82. numerous, 83. distribute, 84. summit, 85. adaptation, 86. relative, 87. genetic, 88. brain, 89. barometer, 90. extended, 91. efficiently

92. have ge____c testing	<i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes
93. binational ac____d	<i>n.</i> an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
94. his research area of con_____ion	<i>n.</i> the ability to focus all your time and energy on one thing without thinking about anything else.
95. lactic acid bu____p	<i>n.</i> the accumulation or increase of something over time
96. co_____ct blood vessels	<i>v.</i> to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
97. inc_____le amount	<i>adj.</i> unbelievable; enormous
98. su____e a plane crash	<i>v.</i> to live or exist despite a dangerous event or period
99. ab____b energy	<i>v.</i> to take in a fluid or other substance gradually
100. di____e the bronchial tubes	<i>v.</i> to make something wider, larger, or more open
101. the as_____ng plane	<i>adj.</i> changing location in an upward direction; increasing in size or value
102. abnormal hem_____in	<i>n.</i> a protein-based molecule found in red blood cells that transports oxygen throughout the body
103. su_____te to death	<i>v.</i> to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 92. genetic, 93. accord, 94. concentration, 95. buildup, 96. constrict, 97. incredible, 98. survive, 99. absorb, 100. dilate, 101. ascending, 102. hemoglobin, 103. suffocate

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| 104. at p__k hour | <i>n.</i> the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain |
| 105. co____e an essay | <i>v.</i> to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it |
| 106. ca____d disease | <i>adj.</i> relating to the carotid artery, which supplies blood to the head and face |
| 107. naval ve___ls | <i>n.</i> a ship or large boat |
| 108. carotid che_____tor | <i>n.</i> a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels |
| 109. che_____tor sensitivity | <i>n.</i> a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels |
| 110. ci_____te an agenda before the meeting | <i>v.</i> to move continuously or freely around a place or closed system |
| 111. harmful co_____nd | <i>n.</i> an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements |
| 112. blood ve___ls | <i>n.</i> a ship or large boat |

ANSWERS: 104. peak, 105. compose, 106. carotid, 107. vessel, 108. chemoreceptor, 109. chemoreceptor, 110. circulate, 111. compound, 112. vessel

113. the de__h of the water	<i>n.</i> the distance between the top and bottom of something; between the top surface and a distance below it
114. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
115. less fo_____te person	<i>adj.</i> having good luck or lucky
116. as___d to power	<i>v.</i> to go or move upward; to become king or queen; to inherit something, such as a power
117. risk of coronary ar___y disease	<i>n.</i> one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
118. hem_____in level	<i>n.</i> a protein-based molecule found in red blood cells that transports oxygen throughout the body
119. fa_____e breaking	<i>n.</i> 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
120. get inc_____ly insecure	<i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely
121. vo___e of work	<i>n.</i> the amount of space occupied by an object or substance; the magnitude of sound
122. fl__d assets	<i>n.</i> a substance that can flow and is not solid

ANSWERS: 113. depth, 114. norm, 115. fortunate, 116. ascend, 117. artery, 118. hemoglobin, 119. fatigue, 120. incredibly, 121. volume, 122. fluid

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| 123. I__k a classified memo | <i>v.</i> to allow liquid or gas to get in or out from a hole or crack in a pipe or container |
| 124. re____r approval ratings | <i>v.</i> to return to a former condition, health, mind, or strength |
| 125. br___h of wind | <i>n.</i> the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs |
| 126. b__d old letters into a bundle | <i>v.</i> to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly |
| 127. the hydrogen binds the ox___n | <i>n.</i> the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live |
| 128. spider v__n | <i>n.</i> a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation |
| 129. r__p crops | <i>v.</i> to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done |
| 130. cultural n__m | <i>n.</i> something that is regarded as usual, typical, or standard |
| 131. app_____ely 3 feet long | <i>adv.</i> close to a specific number or time but not exactly that number or time |

ANSWERS: 123. leak, 124. recover, 125. breath, 126. bind, 127. oxygen, 128. vein, 129. reap, 130. norm, 131. approximately

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| 132. p__p blood throughout the body | v. | to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities |
| 133. ac_____te to the climate | v. | to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning |
| 134. de__h camera | n. | the distance between the top and bottom of something; between the top surface and a distance below it |
| 135. re_____ne customer experience | v. | to change the meaning or interpretation of something; to make people think about something in a new or different way |
| 136. he_____he accompanied by fever | n. | pain in the head; someone or something that causes anxiety or trouble |
| 137. carbon dioxide in the atm_____re | n. | the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work |
| 138. ca_____d stenosis | adj. | relating to the carotid artery, which supplies blood to the head and face |
| 139. l__k data | v. | to allow liquid or gas to get in or out from a hole or crack in a pipe or container |
| 140. l__g capacity | n. | either of the two organs in the chest that people and some animals use for breathing |

ANSWERS: 132. pump, 133. acclimate, 134. depth, 135. redefine, 136. headache, 137. atmosphere, 138. carotid, 139. leak, 140. lung

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| 141. su__t talks | <i>n.</i> the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues |
| 142. p__p a secret out of success | <i>v.</i> to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities |
| 143. ad__t as needed | <i>v.</i> to make fit for or change to suit a new purpose or environment |
| 144. high vo___e | <i>n.</i> the amount of space occupied by an object or substance; the magnitude of sound |
| 145. bit of a he____he | <i>n.</i> pain in the head; someone or something that causes anxiety or trouble |
| 146. take ad_____ge of his weak points | <i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has |

ANSWERS: 141. summit, 142. pump, 143. adapt, 144. volume, 145. headache, 146. advantage

Session 3: Fill in the Blanks

1. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group
2. The plane flew at a high _____ to avoid turbulence.
n. the height of an object or point in relation to sea level or ground level
3. Continuous consumption of fatty foods leads to the hardening of the _____.
n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
4. The company signed a _____ with the supplier for the delivery of goods.
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
5. Our body's immune system produces antibodies to _____ disease.
v. to act against something to reduce its bad or harmful effects or neutralize it
6. _____ in the gut regulate the release of digestive enzymes.
n. a specialized receptor that responds to chemical substances in the environment or the body, such as those that detect taste or smell or those that regulate internal bodily functions like pH and oxygen levels
7. He bated his _____ when talking about this affair.
n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 1. individual, 2. altitude, 3. artery, 4. contract, 5. counteract, 6. Chemoreceptors, 7. breath

8. I need to _____ myself to the high altitude before going for a trek in the mountains.

- v.* to become accustomed or adjusted to a new environment or situation, particularly a more extreme or challenging one

9. Her response revealed _____ idiocy.

- adj.* unbelievable; enormous

10. He _____ serious accounting irregularities that only people in the company's executive could know.

- v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container

11. His estate was _____ to his sons.

- v.* to give something to a large number of individuals, or to spread or furnish something

12. She was diagnosed with a _____ buildup in her lungs.

- n.* a substance that can flow and is not solid

13. We can resolve support requests quickly and _____ by utilization of AI.

- adv.* in a way that produces maximum output with minimum effort or expense

14. The magician seemed to _____ instantly from one side of the stage to the other.

- v.* to transport or transmit instantly from one location to another, typically using advanced technology or imagined supernatural powers

15. This container has a _____ of 10 cubic meters.

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

ANSWERS: 8. acclimatize, 9. incredible, 10. leaked, 11. distributed, 12. fluid, 13. efficiently, 14. teleport, 15. volume

16. The _____ arrived in port the following day.

n. a ship or large boat

17. 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

18. The senator received _____ criticism from his opponent.

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

19. The _____ gene mutation can cause genetic disorders such as sickle cell disease.

n. a protein-based molecule found in red blood cells that transports oxygen throughout the body

20. One of the main _____ of the new product is its increased efficiency.

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

21. The company's rules _____ the employee's working hours.

v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

22. Understanding protein folding is a vital step in deciphering the _____ code.

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

23. It's important to _____ the room to avoid the buildup of harmful gases.

v. to supply fresh air to a room, building, etc.; to remove stale air from it

ANSWERS: 16. vessel, 17. fatigue, 18. severe, 19. hemoglobin, 20. advantages, 21. bind, 22. genetic, 23. ventilate

24. Please sort the list of names of employees in _____ order.

adj. changing location in an upward direction; increasing in size or value

25. 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

26. Losing him is great _____ to our team.

n. a state of not having something, such as food or money, that you need for a pleasant life

27. The snake's muscles began to _____ around its prey.

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

28. 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

29. She is still _____ from a shot to her shoulder.

v. to return to a former condition, health, mind, or strength

30. These descriptions are based on a number of _____ assumptions.

adj. amounting to a large indefinite number

31. The organization finally signed a peace _____.

n. an official agreement or treaty between two organizations, countries, etc.;
(verb) allow to have

ANSWERS: 24. ascending, 25. molecule, 26. deprivation, 27. constrict, 28. nausea, 29. recovering, 30. numerous, 31. accord

32. The video telephony application has _____ the way we work.
- v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
33. The nurse inserted the needle into the _____ in his arm to draw blood.
- n.* a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation
34. The spaceship began to burn up as it approached the Earth's _____.
- n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
35. 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
36. I advised him to _____ to his new surroundings.
- v.* to make fit for or change to suit a new purpose or environment
37. The passenger grabbed for the _____ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
38. This trail takes _____ 2.5 hours.
- adv.* close to a specific number or time but not exactly that number or time
39. He _____ a significant profit from the listing of his company's stock.
- v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

ANSWERS: 32. redefined, 33. vein, 34. atmosphere, 35. brain, 36. adapt, 37. oxygen, 38. approximately, 39. reaped

40. The climbers reached the mountain's _____ after a long and challenging journey.
- n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
41. This exam requires excellent _____ to pass.
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
42. The structure is _____ of three main components.
- v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
43. 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
44. The number of patients in the hospital is a useful _____ of regional health trends.
- n.* an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment
45. The fan _____ the air in the room quickly.
- v.* to move continuously or freely around a place or closed system
46. The pupils of the eyes _____ in low light.
- v.* to make something wider, larger, or more open
47. Common salt is a sodium and chlorine _____.
- n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

ANSWERS: 40. summit, 41. concentration, 42. composed, 43. immune, 44. barometer, 45. circulates, 46. dilate, 47. compound

48. He was alert and could not _____ any critical information out of him.
v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
49. In _____ private corporations provide healthcare services.
n. the act or process of adding something to something else; the process of adding numbers
50. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
51. The sponge _____ water well.
v. to take in a fluid or other substance gradually
52. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
53. He was pretty _____ to pass the exam.
adj. having good luck or lucky
54. There are many _____ vessels in the gills of fish.
n. a tube of small internal diameter; any of the minute tubes that carry blood
55. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period
56. The _____ of stress over time can lead to health problems.
n. the accumulation or increase of something over time

ANSWERS: 48. pump, 49. addition, 50. triggered, 51. absorbs, 52. norms, 53. fortunate, 54. capillary, 55. survive, 56. buildup

57. The doctor examined my _____ artery to check for any blockages or abnormalities.

adj. relating to the carotid artery, which supplies blood to the head and face

58. This pill will relieve your _____ immediately.

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

59. Trial and error is an _____ part of education.

adj. indispensable; fundamental

60. It takes time for your body to _____ to a new environment.

v. to adapt or adjust to a new climate, environment, or situation, often by undergoing a period of exposure or learning

61. This measurement aims to reduce traffic at _____ periods.

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

62. Most countries prohibit sexual activity between certain close _____.

adj. considered and evaluated through comparison with something else

63. Various artificially induced causes are _____ our ecosystem.

v. to utter intentions of injury or punishment against someone

64. The plane began to _____ into the sky.

v. to go or move upward; to become king or queen; to inherit something, such as a power

65. Blood _____ makes up about half of the volume of blood.

n. (biology) the yellow-colored liquid component of blood, in which blood cells are suspended; (physics) one of the four fundamental states of matter consisting of positive ions and free electrons

ANSWERS: 57. carotid, 58. headaches, 59. essential, 60. acclimate, 61. peak, 62. relatives, 63. threatening, 64. ascend, 65. plasma

66. The pond's _____ was around five feet.

- n.* the distance between the top and bottom of something; between the top surface and a distance below it

67. The company's _____ approach has been highly effective.

- n.* the action or process of changing to suit different conditions

68. The national election was held amid _____ security.

- adj.* fixed, fastened, or kept together firmly or closely

69. People can _____ from a lack of oxygen in confined spaces.

- v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

70. He has terminal _____ cancer.

- n.* either of the two organs in the chest that people and some animals use for breathing

71. Several cities are experiencing _____ high unemployment rates.

- adv.* in a way that is very difficult to believe; exceedingly or extremely

72. 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

73. The _____ airport runways may accommodate larger jets.

- adj.* longer than usual or anticipated

ANSWERS: 66. depth, 67. adaptation, 68. tight, 69. suffocate, 70. lung, 71. incredibly, 72. heartbeat, 73. extended

ANSWERS: