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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\\_cleanse\\_won\\_t\\_detox\\_your\\_body\\_but\\_here\\_s\\_what\\_will](https://www.ted.com/talks/jen_gunter_a_cleanse_won_t_detox_your_body_but_here_s_what_will)

### Advanced Words Only

#### 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.

## 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.

## 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.

## 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.

## 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**.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

1. 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
2. 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
3. trade im\_\_\_\_ce  
*n.* a situation in which two or more things are not equal or equally treated
4. 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
5. d\_e rabbit  
*n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
6. 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
7. 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

ANSWERS: 1. bile, 2. acetate, 3. imbalance, 4. toxin, 5. doe, 6. poisonous, 7. acetate

8. 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
9. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
10. 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
11. 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
12. 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
13. 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
14. 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

ANSWERS: 8. bloodletting, 9. medicinal, 10. abdomen, 11. electrolyte, 12. bile, 13. detoxification, 14. cleanse

15. 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
16. 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
17. 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
18. pu\_\_e the system      *v.* to remove or get rid of something, especially that is unwanted or impure
19. symptoms of hormonal im\_\_\_\_\_ce      *n.* a situation in which two or more things are not equal or equally treated
20. 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
21. 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

ANSWERS: 15. cleanse, 16. toxin, 17. poisonous, 18. purge, 19. imbalance, 20. abdomen, 21. disrupt



22. ind\_\_\_\_\_us worker *adj.* hardworking, diligent, and persistent in effort
23. 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
24. 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
25. im\_\_\_e water *adj.* mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters
26. sta\_\_\_\_\_on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
27. he\_\_y breakfast *adj.* large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance
28. 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
29. dis\_\_\_\_\_te propaganda *v.* to spread or distribute widely, especially information or ideas; to scatter or disperse
30. im\_\_\_e thoughts *adj.* mixed with other substances or foreign matter; (of persons or behaviors) immoral or obscene, especially in sexual matters

ANSWERS: 22. industrious, 23. acetaldehyde, 24. clot, 25. impure, 26. starvation, 27. hefty, 28. bloodletting, 29. disseminate, 30. impure

31. pu\_\_e his sins v. to remove or get rid of something, especially that is unwanted or impure
32. 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
33. int\_\_\_\_\_ne story v. to twist together or become twisted together
34. 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
35. 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
36. dis\_\_\_\_\_te knowledge v. to spread or distribute widely, especially information or ideas; to scatter or disperse
37. 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
38. he\_\_y price adj. large, bulky, and heavy; impressively large, substantial, or powerful; large in amount, extent, or significance

ANSWERS: 31. purge, 32. cirrhosis, 33. intertwine, 34. cirrhosis, 35. electrolyte, 36. disseminate, 37. disrupt, 38. hefty

39. 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
40. int\_\_\_\_\_ne thread      *v.* to twist together or become twisted together
41. ind\_\_\_\_\_us student      *adj.* hardworking, diligent, and persistent in effort
42. 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
43. die of sta\_\_\_\_\_on      *n.* a severe lack of food that leads to malnutrition and, ultimately, death
44. traditional me\_\_\_\_\_al      *adj.* of or relating to the treatment or cure of disease
45. 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
46. 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

ANSWERS: 39. doe, 40. intertwine, 41. industrious, 42. detoxification, 43. starvation, 44. medicinal, 45. clot, 46. acetaldehyde

## Session 3: Fill in the Blanks

1. 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
2. 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
3. \_\_\_\_\_ 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
4. 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
5. 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
6. 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
7. 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

ANSWERS: 1. impure, 2. disrupt, 3. Electrolyte, 4. clot, 5. doe, 6. acetate, 7. hefty

8. 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
9. 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
10. 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
11. 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
12. 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
13. The government tried to \_\_\_\_\_ corrupt officials from the bureaucracy.
- v.* to remove or get rid of something, especially that is unwanted or impure
14. He was known to be very \_\_\_\_\_ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort

ANSWERS: 8. cirrhosis, 9. poisonous snakes, 10. disseminate, 11. bloodletting, 12. abdomen, 13. purge, 14. industrious

15. 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
16. 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
17. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
18. The drought led to widespread \_\_\_\_\_ in the region.
- n.* a severe lack of food that leads to malnutrition and, ultimately, death
19. 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
20. The vines \_\_\_\_\_ to form a thick canopy overhead.
- v.* to twist together or become twisted together
21. \_\_\_\_\_ 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

ANSWERS: 15. acetaldehyde, 16. toxins, 17. medicinal, 18. starvation, 19. bile, 20. intertwine, 21. Detoxification

22. 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

23. An \_\_\_\_\_ in certain substances causes problems with brain function.

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

ANSWERS: 22. cleanse, 23. imbalance