

# Englist.me



## Vocabulary Builder Reference from...

*Jen Gunter: Can you actually boost your immune system? Here's the truth | TED Talk*

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### All Words

#### IMPORTANT

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## Session 1: Word List

### turmeric

*n.* a bright yellow spice derived from the root of the turmeric plant, commonly used as a flavoring in Indian and Middle Eastern cuisine; also used in traditional medicine for its anti-inflammatory and antioxidant properties

*synonym*: curcuma, saffron, ginger

(1) **turmeric** powder, (2) **turmeric** tea

**Turmeric** supplements are popular among athletes for their anti-inflammatory properties.

### ginger

*n.* a plant (*Zingiber officinale*) that is widely cultivated for its aromatic underground stem (rhizome), which is used as a spice, especially in Asian cooking

*synonym*: ginger root, gingerroot, zingiber

(1) **ginger** tea, (2) **ginger** extract

I added fresh **ginger** to the stir-fry to add a little extra zing.

### elderberry

*n.* a shrub or small tree that bears clusters of dark purple berries, used in jams, jellies, and pies, and also to make wine; believed by some to have medicinal properties

*synonym*: berry, fruit, drupe

(1) **elderberry** juice, (2) **elderberry** plant

I made some **elderberry** jelly from the berries in the

backyard.

## syrup

*n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients

*synonym*: nectar, sap, honey

(1) maple **syrup**, (2) **syrup** bottle

She mixed the **syrup** with water to make a sweet drink.

## 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.

## tablet

*n.* a small flat electronic device used for browsing the internet, reading, writing, or playing games; a small, solid pill of medicine

*synonym*: notepad, pill, medication

(1) a multivitamin **tablet**, (2) **tablet** keyboard

The new **tablet** device has a faster processor and better graphics than its predecessor.

## intrigue

*v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone

*synonym*: attract, captivate, charm

(1) **intrigue** him, (2) **intrigue** against his rival

The artist's innovative style of work **intrigues** me.

## boost

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

## immune

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

*synonym* : resistant, unsusceptible, unaffected

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

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

## strengthen

*v.* to become stronger or more effective; to make someone or something stronger or more effective

*synonym* : reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

## antioxidant

*n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior

Fruits and vegetables are good sources of **antioxidants**.

## supplement

*n.* something that is added to something else to make it better or complete it

*synonym* : complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

## suppress

*v.* to bring something under control by force or authority; to put an end by force

*synonym* : subdue, bury, stifle

(1) **suppress** a yawn, (2) **suppress** a revolt

The doctor prescribed medication to **suppress** the patient's appetite.

## chemotherapy

*n.* the treatment of disease, particularly cancer, using special drugs that have a toxic effect on cancer cells; frequently used in conjunction with other therapies such

as surgery and radiation

*synonym* : anticancer treatment, radiotherapy, immunotherapy

(1) **chemotherapy** regimen, (2) **chemotherapy** side effects

Many cancer patients undergo **chemotherapy** as a treatment option.

## 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.

## bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

*synonym* : microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

**Bacteria** prevalent in hospitals are often resistant to antibiotics.

## virus

n. a tiny infectious organic material that causes disease in people, animals, and plants

*synonym* : bacterium, germ, ailment

(1) spread of the **virus**, (2) a strain of **virus**

An infected person in the hospital will likely pass the **virus** to others.

## fungus

n. a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

*synonym* : mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing

severe illness if ingested.

## toxin

*n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

*synonym*: poison, venom, contaminant

(1) **toxin** exposure, (2) **toxin** production

Mold exposure can release dangerous **toxins** into the air.

## encounter

*v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

*synonym*: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

## constant

*adj.* happening repeatedly or all the time

*synonym*: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

**Constant** dropping wears away the stone.

## basis

*n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

*synonym*: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

## integral

*adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

*synonym*: essential, fundamental, indispensable

(1) **integral** function, (2) **integral** component

Effective communication is an **integral** part of any successful team.

## healing

*n.* the process of becoming or making somebody or something well again

*synonym*: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

## elegant

*adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement

*synonym*: refined, sophisticated, graceful

(1) **elegant** design, (2) write **elegant** sentences

She wore an **elegant** evening gown to the gala.

## tissue

*n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

*synonym*: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

## broad

*adj.* very wide; general

*synonym*: wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind

He accumulated wealth across a **broad** spectrum of assets.

## immunity

*n.* the ability of an organism to resist infection or disease, often due to the presence of antibodies

*synonym*: resistance, protection, defense

(1) **immunity** booster, (2) **immunity** response

Vaccination is an effective way to build **immunity** against diseases.

## adaptive

*adj.* capable of adjusting to new situations or changing conditions

*synonym*: flexible, adjustable, pliant

(1) the **adaptive** coloring, (2) **adaptive** technology  
The **adaptive** learning system adjusts the difficulty level of the lessons based on the student's performance.

## innate

*adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience

*synonym*: natural, inherent, inborn

(1) **innate** ability, (2) **innate** quality

The belief in **innate** human goodness is a common philosophical concept.

## nonspecific

*adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation

*synonym*: indeterminate, unspecific, vague

(1) **nonspecific** changes, (2) **nonspecific** antibody

The patient complained of **nonspecific** pain in their lower abdomen.

## defend

*v.* to protect someone or something from attack, criticism, danger, etc.

*synonym*: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

## mechanism

*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

*synonym*: means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

## pathogen

*n.* a bacterium, virus, or other microorganism that causes disease

*synonym* : germ, microbe, bacterium

(1) plant **pathogen**, (2) the **pathogen** in the air  
mRNA vaccines are approved faster because they do not contain inactivated **pathogens**.

## bouncer

*n.* a person employed at a nightclub, bar, or similar establishment to check patrons for membership or age and to enforce rules of behavior, often through physical means if necessary; a type of shoe with a thick, resilient sole

*synonym* : doorman, security guard, protector

(1) **bouncer** job, (2) **bouncer** policy

The **bouncer** at the club checked everyone's ID at the door.

## invade

*v.* to enter aggressively into another's territory by military force for conquest and occupation

*synonym* : intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

## neutral

*adj.* not helping or assisting either side in a conflict, argument, etc.

*synonym* : impartial, uninvolved, halfhearted

(1) permanently **neutral** country, (2) **neutral** colors

A legislative speaker should always be **neutral**.

## 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.

## non-self

*adj.* any entity or substance that is not recognized as a part of an individual's own body; a Buddhist term referring to the idea that all phenomena, including the self, are not inherently existent or separate but rather are



interdependent and impermanent

*synonym*: non-existent, selfless, egoless

(1) **non-self** molecule, (2) **non-self** realization

The immune system is programmed to recognize and attack **non-self** invaders like viruses and bacteria.

## barrier

*n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

*synonym*: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

## eyelash

*n.* any of the short hairs that grow around the eyes

*synonym*: lash, cilium

(1) **eyelash** brush, (2) not bat an **eyelash**

An **eyelash** curler is a girl's best friend.

## blink

*v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way

*synonym*: twinkle, flash, flicker

(1) **blink** his eyes, (2) **blink** in astonishment

He **blinked** in the dazzling sunlight.

## dirt

*n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock

*synonym*: filth, grime, muck

(1) **dirt** road, (2) **dirt** track

The garden was filled with **dirt** and needed to be tilled before planting.

## 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.

## discharge

*v.* to release or let go of something or someone; to dismiss or terminate an employee or member of an organization; to emit or give off a substance or energy

*synonym*: release, emit, expel

(1) **discharge** water, (2) **discharge** a contract

The hospital will **discharge** the patient as soon as their condition stabilizes.

## infection

*n.* a condition in which pathogenic microorganisms or viruses have entered the body

*synonym*: contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

## complexity

*n.* the state or quality of being complicated or intricate and difficult to understand

*synonym*: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

## antigen

*n.* a substance that triggers the body's immune response (= the reaction for fighting infections) for defending the body, especially by producing antibodies (= proteins that identify and attack harmful bacteria, viruses, etc.)

(1) detect **antigen**, (2) viral **antigen**

**Antigen** testing is less accurate than PCR testing but easier to perform.

## unique

*adj.* being the only one of its kind; unlike anything else

*synonym*: one-of-a-kind, unparalleled, incomparable

(1) a **unique** teacher, (2) **unique** design

The painting is **unique**, and there is no other like it.

## protein

*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

## identify

*v.* to recognize someone or something and say or prove who or what they are

*synonym*: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

## constantly

*adv.* all the time

*synonym*: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

## lymphocyte

*n.* a type of white blood cell that plays a role in the immune system's response to infection and disease

*synonym*: immune cell, white blood cell, T-cell

(1) activated **lymphocyte**, (2) **lymphocyte** depletion

Immunotherapy is a cancer treatment that uses the patient's T- **lymphocytes** to attack cancer cells.

## amazing

*adj.* extremely surprising, especially in a way that you like or admire

*synonym*: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

## 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.

## exposed

*adj.* having no protection or shield from something, such as bad weather, attack, or criticism

*synonym* : endangered, revealed, disclosed

(1) **exposed** to radiation, (2) an **exposed** rock

Tech companies often employ **exposed** ducts and other materials in their office interiors.

## antibody

*n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease

(1) produce **antibody**, (2) **antibody** against bacteria

This pharmaceutical company is developing **antibody** drugs with fewer side effects.

## concept

*n.* an idea or principle associated with something abstract

*synonym* : idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

## problematic

*adj.* full of difficulties; difficult to deal with or solve

*synonym* : inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly **problematic**

Direct democracy is effective in quickly resolving **problematic** situations within a community.

## histamine

*n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses

(1) **histamine** reaction, (2) **histamine** blocker

His allergies caused **histamine** release in his body, leading to congestion and sneezing.

## release

v. to set free or allow to escape from confinement

*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

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

## poison

n. a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

*synonym*: toxin, venom, pollutant

(1) **poison** ivy, (2) **poison** bilateral relations

The plant's leaves contain a deadly **poison** that can cause hallucinations and seizures.

## ivy

n. an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings

(1) poison **ivy**, (2) **ivy** plant

The overgrown **ivy** cleaved to the ruined castle walls.

## itch

v. to have an uncomfortable feeling on the skin that makes you want to scratch it

*synonym*: scratch, tingle, irritate

(1) **itch** constantly, (2) **itch** to speak

I can't stop **itching** my arm because of the mosquito bite.

## supercharge

v. to increase the power or energy of something

*synonym*: boost, enhance, power up

(1) **supercharge** economic growth, (2) **supercharge** the battery

They **supercharged** the engine to get more power.

## autoimmune

*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

## analogy

*n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept

*synonym*: metaphor, comparison, parallel

(1) draw **analogy**, (2) historical **analogy**

Some kinds of machine learning models show an **analogy** to how people learn.

## component

*n.* one of several parts that combines with others to form something bigger

*synonym*: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

## destroy

*v.* to ruin or damage severely or completely; to eradicate or eliminate completely

*synonym*: demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

## balance

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

*synonym*: equilibrium, counterpoise, remainder

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

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

## ecosystem

*n.* all the plants and living creatures in an area and the way they affect each other and the environment

(1) marine **ecosystem**, (2) change the **ecosystem**

Human conservation efforts often fail unexpectedly because they disturb the balance of the **ecosystem**.

## nutrient

*n.* any substance that is essential for the maintenance and growth of living things

*synonym* : food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

## 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.

## function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym* : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

## rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

*synonym*: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

## excess

*n.* an amount or quantity beyond what is acceptable, expected, or reasonable

*synonym*: exuberance, glut, surplus

(1) lose **excess** weight, (2) an **excess** of exports

The road of **excess** leads to the palace of wisdom.

## deficiency

*n.* the state of lack, or not having enough of, something that is essential

*synonym*: insufficiency, shortage, depletion

(1) a **deficiency** of copper and zinc, (2) a mild degree of mental **deficiency**

Vitamin **deficiency** can lead to various illnesses.

## medically

*adv.* in a way that relates to the practice of medicine and the treatment of illness and injury

(1) **medically** endorsed method, (2) in a **medically** effective manner

A decade ago, it was **medically** impossible to cure this disease completely.

## 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.



## allergy

*n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

*synonym* : hypersensitivity, reaction

(1) food **allergy**, (2) **allergy** treatment

The **allergy** test helped to determine the cause of her symptoms.

## abnormal

*adj.* not typical, usual, or regular, especially in a way that is bad

*synonym* : aberrant, bizzare, unusual

(1) **abnormal** heart rhythms, (2) **abnormal** cells

An **abnormal** climate in the region caused a sharp decline in grain harvest.

## miracle

*n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

*synonym* : wonder, marvel, phenomenon

(1) **miracle** person, (2) economic **miracle**

The doctors said that her recovery was a **miracle**.

## incredible

*adj.* unbelievable; enormous

*synonym* : unbelievable, fantastical, inconceivable

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

Her response revealed **incredible** idiocy.

## genius

*n.* someone who has exceptional intellectual ability and originality

*synonym* : brilliance, brainiac, acumen

(1) a person of **genius**, (2) a **genius** for music

Mozart was a musical **genius**.

## inactive

*adj.* not doing any or much physical activity; lying idle or unused

*synonym* : inoperative, passive, stagnant

(1) become **inactive**, (2) an **inactive** volcano

The chronic back pain forced him to live an **inactive** life.

## influenza

*n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

*synonym* : grippe, flu

(1) an epidemic outbreak of **influenza**, (2) **influenza B** strain

The research institute allocated a lot of money to study the cause and prevention of **influenza**.

## trigger

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

*synonym* : activate, spark, drive

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

The incident **triggered** a political controversy.

## specific

*adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

*synonym* : particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

## aggressive

*adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

*synonym* : assertive, combative, threatening

(1) an **aggressive** war, (2) an **aggressive** tumor

An **aggressive** tide wrecked the ship.

## immunization

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

*synonym* : vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**

Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

## Session 2: Spelling

1. a pro\_\_\_\_\_ic situation *adj.* full of difficulties; difficult to deal with or solve
2. seems to be highly pro\_\_\_\_\_ic *adj.* full of difficulties; difficult to deal with or solve
3. food al\_\_\_\_\_y *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
4. in\_\_\_\_\_e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
5. im\_\_\_\_\_e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
6. a person of ge\_\_\_\_\_s *n.* someone who has exceptional intellectual ability and originality
7. pr\_\_\_\_\_n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
8. in\_\_\_\_\_al component *adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

ANSWERS: 1. problematic, 2. problematic, 3. allergy, 4. invade, 5. immune, 6. genius, 7. protein, 8. integral

9. become in\_\_\_\_\_ve *adj.* not doing any or much physical activity; lying idle or unused
10. in\_\_\_\_\_ue him *v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone
11. str\_\_\_\_\_en the immune system *v.* to become stronger or more effective; to make someone or something stronger or more effective
12. tu\_\_\_\_\_ic tea *n.* a bright yellow spice derived from the root of the turmeric plant, commonly used as a flavoring in Indian and Middle Eastern cuisine; also used in traditional medicine for its anti-inflammatory and antioxidant properties
13. im\_\_\_\_\_ty booster *n.* the ability of an organism to resist infection or disease, often due to the presence of antibodies
14. tr\_\_\_\_\_r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
15. 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
16. stress pr\_\_\_\_\_n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
17. high levels of ant\_\_\_\_\_nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 9. inactive, 10. intrigue, 11. strengthen, 12. turmeric, 13. immunity, 14. trigger, 15. vagina, 16. protein, 17. antioxidant

18. me\_\_\_\_\_ly endorsed method *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
19. industry-sp\_\_\_\_\_ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
20. i\_y plant *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
21. poison i\_y *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
22. lym\_\_\_\_\_te depletion *n.* a type of white blood cell that plays a role in the immune system's response to infection and disease
23. harmless ba\_\_\_\_\_ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
24. in\_\_\_\_\_al function *adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
25. get r\_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

ANSWERS: 18. medically, 19. specific, 20. ivy, 21. ivy, 22. lymphocyte, 23. bacteria, 24. integral, 25. rid

26. the ad\_\_\_\_ve coloring *adj.* capable of adjusting to new situations or changing conditions
27. d\_\_t road *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
28. activated lym\_\_\_\_\_te *n.* a type of white blood cell that plays a role in the immune system's response to infection and disease
29. in\_\_\_\_\_za B strain *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
30. id\_\_\_\_\_fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
31. to\_\_n exposure *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
32. in\_\_\_e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
33. bo\_\_t flexibility *v.* to improve, raise, or increase something
34. cost ba\_\_\_\_\_r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
35. de\_\_\_\_\_yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely

ANSWERS: 26. adaptive, 27. dirt, 28. lymphocyte, 29. influenza, 30. identify, 31. toxin, 32. invade, 33. boost, 34. barrier, 35. destroy

36. have a ne\_\_\_\_ve effect      *adj.* having the quality of something bad or harmful; expressing refusal
37. ey\_\_\_\_h brush      *n.* any of the short hairs that grow around the eyes
38. de\_\_\_\_y the ecosystem      *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
39. asset on the company's ba\_\_\_\_e sheet      *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
40. re\_\_\_\_e CO2 into the air      *v.* to set free or allow to escape from confinement
41. no\_\_\_\_lf molecule      *adj.* any entity or substance that is not recognized as a part of an individual's own body; a Buddhist term referring to the idea that all phenomena, including the self, are not inherently existent or separate but rather are interdependent and impermanent
42. bl\_\_k in astonishment      *v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
43. viral an\_\_\_\_n      *n.* a substance that triggers the body's immune response (= the reaction for fighting infections) for defending the body, especially by producing antibodies (= proteins that identify and attack harmful bacteria, viruses, etc.)
44. ant\_\_\_\_\_\_nt behavior      *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 36. negative, 37. eyelash, 38. destroy, 39. balance, 40. release, 41. non-self, 42. blink, 43. antigen, 44. antioxidant

45. sup\_\_\_\_\_ge economic growth      *v.* to increase the power or energy of something
46. r\_d the body of waste products      *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
47. insulin aut\_\_\_\_\_ne syndrome      *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
48. ab\_\_\_\_\_al heart rhythms      *adj.* not typical, usual, or regular, especially in a way that is bad
49. hi\_\_\_\_\_ne blocker      *n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
50. de\_\_\_d against a threat      *v.* to protect someone or something from attack, criticism, danger, etc.
51. a ne\_\_\_\_\_ve number      *adj.* having the quality of something bad or harmful; expressing refusal
52. a co\_\_\_\_\_nt temperature      *adj.* happening repeatedly or all the time
53. not bat an ey\_\_\_\_\_h      *n.* any of the short hairs that grow around the eyes
54. to\_\_n production      *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
55. ne\_\_\_\_\_l colors      *adj.* not helping or assisting either side in a conflict, argument, etc.

ANSWERS: 45. supercharge, 46. rid, 47. autoimmune, 48. abnormal, 49. histamine, 50. defend, 51. negative, 52. constant, 53. eyelash, 54. toxin, 55. neutral



56. 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
57. a ge\_\_\_s for music *n.* someone who has exceptional intellectual ability and originality
58. ab\_\_\_\_al cells *adj.* not typical, usual, or regular, especially in a way that is bad
59. inc\_\_\_\_\_le amount *adj.* unbelievable; enormous
60. treat the in\_\_\_\_\_on with antibiotics *n.* a condition in which pathogenic microorganisms or viruses have entered the body
61. an\_\_\_\_\_dy against bacteria *n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
62. hi\_\_\_\_\_ne reaction *n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
63. 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
64. in\_\_\_e ability *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
65. in\_\_\_\_\_ue against his rival *v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone

ANSWERS: 56. diet, 57. genius, 58. abnormal, 59. incredible, 60. infection, 61. antibody, 62. histamine, 63. vagina, 64. innate, 65. intrigue

66. historical an\_\_\_\_y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
67. detect an\_\_\_\_n *n.* a substance that triggers the body's immune response (= the reaction for fighting infections) for defending the body, especially by producing antibodies (= proteins that identify and attack harmful bacteria, viruses, etc.)
68. an ex\_\_\_s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
69. tr\_\_\_\_\_r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
70. a co\_\_\_\_\_nt wind *adj.* happening repeatedly or all the time
71. lose ex\_\_\_s weight *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
72. i\_\_h to speak *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
73. an ex\_\_\_\_\_d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
74. bo\_\_\_\_\_r policy *n.* a person employed at a nightclub, bar, or similar establishment to check patrons for membership or age and to enforce rules of behavior, often through physical means if necessary; a type of shoe with a thick, resilient sole
75. eld\_\_\_\_\_ry plant *n.* a shrub or small tree that bears clusters of dark purple berries, used in jams, jellies, and pies, and also to make wine; believed by some to have medicinal properties

ANSWERS: 66. analogy, 67. antigen, 68. excess, 69. trigger, 70. constant, 71. excess, 72. itch, 73. exposed, 74. bouncer, 75. elderberry

76. an epidemic outbreak of in\_\_\_\_\_za     *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
77. 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
78. an agg\_\_\_\_\_ve tumor     *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
79. cognitive com\_\_\_\_\_ty     *n.* the state or quality of being complicated or intricate and difficult to understand
80. produce an\_\_\_\_\_dy     *n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
81. 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
82. el\_\_\_\_\_t design     *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
83. fu\_\_\_\_\_on properly     *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 76. influenza, 77. reverse, 78. aggressive, 79. complexity, 80. antibody, 81. vitamin, 82. elegant, 83. function

84. an in\_\_\_\_ve volcano *adj.* not doing any or much physical activity; lying idle or unused
85. an agg\_\_\_\_\_ve war *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
86. a br\_\_d mind *adj.* very wide; general
87. part of the he\_\_\_\_\_g process *n.* the process of becoming or making somebody or something well again
88. di\_\_\_\_\_ge a contract *v.* to release or let go of something or someone; to dismiss or terminate an employee or member of an organization; to emit or give off a substance or energy
89. the most am\_\_\_\_\_g feeling *adj.* extremely surprising, especially in a way that you like or admire
90. d\_\_t track *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
91. in\_\_\_e quality *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
92. de\_\_\_d my country *v.* to protect someone or something from attack, criticism, danger, etc.
93. plant pa\_\_\_\_\_en *n.* a bacterium, virus, or other microorganism that causes disease
94. spare co\_\_\_\_\_nts for cars *n.* one of several parts that combines with others to form something bigger

ANSWERS: 84. inactive, 85. aggressive, 86. broad, 87. healing, 88. discharge, 89. amazing, 90. dirt, 91. innate, 92. defend, 93. pathogen, 94. component

95. co\_\_\_\_t car *n.* an idea or principle associated with something abstract
96. en\_\_\_\_\_er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
97. economic mi\_\_\_\_\_e *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
98. childhood imm\_\_\_\_\_ion *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
99. ex\_\_\_\_\_d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
100. ba\_\_s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
101. en\_\_\_\_\_er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
102. che\_\_\_\_\_apy side effects *n.* the treatment of disease, particularly cancer, using special drugs that have a toxic effect on cancer cells; frequently used in conjunction with other therapies such as surgery and radiation

ANSWERS: 95. concept, 96. encounter, 97. miracle, 98. immunization, 99. exposed, 100. basis, 101. encounter, 102. chemotherapy

103. bl\_\_k his eyes      *v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
104. aut\_\_\_\_\_ne disorder      *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
105. symbiotic fu\_\_\_s      *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
106. natural he\_\_\_\_\_g ability      *n.* the process of becoming or making somebody or something well again
107. po\_\_\_n ivy      *n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly
108. am\_\_\_\_\_g advances      *adj.* extremely surprising, especially in a way that you like or admire
109. ta\_\_\_t keyboard      *n.* a small flat electronic device used for browsing the internet, reading, writing, or playing games; a small, solid pill of medicine
110. 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

ANSWERS: 103. blink, 104. autoimmune, 105. fungus, 106. healing, 107. poison, 108. amazing, 109. tablet, 110. process

111. tu\_\_\_\_ic powder *n.* a bright yellow spice derived from the root of the turmeric plant, commonly used as a flavoring in Indian and Middle Eastern cuisine; also used in traditional medicine for its anti-inflammatory and antioxidant properties
112. imm\_\_\_\_\_ion program *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
113. che\_\_\_\_\_apy regimen *n.* the treatment of disease, particularly cancer, using special drugs that have a toxic effect on cancer cells; frequently used in conjunction with other therapies such as surgery and radiation
114. defense me\_\_\_\_\_sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
115. change the ec\_\_\_\_\_em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
116. po\_\_\_\_n bilateral relations *n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

ANSWERS: 111. turmeric, 112. immunization, 113. chemotherapy, 114. mechanism, 115. ecosystem, 116. poison

117. a facial ti\_\_\_e                                 *n.*    an ensemble of similar cells of the animal or plant that together carry out a specific function
118. di\_\_\_\_ge water                               *v.*    to release or let go of something or someone; to dismiss or terminate an employee or member of an organization; to emit or give off a substance or energy
119. a strain of vi\_\_s                               *n.*    a tiny infectious organic material that causes disease in people, animals, and plants
120. use of dietary sup\_\_\_\_nts                   *n.*    something that is added to something else to make it better or complete it
121. spread of the vi\_\_s                           *n.*    a tiny infectious organic material that causes disease in people, animals, and plants
122. 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
123. 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
124. the cell of the im\_\_\_e system               *adj.*  protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 117. tissue, 118. discharge, 119. virus, 120. supplement, 121. virus, 122. vitamin, 123. process, 124. immune



125. key co\_\_\_\_\_nt *n.* one of several parts that combines with others to form something bigger
126. a con\_\_\_\_\_ly varying mind *adv.* all the time
127. on an equal ba\_\_s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
128. su\_\_\_\_\_ss a revolt *v.* to bring something under control by force or authority; to put an end by force
129. sp\_\_\_\_\_ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
130. im\_\_\_\_\_ty response *n.* the ability of an organism to resist infection or disease, often due to the presence of antibodies
131. permanently ne\_\_\_\_\_l country *adj.* not helping or assisting either side in a conflict, argument, etc.
132. gi\_\_\_\_r tea *n.* a plant (*Zingiber officinale*) that is widely cultivated for its aromatic underground stem (rhizome), which is used as a spice, especially in Asian cooking
133. maple sy\_\_p *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
134. a nu\_\_\_\_\_nt for hair *n.* any substance that is essential for the maintenance and growth of living things
135. un\_\_\_\_e design *adj.* being the only one of its kind; unlike anything else

ANSWERS: 125. component, 126. constantly, 127. basis, 128. suppress, 129. specific, 130. immunity, 131. neutral, 132. ginger, 133. syrup, 134. nutrient, 135. unique

136. a def\_\_\_\_\_cy of copper and zinc      *n.* the state of lack, or not having enough of, something that is essential
137. immune fu\_\_\_\_\_on      *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
138. su\_\_\_\_\_ss a yawn      *v.* to bring something under control by force or authority; to put an end by force
139. mi\_\_\_\_\_e person      *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
140. a multivitamin ta\_\_\_\_t      *n.* a small flat electronic device used for browsing the internet, reading, writing, or playing games; a small, solid pill of medicine
141. a con\_\_\_\_\_ly innovative enterprise      *adv.* all the time
142. com\_\_\_\_\_ty theory      *n.* the state or quality of being complicated or intricate and difficult to understand
143. sy\_\_p bottle      *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
144. re\_\_\_\_\_e a prisoner      *v.* to set free or allow to escape from confinement

ANSWERS: 136. deficiency, 137. function, 138. suppress, 139. miracle, 140. tablet, 141. constantly, 142. complexity, 143. syrup, 144. release

145. ad\_\_\_\_ve technology *adj.* capable of adjusting to new situations or changing conditions
146. 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
147. wage sup\_\_\_\_\_nt *n.* something that is added to something else to make it better or complete it
148. no\_\_\_\_\_lf realization *adj.* any entity or substance that is not recognized as a part of an individual's own body; a Buddhist term referring to the idea that all phenomena, including the self, are not inherently existent or separate but rather are interdependent and impermanent
149. attract br\_\_d attention *adj.* very wide; general
150. information ba\_\_\_\_\_r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
151. write el\_\_\_\_\_t sentences *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
152. a bacterial in\_\_\_\_\_on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
153. fu\_\_\_\_s infection *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

ANSWERS: 145. adaptive, 146. recognize, 147. supplement, 148. non-self, 149. broad, 150. barrier, 151. elegant, 152. infection, 153. fungus

154. marine ec\_\_\_\_\_em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
155. draw an\_\_\_\_\_y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
156. a well-ba\_\_\_\_\_ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
157. the ba\_\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
158. bo\_\_\_\_\_r job *n.* a person employed at a nightclub, bar, or similar establishment to check patrons for membership or age and to enforce rules of behavior, often through physical means if necessary; a type of shoe with a thick, resilient sole
159. at inc\_\_\_\_\_le speed *adj.* unbelievable; enormous
160. a mild degree of mental def\_\_\_\_\_cy *n.* the state of lack, or not having enough of, something that is essential
161. eld\_\_\_\_\_ry juice *n.* a shrub or small tree that bears clusters of dark purple berries, used in jams, jellies, and pies, and also to make wine; believed by some to have medicinal properties
162. al\_\_\_\_\_y treatment *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

ANSWERS: 154. ecosystem, 155. analogy, 156. balanced, 157. balance, 158. bouncer, 159. incredible, 160. deficiency, 161. elderberry, 162. allergy

163. str\_\_\_\_\_en a border patrol      *v.* to become stronger or more effective; to make someone or something stronger or more effective
164. nu\_\_\_\_\_nt medicine      *n.* any substance that is essential for the maintenance and growth of living things
165. i\_\_h constantly      *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
166. gi\_\_\_\_r extract      *n.* a plant (*Zingiber officinale*) that is widely cultivated for its aromatic underground stem (rhizome), which is used as a spice, especially in Asian cooking
167. the me\_\_\_\_\_sm for DNA replication      *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
168. id\_\_\_\_\_fy handwriting      *v.* to recognize someone or something and say or prove who or what they are
169. a un\_\_\_\_e teacher      *adj.* being the only one of its kind; unlike anything else
170. 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
171. 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
172. a ba\_\_\_\_\_ed diet      *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium

ANSWERS: 163. strengthen, 164. nutrient, 165. itch, 166. ginger, 167. mechanism, 168. identify, 169. unique, 170. reverse, 171. diet, 172. balanced

173. non\_\_\_\_\_ic changes *adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation
174. learn new co\_\_\_\_\_ts *n.* an idea or principle associated with something abstract
175. pathogenic ba\_\_\_\_\_ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
176. sup\_\_\_\_\_ge the battery *v.* to increase the power or energy of something
177. 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
178. non\_\_\_\_\_ic antibody *adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation
179. bo\_\_t the economy *v.* to improve, raise, or increase something
180. in a me\_\_\_\_\_ly effective manner *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
181. the pa\_\_\_\_\_en in the air *n.* a bacterium, virus, or other microorganism that causes disease
182. loss of muscle ti\_\_\_\_e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 173. nonspecific, 174. concept, 175. bacteria, 176. supercharge, 177. recognize, 178. nonspecific, 179. boost, 180. medically, 181. pathogen, 182. tissue

ANSWERS:

## Session 3: Fill in the Blanks

1. Human conservation efforts often fail unexpectedly because they disturb the balance of the \_\_\_\_\_.
  - n.* all the plants and living creatures in an area and the way they affect each other and the environment
  
2. The vaccination does not necessarily make you completely \_\_\_\_\_.
  - adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
  
3. This pharmaceutical company is developing \_\_\_\_\_ drugs with fewer side effects.
  - n.* a substance produced in the blood that attacks and kills harmful bacteria, viruses, etc., to fight disease
  
4. 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
  
5. The hospital will \_\_\_\_\_ the patient as soon as their condition stabilizes.
  - v.* to release or let go of something or someone; to dismiss or terminate an employee or member of an organization; to emit or give off a substance or energy
  
6. Certain \_\_\_\_\_ may promote tumor growth.
  - n.* something that is added to something else to make it better or complete it
  
7. \_\_\_\_\_ 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

ANSWERS: 1. ecosystem, 2. immune, 3. antibody, 4. vagina, 5. discharge, 6. supplements, 7. Vitamin



8. He accumulated wealth across a \_\_\_\_\_ spectrum of assets.

*adj.* very wide; general

9. The new service helped \_\_\_\_\_ net income by 10%.

*v.* to improve, raise, or increase something

10. Due to the success of \_\_\_\_\_ programs, certain diseases, such as smallpox, have been eradicated.

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

11. Certain types of \_\_\_\_\_ can be toxic to humans, causing severe illness if ingested.

*n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

12. Her response revealed \_\_\_\_\_ idiocy.

*adj.* unbelievable; enormous

13. Each ancient tribe has its \_\_\_\_\_ traditions.

*n.* the process of becoming or making somebody or something well again

14. 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

15. The project's \_\_\_\_\_ made it difficult for the team to complete it on time.

*n.* the state or quality of being complicated or intricate and difficult to understand

ANSWERS: 8. broad, 9. boost, 10. immunization, 11. fungus, 12. incredible, 13. healing, 14. recognize, 15. complexity

16. Hospitals must meet various standards to prevent nosocomial \_\_\_\_\_.
- n.* a condition in which pathogenic microorganisms or viruses have entered the body
17. Mold exposure can release dangerous \_\_\_\_\_ into the air.
- n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
18. Direct democracy is effective in quickly resolving \_\_\_\_\_ situations within a community.
- adj.* full of difficulties; difficult to deal with or solve
19. The researcher separated the nervous \_\_\_\_\_ for microscopic examinations.
- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
20. 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
21. The belief in \_\_\_\_\_ human goodness is a common philosophical concept.
- adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
22. The \_\_\_\_\_ learning system adjusts the difficulty level of the lessons based on the student's performance.
- adj.* capable of adjusting to new situations or changing conditions
23. A decade ago, it was \_\_\_\_\_ impossible to cure this disease completely.
- adv.* in a way that relates to the practice of medicine and the treatment of illness and injury

ANSWERS: 16. infections, 17. toxins, 18. problematic, 19. tissue, 20. balanced, 21. innate, 22. adaptive, 23. medically

24. mRNA vaccines are approved faster because they do not contain inactivated \_\_\_\_\_.
- n.* a bacterium, virus, or other microorganism that causes disease
25. He discovered unique \_\_\_\_\_ for photochemical reactions.
- n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
26. The research institute allocated a lot of money to study the cause and prevention of \_\_\_\_\_.
- n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
27. She mixed the \_\_\_\_\_ with water to make a sweet drink.
- n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
28. The golfer recorded an \_\_\_\_\_ distance.
- adj.* extremely surprising, especially in a way that you like or admire
29. The police placed a \_\_\_\_\_ across the street to halt traffic.
- n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
30. I will introduce you to how to \_\_\_\_\_ the leading causes of the malfunction.
- v.* to recognize someone or something and say or prove who or what they are
31. Difficulties \_\_\_\_\_ the mind, as labor does the body.
- v.* to become stronger or more effective; to make someone or something stronger or more effective

ANSWERS: 24. pathogens, 25. mechanisms, 26. influenza, 27. syrup, 28. amazing, 29. barrier, 30. identify, 31. strengthen

32. The artist's innovative style of work \_\_\_\_\_ me.
- v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone
33. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
34. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
35. They \_\_\_\_\_ the engine to get more power.
- v.* to increase the power or energy of something
36. \_\_\_\_\_ supplements are popular among athletes for their anti-inflammatory properties.
- n.* a bright yellow spice derived from the root of the turmeric plant, commonly used as a flavoring in Indian and Middle Eastern cuisine; also used in traditional medicine for its anti-inflammatory and antioxidant properties
37. Many cancer patients undergo \_\_\_\_\_ as a treatment option.
- n.* the treatment of disease, particularly cancer, using special drugs that have a toxic effect on cancer cells; frequently used in conjunction with other therapies such as surgery and radiation
38. They used fast-acting \_\_\_\_\_ on the flowers in the flower beds.
- n.* any substance that is essential for the maintenance and growth of living things

ANSWERS: 32. intrigues, 33. function, 34. release, 35. supercharged, 36. Turmeric, 37. chemotherapy, 38. nutrients

39. He \_\_\_\_\_ in the dazzling sunlight.

*v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way

40. An infected person in the hospital will likely pass the \_\_\_\_\_ to others.

*n.* a tiny infectious organic material that causes disease in people, animals, and plants

41. The plant's leaves contain a deadly \_\_\_\_\_ that can cause hallucinations and seizures.

*n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

42. Fruits and vegetables are good sources of \_\_\_\_\_.

*n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

43. An \_\_\_\_\_ climate in the region caused a sharp decline in grain harvest.

*adj.* not typical, usual, or regular, especially in a way that is bad

44. The scientist conducted a study that provided \_\_\_\_\_ details about the species' behavior.

*adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

45. The chronic back pain forced him to live an \_\_\_\_\_ life.

*adj.* not doing any or much physical activity; lying idle or unused

ANSWERS: 39. blinked, 40. virus, 41. poison, 42. antioxidants, 43. abnormal, 44. specific, 45. inactive

46. I have no intention to \_\_\_\_\_ your privacy.
- v.* to enter aggressively into another's territory by military force for conquest and occupation
47. The new \_\_\_\_\_ device has a faster processor and better graphics than its predecessor.
- n.* a small flat electronic device used for browsing the internet, reading, writing, or playing games; a small, solid pill of medicine
48. This evidence will form the \_\_\_\_\_ for our discussion.
- n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
49. She wore an \_\_\_\_\_ evening gown to the gala.
- adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
50. The immune system is programmed to recognize and attack \_\_\_\_\_ invaders like viruses and bacteria.
- adj.* any entity or substance that is not recognized as a part of an individual's own body; a Buddhist term referring to the idea that all phenomena, including the self, are not inherently existent or separate but rather are interdependent and impermanent
51. Try to keep a \_\_\_\_\_ between work and off.
- n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
52. The researchers try to discover a common \_\_\_\_\_ in all types of successful organizations.
- n.* one of several parts that combines with others to form something bigger

ANSWERS: 46. invade, 47. tablet, 48. basis, 49. elegant, 50. non-self, 51. balance, 52. component

53. The doctors said that her recovery was a \_\_\_\_\_.

- n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

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

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

55. The overgrown \_\_\_\_ cleaved to the ruined castle walls.

- n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings

56. Tech companies often employ \_\_\_\_\_ ducts and other materials in their office interiors.

- adj.* having no protection or shield from something, such as bad weather, attack, or criticism

57. The body needs a certain amount of \_\_\_\_\_ to build and repair tissues.

- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

58. Vaccination is an effective way to build \_\_\_\_\_ against diseases.

- n.* the ability of an organism to resist infection or disease, often due to the presence of antibodies

59. One such rapidly growing \_\_\_\_\_ is quantum cryptography.

- n.* an idea or principle associated with something abstract

60. \_\_\_\_\_ testing is less accurate than PCR testing but easier to perform.

- n.* a substance that triggers the body's immune response (= the reaction for fighting infections) for defending the body, especially by producing antibodies (= proteins that identify and attack harmful bacteria, viruses, etc.)

ANSWERS: 53. miracle, 54. negative, 55. ivy, 56. exposed, 57. protein, 58. immunity, 59. concept, 60. Antigen

61. The garden was filled with \_\_\_\_\_ and needed to be tilled before planting.  
*n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
62. Some kinds of machine learning models show an \_\_\_\_\_ to how people learn.  
*n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
63. The road of \_\_\_\_\_ leads to the palace of wisdom.  
*n.* an amount or quantity beyond what is acceptable, expected, or reasonable
64. The incident \_\_\_\_\_ a political controversy.  
*v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
65. I can't stop \_\_\_\_\_ my arm because of the mosquito bite.  
*v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
66. The mobile application industry is \_\_\_\_\_ changing.  
*adv.* all the time
67. \_\_\_\_\_ prevalent in hospitals are often resistant to antibiotics.  
*n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
68. An \_\_\_\_\_ curler is a girl's best friend.  
*n.* any of the short hairs that grow around the eyes

ANSWERS: 61. dirt, 62. analogy, 63. excess, 64. triggered, 65. itching, 66. constantly, 67. Bacteria, 68. eyelash



69. 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

70. His allergies caused \_\_\_\_\_ release in his body, leading to congestion and sneezing.

- n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses

71. The painting is \_\_\_\_\_ and there is no other like it.

- adj.* being the only one of its kind; unlike anything else

72. International law allows each nation to \_\_\_\_\_ itself when its rights and interests are illegally violated.

- v.* to protect someone or something from attack, criticism, danger, etc.

73. Immunotherapy is a cancer treatment that uses the patient's T-\_\_\_\_\_ to attack cancer cells.

- n.* a type of white blood cell that plays a role in the immune system's response to infection and disease

74. The \_\_\_\_\_ test helped to determine the cause of her symptoms.

- n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

75. An \_\_\_\_\_ tide wrecked the ship.

- adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

76. The \_\_\_\_\_ at the club checked everyone's ID at the door.

- n.* a person employed at a nightclub, bar, or similar establishment to check patrons for membership or age and to enforce rules of behavior, often through physical means if necessary; a type of shoe with a thick, resilient sole

ANSWERS: 69. reversed, 70. histamine, 71. unique, 72. defend, 73. lymphocytes, 74. allergy, 75. aggressive, 76. bouncer

77. I made some \_\_\_\_\_ jelly from the berries in the backyard.

- n.* a shrub or small tree that bears clusters of dark purple berries, used in jams, jellies, and pies, and also to make wine; believed by some to have medicinal properties

78. We must \_\_\_\_ ourselves of pollution.

- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

79. A legislative speaker should always be \_\_\_\_\_.

- adj.* not helping or assisting either side in a conflict, argument, etc.

80. Mozart was a musical \_\_\_\_\_.

- n.* someone who has exceptional intellectual ability and originality

81. I'm prepared to \_\_\_\_\_ challenges throughout this adventure.

- v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

82. The building was \_\_\_\_\_ in the fire and had to be rebuilt.

- v.* to ruin or damage severely or completely; to eradicate or eliminate completely

83. \_\_\_\_\_ dropping wears away the stone.

- adj.* happening repeatedly or all the time

84. The presence of certain substances triggered the \_\_\_\_\_ response.

- adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

ANSWERS: 77. elderberry, 78. rid, 79. neutral, 80. genius, 81. encounter, 82. destroyed, 83. Constant, 84. autoimmune

85. 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
86. 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
87. The patient complained of \_\_\_\_\_ pain in their lower abdomen.
- adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation
88. Effective communication is an \_\_\_\_\_ part of any successful team.
- adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
89. The doctor prescribed medication to \_\_\_\_\_ the patient's appetite.
- v.* to bring something under control by force or authority; to put an end by force
90. I added fresh \_\_\_\_\_ to the stir-fry to add a little extra zing.
- n.* a plant (*Zingiber officinale*) that is widely cultivated for its aromatic underground stem (rhizome), which is used as a spice, especially in Asian cooking
91. Vitamin \_\_\_\_\_ can lead to various illnesses.
- n.* the state of lack, or not having enough of, something that is essential

ANSWERS: 85. process, 86. diet, 87. nonspecific, 88. integral, 89. suppress, 90. ginger, 91. deficiency

ANSWERS: