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Vocabulary Builder Reference from...

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

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

Advanced Words Only

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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.

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.

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.

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**.

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.

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.

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.

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.

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.

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.

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.

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.

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. in___e ability *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
2. sup_____ge the battery *v.* to increase the power or energy of something
3. 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
4. plant pa_____en *n.* a bacterium, virus, or other microorganism that causes disease
5. 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
6. hi_____ne reaction *n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
7. 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

ANSWERS: 1. innate, 2. supercharge, 3. immunization, 4. pathogen, 5. turmeric, 6. histamine, 7. turmeric

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|-------------------------------------|---|
| 8. i_y plant | <i>n.</i> an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings |
| 9. lym_____te depletion | <i>n.</i> a type of white blood cell that plays a role in the immune system's response to infection and disease |
| 10. not bat an ey_____h | <i>n.</i> any of the short hairs that grow around the eyes |
| 11. aut_____ne disorder | <i>adj.</i> relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances |
| 12. i__h to speak | <i>v.</i> to have an uncomfortable feeling on the skin that makes you want to scratch it |
| 13. i__h constantly | <i>v.</i> to have an uncomfortable feeling on the skin that makes you want to scratch it |
| 14. symbiotic fu____s | <i>n.</i> 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 |
| 15. in_____ue against his rival | <i>v.</i> to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone |
| 16. in___e other tissues | <i>v.</i> to enter aggressively into another's territory by military force for conquest and occupation |
| 17. in a me_____ly effective manner | <i>adv.</i> in a way that relates to the practice of medicine and the treatment of illness and injury |

ANSWERS: 8. ivy, 9. lymphocyte, 10. eyelash, 11. autoimmune, 12. itch, 13. itch, 14. fungus, 15. intrigue, 16. invade, 17. medically

18. 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
19. hi_____ne blocker *n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
20. 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
21. me_____ly endorsed method *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
22. in___e quality *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
23. 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
24. 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

ANSWERS: 18. bouncer, 19. histamine, 20. autoimmune, 21. medically, 22. innate, 23. elderberry, 24. toxin

25. 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
26. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
27. non_____ic antibody *adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation
28. high levels of ant_____nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
29. sup_____ge economic growth *v.* to increase the power or energy of something
30. ey_____h brush *n.* any of the short hairs that grow around the eyes
31. 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
32. 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
33. non_____ic changes *adj.* not specific or detailed; lacking precise definition or differentiation; not limited to a particular thing, person, or situation

ANSWERS: 25. fungus, 26. invade, 27. nonspecific, 28. antioxidant, 29. supercharge, 30. eyelash, 31. immunization, 32. bouncer, 33. nonspecific

34. poison i_y *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
35. 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
36. activated lym_____te *n.* a type of white blood cell that plays a role in the immune system's response to infection and disease
37. ant_____nt behavior *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
38. 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
39. 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
40. the pa_____en in the air *n.* a bacterium, virus, or other microorganism that causes disease

ANSWERS: 34. ivy, 35. intrigue, 36. lymphocyte, 37. antioxidant, 38. elderberry, 39. toxin, 40. pathogen

Session 3: Fill in the Blanks

1. The overgrown ____ cleaved to the ruined castle walls.
n. an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
2. 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
3. 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
4. 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
5. Fruits and vegetables are good sources of _____.
n. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
6. 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
7. 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

ANSWERS: 1. ivy, 2. immunization, 3. lymphocytes, 4. medically, 5. antioxidants, 6. autoimmune, 7. elderberry

8. An _____ curler is a girl's best friend.
n. any of the short hairs that grow around the eyes
9. 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
10. 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
11. 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
12. 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
13. I have no intention to _____ your privacy.
v. to enter aggressively into another's territory by military force for conquest and occupation
14. 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: 8. eyelash, 9. intrigues, 10. fungus, 11. toxins, 12. nonspecific, 13. invade, 14. bouncer

15. 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
16. 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
17. _____ 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
18. mRNA vaccines are approved faster because they do not contain inactivated _____.
n. a bacterium, virus, or other microorganism that causes disease
19. 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
20. They _____ the engine to get more power.
v. to increase the power or energy of something

ANSWERS: 15. itching, 16. histamine, 17. Turmeric, 18. pathogens, 19. innate, 20. supercharged