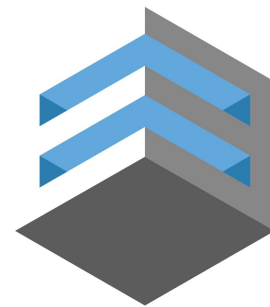


Englist.me



Vocabulary Builder Reference from...

Anees Bahji: Why are eating disorders so hard to treat? | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

profoundly

adv. to a great or complete degree; deeply

synonym: deeply, greatly, completely

(1) **profoundly** insightful, (2) sleep **profoundly**

The novel affected her **profoundly**, causing her to question her beliefs and values.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**
She stayed up all night **binge-watching** her favorite TV show.

purge

v. to remove or get rid of something, especially that is unwanted or impure

synonym: cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the bureaucracy.

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**.

laxative

adj. relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels

synonym: purgative, evacuant, cathartic

(1) **laxative** effect, (2) liquid **laxative**

The **laxative** medication caused discomfort but ultimately helped relieve my constipation.

anorexia

n. a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences

synonym: eating disorder

(1) **anorexia** symptoms, (2) **anorexia** treatment

Many people suffer from **anorexia** nervosa and require professional treatment to recover.

bulimia

- n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

synonym : binge-eating disorder, ednos, overeating

(1) **bulimia** treatment, (2) **bulimia** nervosa

She struggled with **bulimia** for years before seeking treatment.

determinant

- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

osteoporosis

- n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

(1) **osteoporosis** treatment, (2) **osteoporosis** prevention

As we age, we become more at risk for **osteoporosis**, a condition that weakens the bones in our bodies.

anemia

- n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

synonym : bloodlessness, pallor, weakness

(1) **anemia** symptoms, (2) **anemia** disease

The doctor diagnosed the patient with **anemia** due to a lack of iron in their blood.

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.

dissatisfy

v. to fail to satisfy someone

synonym: disappoint, disgruntle, dishearten

(1) **dissatisfy** the users with bugs, (2) **dissatisfy** people with service

The company's results **dissatisfy** everyone.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

assimilate

v. to take in and understand information or ideas; to integrate

synonym: absorb, incorporate, integrate

(1) **assimilate** into society, (2) **assimilate** a language

The immigrant struggled to **assimilate** into the new culture.

psychotherapy

n. the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

transcranial

adj. relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull

(1) **transcranial** magnetic stimulation, (2) **transcranial** direct current stimulation

The use of **transcranial** ultrasonography can aid in the diagnosis of several neurological conditions.

provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

synonym: stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds

and rain.

erode

- v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

synonym: wear away, deteriorate, corrode

(1) **erode** coast, (2) **erode** trust

The ongoing budget cuts have **eroded** the quality of education in many schools.

Session 2: Spelling

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|--------------------------------|---|
| 1. bu__y bystander | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |
| 2. commonly held mis_____ion | <i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis |
| 3. a det_____nt of crop yields | <i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 4. environmental det_____nt | <i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 5. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 6. bu__y the weak | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |
| 7. er__e trust | <i>v.</i> to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time |

ANSWERS: 1. bully, 2. misconception, 3. determinant, 4. determinant, 5. misunderstand, 6. bully, 7. erode

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| 8. in___n civilians | <i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 9. dispel the mis_____ion | <i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis |
| 10. field of psy_____apy | <i>n.</i> the treatment of mental or emotional problems by talking with a therapist |
| 11. an_____ia symptoms | <i>n.</i> a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences |
| 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. ost_____sis prevention | <i>n.</i> a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures |
| 14. la_____ve effect | <i>adj.</i> relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels |

ANSWERS: 8. intern, 9. misconception, 10. psychotherapy, 11. anorexia, 12. vomit, 13. osteoporosis, 14. laxative

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| 15. tra_____ial direct current stimulation | <i>adj.</i> relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull |
| 16. ass_____te a language | <i>v.</i> to take in and understand information or ideas; to integrate |
| 17. an____a disease | <i>n.</i> a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something |
| 18. pr_____e a disease | <i>v.</i> to stimulate or give rise to a particular reaction or have a particular effect |
| 19. se__r a rope | <i>v.</i> to break or separate something by cutting, especially suddenly and forcibly |
| 20. po_____ss position | <i>adj.</i> lacking power, strength, or authority; unable to act or affect change |
| 21. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 22. sleep pro_____ly | <i>adv.</i> to a great or complete degree; deeply |
| 23. vo__t abuse | <i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth |
| 24. po_____ss in the organization | <i>adj.</i> lacking power, strength, or authority; unable to act or affect change |

ANSWERS: 15. transcranial, 16. assimilate, 17. anemia, 18. provoke, 19. sever, 20. powerless, 21. misunderstand, 22. profoundly, 23. vomit, 24. powerless

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|--------------------------------|--|
| 25. liquid la____ve | <i>adj.</i> relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels |
| 26. psy_____apy for depression | <i>n.</i> the treatment of mental or emotional problems by talking with a therapist |
| 27. pu__e his sins | <i>v.</i> to remove or get rid of something, especially that is unwanted or impure |
| 28. pro_____ly insightful | <i>adv.</i> to a great or complete degree; deeply |
| 29. pu__e the system | <i>v.</i> to remove or get rid of something, especially that is unwanted or impure |
| 30. er__e coast | <i>v.</i> to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time |
| 31. an_____ia treatment | <i>n.</i> a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences |
| 32. medical in___n | <i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |

ANSWERS: 25. laxative, 26. psychotherapy, 27. purge, 28. profoundly, 29. purge, 30. erode, 31. anorexia, 32. intern

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| 33. bu____a treatment | <i>n.</i> an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety |
| 34. alcohol bi__e | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence |
| 35. pr____e a reaction | <i>v.</i> to stimulate or give rise to a particular reaction or have a particular effect |
| 36. tra______ial magnetic stimulation | <i>adj.</i> relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull |
| 37. social st____a | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 38. an____a symptoms | <i>n.</i> a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something |
| 39. ost______sis treatment | <i>n.</i> a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures |

ANSWERS: 33. bulimia, 34. binge, 35. provoke, 36. transcranial, 37. stigma, 38. anemia, 39. osteoporosis

40. dis_____fy the users with bugs	<i>v.</i> to fail to satisfy someone
41. di_____t a well-ordered condition	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
42. se__r a positive relationship	<i>v.</i> to break or separate something by cutting, especially suddenly and forcibly
43. ass_____te into society	<i>v.</i> to take in and understand information or ideas; to integrate
44. st___a against obesity	<i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person
45. bi__e on social media	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
46. dis_____fy people with service	<i>v.</i> to fail to satisfy someone
47. di_____t sleep	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
48. bu_____a nervosa	<i>n.</i> an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

ANSWERS: 40. dissatisfy, 41. disrupt, 42. sever, 43. assimilate, 44. stigma, 45. binge, 46. dissatisfy, 47. disrupt, 48. bulimia

Session 3: Fill in the Blanks

1. 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
2. The ongoing budget cuts have _____ the quality of education in many schools.
v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
3. The government tried to _____ corrupt officials from the bureaucracy.
v. to remove or get rid of something, especially that is unwanted or impure
4. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
5. The navy _____ ships of defeated nations.
v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
6. As we age, we become more at risk for _____ a condition that weakens the bones in our bodies.
n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
7. The _____ medication caused discomfort but ultimately helped relieve my constipation.
adj. relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels

ANSWERS: 1. vomit, 2. eroded, 3. purge, 4. misunderstand, 5. interned, 6. osteoporosis, 7. laxative

8. During the hurricane, we felt _____ against the winds and rain.
adj. lacking power, strength, or authority; unable to act or affect change
9. The schoolyard _____ terrorized the other children and made their lives miserable.
n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
10. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
11. He _____ a branch from a tree quickly.
v. to break or separate something by cutting, especially suddenly and forcibly
12. The doctor diagnosed the patient with _____ due to a lack of iron in their blood.
n. a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
13. The immigrant struggled to _____ into the new culture.
v. to take in and understand information or ideas; to integrate
14. She stayed up all night _____ her favorite TV show.
n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
15. Her behavior _____ a quarrel between the couple.
v. to stimulate or give rise to a particular reaction or have a particular effect

ANSWERS: 8. powerless, 9. bully, 10. stigma, 11. severed, 12. anemia, 13. assimilate, 14. binge-watching, 15. provoked

16. The use of _____ ultrasonography can aid in the diagnosis of several neurological conditions.

adj. relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull

17. The company's results _____ everyone.

v. to fail to satisfy someone

18. The novel affected her _____ causing her to question her beliefs and values.

adv. to a great or complete degree; deeply

19. Many people suffer from _____ nervosa and require professional treatment to recover.

n. a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences

20. He took _____ to help him deal with his accident trauma.

n. the treatment of mental or emotional problems by talking with a therapist

21. There are numerous _____ about food and health.

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

22. One _____ of success is having a positive attitude and a strong work ethic.

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 16. transcranial, 17. dissatisfy, 18. profoundly, 19. anorexia, 20. psychotherapy, 21. misconceptions, 22. determinant

23. She struggled with _____ for years before seeking treatment.

- n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

24. 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

ANSWERS: 23. bulimia, 24. disrupt