

# Englist.me



## Vocabulary Builder Reference from...

*Jen Gunter: What really happens to your body during menopause | TED Talk*

[https://www.ted.com/talks/jen\\_gunter\\_what\\_really\\_happens\\_to\\_your\\_body\\_during\\_menopause](https://www.ted.com/talks/jen_gunter_what_really_happens_to_your_body_during_menopause)

### All Words

#### IMPORTANT

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## Session 1: Word List

### mystery

*n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

*synonym* : enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

### confusion

*n.* the state of being mixed up or unclear, or the state of disorder or uncertainty

*synonym* : disorder, disarray, chaos

(1) administrative **confusion**, (2) in great **confusion**

The sudden policy change has caused **confusion** among employees.

### surrounding

*adj.* that is near or around, or closely encircling something

*synonym* : circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

## menopause

*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

*synonym* : climacteric, midlife transition

(1) **menopause** symptoms, (2) before **menopause**

The onset of **menopause** can bring about various physical and emotional changes in women.

## puberty

*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

*synonym* : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

## reverse

*v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

*synonym* : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

## ob-gyn

*n.* (an abbreviation for obstetrician-gynecologist) a medical doctor who specializes in the care of women's reproductive health, including pregnancy, childbirth, and disorders of the reproductive system

*synonym* : obstetrician-gynecologist, women's health specialist

(1) **ob-gyn** appointment, (2) **ob-gyn** clinic

I made an appointment with my **ob-gyn** for my annual check-up.

## fascinating

*adj.* extremely interesting

*synonym* : alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me

The museum houses a **fascinating** collection of Celtic artifacts.

## chant

*n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

*synonym*: hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

## gripping

*adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions

*synonym*: captivating, enthralling, engrossing

(1) **gripping** documentary, (2) **gripping** tale

The **gripping** movie had me on the edge of my seat the entire time.

## horror

*n.* intense fear or disgust, especially at something shocking or terrifying

*synonym*: fear, terror, dread

(1) **horror** movie, (2) **horror-struck** look

The stories of war crimes filled her with **horror**.

## rivet

*n.* a short metal pin or bolt with a flat head used for joining things together

*synonym*: bolt, fastener, clinch

(1) **rivet** gun, (2) button-head **rivet**

The **rivets** on the airplane's wings were inspected to ensure they were secure.

## recognize

*v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

*synonym*: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

## technique

*n.* a particular way or art of doing something that needs skill

*synonym* : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

## diagnose

*v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

*synonym* : identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

## refer

*v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

*synonym* : cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

## span

*n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers

*synonym* : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**

He slightly modified the **span** of training because it was just before a match.

## menstrual

*adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month

*synonym* : catamenial

(1) a **menstrual** period, (2) **menstrual** blood

The average length of a woman's **menstrual** cycle is 21 to 35 days.

## cycle

*n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

*synonym* : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym*: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## afterward

*adv.* after the time mentioned

*synonym*: later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

## continuum

*n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts

*synonym*: continuation, continuity

(1) a space-time **continuum**, (2) the **continuum** of events

Our life is a **continuum** of experience in which events pass from the future through the present to the past.

## transition

*n.* the process or period of changing from one state or circumstance to another

*synonym*: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

## bookend

*n.* an object, often decorative or functional, placed at either end of a row of books on a shelf to help keep them upright and organized; something that serves as the

beginning and end of a series or a period of time.

*synonym*: book stop, end piece, support

(1) wooden **bookend**, (2) **bookend** design

The movie starts and ends with a panoramic shot of the city, serving as a great **bookend** to the story.

## reproductive

*adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants

*synonym*: procreative, generative

(1) **reproductive** ability, (2) during **reproductive** period

This documentary deals with the **reproductive** biology of the buffalo.

## opposition

*n.* the act of disagreeing or resisting; the state of strong disagreement

*synonym*: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

## immature

*adj.* not fully developed or grown; not fully mature

*synonym*: young, inexperienced, undeveloped

(1) an **immature** youth, (2) developmentally **immature**

His **immature** behavior often gets him into trouble.

## encase

*v.* to enclose or cover something in a protective or decorative layer

*synonym*: encircle, enclose, enclasp

(1) **encase** in glass, (2) **encase** his feet

They **encased** the fragile vase in bubble wrap to protect it during shipping.

## follicle

*n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

(1) **follicle** cell, (2) damaged **follicle**

The pigments in your hair **follicles** determine the color of your hair.

## ovary

*n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

(1) **ovary** atrophy, (2) salted **ovary** of walleye pollack

They found **ovary** cancer in an early stage.

## hypothalamus

*n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

## 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**.

## release

*v.* to set free or allow to escape from confinement

*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO<sub>2</sub> into the air

The animal rights group worked to **release** the dolphins back into the wild.

## hormone

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

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

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

## essentially

*adv.* relating to the essential features or concepts of anything

*synonym*: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same  
**Essentially**, a society is an organism.

## dormant

*adj.* in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances

*synonym*: inactive, sleeping, quiescent

(1) **dormant** volcano, (2) **dormant** account

The disease can remain **dormant** for years before it presents any symptoms.

## ovulation

*n.* the process in a woman's menstrual cycle during which an ovary releases an egg

*synonym*: egg-releasing, ovary-releasing, ovum-releasing

(1) **ovulation** cycle, (2) inhibit **ovulation**

The woman tracked her **ovulation** using a fertility app on her smartphone.

## estrogen

*n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

(1) **estrogen** receptor, (2) **estrogen-responsive** breast cancer

The older woman also suffers bone loss caused by **estrogen** deficiency.

## fallopian

*n.* one of a pair of tubes that connect the ovaries to the uterus in female reproductive systems, through which eggs travel from the ovaries to the uterus

*synonym*: uterine, oviductal, tubal

(1) ruptured **fallopian** tube, (2) **fallopian** cancer

Tubal ligation is a permanent birth control method that involves blocking or cutting the **fallopian** tubes.

## tube

*n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape



*synonym* : pipe, hose, duct

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

The **tube** train was packed with commuters during rush hour.

## uterus

*n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

*synonym* : womb

(1) **uterus** cancer, (2) bleeding from **uterus**

The physician prescribed medication to relieve the contraction of the **uterus**.

## endometrium

*n.* the inner mucous membrane that lines the uterus (= the organ in which a fetus develops)

(1) **endometrium** inflammation, (2) menstrual **endometrium**

The physician took a sample of the epithelial tissue of the **endometrium** for detailed examination.

## fertilize

*v.* to cause an egg, female animal, or plant to develop by joining sperm from the male with them; to add a natural or chemical substance to land to make plants grow well

*synonym* : pollinate, inseminate, enrich

(1) **fertilize** the soil, (2) **fertilize** the female egg

The couple decided to use the non-husband sperm to **fertilize** a wife.

## shed

*v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

*synonym* : discard, drop, cast off

(1) **shed** an old skin, (2) a cow **shed**

He **shed** a secret tear when he heard the news of his friend's death.

## erratic

*adj.* characterized by lack of consistency, regularity, or predictable behavior; unpredictable or inconsistent in movement, behavior, or quality

*synonym*: unpredictable, irregular, unstable

(1) **erratic** behavior, (2) **erratic** movements

The stock market has been behaving in an **erratic** manner, making it difficult for investors to predict future trends.

## chaos

*n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control

*synonym*: disorder, turmoil, confusion

(1) **chaos** theory, (2) midst of **chaos**

The conference room was in **chaos** as everyone tried to speak at once.

## stabilize

*v.* to become or cause to become steady or unlikely to give way

*synonym*: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

## 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**.

## medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym*: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## 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.

## disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym*: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## diabetes

*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

## vagina

*n.* the passage in the body of a woman or female animal that connects her outer sex organs to her uterus

*synonym*: genitalia, vulva, pudenda

(1) **vagina** cancer care, (2) infection of the **vagina**

The muscle around the **vagina** is elastic enough to allow the passage of a fetus.

## symptom

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

*synonym*: sign, manifestation, syndrome

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

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

## irritable

*adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

*synonym*: cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym* : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## classic

*adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

*synonym* : definitive, traditional, typical

(1) a **classic** experiment, (2) Chinese **classic** literature

He displayed the **classic** symptoms of depression.

## flush

*v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow

*synonym* : redden, burn, suffuse

(1) the blood **flush** into my face, (2) **flush** the toilet

The girl **flushed** when a young man whistled as she walked by.

## furnace

*n.* an enclosed chamber for heating metal or glass to very high temperatures

*synonym* : incinerator

(1) electrical **furnace**, (2) gas-fired **furnace**

In the **furnace**, the metal gleamed with radiance.

## crank

*n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person

*synonym* : eccentric, oddball, kook

(1) **crank** handle, (2) **crank** caller

The fishing reel had a **crank** that made it easy to reel in the

catch.

## sweat

*n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

*synonym*: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

## 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.

## overlap

*v.* to partially cover something by going beyond its edge

*synonym*: overlay, cover, bespread

(1) **overlap** one another, (2) **overlap** in many areas

There was no **overlap** between their proposals.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

## 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**.

## palpitation

*n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly

*synonym*: flutter, pulsation, throb

(1) irregular **palpitation**, (2) anxiety **palpitations**

She experienced **palpitations** and had to go to the hospital for tests.

## negative

*adj.* having the quality of something bad or harmful; expressing refusal

*synonym*: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

## cramp

*n.* a sudden, painful contraction or spasm of a muscle, typically in the leg or abdomen; a feeling of tightness or discomfort in a muscle caused by prolonged use or stress

*synonym*: crick, spasm, twinge

(1) hand **cramp**, (2) stomach **cramp**

I had to stop running because of a severe **cramp** in my leg.

## sperm

*n.* the reproductive cell produced by a man or male animal

*synonym*: seed, semen, seminal fluid

(1) man with a low **sperm** count, (2) production of **sperm**

The male **sperm** fertilizes the female egg.

## unintended

*adj.* not planned or meant

*synonym*: accidental, unconsenting, involuntary

(1) **unintended** bias, (2) **unintended** misunderstanding

Excessive human interference in the global environment may bring **unintended** consequences.

## pregnant

*adj.* having a baby or young animal developing in the uterus

*synonym*: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## vital

*adj.* necessary for the success or continued existence of something

*synonym*: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

## contribution

*n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

*synonym*: donation, gift, offering

(1) make a positive **contribution**, (2) **contribution** to society

His **contribution** to the charity was a generous donation of money.

## dot

*n.* a very small circular mark, especially one that is printed

*synonym*: drop, dab, fleck

(1) connecting the **dots**, (2) **dot** blot method

The wallpaper had a pattern of pink **dots** on a white surface.

## suffer

*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

*synonym*: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

## definitely

*adv.* without any question and beyond doubt; clearly

*synonym*: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

## quitter

*n.* a person who gives up easily or does not have the determination to finish what they have started

*synonym*: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

## balanced

*adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium

*synonym* : equitable, congruous, flat

(1) a **balanced** diet, (2) a well- **balanced** mind

We conducted a **balanced** assessment of intellectual and cultural history.

## diet

*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

*synonym* : food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

## calcium

*n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

*synonym* : Ca, lime, chalk

(1) **calcium** deficiency, (2) ion of **calcium**

The patient was prescribed a **calcium** supplement to help prevent osteoporosis.

## vitamin

*n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

*synonym* : nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

**Vitamin** C is important for immune system function and skin health.

## moderate

*adj.* being within reasonable limits; not excessive or extreme

*synonym* : average, middle-of-the-road, tempered

(1) **moderate** growth, (2) **moderate** risk



He had a **moderate** understanding of the topic but needed further research.

## bearing

*n.* the way in which one comports oneself; a posture or stance, especially one indicative of confidence or authority; the horizontal direction or position of a place, object, or person relative to another

*synonym*: demeanor, posture, manner

(1) a thrust **bearing**, (2) a military **bearing**

The pilot had to adjust the plane's **bearing** to stay on course.

## hike

*n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

*synonym*: walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

## jog

*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

*synonym*: run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

## rely

*v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

*synonym*: depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

## magnet

*n.* an object or substance that can attract certain materials, such as iron or steel

*synonym*: magnetite, lodestone, attracting substance

(1) **magnet** attraction, (2) permanent **magnet**

The MRI machine uses **magnets** to produce images of the

body's internal organs.

## 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**.

## unproven

*adj.* not tested or proved

(1) **unproven** efficacy, (2) scientifically **unproven**

The new treatment's long-term advantages are still **unproven**.

## cognitive

*adj.* of or relating to mental processes of understanding

*synonym*: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

## therapy

*n.* the act of caring for someone through medication, remedial training, etc.

*synonym*: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## permutation

*n.* the act or process of rearranging or reordering a set of elements or objects in a different sequence or configuration; a specific arrangement or order of a set of elements or objects

*synonym* : variation, transformation, alteration

(1) **permutation** formula, (2) **permutation** test

Scientists study the **permutations** of chemical elements and compounds to better understand their properties and potential uses.

## combination

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

*synonym* : blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

## mantra

*n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation

*synonym* : hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

## evolve

*v.* to develop gradually, or to cause the development of something or someone gradually

*synonym* : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

## strength

*n.* the quality or state of being physically, or sometimes mentally, strong

*synonym* : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

## Session 2: Spelling

1. during rep\_\_\_\_\_ive period *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
2. ir\_\_\_\_\_le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
3. ho\_\_\_\_\_e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
4. di\_\_\_\_\_se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
5. ca\_\_\_\_\_m deficiency *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
6. go to the workplace by cy\_\_e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
7. th\_\_\_\_\_y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
8. irregular pal\_\_\_\_\_on *n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly
9. field of gene th\_\_\_\_\_y *n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 1. reproductive, 2. irritable, 3. hormone, 4. diagnose, 5. calcium, 6. cycle, 7. therapy, 8. palpitation, 9. therapy

10. a h\_\_e in prices *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
11. man with a low sp\_\_m count *n.* the reproductive cell produced by a man or male animal
12. ov\_\_y atrophy *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
13. un\_\_\_\_en efficacy *adj.* not tested or proved
14. def\_\_\_\_ly become a problem *adv.* without any question and beyond doubt; clearly
15. re\_\_\_\_ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
16. a military be\_\_\_\_g *n.* the way in which one comports oneself; a posture or stance, especially one indicative of confidence or authority; the horizontal direction or position of a place, object, or person relative to another
17. a thrust be\_\_\_\_g *n.* the way in which one comports oneself; a posture or stance, especially one indicative of confidence or authority; the horizontal direction or position of a place, object, or person relative to another
18. ess\_\_\_\_ly correct *adv.* relating to the essential features or concepts of anything

ANSWERS: 10. hike, 11. sperm, 12. ovary, 13. unproven, 14. definitely, 15. recognize, 16. bearing, 17. bearing, 18. essentially

19. mo\_\_\_\_te growth *adj.* being within reasonable limits; not excessive or extreme
20. ost\_\_\_\_\_sis prevention *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
21. D\_\_t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
22. needs of pr\_\_\_\_\_nt women *adj.* having a baby or young animal developing in the uterus
23. sur\_\_\_\_\_ng areas *adj.* that is near or around, or closely encircling something
24. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
25. the cy\_\_e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
26. a glass t\_\_e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
27. na\_\_\_a medication *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

ANSWERS: 19. moderate, 20. osteoporosis, 21. diet, 22. pregnant, 23. surrounding, 24. depression, 25. cycle, 26. tube, 27. nausea

28. button-head ri\_\_t *n.* a short metal pin or bolt with a flat head used for joining things together
29. in great co\_\_\_\_\_on *n.* the state of being mixed up or unclear, or the state of disorder or uncertainty
30. campaign ma\_\_\_a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
31. at the height of pu\_\_\_\_\_y. *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
32. chant the ma\_\_\_a of structural reform *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
33. research on co\_\_\_\_\_ve psychology *adj.* of or relating to mental processes of understanding
34. ev\_\_\_e *v.* to develop gradually, or to cause the development of something or someone gradually
35. the co\_\_\_\_\_um of events *n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
36. a cl\_\_\_\_\_c experiment *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
37. es\_\_\_\_\_en-responsive breast cancer *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

ANSWERS: 28. rivet, 29. confusion, 30. mantra, 31. puberty, 32. mantra, 33. cognitive, 34. evolve, 35. continuum, 36. classic, 37. estrogen

38. hyp\_\_\_\_\_mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
39. genic com\_\_\_\_\_ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
40. gr\_\_\_\_\_ng tale *adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
41. before me\_\_\_\_\_se *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
42. es\_\_\_\_\_en receptor *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
43. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
44. bleeding from ut\_\_\_s *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
45. uni\_\_\_\_\_ed misunderstanding *adj.* not planned or meant
46. fa\_\_\_\_\_an cancer *n.* one of a pair of tubes that connect the ovaries to the uterus in female reproductive systems, through which eggs travel from the ovaries to the uterus

ANSWERS: 38. hypothalamus, 39. combination, 40. gripping, 41. menopause, 42. estrogen, 43. brain, 44. uterus, 45. unintended, 46. fallopian



47. the average life s\_\_n *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
48. re\_\_\_\_e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
49. make a positive con\_\_\_\_\_ion *n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
50. a ne\_\_\_\_ve number *adj.* having the quality of something bad or harmful; expressing refusal
51. ov\_\_\_\_p in many areas *v.* to partially cover something by going beyond its edge
52. a te\_\_\_\_\_ue in martial arts *n.* a particular way or art of doing something that needs skill
53. com\_\_\_\_\_on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
54. di\_\_\_\_\_se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
55. va\_\_\_a cancer care *n.* the passage in the body of a woman or female animal that connects her outer sex organs to her uterus
56. me\_\_\_\_\_se symptoms *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

ANSWERS: 47. span, 48. reverse, 49. contribution, 50. negative, 51. overlap, 52. technique, 53. combination, 54. diagnose, 55. vagina, 56. menopause

57. mo\_\_\_\_te risk *adj.* being within reasonable limits; not excessive or extreme
58. fe\_\_\_\_\_ze the soil *v.* to cause an egg, female animal, or plant to develop by joining sperm from the male with them; to add a natural or chemical substance to land to make plants grow well
59. ob\_\_\_\_n clinic *n.* (an abbreviation for obstetrician-gynecologist) a medical doctor who specializes in the care of women's reproductive health, including pregnancy, childbirth, and disorders of the reproductive system
60. bo\_\_\_\_\_d design *n.* an object, often decorative or functional, placed at either end of a row of books on a shelf to help keep them upright and organized; something that serves as the beginning and end of a series or a period of time.
61. an im\_\_\_\_\_re youth *adj.* not fully developed or grown; not fully mature
62. di\_\_\_\_\_es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
63. juvenile di\_\_\_\_\_es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
64. rep\_\_\_\_\_ive ability *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants

ANSWERS: 57. moderate, 58. fertilize, 59. ob-gyn, 60. bookend, 61. immature, 62. diabetes, 63. diabetes, 64. reproductive

65. eat a vegetarian d\_\_t                    *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
66. neurotic sy\_\_\_\_\_ms                *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
67. completely fas\_\_\_\_\_ng to me      *adj.* extremely interesting
68. stomach cr\_\_p                          *n.* a sudden, painful contraction or spasm of a muscle, typically in the leg or abdomen; a feeling of tightness or discomfort in a muscle caused by prolonged use or stress
69. a silence pr\_\_\_\_\_nt with suspense   *adj.* having a baby or young animal developing in the uterus
70. a ba\_\_\_\_\_ed diet                      *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
71. a few years af\_\_\_\_\_rd                *adv.* after the time mentioned
72. do\_\_\_\_\_t volcano                      *adj.* in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
73. uni\_\_\_\_\_ed bias                      *adj.* not planned or meant
74. developmentally im\_\_\_\_\_re          *adj.* not fully developed or grown; not fully mature
75. s\_\_d an old skin                        *v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

ANSWERS: 65. diet, 66. symptom, 67. fascinating, 68. cramp, 69. pregnant, 70. balanced, 71. afterward, 72. dormant, 73. unintended, 74. immature, 75. shed

76. midst of ch\_\_s *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
77. have a ne\_\_\_\_ve effect *adj.* having the quality of something bad or harmful; expressing refusal
78. wooden bo\_\_\_\_d *n.* an object, often decorative or functional, placed at either end of a row of books on a shelf to help keep them upright and organized; something that serves as the beginning and end of a series or a period of time.
79. temporary me\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
80. production of sp\_\_m *n.* the reproductive cell produced by a man or male animal
81. per\_\_\_\_on formula *n.* the act or process of rearranging or reordering a set of elements or objects in a different sequence or configuration; a specific arrangement or order of a set of elements or objects
82. gas-fired fu\_\_\_\_e *n.* an enclosed chamber for heating metal or glass to very high temperatures
83. st\_\_\_\_th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
84. re\_\_r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

ANSWERS: 76. chaos, 77. negative, 78. bookend, 79. medical, 80. sperm, 81. permutation, 82. furnace, 83. strength, 84. refer

85. st\_\_\_\_\_ze prices *v.* to become or cause to become steady or unlikely to give way
86. do\_\_\_\_\_t account *adj.* in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
87. re\_\_\_\_\_e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
88. ho\_\_\_\_r movie *n.* intense fear or disgust, especially at something shocking or terrifying
89. ut\_\_\_\_s cancer *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
90. electrical fu\_\_\_\_\_e *n.* an enclosed chamber for heating metal or glass to very high temperatures
91. a me\_\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
92. all in a sw\_\_t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
93. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement
94. sw\_\_t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

ANSWERS: 85. stabilize, 86. dormant, 87. reverse, 88. horror, 89. uterus, 90. furnace, 91. medical, 92. sweat, 93. release, 94. sweat

95. drug-induced na\_\_\_a and vomiting      *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
96. su\_\_\_r a setback      *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
97. re\_\_\_\_\_e a prisoner      *v.* to set free or allow to escape from confinement
98. fo\_\_\_\_\_le cell      *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
99. say def\_\_\_\_\_ly      *adv.* without any question and beyond doubt; clearly
100. go on a h\_\_e      *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
101. per\_\_\_\_\_on test      *n.* the act or process of rearranging or reordering a set of elements or objects in a different sequence or configuration; a specific arrangement or order of a set of elements or objects
102. r\_\_y on convenience stores      *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
103. female ho\_\_\_\_\_e      *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 95. nausea, 96. suffer, 97. release, 98. follicle, 99. definitely, 100. hike, 101. permutation, 102. rely, 103. hormone

104. a me\_\_\_\_\_al period *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
105. the s\_\_n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
106. improve co\_\_\_\_\_ve function *adj.* of or relating to mental processes of understanding
107. ch\_\_t in the chapel *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
108. ri\_\_t gun *n.* a short metal pin or bolt with a flat head used for joining things together
109. an\_\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
110. er\_\_\_\_\_c movements *adj.* characterized by lack of consistency, regularity, or predictable behavior; unpredictable or inconsistent in movement, behavior, or quality
111. a fence sur\_\_\_\_\_ng a castle *adj.* that is near or around, or closely encircling something
112. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
113. a capillary t\_\_e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape

ANSWERS: 104. menstrual, 105. span, 106. cognitive, 107. chant, 108. rivet, 109. anxiety, 110. erratic, 111. surrounding, 112. anxiety, 113. tube

114. cr\_\_k handle *n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
115. damaged fo\_\_\_\_\_le *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
116. decision-making pr\_\_\_\_\_s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
117. ion of ca\_\_\_\_\_m *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
118. menstrual end\_\_\_\_\_um *n.* the inner mucous membrane that lines the uterus (= the organ in which a fetus develops)
119. antibiotic med\_\_\_\_\_on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
120. serial qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 114. crank, 115. follicle, 116. process, 117. calcium, 118. endometrium, 119. medication, 120. quitter



121. muscular st\_\_\_\_th *n.* the quality or state of being physically, or sometimes mentally, strong
122. me\_\_\_\_\_al blood *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
123. Chinese cl\_\_\_\_\_c literature *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
124. unsolved my\_\_\_\_\_y *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
125. gr\_\_\_\_\_ng documentary *adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
126. di\_\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
127. hand cr\_\_p *n.* a sudden, painful contraction or spasm of a muscle, typically in the leg or abdomen; a feeling of tightness or discomfort in a muscle caused by prolonged use or stress
128. en\_\_\_e his feet *v.* to enclose or cover something in a protective or decorative layer

ANSWERS: 121. strength, 122. menstrual, 123. classic, 124. mystery, 125. gripping, 126. disease, 127. cramp, 128. encase

129. n\_\_m of action *n.* something that is regarded as usual, typical, or standard
130. a well-ba\_\_\_\_\_ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
131. go there af\_\_\_\_\_rd *adv.* after the time mentioned
132. scientifically un\_\_\_\_\_en *adj.* not tested or proved
133. opp\_\_\_\_\_on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
134. j\_g in place *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
135. ch\_\_s theory *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
136. easy qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
137. administrative co\_\_\_\_\_on *n.* the state of being mixed up or unclear, or the state of disorder or uncertainty
138. infection of the va\_\_\_a *n.* the passage in the body of a woman or female animal that connects her outer sex organs to her uterus
139. med\_\_\_\_\_on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
140. rich in vi\_\_\_\_\_n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

ANSWERS: 129. norm, 130. balanced, 131. afterward, 132. unproven, 133. opposition, 134. jog, 135. chaos, 136. quitter, 137. confusion, 138. vagina, 139. medication, 140. vitamin

141. en\_\_\_e in glass *v.* to enclose or cover something in a protective or decorative layer
142. end\_\_\_\_\_um inflammation *n.* the inner mucous membrane that lines the uterus (= the organ in which a fetus develops)
143. play a vi\_\_\_l role *adj.* necessary for the success or continued existence of something
144. anxiety pal\_\_\_\_\_ons *n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly
145. permanent ma\_\_\_t *n.* an object or substance that can attract certain materials, such as iron or steel
146. the onset of pu\_\_\_\_\_y *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
147. the blood fl\_\_h into my face *v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
148. fe\_\_\_\_\_ze the female egg *v.* to cause an egg, female animal, or plant to develop by joining sperm from the male with them; to add a natural or chemical substance to land to make plants grow well
149. off-ki\_\_\_r *n.* a state of proper balance or adjustment, a state of good order or organization
150. ov\_\_\_\_\_on cycle *n.* the process in a woman's menstrual cycle during which an ovary releases an egg

ANSWERS: 141. encase, 142. endometrium, 143. vital, 144. palpitation, 145. magnet, 146. puberty, 147. flush, 148. fertilize, 149. kilter, 150. ovulation

151. anterior hyp\_\_\_\_\_mus                      *n.*    a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
152. ob\_\_\_n appointment                      *n.*    (an abbreviation for obstetrician-gynecologist) a medical doctor who specializes in the care of women's reproductive health, including pregnancy, childbirth, and disorders of the reproductive system
153. a cow s\_\_d                                      *v.*    to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
154. ov\_\_\_\_\_p one another                      *v.*    to partially cover something by going beyond its edge
155. ir\_\_\_\_\_le mood                              *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
156. a space-time co\_\_\_\_\_um                      *n.*    a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
157. pr\_\_\_\_\_s improvement                      *n.*    a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 151. hypothalamus, 152. ob-gyn, 153. shed, 154. overlap, 155. irritable, 156. continuum, 157. process

158. ch\_\_t melodies *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
159. d\_t blot method *n.* a very small circular mark, especially one that is printed
160. tra\_\_\_\_\_on phase *n.* the process or period of changing from one state or circumstance to another
161. ev\_\_\_e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
162. aquatic co\_\_\_\_\_nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
163. vi\_\_\_\_\_n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
164. connecting the d\_ts *n.* a very small circular mark, especially one that is printed
165. harmful co\_\_\_\_\_nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
166. re\_\_r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

ANSWERS: 158. chant, 159. dot, 160. transition, 161. evolve, 162. compound, 163. vitamin, 164. dot, 165. compound, 166. refer

167. fl\_\_h the toilet  
v. to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
168. meet with opp\_\_\_\_\_on  
n. the act of disagreeing or resisting; the state of strong disagreement
169. cr\_\_k caller  
n. a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
170. st\_\_\_\_\_ze blood sugar levels  
v. to become or cause to become steady or unlikely to give way
171. cultural n\_\_m  
n. something that is regarded as usual, typical, or standard
172. the te\_\_\_\_\_ue applied to construction  
n. a particular way or art of doing something that needs skill
173. su\_\_\_r bad grades  
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
174. er\_\_\_\_\_c behavior  
adj. characterized by lack of consistency, regularity, or predictable behavior; unpredictable or inconsistent in movement, behavior, or quality
175. vi\_\_l for a healthy society  
adj. necessary for the success or continued existence of something
176. con\_\_\_\_\_ion to society  
n. the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

ANSWERS: 167. flush, 168. opposition, 169. crank, 170. stabilize, 171. norm, 172. technique, 173. suffer, 174. erratic, 175. vital, 176. contribution

177. the Great Dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
178. r\_\_y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
179. di\_\_\_\_\_e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
180. ho\_\_\_r-struck look *n.* intense fear or disgust, especially at something shocking or terrifying
181. ensure a smooth tra\_\_\_\_\_on *n.* the process or period of changing from one state or circumstance to another
182. inhibit ov\_\_\_\_\_on *n.* the process in a woman's menstrual cycle during which an ovary releases an egg
183. j\_g my memory *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
184. ost\_\_\_\_\_sis treatment *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
185. fas\_\_\_\_\_ng story *adj.* extremely interesting
186. salted ov\_\_y of walleye pollack *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

ANSWERS: 177. depression, 178. rely, 179. disease, 180. horror, 181. transition, 182. ovulation, 183. jog, 184. osteoporosis, 185. fascinating, 186. ovary

187. ma\_\_\_t attraction *n.* an object or substance that can attract certain materials, such as iron or steel
188. my\_\_\_\_\_y novel *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
189. in good ki\_\_\_r *n.* a state of proper balance or adjustment, a state of good order or organization
190. become ess\_\_\_\_\_ly same *adv.* relating to the essential features or concepts of anything
191. sy\_\_\_\_\_ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
192. ruptured fa\_\_\_\_\_an tube *n.* one of a pair of tubes that connect the ovaries to the uterus in female reproductive systems, through which eggs travel from the ovaries to the uterus
193. re\_\_\_\_\_ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
194. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 187. magnet, 188. mystery, 189. kilter, 190. essentially, 191. symptom, 192. fallopian, 193. recognize, 194. brain



## Session 3: Fill in the Blanks

1. They found \_\_\_\_\_ cancer in an early stage.  
*n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
  
2. The wallpaper had a pattern of pink \_\_\_\_\_ on a white surface.  
*n.* a very small circular mark, especially one that is printed
  
3. Our life is a \_\_\_\_\_ of experience in which events pass from the future through the present to the past.  
*n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
  
4. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.  
*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
  
5. I had to stop running because of a severe \_\_\_\_\_ in my leg.  
*n.* a sudden, painful contraction or spasm of a muscle, typically in the leg or abdomen; a feeling of tightness or discomfort in a muscle caused by prolonged use or stress
  
6. The soccer game crowd broke into a \_\_\_\_\_ of "Go, team, go!"  
*n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
  
7. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.  
*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 1. ovary, 2. dots, 3. continuum, 4. process, 5. cramp, 6. chant, 7. medication

8. The pilot had to adjust the plane's \_\_\_\_\_ to stay on course.
- n.* the way in which one comports oneself; a posture or stance, especially one indicative of confidence or authority; the horizontal direction or position of a place, object, or person relative to another
9. The physician took a sample of the epithelial tissue of the \_\_\_\_\_ for detailed examination.
- n.* the inner mucous membrane that lines the uterus (= the organ in which a fetus develops)
10. The doctor diagnosed me with a \_\_\_\_\_ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
11. 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
12. She experienced \_\_\_\_\_ and had to go to the hospital for tests.
- n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly
13. This documentary deals with the \_\_\_\_\_ biology of the buffalo.
- adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
14. His \_\_\_\_\_ to the charity was a generous donation of money.
- n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

ANSWERS: 8. bearing, 9. endometrium, 10. hormone, 11. kilter, 12. palpitations, 13. reproductive, 14. contribution

15. She vacated the position when she got \_\_\_\_\_.
- adj.* having a baby or young animal developing in the uterus
16. The \_\_\_\_\_ surrounding the disappearance of the traveler has yet to be solved by authorities.
- n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
17. The physician prescribed medication to relieve the contraction of the \_\_\_\_\_.
- n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
18. \_\_\_\_\_ C is important for immune system function and skin health.
- n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
19. The older woman also suffers bone loss caused by \_\_\_\_\_ deficiency.
- n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
20. A balanced \_\_\_\_\_ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
21. I made an appointment with my \_\_\_\_\_ for my annual check-up.
- n.* (an abbreviation for obstetrician-gynecologist) a medical doctor who specializes in the care of women's reproductive health, including pregnancy, childbirth, and disorders of the reproductive system

ANSWERS: 15. pregnant, 16. mystery, 17. uterus, 18. Vitamin, 19. estrogen, 20. diet, 21. ob-gyn

22. The movie starts and ends with a panoramic shot of the city, serving as a great \_\_\_\_\_ to the story.
- n.* an object, often decorative or functional, placed at either end of a row of books on a shelf to help keep them upright and organized; something that serves as the beginning and end of a series or a period of time.
23. The disease can remain \_\_\_\_\_ for years before it presents any symptoms.
- adj.* in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
24. Scientists study the \_\_\_\_\_ of chemical elements and compounds to better understand their properties and potential uses.
- n.* the act or process of rearranging or reordering a set of elements or objects in a different sequence or configuration; a specific arrangement or order of a set of elements or objects
25. Babies heavily \_\_\_\_\_ on others for food.
- v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
26. The fishing reel had a \_\_\_\_\_ that made it easy to reel in the catch.
- n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
27. He was labeled as a \_\_\_\_\_ after he abandoned the project halfway.
- n.* a person who gives up easily or does not have the determination to finish what they have started
28. Health and \_\_\_\_\_ are, above all, gold.
- n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 22. bookend, 23. dormant, 24. permutations, 25. rely, 26. crank, 27. quitter, 28. strength

29. The family decided to \_\_\_\_\_ in the mountains to enjoy the beautiful scenery.  
*n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
30. She waited for her daughter with \_\_\_\_\_.  
*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
31. The average length of a woman's \_\_\_\_\_ cycle is 21 to 35 days.  
*adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
32. The museum houses a \_\_\_\_\_ collection of Celtic artifacts.  
*adj.* extremely interesting
33. My father was tested for \_\_\_\_\_.  
*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
34. Lack of sleep can make me \_\_\_\_\_ and easily annoyed.  
*adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
35. The muscle around the \_\_\_\_\_ is elastic enough to allow the passage of a fetus.  
*n.* the passage in the body of a woman or female animal that connects her outer sex organs to her uterus
36. The older man \_\_\_\_\_ from arthritis and finds it difficult to move around.  
*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 29. hike, 30. anxiety, 31. menstrual, 32. fascinating, 33. diabetes, 34. irritable, 35. vagina, 36. suffers

37. The movie has received almost universally \_\_\_\_\_ criticism.

*adj.* having the quality of something bad or harmful; expressing refusal

38. The restaurant \_\_\_\_\_ a ban on smoking.

*v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

39. The \_\_\_\_\_ train was packed with commuters during rush hour.

*n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape

40. The \_\_\_\_\_ to the safe was a secret.

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

41. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.

*v.* to set free or allow to escape from confinement

42. He had a \_\_\_\_\_ understanding of the topic but needed further research.

*adj.* being within reasonable limits; not excessive or extreme

43. In the \_\_\_\_\_ the metal gleamed with radiance.

*n.* an enclosed chamber for heating metal or glass to very high temperatures

44. The sudden policy change has caused \_\_\_\_\_ among employees.

*n.* the state of being mixed up or unclear, or the state of disorder or uncertainty

45. She decided to \_\_\_\_\_ around the park to clear her head.

*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

ANSWERS: 37. negative, 38. reversed, 39. tube, 40. combination, 41. release, 42. moderate, 43. furnace, 44. confusion, 45. jog

46. The conference room was in \_\_\_\_\_ as everyone tried to speak at once.  
*n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
47. There was no \_\_\_\_\_ between their proposals.  
*v.* to partially cover something by going beyond its edge
48. Excessive human interference in the global environment may bring \_\_\_\_\_ consequences.  
*adj.* not planned or meant
49. \_\_\_\_\_ a society is an organism.  
*adv.* relating to the essential features or concepts of anything
50. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.  
*n.* the act of caring for someone through medication, remedial training, etc.
51. The raising of interest rates \_\_\_\_\_ the inflation rate.  
*v.* to become or cause to become steady or unlikely to give way
52. We will explain the countermeasure concerning this problem \_\_\_\_\_.  
*adv.* after the time mentioned
53. We conducted a \_\_\_\_\_ assessment of intellectual and cultural history.  
*adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
54. The food chain causes a material \_\_\_\_\_.  
*n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 46. chaos, 47. overlap, 48. unintended, 49. Essentially, 50. therapy, 51. stabilizes, 52. afterward, 53. balanced, 54. cycle

55. Eyeless fish \_\_\_\_\_ in dark caves.

- v.* to develop gradually, or to cause the development of something or someone gradually

56. The new treatment's long-term advantages are still \_\_\_\_\_.

- adj.* not tested or proved

57. The stories of war crimes filled her with \_\_\_\_\_.

- n.* intense fear or disgust, especially at something shocking or terrifying

58. She wiped the \_\_\_\_\_ off her forehead with a towel.

- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

59. 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

60. Oxytocin is also produced in the nucleus of the \_\_\_\_\_.

- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

61. The patient was prescribed a \_\_\_\_\_ supplement to help prevent osteoporosis.

- n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

62. The \_\_\_\_\_ team worked quickly to save the patient's life.

- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 55. evolved, 56. unproven, 57. horror, 58. sweat, 59. brain, 60. hypothalamus, 61. calcium, 62. medical



63. Please \_\_\_\_\_ to the instruction manual for further assistance.
- v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
64. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
65. Jockey's superior \_\_\_\_\_ brought him victory.
- n.* a particular way or art of doing something that needs skill
66. The \_\_\_\_\_ party strongly disagreed with the government's proposed legislation.
- n.* the act of disagreeing or resisting; the state of strong disagreement
67. 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
68. This device is used to \_\_\_\_\_ brain cancer and other tumors.
- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
69. The MRI machine uses \_\_\_\_\_ to produce images of the body's internal organs.
- n.* an object or substance that can attract certain materials, such as iron or steel
70. The stock market has been behaving in an \_\_\_\_\_ manner, making it difficult for investors to predict future trends.
- adj.* characterized by lack of consistency, regularity, or predictable behavior; unpredictable or inconsistent in movement, behavior, or quality

ANSWERS: 63. refer, 64. Depression, 65. technique, 66. opposition, 67. osteoporosis, 68. diagnose, 69. magnets, 70. erratic

71. 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

72. It's important to \_\_\_\_\_ your strengths and weaknesses.

- v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

73. The male \_\_\_\_\_ fertilizes the female egg.

- n.* the reproductive cell produced by a man or male animal

74. His \_\_\_\_\_ behavior often gets him into trouble.

- adj.* not fully developed or grown; not fully mature

75. Perseverance and optimism are \_\_\_\_\_ to success.

- adj.* necessary for the success or continued existence of something

76. Tubal ligation is a permanent birth control method that involves blocking or cutting the \_\_\_\_\_ tubes.

- n.* one of a pair of tubes that connect the ovaries to the uterus in female reproductive systems, through which eggs travel from the ovaries to the uterus

77. The patient displays a \_\_\_\_\_ of a side effect.

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

78. The couple decided to use the non-husband sperm to \_\_\_\_\_ a wife.

- v.* to cause an egg, female animal, or plant to develop by joining sperm from the male with them; to add a natural or chemical substance to land to make plants grow well

ANSWERS: 71. nausea, 72. recognize, 73. sperm, 74. immature, 75. vital, 76. fallopian, 77. symptom, 78. fertilize

79. The \_\_\_\_\_ mountains make the city difficult to be invaded.  
*adj.* that is near or around, or closely encircling something
80. The systems we have developed has accepted as industry \_\_\_\_\_.  
*n.* something that is regarded as usual, typical, or standard
81. The \_\_\_\_\_ on the airplane's wings were inspected to ensure they were secure.  
*n.* a short metal pin or bolt with a flat head used for joining things together
82. They \_\_\_\_\_ the fragile vase in bubble wrap to protect it during shipping.  
*v.* to enclose or cover something in a protective or decorative layer
83. She repeated her personal \_\_\_\_\_ to herself to stay motivated.  
*n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
84. The onset of \_\_\_\_\_ can bring about various physical and emotional changes in women.  
*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
85. In this culture, men are initiated when they reach \_\_\_\_\_.  
*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
86. The paper is \_\_\_\_\_ worth reading thoroughly.  
*adv.* without any question and beyond doubt; clearly
87. He \_\_\_\_\_ a secret tear when he heard the news of his friend's death.  
*v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

ANSWERS: 79. surrounding, 80. norms, 81. rivets, 82. encased, 83. mantra, 84. menopause, 85. puberty, 86. definitely, 87. shed

88. The girl \_\_\_\_\_ when a young man whistled as she walked by.
- v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
89. The \_\_\_\_\_ movie had me on the edge of my seat the entire time.
- adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
90. The woman tracked her \_\_\_\_\_ using a fertility app on her smartphone.
- n.* the process in a woman's menstrual cycle during which an ovary releases an egg
91. 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
92. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
93. He slightly modified the \_\_\_\_\_ of training because it was just before a match.
- n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
94. He displayed the \_\_\_\_\_ symptoms of depression.
- adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
95. The nation's healthcare system is in \_\_\_\_\_ at the moment.
- n.* the process or period of changing from one state or circumstance to another

ANSWERS: 88. flushed, 89. gripping, 90. ovulation, 91. compound, 92. disease, 93. span, 94. classic, 95. transition

96. The pigments in your hair \_\_\_\_\_ determine the color of your hair.

*n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

97. His \_\_\_\_\_ faculties were getting worse because of a lack of sleep.

*adj.* of or relating to mental processes of understanding

ANSWERS: 96. follicles, 97. cognitive