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Vocabulary Builder Reference from...

Jen Gunter: A cleanse won't detox your body -- but here's what will | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

cleanse

- v.* to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body

synonym: purify, detoxify, sanitize

(1) juice **cleanse**, (2) **cleanse** the face

The new diet is designed to **cleanse** toxins from the body.

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.

detoxification

- n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something

synonym: cleansing, purification, detox

(1) **detoxification** process, (2) natural **detoxification**

Detoxification programs can help eliminate harmful

substances and improve overall health.

charcoal

n. a black, porous substance made by burning wood or other organic matter in the absence of air, often used for drawing or cooking

synonym : carbon, soot, black

(1) **charcoal** brown, (2) **charcoal** grill

The artist used **charcoal** drawing to create a realistic portrait of her subject.

hefty

adj. large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance

synonym : weighty, substantial, sizeable

(1) **hefty** price, (2) **hefty** breakfast

The **hefty** box of books was too heavy to lift on my own.

cleanser

n. a product that cleans or removes dirt or other substances, especially a liquid or cream for cleaning your face

synonym : cleaner, purifier, deodorant

(1) pore refining **cleanser**, (2) powder **cleanser**

I have sensitive skin and use a weakly acidic **cleanser**.

medicinal

adj. of or relating to the treatment or cure of disease

synonym : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

religion

n. a deep conviction in a supernatural power that controls human destiny

synonym : faith, creed, belief

(1) **religion** sociology, (2) freedom of **religion**

Their **religion** strictly prohibits them from drinking or gambling.

intertwine

v. to twist together or become twisted together

synonym: interweave, interlace, entwine

(1) **intertwine** thread, (2) **intertwine** story

The vines **intertwine** to form a thick canopy overhead.

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.

impure

adj. mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters

synonym: contaminated, polluted, unclean

(1) **impure** water, (2) **impure** thoughts

In some religions, pork is deemed **impure**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

imbalance

n. a situation in which two or more things are not equal or equally treated

synonym: inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance**

An **imbalance** in certain substances causes problems with brain function.

humor

n. the quality of being amusing or funny; the liquid parts of the body

synonym: comedy, funniness, liquid substance

(1) sardonic **humor**, (2) vitreous **humor**

My wife seems to be in ill **humor**.

bloodletting

n. the act of intentionally cutting a person's skin or vein to remove blood once thought to cure various illnesses; indiscriminate slaughter

synonym: bleeding, phlebotomy, blood donation

(1) **bloodletting** device, (2) ethnic **bloodletting**

The doctor used leeches for **bloodletting**, as they were thought to be more effective than cutting the skin.

purge

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

synonym: cleanse, clear, eliminate

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

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

regard

v. to think about or consider somebody or something in a specified way

synonym: consider, see, reckon

(1) **regard** him as an enemy, (2) **regard** the situation as unfortunate

Frugality and industry are still **regarded** as virtues.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym: remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work

late into the night.

desire

n. a strong feeling of wanting to have or do something

synonym : ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

medical

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

synonym : health, disease, treatment

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

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

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym : booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

addiction

n. the inability to stop using or doing something as a habit, especially something harmful

synonym : dependence

(1) alcohol **addiction**, (2) **addiction** to foreign oil

He is now fighting his **addiction** to drugs.

liquid

n. a substance, such as water or oil that flows freely and is neither a solid nor a gas

synonym : fluid

(1) colorless **liquid**, (2) hazardous **liquid**

The sponge takes up the **liquid** well.

plumbing

n. the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems

synonym : pipefitting, piping

(1) **plumbing** problem, (2) **plumbing** service

The **plumbing** in my house needs to be replaced because it keeps leaking.

liver

n. a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

(1) **liver** disease, (2) fatty **liver**

The patient will undergo **liver** transplant surgery tomorrow.

locate

v. to specify or determine the exact position of someone or something

synonym : discover, find, place

(1) **locate** a missing pet, (2) **locate** a tumor

The robot can accurately **locate** construction material.

abdomen

n. the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments

synonym : belly, gut, tummy

(1) **abdomen** pain, (2) insect **abdomen**

The weightlifter used his strong **abdomen** muscles to lift the heavy barbell.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym : consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

assist

v. to help someone in doing anything

synonym: help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

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**.

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.

clot

n. a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

synonym: clump, coagulation, thrombus

(1) blood **clot**, (2) **clot** prevention

The **clot** in the blood vessel required immediate medical attention.

cholesterol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym: fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

hormone

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

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

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

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

synonym: essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

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.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

instance

n. a particular example or single occurrence of something

synonym: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

bile

n. a digestive fluid produced by the liver and stored in the gallbladder, which helps to break down fats in the small intestine; bitterness or spitefulness

synonym: gall, bitterness, acrimony

(1) **bile** secretion, (2) **bile** duct

The doctor identified excess **bile** in the patient's bloodstream,

indicating a possible liver or gallbladder issue.

kidney

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

urine

n. a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate

synonym: excrement, dung, pee

(1) **urine** composition, (2) blood in the **urine**

They collected a **urine** specimen for urinalysis.

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.

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.

moderate

adj. being within reasonable limits; not excessive or extreme

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

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

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

poisonous

adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

synonym : toxic, venomous, deadly

(1) **poisonous** plants, (2) **poisonous** chemicals

Some species of **poisonous snakes** can be deadly to humans if bitten.

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.

enzyme

n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

synonym : catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

convert

v. to have a talk with someone; (adjective) reversed in order, relation, or action

synonym : alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16

I want to **convert** my sadness into strength.

acetaldehyde

n. a colorless liquid organic compound that is present in some fruits and vegetables and is also produced naturally in the human body as a byproduct of the breakdown of alcohol

(1) **acetaldehyde** levels, (2) **acetaldehyde** toxicity

Excessive consumption of alcohol can lead to a buildup of **acetaldehyde** in the body.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing
The break in the **dam** threatened the valley.

acetate

n. a synthetic material made from cellulose acetate that is used to make various consumer products such as clothing, upholstery, and packaging materials

synonym: ethanoate

(1) **acetate** film, (2) **acetate** buttons

The shirt is made of a soft **acetate** fabric.

stable

adj. firm and steady; not easily moved, disturbed, or changed

synonym: sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

intermediate

adj. situated between two locations, things, states, etc.; around the middle of a scale of evaluation

synonym: middle, medium, central

(1) **intermediate** sanction, (2) **intermediate** level

Purple is **intermediate** between blue and red.

carbon

n. a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

oxide

n. a chemical compound that contains at least one oxygen atom and one other element

(1) silver **oxide**, (2) combined **oxide**

The blood's red coloring comes from iron **oxide**.

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.

handle

v. to deal with a situation, problem, or strong emotion
synonym: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident
We all should learn how to **handle** stress.

flush

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

synonym: redden, burn, suffuse

(1) the blood **flush** into my face, (2) **flush** the toilet
The girl **flushed** when a young man whistled as she walked by.

digest

v. to transform food into absorbable substances; break down

synonym: absorb, condense

(1) **digest** information, (2) help **digest** food
Most babies can readily **digest** a wide variety of foods.

absorb

v. to take in a fluid or other substance gradually
synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock
The sponge **absorbs** water well.

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.

disseminate

v. to spread or distribute widely, especially information or ideas; to scatter or disperse

synonym: spread, circulate, propagate

(1) **disseminate** propaganda, (2) **disseminate** knowledge

It is important to **disseminate** accurate information to the public to prevent false rumors from spreading.

magical

adj. produced by or containing supernatural powers

synonym: enchanting, occult, supernatural

(1) **magical** place, (2) **magical** powers

When I was a child, my mother often cast **magical** spells to ease my pain whenever I was injured.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

starvation

n. a severe lack of food that leads to malnutrition and, ultimately, death

synonym: hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

electrolyte

n. a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body

(1) the strong **electrolyte**, (2) replenish his **electrolytes**

Electrolyte imbalances can cause health problems.

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.

mention

v. to speak or write about something or someone briefly

synonym: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

intestinal

adj. relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel

synonym: enteric, gut, digestive

(1) **intestinal** blockage, (2) **intestinal** bacteria

The patient experienced severe abdominal pain due to an **intestinal** infection.

flora

n. all the plants in a particular region or time, typically regarded as a whole

synonym: vegetation, plants, greenery

(1) bowel **flora**, (2) aquatic **flora**

The Amazon rainforest is home to a diverse **flora** of plant species.

bowel

n. the part of the alimentary canal below the stomach; the intestine, especially the lower intestine

synonym: intestine, gut, stomach

(1) **bowel** ailment, (2) whole- **bowel** irrigation
He had surgery to remove a portion of his small **bowel**.

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**.

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.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

fatty

adj. containing a lot of fat

synonym: greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

disease

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

synonym: illness, ailment, affliction

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

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

cirrhosis

n. a condition of chronic liver damage that leads to the formation of scar tissue causing loss of function and potentially liver failure; usually caused by excessive alcohol consumption or certain viral infections

synonym: liver disease, hepatic inflammation

(1) biliary **cirrhosis**, (2) alcohol-related **cirrhosis**

Heavy alcohol use can lead to **cirrhosis** of the liver.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym: alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and

nutritional information.

medication

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

synonym: cure, drug, medicine

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

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

hepatitis

n. a medical condition in which the liver becomes inflamed, often as a result of infection by a virus

synonym: liver inflammation, liver disease, jaundice

(1) chronic **hepatitis**, (2) viral **hepatitis**

The patient was diagnosed with **hepatitis** C and will need treatment to clear the virus from her body.

viral

adj. relating to or caused by a virus

(1) fight **viral** infections, (2) detect a **viral** code

This device can more accurately detect **viral** pathogens.

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**.

vaccine

n. a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

synonym: vaccinum

(1) development of **vaccines**, (2) an oral **vaccine**

The mRNA **vaccine** was approved in less than a year because it did not contain the fragments of the target virus.

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.

herb

n. a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes

synonym: plant, weed, shrub

(1) **herb** garden, (2) **herb** spices

Rosemary is a fragrant **herb** commonly used in cooking.

body-building

n. the practice of developing and increasing the size, strength, and definition of muscles through exercise, diet, and sometimes the use of supplements or performance-enhancing drugs

synonym: weight training, muscle building, strength training

(1) **body-building** routine, (2) **body-building** supplements

John spends several hours a day lifting weights for **body-building** purposes.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment

are genuine problems.

tune

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

synonym: melody, harmony, (verb) adjust

(1) the **tune** of a song, (2) **tune** a piano

The band played a beautiful **tune** on their instruments.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

Session 2: Spelling

1. la__l a bag with my name
n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
2. key co_____nt
n. one of several parts that combines with others to form something bigger
3. int_____ate sanction
adj. situated between two locations, things, states, etc.; around the middle of a scale of evaluation
4. pu__e the system
v. to remove or get rid of something, especially that is unwanted or impure
5. biliary ci_____is
n. a condition of chronic liver damage that leads to the formation of scar tissue causing loss of function and potentially liver failure; usually caused by excessive alcohol consumption or certain viral infections
6. the blood fl__h into my face
v. to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
7. d_m-building program
n. a wall constructed over a river to block the flow of water, mainly used to generate energy
8. t__e a piano
n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

ANSWERS: 1. label, 2. component, 3. intermediate, 4. purge, 5. cirrhosis, 6. flush, 7. dam, 8. tune

9. chronic he_____is *n.* a medical condition in which the liver becomes inflamed, often as a result of infection by a virus
10. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
11. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
12. fleshly de___e *n.* a strong feeling of wanting to have or do something
13. fatty li__r *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
14. hazardous li___d *n.* a substance, such as water or oil that flows freely and is neither a solid nor a gas
15. die of sta_____on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
16. colorless li___d *n.* a substance, such as water or oil that flows freely and is neither a solid nor a gas
17. ac_____e film *n.* a synthetic material made from cellulose acetate that is used to make various consumer products such as clothing, upholstery, and packaging materials
18. cl_____e the face *v.* to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body

ANSWERS: 9. hepatitis, 10. rid, 11. medication, 12. desire, 13. liver, 14. liquid, 15. starvation, 16. liquid, 17. acetate, 18. cleanse

19. vitreous hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
20. less fa__y meat *adj.* containing a lot of fat
21. silver ox__e *n.* a chemical compound that contains at least one oxygen atom and one other element
22. ha___ed the incident *v.* to deal with a situation, problem, or strong emotion
23. mo_____te risk *adj.* being within reasonable limits; not excessive or extreme
24. he__y price *adj.* large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance
25. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
26. combined ox__e *n.* a chemical compound that contains at least one oxygen atom and one other element
27. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
28. me_____n in a report *v.* to speak or write about something or someone briefly
29. bowel fl__a *n.* all the plants in a particular region or time, typically regarded as a whole
30. the strong ele_____te *n.* a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body

ANSWERS: 19. humor, 20. fatty, 21. oxide, 22. handle, 23. moderate, 24. hefty, 25. industrious, 26. oxide, 27. label, 28. mention, 29. flora, 30. electrolyte

31. a fatal in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
32. 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
33. re_____on sociology *n.* a deep conviction in a supernatural power that controls human destiny
34. an explosive su_____ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
35. natural det_____ion *n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
36. pl_____ng service *n.* the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems
37. development of va_____es *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
38. pl_____ng problem *n.* the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems

ANSWERS: 31. injury, 32. immune, 33. religion, 34. substance, 35. detoxification, 36. plumbing, 37. vaccine, 38. plumbing

39. a ba____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
40. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
41. fl__h the toilet *v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
42. we__h a cargo *v.* to have a particular weight; to carefully evaluate things before making a conclusion
43. int____al bacteria *adj.* relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel
44. ac____e buttons *n.* a synthetic material made from cellulose acetate that is used to make various consumer products such as clothing, upholstery, and packaging materials
45. help di____t food *v.* to transform food into absorbable substances; break down
46. lo____e a missing pet *v.* to specify or determine the exact position of someone or something
47. int____ne story *v.* to twist together or become twisted together

ANSWERS: 39. balanced, 40. disease, 41. flush, 42. weigh, 43. intestinal, 44. acetate, 45. digest, 46. locate, 47. intertwine

48. as___t his goal *v.* to help someone in doing anything
49. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
50. re_____ly arranged *adv.* at regular intervals or times
51. a bacterial in_____on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
52. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
53. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
54. fight vi__l infections *adj.* relating to or caused by a virus
55. powder cl_____er *n.* a product that cleans or removes dirt or other substances, especially a liquid or cream for cleaning your face
56. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
57. the t__e of a song *n.* a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

ANSWERS: 48. assist, 49. relate, 50. regularly, 51. infection, 52. regulate, 53. doe, 54. viral, 55. cleanser, 56. hormone, 57. tune

58. for in____ce *n.* a particular example or single occurrence of something
59. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
60. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
61. ethnic blo_____ing *n.* the act of intentionally cutting a person's skin or vein to remove blood once thought to cure various illnesses; indiscriminate slaughter
62. int_____al blockage *adj.* relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel
63. sta_____on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
64. ab___b a shock *v.* to take in a fluid or other substance gradually
65. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
66. 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
67. in st___e condition *adj.* firm and steady; not easily moved, disturbed, or changed

ANSWERS: 58. instance, 59. medication, 60. pound, 61. bloodletting, 62. intestinal, 63. starvation, 64. absorb, 65. rid, 66. diet, 67. stable

68. freedom of re____on *n.* a deep conviction in a supernatural power that controls human destiny
69. whole-bo__l irrigation *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
70. he__y breakfast *adj.* large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance
71. co____t base 10 to base 16 *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
72. a well-ba____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
73. official sta____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
74. co____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
75. an artificial ki____y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
76. unsatisfied de____e *n.* a strong feeling of wanting to have or do something
77. 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: 68. religion, 69. bowel, 70. hefty, 71. convert, 72. balanced, 73. statistics, 74. consume, 75. kidney, 76. desire, 77. toxin

78. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
79. trade im_____ce *n.* a situation in which two or more things are not equal or equally treated
80. w__ned me of the plan *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
81. ca____r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
82. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
83. cho_____ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
84. 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
85. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 78. decision, 79. imbalance, 80. warn, 81. cancer, 82. treatment, 83. cholesterol, 84. balance, 85. decision

86. as__t a patient *v.* to help someone in doing anything
87. c__t prevention *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
88. lack of digestive en___es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
89. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
90. li__r disease *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
91. 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
92. pu__e his sins *v.* to remove or get rid of something, especially that is unwanted or impure
93. 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: 86. assist, 87. clot, 88. enzyme, 89. alcohol, 90. liver, 91. function, 92.

purge, 93. function

94. re___d the situation as unfortunate *v.* to think about or consider somebody or something in a specified way
95. blo_____ing device *n.* the act of intentionally cutting a person's skin or vein to remove blood once thought to cure various illnesses; indiscriminate slaughter
96. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
97. symptoms of hormonal im_____ce *n.* a situation in which two or more things are not equal or equally treated
98. bod_____ing supplements *n.* the practice of developing and increasing the size, strength, and definition of muscles through exercise, diet, and sometimes the use of supplements or performance-enhancing drugs
99. use of dietary sup_____nts *n.* something that is added to something else to make it better or complete it
100. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
101. ch_____al grill *n.* a black, porous substance made by burning wood or other organic matter in the absence of air, often used for drawing or cooking
102. have a st___e job *adj.* firm and steady; not easily moved, disturbed, or changed

ANSWERS: 94. regard, 95. bloodletting, 96. hormone, 97. imbalance, 98. body-building, 99. supplement, 100. component, 101. charcoal, 102. stable

103. detect a vi__l code *adj.* relating to or caused by a virus
104. me____n name *v.* to speak or write about something or someone briefly
105. we__h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
106. ca____n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
107. 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
108. lo____e a tumor *v.* to specify or determine the exact position of someone or something
109. po____us chemicals *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
110. lose ex____s weight *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
111. po____us plants *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
112. a nu____nt for hair *n.* any substance that is essential for the maintenance and growth of living things

ANSWERS: 103. viral, 104. mention, 105. weigh, 106. carbon, 107. balance, 108. locate, 109. poisonous, 110. excess, 111. poisonous, 112. nutrient

113. b__e secretion *n.* a digestive fluid produced by the liver and stored in the gallbladder, which helps to break down fats in the small intestine; bitterness or spitefulness
114. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
115. an oral va_____e *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
116. bo__l ailment *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
117. post re_____ly to a blog *adv.* at regular intervals or times
118. ind_____us student *adj.* hardworking, diligent, and persistent in effort
119. ca___n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
120. treat the in_____on with antibiotics *n.* a condition in which pathogenic microorganisms or viruses have entered the body
121. chronic ki___y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 113. bile, 114. dam, 115. vaccine, 116. bowel, 117. regularly, 118. industrious, 119. carbon, 120. infection, 121. kidney

122. low cho_____ol *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
123. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
124. without in____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
125. ch_____al brown *n.* a black, porous substance made by burning wood or other organic matter in the absence of air, often used for drawing or cooking
126. 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
127. su_____ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
128. bod_____ing routine *n.* the practice of developing and increasing the size, strength, and definition of muscles through exercise, diet, and sometimes the use of supplements or performance-enhancing drugs

ANSWERS: 122. cholesterol, 123. consume, 124. injury, 125. charcoal, 126. process, 127. substance, 128. body-building

129. notable in _____ce
n. a particular example or single occurrence of something
130. en_____e reaction
n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
131. ma_____l place
adj. produced by or containing supernatural powers
132. en_____er a storm
v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
133. alcohol ad_____on
n. the inability to stop using or doing something as a habit, especially something harmful
134. industry-sp_____ic regulations
adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
135. ma_____l powers
adj. produced by or containing supernatural powers
136. di_____e prevention
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
137. re_____te our conduct
v. to control something, especially by means of rules or laws
138. ace_____yde levels
n. a colorless liquid organic compound that is present in some fruits and vegetables and is also produced naturally in the human body as a byproduct of the breakdown of alcohol

ANSWERS: 129. instance, 130. enzyme, 131. magical, 132. encounter, 133. addiction, 134. specific, 135. magical, 136. disease, 137. regulate, 138. acetaldehyde

139. ha___e a precious object *v.* to deal with a situation, problem, or strong emotion
140. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
141. 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
142. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
143. ab_____n pain *n.* the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments
144. ad_____on to foreign oil *n.* the inability to stop using or doing something as a habit, especially something harmful
145. det_____ion process *n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
146. 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

ANSWERS: 139. handle, 140. statistics, 141. immune, 142. relate, 143. abdomen, 144. addiction, 145. detoxification, 146. diet

147. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
148. blood in the ur__e *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
149. dis_____te knowledge *v.* to spread or distribute widely, especially information or ideas; to scatter or disperse
150. ab___b energy *v.* to take in a fluid or other substance gradually
151. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
152. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
153. an ex___s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
154. juice cl_____e *v.* to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body
155. mo_____te growth *adj.* being within reasonable limits; not excessive or extreme

ANSWERS: 147. nutrient, 148. urine, 149. disseminate, 150. absorb, 151. encounter, 152. alcohol, 153. excess, 154. cleanse, 155. moderate

156. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
157. im___e water *adj.* mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters
158. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
159. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
160. insect ab_____n *n.* the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments
161. ace_____yde toxicity *n.* a colorless liquid organic compound that is present in some fruits and vegetables and is also produced naturally in the human body as a byproduct of the breakdown of alcohol
162. w__n a reckless driver *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
163. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

ANSWERS: 156. treatment, 157. impure, 158. pound, 159. disrupt, 160. abdomen, 161. acetaldehyde, 162. warn, 163. specific

164. di____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
165. sardonic hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
166. h__b garden *n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
167. re____d him as an enemy *v.* to think about or consider somebody or something in a specified way
168. dis____te propaganda *v.* to spread or distribute widely, especially information or ideas; to scatter or disperse
169. h__b spices *n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
170. me____al chemistry *adj.* of or relating to the treatment or cure of disease
171. int____ate level *adj.* situated between two locations, things, states, etc.; around the middle of a scale of evaluation
172. replenish his ele____tes *n.* a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body
173. im____e thoughts *adj.* mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters

ANSWERS: 164. disrupt, 165. humor, 166. herb, 167. regard, 168. disseminate, 169. herb, 170. medicinal, 171. intermediate, 172. electrolyte, 173. impure

174. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
175. aquatic fl__a *n.* all the plants in a particular region or time, typically regarded as a whole
176. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
177. blood c__t *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
178. int_____ne thread *v.* to twist together or become twisted together
179. 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
180. pore refining cl_____er *n.* a product that cleans or removes dirt or other substances, especially a liquid or cream for cleaning your face
181. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 174. medical, 175. flora, 176. doe, 177. clot, 178. intertwine, 179. toxin, 180. cleanser, 181. process

182. wage sup_____nt *n.* something that is added to something else to make it better or complete it
183. ca____r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
184. 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
185. ur____e composition *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
186. alcohol-related ci_____is *n.* a condition of chronic liver damage that leads to the formation of scar tissue causing loss of function and potentially liver failure; usually caused by excessive alcohol consumption or certain viral infections
187. di____t information *v.* to transform food into absorbable substances; break down
188. co_____t fat into energy *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
189. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
190. 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

ANSWERS: 182. supplement, 183. cancer, 184. protein, 185. urine, 186. cirrhosis, 187. digest, 188. convert, 189. medical, 190. protein

191. traditional me_____al *adj.* of or relating to the treatment or cure of disease
192. b__e duct *n.* a digestive fluid produced by the liver and stored in the gallbladder, which helps to break down fats in the small intestine; bitterness or spitefulness
193. viral he_____is *n.* a medical condition in which the liver becomes inflamed, often as a result of infection by a virus
194. fa__y acid *adj.* containing a lot of fat

ANSWERS: 191. medicinal, 192. bile, 193. hepatitis, 194. fatty

Session 3: Fill in the Blanks

1. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
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. 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
4. Relations between the two countries have been relatively _____ due to the summit meeting.
adj. firm and steady; not easily moved, disturbed, or changed
5. The _____ box of books was too heavy to lift on my own.
adj. large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance
6. _____ programs can help eliminate harmful substances and improve overall health.
n. (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
7. The sponge takes up the _____ well.
n. a substance, such as water or oil that flows freely and is neither a solid nor a gas

ANSWERS: 1. mentioned, 2. immune, 3. diet, 4. stable, 5. hefty, 6. Detoxification, 7. liquid

8. Purple is _____ between blue and red.
adj. situated between two locations, things, states, etc.; around the middle of a scale of evaluation
9. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
10. Some species of _____ can be deadly to humans if bitten.
adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
11. The patient experienced severe abdominal pain due to an _____ infection.
adj. relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel
12. Please _____ her with the furniture relocation.
v. to help someone in doing anything
13. The new diet is designed to _____ toxins from the body.
v. to purify or get rid of impurities or toxins; to wash or scrub thoroughly, often in a ritualistic or symbolic context; to purge or remove negative or harmful influences or substances from something; (noun) an act of cleaning or purifying something, typically the body
14. The drought led to widespread _____ in the region.
n. a severe lack of food that leads to malnutrition and, ultimately, death
15. The sponge _____ water well.
v. to take in a fluid or other substance gradually

ANSWERS: 8. intermediate, 9. industrious, 10. poisonous snakes, 11. intestinal, 12. assist, 13. cleanse, 14. starvation, 15. absorbs

16. Excessive consumption of alcohol can lead to a buildup of _____ in the body.
- n.* a colorless liquid organic compound that is present in some fruits and vegetables and is also produced naturally in the human body as a byproduct of the breakdown of alcohol
17. Most babies can readily _____ a wide variety of foods.
- v.* to transform food into absorbable substances; break down
18. The blood's red coloring comes from iron _____.
- n.* a chemical compound that contains at least one oxygen atom and one other element
19. The vines _____ to form a thick canopy overhead.
- v.* to twist together or become twisted together
20. The Amazon rainforest is home to a diverse _____ of plant species.
- n.* all the plants in a particular region or time, typically regarded as a whole
21. 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
22. Heavy alcohol use can lead to _____ of the liver.
- n.* a condition of chronic liver damage that leads to the formation of scar tissue causing loss of function and potentially liver failure; usually caused by excessive alcohol consumption or certain viral infections
23. 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

ANSWERS: 16. acetaldehyde, 17. digest, 18. oxide, 19. intertwine, 20. flora, 21. balanced, 22. cirrhosis, 23. toxins

24. The mRNA _____ was approved in less than a year because it did not contain the fragments of the target virus.
- n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
25. 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
26. My wife seems to be in ill _____.
- n.* the quality of being amusing or funny; the liquid parts of the body
27. I have sensitive skin and use a weakly acidic _____.
- n.* a product that cleans or removes dirt or other substances, especially a liquid or cream for cleaning your face
28. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
29. Trees absorb _____ dioxide and give off oxygen.
- n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
30. Hospitals must meet various standards to prevent nosocomial _____.
- n.* a condition in which pathogenic microorganisms or viruses have entered the body
31. The patient was diagnosed with _____ C and will need treatment to clear the virus from her body.
- n.* a medical condition in which the liver becomes inflamed, often as a result of infection by a virus

ANSWERS: 24. vaccine, 25. balance, 26. humor, 27. cleanser, 28. pounds, 29. carbon, 30. infections, 31. hepatitis

32. The doctor identified excess _____ in the patient's bloodstream, indicating a possible liver or gallbladder issue.
- n.* a digestive fluid produced by the liver and stored in the gallbladder, which helps to break down fats in the small intestine; bitterness or spitefulness
33. The _____ team worked quickly to save the patient's life.
- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
34. These articles cite five _____ of climate change.
- n.* a particular example or single occurrence of something
35. The _____ of the argument was well-presented.
- n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
36. The break in the ____ threatened the valley.
- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
37. My accidental _____ got better right away.
- n.* harm done to a person's or an animal's body caused by an accident or an attack
38. _____ imbalances can cause health problems.
- n.* a substance that conducts electricity when dissolved in water or another solvent and that is essential for many physiological processes in the body
39. He is now fighting his _____ to drugs.
- n.* the inability to stop using or doing something as a habit, especially something harmful

ANSWERS: 32. bile, 33. medical, 34. instances, 35. substance, 36. dam, 37. injury, 38. Electrolyte, 39. addiction

40. The _____ in my house needs to be replaced because it keeps leaking.
- n.* the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems
41. 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
42. Rosemary is a fragrant _____ commonly used in cooking.
- n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
43. He tried to _____ his experience to the group, but they couldn't understand.
- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
44. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
45. The patient will undergo _____ transplant surgery tomorrow.
- n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
46. I attempted to _____ him, but he ignored me.
- v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future

ANSWERS: 40. plumbing, 41. component, 42. herb, 43. relate, 44. medication, 45. liver, 46. warn

47. I'm so sorry to _____ you when you're pretty busy.
- v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
48. The government tried to _____ corrupt officials from the bureaucracy.
- v. to remove or get rid of something, especially that is unwanted or impure
49. The doctor diagnosed him with a rare _____ that had no known cure.
- n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
50. It is important to _____ accurate information to the public to prevent false rumors from spreading.
- v. to spread or distribute widely, especially information or ideas; to scatter or disperse
51. He had surgery to remove a portion of his small _____.
- n. the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
52. The _____ on the food package lists the ingredients and nutritional information.
- n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
53. A smaller car will _____ less fuel.
- v. to spend something, especially fuel, energy, or time, in a large amount
54. The doctor diagnosed me with a _____ disorder.
- n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 47. disrupt, 48. purge, 49. disease, 50. disseminate, 51. bowel, 52. label, 53. consume, 54. hormone

55. Their _____ strictly prohibits them from drinking or gambling.

n. a deep conviction in a supernatural power that controls human destiny

56. He had a _____ understanding of the topic but needed further research.

adj. being within reasonable limits; not excessive or extreme

57. The baby _____ 1 pound 3 oz.

v. to have a particular weight; to carefully evaluate things before making a conclusion

58. The _____ in the blood vessel required immediate medical attention.

n. a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

59. The girl _____ when a young man whistled as she walked by.

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

60. High levels of _____ can increase the risk of heart disease.

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

61. There is a clear association between _____ consumption and cognitive decline.

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

62. You should keep away from _____ foods.

adj. containing a lot of fat

ANSWERS: 55. religion, 56. moderate, 57. weighs, 58. clot, 59. flushed, 60. cholesterol, 61. alcohol, 62. fatty

63. When I was a child, my mother often cast _____ spells to ease my pain whenever I was injured.

adj. produced by or containing supernatural powers

64. An _____ in certain substances causes problems with brain function.

n. a situation in which two or more things are not equal or equally treated

65. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

66. 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

67. The primary purpose of the _____ is pain relief.

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

68. This site _____ shares high-quality academic materials.

adv. at regular intervals or times

69. We must manage to _____ our expenditure.

v. to control something, especially by means of rules or laws

70. Frugality and industry are still _____ as virtues.

v. to think about or consider somebody or something in a specified way

71. John spends several hours a day lifting weights for _____ purposes.

n. the practice of developing and increasing the size, strength, and definition of muscles through exercise, diet, and sometimes the use of supplements or performance-enhancing drugs

ANSWERS: 63. magical, 64. imbalance, 65. decision, 66. protein, 67. treatment, 68. regularly, 69. regulate, 70. regarded, 71. body-building

72. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

73. We all should learn how to _____ stress.

v. to deal with a situation, problem, or strong emotion

74. They collected a _____ specimen for urinalysis.

n. a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate

75. Hunters use a whistle that makes the ____ sound to lure stags.

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

76. The band played a beautiful _____ on their instruments.

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

77. 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

78. The surgeon removed the healthy _____ from the donor.

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

79. 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

ANSWERS: 72. medicinal, 73. handle, 74. urine, 75. doe, 76. tune, 77. encounter, 78. kidney, 79. specific

80. We must ___ ourselves of pollution.

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

81. In some religions, pork is deemed _____.

- adj.* mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters

82. The robot can accurately _____ construction material.

- v.* to specify or determine the exact position of someone or something

83. Low sexual _____ typically correlates with low testosterone levels.

- n.* a strong feeling of wanting to have or do something

84. Certain _____ may promote tumor growth.

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

85. The shirt is made of a soft _____ fabric.

- n.* a synthetic material made from cellulose acetate that is used to make various consumer products such as clothing, upholstery, and packaging materials

86. I want to _____ my sadness into strength.

- v.* to have a talk with someone; (adjective) reversed in order, relation, or action

87. 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

ANSWERS: 80. rid, 81. impure, 82. locate, 83. desire, 84. supplements, 85. acetate, 86. convert, 87. function

88. The road of _____ leads to the palace of wisdom.
- n.* an amount or quantity beyond what is acceptable, expected, or reasonable
89. Breast _____ is the most common type of cancer in women.
- n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
90. The doctor used leeches for _____ as they were thought to be more effective than cutting the skin.
- n.* the act of intentionally cutting a person's skin or vein to remove blood once thought to cure various illnesses; indiscriminate slaughter
91. The _____ demonstrate that poverty and unemployment are genuine problems.
- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
92. 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
93. The artist used _____ drawing to create a realistic portrait of her subject.
- n.* a black, porous substance made by burning wood or other organic matter in the absence of air, often used for drawing or cooking
94. The weightlifter used his strong _____ muscles to lift the heavy barbell.
- n.* the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments

ANSWERS: 88. excess, 89. cancer, 90. bloodletting, 91. statistics, 92. nutrients, 93. charcoal, 94. abdomen

95. 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

96. This device can more accurately detect _____ pathogens.

- adj.* relating to or caused by a virus

97. A deficiency in the _____ can lead to a medical condition.

- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

ANSWERS: 95. process, 96. viral, 97. enzyme