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Vocabulary Builder Reference from...

Jen Gunter: 5 skin health myths to stop believing now

| TED Talk

https://www.ted.com/talks/jen_gunter_5_skin_health_myths_to_stop_believing_now

All Words

IMPORTANT

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Session 1: Word List

importance

n. the quality of being important and worthy of note
synonym: significance, primacy, matter

(1) a man of **importance**, (2) high **importance**

I stopped by the branch though I have no business of **importance**.

misunderstand

v. to interpret or understand something in the wrong way
synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

myth

n. an ancient story or set of stories accepted as history, especially explaining the worldview of a people

synonym: fable, legend, lore

(1) the **myth** of an old religion, (2) perpetuate a **myth**

With the financial bubble bursting, the **myth** of economic growth in investment banking collapsed.

flawless

adj. without any imperfections or errors; perfect or impeccable in appearance or performance

synonym: perfect, impeccable, faultless

(1) **flawless** execution, (2) **flawless** performance
The football team had a **flawless** season and went undefeated all year.

radiant

adj. emitting light or heat; shining brightly

synonym: shining, glowing, brilliant

(1) **radiant** smile, (2) **radiant** light

She looked **radiant** on her wedding day.

devoid

adj. completely lacking or free from something

synonym: empty, lacking, void

(1) **devoid** of life, (2) air **devoid** of pollution

The room was **devoid** of any furniture or decorations.

blemish

n. a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something

synonym: defect, flaw, imperfection

(1) **blemish** my record, (2) skin **blemish**

I have a **blemish** on my face that I am trying to cover with makeup.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

complexity

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

synonym: intricacy, sophistication, elaboration

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

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

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**.

epidermis

n. the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

synonym: skin, cuticle, derma

(1) **epidermis** layer, (2) **epidermis** cells

Excessive exposure to UV radiation harms the **epidermis** and increases the risk of skin cancer.

keratin

n. a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers

synonym: ceratin

(1) **keratin** treatment, (2) **keratin** protein

Keratosis is a skin condition characterized by the formation of excess **keratin** on the skin's surface

replace

v. to take the place of something

synonym: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone

Eventually, the new design will **replace** all older models.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

synthesize

v. to combine a substance to make a more complex product or compound

synonym: incorporate, amalgamate

(1) **synthesize** molecules, (2) **synthesize** information

The spider can **synthesize** multiple different silk proteins.

vitamin

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

synonym: nutrient, micronutrient, dietary supplement

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

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

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

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

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

melanin

n. a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features

synonym: pigment, coloration, hue

(1) **melanin** production, (2) **melanin** deficiency

People with more **melanin** in their skin can better protect themselves from the sun's harmful rays.

patrol

n. the act of guarding an area or conducting surveillance of an area to maintain order, perform security functions, or prevent crime; a group of officers or soldiers that conducts such an operation

synonym: guard, watch, surveillance

(1) **patrol** car, (2) border **patrol**

The highway **patrol** officer pulled over the speeding vehicle on the freeway.

pathogen

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

synonym: germ, microbe, bacterium

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

dermis

n. the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue

synonym: skin layer, corium, cutis

(1) hair follicle **dermis**, (2) skin **dermis**

The **dermis** layer contains nerve endings, which enable us to feel sensations such as pressure and pain.

scaffold

n. a temporary platform or structure used to support workers and materials during construction or maintenance work

synonym: platform, staging, framework

(1) **scaffold** construction, (2) go to the **scaffold**

The construction workers set up the **scaffold** to reach the top of the building.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym: gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

vessel

n. a ship or large boat

synonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

follicle

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

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

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

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

sensory

adj. of or relating to the physical senses

synonym: receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are extremely sensitive creatures.

receptor

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

vibration

n. a continuous quick and slight shaking movement

synonym: oscillation, fluctuation, reverberation

(1) protection against **vibration**, (2) sympathetic **vibration**

Vibration displaced part of the mechanism.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

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.

temperature

n. the degree of hotness or coldness of a thing or place

synonym: climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

retain

v. to keep or continue to possess or maintain something

synonym: possess, hold, keep on

(1) **retain** information, (2) **retain** a lawyer

Computers help people **retain** specific memories.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output
They hope to **expand** their business worldwide.

release

v. to set free or allow to escape from confinement
synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air
The animal rights group worked to **release** the dolphins back into the wild.

exfoliate

v. to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture
synonym: peel, shed, flake

(1) **exfoliate** skin, (2) **exfoliate** dead cells
You shouldn't **exfoliate** too often as it can cause irritation and damage to your skin

roll

v. to move in a particular direction by turning over and over or from side to side
synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks
He was exhausted and **rolled** into bed as soon as he got home.

serum

n. the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.

(1) a **serum** injection, (2) examine **serum**
Serum therapy often involves injecting detoxified toxins to acquire antibodies.

laser

n. a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
synonym: beam, bar, ray

(1) **laser** printer, (2) pulse **laser**

The company holds patents on core components of **laser** jet printers.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

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.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

bunk

n. a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting

synonym: nonsense, rubbish, bunkum

(1) bunch of **bunk**, (2) military **bunk**

The crowded dorm room had **bunk** beds to accommodate all the students.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym: sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

ultraviolet

adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation

synonym: black light, UV light, invisible light

(1) **ultraviolet** protection, (2) **ultraviolet** light

Ultraviolet radiation can cause skin damage if one is exposed for too long.

ray

n. a narrow line of light, heat, or another form of energy

synonym: beam, light, glimmer

(1) opaque to X- **rays**, (2) effect of cosmic **rays**

Gamma **rays** penetrate body tissues and cause cell damage.

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.

penetrate

v. to pass into or through something, often by overcoming resistance

synonym: pierce, stab, go through

(1) **penetrate** a cell, (2) **penetrate** quickly into the skin

Western ideology slowly **penetrates** through the eastern countries.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car

The government tried to **accelerate** the commercialization of this development.

sunburn

n. a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays

synonym : burn, tan, redness

(1) get a **sunburn**, (2) **sunburn** cream

I forgot to put on sunscreen, and now I have a painful **sunburn** on my back.

accumulate

v. to collect or acquire a large number of things over a long period of time

synonym : amass, stash, earn

(1) **accumulate** cash value, (2) **accumulate** evidence

He has **accumulated** his wealth through real estate investments.

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.

defend

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

synonym : protect, guard, support

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

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

exposed

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

synonym : endangered, revealed, disclosed

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

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

tan

v. to become brown as a result of exposure to the sun

synonym : brown, sunburn

(1) **tan** after sun exposure, (2) **tan** poorly
She spent the whole summer **tanning** on the beach.

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.

broad

adj. very wide; general

synonym: wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind
He accumulated wealth across a **broad** spectrum of assets.

spectrum

n. an ordered array of colors into which a light beam can be split

synonym: range, scale, spread

(1) a broad **spectrum** of opinion, (2) infrared **spectrum**
This device displayed the speech **spectrum** spectrographically.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely
The majority of consumers **associate** this brand with quality.

pheomelanin

n. a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer

(1) **pheomelanin** production, (2) **pheomelanin** synthesis

The amount of **pheomelanin** in the skin can impact its susceptibility to sunburn.

freckle

n. a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight

synonym: spot, speck, beauty mark

(1) tiny **freckle**, (2) **freckle** cream

I have a **freckle** on my nose that gets darker in the summertime.

ratio

n. the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal

synonym: proportion, rate, quota

(1) debt-to-income **ratio**, (2) **ratio** of boys to girls

The **ratio** of water to sugar in the recipe is 1:2.

density

n. the quality of compactness of a substance

synonym: tightness, viscosity

(1) population **density**, (2) higher pixel **density**

Do you know the **density** of the population in Hong Kong?

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

ward

n. a room in a hospital for patients requiring special care
synonym: room, division, unit

(1) a children's **ward**, (2) **ward** nurse

The patient was moved to the intensive care **ward** for further treatment.

detect

v. to find or recognize something, especially something difficult to see, hear, etc.

synonym: catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

advance

v. to go or move forward; to develop in a positive way

synonym: progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

racism

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

synonym: prejudice, discrimination, bias

(1) systemic **racism**, (2) research on anti- **racism**

The school's lack of diversity was a clear indication of the **racism** present in the community.

permeate

v. to spread throughout; to pass through or penetrate every part of something

synonym: penetrate, diffuse, infiltrate

(1) **permeate** the air, (2) **permeate** the fabric

The aroma of freshly baked bread **permeated** the entire bakery.

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.

dermatology

n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

synonym: skin care, skin medicine, skin science

(1) pediatric **dermatology**, (2) **dermatology** research

She visited a **dermatology** clinic to get treatment for her skin condition.

diagnose

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

synonym: identify, analyze, interpret

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

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

susceptible

adj. easily influenced, harmed, or affected by something

synonym: exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof

Well-stretched muscles are less **susceptible** to injury.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym: block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

acral

n. relating to the peripheral areas of the body, such as the hands and feet

synonym: peripheral, distal, terminal

(1) **acral** dermatitis, (2) **acral** erythema

Acral melanoma is a rare subtype of skin cancer that typically appears on the palms of the hands or soles of the feet.

melanoma

n. a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas

synonym : skin cancer, melanocarcinoma, pigmented tumor

(1) **melanoma** diagnosis, (2) **melanoma** treatment

Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of **melanoma**.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym : vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

nail

n. a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes

synonym : pin, tack, fastener

(1) rusty **nail**, (2) **nail** clipper

He used a hammer and round **nail** to fix the loose board on the fence.

distrust

n. a lack of trust or confidence in someone or something

synonym : suspicion, doubt, misgiving

(1) **distrust** in politics, (2) growing **distrust**

The employee's consistent tardiness and lack of accountability made her coworkers develop **distrust** in her abilities.

mist

n. a cloud of very small drops of water collecting in the air just above the ground or water

synonym : fog, murk, haze

(1) **mist** in the morning, (2) fine **mist**

The sun has risen, and the **mist** has faded.

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.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

pore

n. a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively

synonym : stoma, foramen

(1) woody **pore** fungi, (2) **pore** over reference books

I was sweating at every **pore**.

duct

n. a tube, pipe, or channel for conveying air, water, or other substances

synonym : tube, pipe, channel

(1) breast **duct**, (2) **duct** tape

The air **ducts** in the building needed to be cleaned to improve the air quality.

sweat

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

synonym : perspiration, steam, hardwork

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

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

lubricate

v. to apply a substance, such as oil or grease, to reduce friction or wear on a surface

synonym : grease, oil, make slippery

(1) **lubricate** the economy, (2) **lubricate** the hinges with oil

The mechanic **lubricated** the gears to prevent them from

grinding.

largely

adv. virtually entirely; to a large degree

synonym : mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue
Nevada is **largely** a desert state.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

irritate

v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

synonym : annoy, vex, bother

(1) **irritate** skin, (2) **irritate** my partner

The sound of his chewing loudly **irritates** me during dinner.

makeup

n. colored substances used on someone's face to improve or change their appearance

synonym : maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than **makeup**.

harsh

adj. severe and unkind; extremely tough and unpleasant to inhabit

synonym : brutal, severe, backbreaking

(1) **harsh** climate, (2) use of **harsh** chemicals
The prime minister faced **harsh** criticism.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

comedo

n. a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead

synonym: pimple, blackhead, blemish

(1) open **comedo**, (2) inflammatory **comedo**

The dermatologist diagnosed the patient with multiple **comedones**, causing her acne.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym: block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

acne

n. a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back

synonym: pimple, zit, spot

(1) **acne** breakout, (2) painful **acne**

Stress can contribute to **acne** development on the skin.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym: rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

bacteria

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

synonym: microorganism, microbe

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

Bacteria prevalent in hospitals are often resistant to antibiotics.

overgrow

v. to grow or thrive over so as to cover with herbage

synonym: overrun, choke, overwhelm

(1) **overgrow** neighboring corals, (2) aquatic plants **overgrow**

Weeds **overgrow** throughout the garden.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

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.

extensive

adj. covering a large area; having a wide range

synonym : ample, comprehensive, vast

(1) **extensive** experience, (2) have **extensive** vocabulary

The incident attracted **extensive** media coverage throughout the world.

trash

n. discarded material, refuse, or waste

synonym : garbage, waste, refuse

(1) **trash** bin, (2) **trash** disposal site

The city is taking measures to reduce the amount of **trash** in the streets.

aggravate

v. to make a problem or situation worse; to irritate or annoy someone

synonym : irritate, provoke, worsen

(1) **aggravate** the situation, (2) **aggravate** an injury

Stress can **aggravate** existing health conditions and cause further problems.

conclusive

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

synonym : decisive, definitive, convincing

(1) **conclusive** information, (2) **conclusive** statement

The research provided **conclusive** evidence that the new treatment was effective.

absolve

v. (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something

synonym : exempt, acquit, forgive

(1) **absolve** you from this responsibility, (2) **absolve** a person of a sin

The lender offered to **absolve** him of \$500 in debt on condition of work.

- 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.
- amazing** *adj.* extremely surprising, especially in a way that you like or admire
synonym : exceptional, extraordinary, wonderful
(1) **amazing** advances, (2) the most **amazing** feeling
The golfer recorded an **amazing** distance.
- mole** *n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
(1) **mole** catcher, (2) **mole** planted by the FBI
The **mole** burrowed in the ground.
- ignore** *v.* to intentionally not listen or pay attention to
synonym : neglect, disregard, shun
(1) **ignore** her advice, (2) **ignore** a ban
Since independence, the area has been completely **ignored**.

Session 2: Spelling

1. ab____e you from this responsibility *v.* (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something
2. m__e planted by the FBI *n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
3. ex____d the warranty *v.* to broaden in scope, range, or area
4. 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
5. ir____te skin *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
6. f__k art *n.* people in general, especially those of a particular group or type
7. ad____e the technology *v.* to go or move forward; to develop in a positive way
8. a br__d mind *adj.* very wide; general
9. re____e CO2 into the air *v.* to set free or allow to escape from confinement
10. di____st in politics *n.* a lack of trust or confidence in someone or something

ANSWERS: 1. absolve, 2. mole, 3. extend, 4. cancer, 5. irritate, 6. folk, 7. advance, 8. broad, 9. release, 10. distrust

11. an ex_____d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
12. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
13. n__m of action *n.* something that is regarded as usual, typical, or standard
14. plant pa_____en *n.* a bacterium, virus, or other microorganism that causes disease
15. natural su_____en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
16. ma___p artist *n.* colored substances used on someone's face to improve or change their appearance
17. phe_____in synthesis *n.* a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer
18. opaque to X-r_ys *n.* a narrow line of light, heat, or another form of energy
19. ep_____is layer *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

ANSWERS: 11. exposed, 12. complexity, 13. norm, 14. pathogen, 15. sunscreen, 16. makeup, 17. pheomelanin, 18. ray, 19. epidermis

20. acc_____te evidence *v.* to collect or acquire a large number of things over a long period of time
21. vi_____n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
22. examine se__m *n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.
23. acc_____te cash value *v.* to collect or acquire a large number of things over a long period of time
24. ge_____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
25. the science of ge_____cs *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
26. ult_____et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
27. w__d nurse *n.* a room in a hospital for patients requiring special care
28. get a su_____n *n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays
29. su_____n cream *n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays

ANSWERS: 20. accumulate, 21. vitamin, 22. serum, 23. accumulate, 24. genetics, 25. genetics, 26. ultraviolet, 27. ward, 28. sunburn, 29. sunburn

30. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
31. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
32. 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
33. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
34. blood ve____ls *n.* a ship or large boat
35. perpetuate a m__h *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
36. de____d my country *v.* to protect someone or something from attack, criticism, danger, etc.
37. hair follicle de____s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
38. ex_____te dead cells *v.* to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture
39. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

ANSWERS: 30. sweat, 31. clog, 32. hormone, 33. specific, 34. vessel, 35. myth, 36. defend, 37. dermis, 38. exfoliate, 39. diagnose

50. a southern ex_____re *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
51. m__e catcher *n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
52. ig___e a ban *v.* to intentionally not listen or pay attention to
53. painful a__e *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
54. co_____en supplement *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
55. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
56. harmless ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
57. 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

ANSWERS: 50. exposure, 51. mole, 52. ignore, 53. acne, 54. collagen, 55. shrink, 56. bacteria, 57. cancer

58. do l__g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
59. 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
60. de___d of life *adj.* completely lacking or free from something
61. mis_____and each other *v.* to interpret or understand something in the wrong way
62. me_____n production *n.* a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features
63. a se_____y organ *adj.* of or relating to the physical senses
64. re___n a lawyer *v.* to keep or continue to possess or maintain something
65. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
66. ep_____is cells *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature
67. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
68. higher pixel de_____y *n.* the quality of compactness of a substance

ANSWERS: 58. lung, 59. diet, 60. devoid, 61. misunderstand, 62. melanin, 63. sensory, 64. retain, 65. amazing, 66. epidermis, 67. delay, 68. density

69. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
70. open co___o *n.* a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead
71. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
72. employment co_____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
73. acc_____te a chemical reaction *v.* to make something faster or earlier; to cause to develop or progress more quickly
74. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
75. ov_____ow neighboring corals *v.* to grow or thrive over so as to cover with herbage
76. ke_____n treatment *n.* a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers

ANSWERS: 69. lung, 70. comedo, 71. exposure, 72. contract, 73. accelerate, 74. dam, 75. overgrow, 76. keratin

77. 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
78. la____y accepted *adv.* virtually entirely; to a large degree
79. de__t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
80. protection against vi_____on *n.* a continuous quick and slight shaking movement
81. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
82. damaged fo_____le *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
83. con_____ve statement *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
84. a__e breakout *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
85. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 77. diet, 78. largely, 79. detect, 80. vibration, 81. recommend, 82. follicle, 83. conclusive, 84. acne, 85. inflammation

86. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
87. aquatic plants ov_____ow *v.* to grow or thrive over so as to cover with herbage
88. de____d against a threat *v.* to protect someone or something from attack, criticism, danger, etc.
89. de____t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.
90. fo_____le cell *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
91. ac__l erythema *n.* relating to the peripheral areas of the body, such as the hands and feet
92. a man of imp_____ce *n.* the quality of being important and worthy of note
93. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
94. pe_____te the fabric *v.* to spread throughout; to pass through or penetrate every part of something
95. pe_____te the air *v.* to spread throughout; to pass through or penetrate every part of something
96. mi_____ze a loss *v.* to make something, especially something bad, small or less serious

ANSWERS: 86. associate, 87. overgrow, 88. defend, 89. detect, 90. follicle, 91. acral, 92. importance, 93. involve, 94. permeate, 95. permeate, 96. minimize

97. naval ve___ls *n.* a ship or large boat
98. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
99. woody p__e fungi *n.* a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively
100. infrared sp____um *n.* an ordered array of colors into which a light beam can be split
101. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
102. 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
103. research on anti-ra___m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
104. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else

ANSWERS: 97. vessel, 98. specific, 99. pore, 100. spectrum, 101. roll, 102. process, 103. racism, 104. associate

105. pathogenic ba____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
106. military b__k *n.* a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting
107. air de____d of pollution *adj.* completely lacking or free from something
108. ad_____e a cooperative relationship *v.* to go or move forward; to develop in a positive way
109. rusty n__l *n.* a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
110. a child with se_____y issues *adj.* of or relating to the physical senses
111. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
112. ag_____te an injury *v.* to make a problem or situation worse; to irritate or annoy someone
113. pediatric der_____gy *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

ANSWERS: 105. bacteria, 106. bunk, 107. devoid, 108. advance, 109. nail, 110. sensory, 111. folk, 112. aggravate, 113. dermatology

114. sus_____le of proof *adj.* easily influenced, harmed, or affected by something
115. su_____en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
116. 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
117. ab_____e a person of a sin *v.* (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something
118. m__t in the morning *n.* a cloud of very small drops of water collecting in the air just above the ground or water
119. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
120. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
121. p__e over reference books *n.* a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively

ANSWERS: 114. susceptible, 115. sunscreen, 116. function, 117. absolve, 118. mist, 119. structure, 120. minimize, 121. pore

122. syn_____ze information *v.* to combine a substance to make a more complex product or compound
123. ag_____te the situation *v.* to make a problem or situation worse; to irritate or annoy someone
124. the m__h of an old religion *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
125. 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
126. skin bl_____h *n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
127. t_n poorly *v.* to become brown as a result of exposure to the sun
128. pe_____te quickly into the skin *v.* to pass into or through something, often by overcoming resistance
129. me_____ma diagnosis *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
130. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side

ANSWERS: 122. synthesize, 123. aggravate, 124. myth, 125. function, 126. blemish, 127. tan, 128. penetrate, 129. melanoma, 130. roll

131. fl____ss execution *adj.* without any imperfections or errors; perfect or impeccable in appearance or performance
132. have ex____ve vocabulary *adj.* covering a large area; having a wide range
133. tiny fr____e *n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
134. t_n after sun exposure *v.* to become brown as a result of exposure to the sun
135. 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
136. get ne____s *adj.* worried and anxious about something; relating to the nerves
137. ra____t smile *adj.* emitting light or heat; shining brightly
138. in____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
139. pa____l car *n.* the act of guarding an area or conducting surveillance of an area to maintain order, perform security functions, or prevent crime; a group of officers or soldiers that conducts such an operation

ANSWERS: 131. flawless, 132. extensive, 133. freckle, 134. tan, 135. process, 136. nervous, 137. radiant, 138. involve, 139. patrol

140. ex___d a line *v.* to broaden in scope, range, or area
141. for spe_____lly American customers *adv.* only associated with or meant for one thing
142. co_____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
143. ra__o of boys to girls *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
144. bunch of b__k *n.* a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting
145. con_____ve information *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
146. 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
147. fr_____e cream *n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight

ANSWERS: 140. extend, 141. specifically, 142. contract, 143. ratio, 144. bunk, 145. conclusive, 146. hormone, 147. freckle

148. la__r printer *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
149. ha__h climate *adj.* severe and unkind; extremely tough and unpleasant to inhabit
150. ra____t light *adj.* emitting light or heat; shining brightly
151. extreme tem____res *n.* the degree of hotness or coldness of a thing or place
152. ex___d agricultural output *v.* to increase or to make something greater in size, number, or importance
153. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
154. ac___l dermatitis *n.* relating to the peripheral areas of the body, such as the hands and feet
155. la____y mitigate the issue *adv.* virtually entirely; to a large degree
156. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
157. me____ma treatment *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
158. phe_____in production *n.* a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer

ANSWERS: 148. laser, 149. harsh, 150. radiant, 151. temperature, 152. expand, 153. inflammation, 154. acral, 155. largely, 156. gland, 157. melanoma, 158. pheomelanin

159. attract br__d attention *adj.* very wide; general
160. debt-to-income ra__o *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
161. skin de___s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
162. traditional me_____al *adj.* of or relating to the treatment or cure of disease
163. re___n information *v.* to keep or continue to possess or maintain something
164. the atmospheric tem_____re *n.* the degree of hotness or coldness of a thing or place
165. sc_____ld construction *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
166. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
167. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
168. growing di_____st *n.* a lack of trust or confidence in someone or something
169. re_____te our conduct *v.* to control something, especially by means of rules or laws
170. ig___e her advice *v.* to intentionally not listen or pay attention to
171. syn_____ze molecules *v.* to combine a substance to make a more complex product or compound

ANSWERS: 159. broad, 160. ratio, 161. dermis, 162. medicinal, 163. retain, 164. temperature, 165. scaffold, 166. recommend, 167. regulate, 168. distrust, 169. regulate, 170. ignore, 171. synthesize

172. pe_____te a cell *v.* to pass into or through something, often by overcoming resistance
173. re_____e one word with another *v.* to take the place of something
174. border pa____l *n.* the act of guarding an area or conducting surveillance of an area to maintain order, perform security functions, or prevent crime; a group of officers or soldiers that conducts such an operation
175. der_____gy research *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
176. a mammary gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
177. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
178. cultural n__m *n.* something that is regarded as usual, typical, or standard
179. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
180. ex_____ve experience *adj.* covering a large area; having a wide range
181. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
182. designed spe_____lly for men *adv.* only associated with or meant for one thing

ANSWERS: 172. penetrate, 173. replace, 174. patrol, 175. dermatology, 176. gland, 177. determinant, 178. norm, 179. complexity, 180. extensive, 181. nervous, 182. specifically

183. co_____en production *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
184. ult_____et protection *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
185. fine m__t *n.* a cloud of very small drops of water collecting in the air just above the ground or water
186. c__g artery *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
187. lu_____te the hinges with oil *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
188. sympathetic vi_____on *n.* a continuous quick and slight shaking movement
189. mis_____and entirely about her *v.* to interpret or understand something in the wrong way
190. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
191. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount

ANSWERS: 183. collagen, 184. ultraviolet, 185. mist, 186. clog, 187. lubricate, 188. vibration, 189. misunderstand, 190. structure, 191. shrink

192. use of ha__h chemicals	<i>adj.</i> severe and unkind; extremely tough and unpleasant to inhabit
193. d__t tape	<i>n.</i> a tube, pipe, or channel for conveying air, water, or other substances
194. n__l clipper	<i>n.</i> a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
195. di____se the problem	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
196. re____e a prisoner	<i>v.</i> to set free or allow to escape from confinement
197. de__y a flight three hours	<i>v.</i> to cause something to happen at a later time than originally intended or expected
198. re____or for HIV in humans	<i>n.</i> an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
199. population de____y	<i>n.</i> the quality of compactness of a substance
200. take the ma____p off her face	<i>n.</i> colored substances used on someone's face to improve or change their appearance
201. d_m collapsing	<i>n.</i> a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 192. harsh, 193. duct, 194. nail, 195. diagnose, 196. release, 197. delay, 198. receptor, 199. density, 200. makeup, 201. dam

202. ex____d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
203. tr__h disposal site *n.* discarded material, refuse, or waste
204. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
205. play a vi__l role *adj.* necessary for the success or continued existence of something
206. mi_____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
207. a se__m injection *n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.
208. pathogenic mi_____e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
209. inflammatory co___o *n.* a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead
210. go to the sc_____ld *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work

ANSWERS: 202. exposed, 203. trash, 204. determinant, 205. vital, 206. microbe, 207. serum, 208. microbe, 209. comedo, 210. scaffold

211. tr__h bin *n.* discarded material, refuse, or waste
212. re_____e a phone *v.* to take the place of something
213. me_____n deficiency *n.* a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features
214. lu_____te the economy *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
215. pulse la__r *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
216. effect of cosmic r_ys *n.* a narrow line of light, heat, or another form of energy
217. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
218. ex_____te skin *v.* to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture
219. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
220. the pa_____en in the air *n.* a bacterium, virus, or other microorganism that causes disease
221. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
222. ir_____te my partner *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

ANSWERS: 211. trash, 212. replace, 213. melanin, 214. lubricate, 215. laser, 216. ray, 217. medicinal, 218. exfoliate, 219. amazing, 220. pathogen, 221. medical, 222. irritate

223. bl____h my record *n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
224. rich in vi____n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
225. ex____d a lineup *v.* to increase or to make something greater in size, number, or importance
226. a sus____le young woman *adj.* easily influenced, harmed, or affected by something
227. a children's w__d *n.* a room in a hospital for patients requiring special care
228. high imp____ce *n.* the quality of being important and worthy of note

ANSWERS: 223. blemish, 224. vitamin, 225. expand, 226. susceptible, 227. ward, 228. importance

Session 3: Fill in the Blanks

1. The construction workers set up the _____ to reach the top of the building.
n. a temporary platform or structure used to support workers and materials during construction or maintenance work

2. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves

3. Her beauty resulted from a good night's sleep rather than _____.
n. colored substances used on someone's face to improve or change their appearance

4. The _____ arrived in port the following day.
n. a ship or large boat

5. The room was _____ of any furniture or decorations.
adj. completely lacking or free from something

6. Excessive exposure to UV radiation harms the _____ and increases the risk of skin cancer.
n. the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

7. The dermatologist diagnosed the patient with multiple _____ causing her acne.
n. a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead

ANSWERS: 1. scaffold, 2. nervous, 3. makeup, 4. vessel, 5. devoid, 6. epidermis, 7. comedones,

8. Computers help people _____ specific memories.
- v.* to keep or continue to possess or maintain something
9. Stress can contribute to _____ development on the skin.
- n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
10. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
11. I have a _____ on my face that I am trying to cover with makeup.
- n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
12. The medicine soothes the pain of chronic _____.
- n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
13. You should not _____ the meaning of freedom.
- v.* to interpret or understand something in the wrong way
14. The _____ burrowed in the ground.
- n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
15. The city is taking measures to reduce the amount of _____ in the streets.
- n.* discarded material, refuse, or waste

ANSWERS: 8. retain, 9. acne, 10. involves, 11. blemish, 12. inflammation, 13. misunderstand, 14. mole, 15. trash

16. She spent the whole summer _____ on the beach.
v. to become brown as a result of exposure to the sun
17. Wearing _____ to protect your skin from harmful UV rays is important.
n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
18. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.
n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
19. The amount of _____ in the skin can impact its susceptibility to sunburn.
n. a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer
20. The _____ layer contains nerve endings, which enable us to feel sensations such as pressure and pain.
n. the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
21. 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
22. Sharks have highly developed _____ systems and are extremely sensitive creatures.
adj. of or relating to the physical senses

ANSWERS: 16. tanning, 17. sunscreen, 18. collagen, 19. pheomelanin, 20. dermis, 21. specific, 22. sensory

23. Western ideology slowly _____ through the eastern countries.
v. to pass into or through something, often by overcoming resistance
24. Perseverance and optimism are _____ to success.
adj. necessary for the success or continued existence of something
25. _____ C is important for immune system function and skin health.
n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
26. Well-stretched muscles are less _____ to injury.
adj. easily influenced, harmed, or affected by something
27. She visited a _____ clinic to get treatment for her skin condition.
n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
28. She wiped the _____ off her forehead with a towel.
n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
29. The prime minister faced _____ criticism.
adj. severe and unkind; extremely tough and unpleasant to inhabit
30. Keratosis is a skin condition characterized by the formation of excess _____ on the skin's surface
n. a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers

ANSWERS: 23. penetrates, 24. vital, 25. Vitamin, 26. susceptible, 27. dermatology, 28. sweat, 29. harsh, 30. keratin

31. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
32. Cities around the world set records for highest _____ this summer.
n. the degree of hotness or coldness of a thing or place
33. The football team had a _____ season and went undefeated all year.
adj. without any imperfections or errors; perfect or impeccable in appearance or performance
34. _____ displaced part of the mechanism.
n. a continuous quick and slight shaking movement
35. He has _____ his wealth through real estate investments.
v. to collect or acquire a large number of things over a long period of time
36. The spider can _____ multiple different silk proteins.
v. to combine a substance to make a more complex product or compound
37. The company signed a _____ with the supplier for the delivery of goods.
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
38. I have a _____ on my nose that gets darker in the summertime.
n. a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
39. I forgot to put on sunscreen, and now I have a painful _____ on my back.
n. a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays

ANSWERS: 31. release, 32. temperatures, 33. flawless, 34. Vibration, 35. accumulated, 36. synthesize, 37. contract, 38. freckle, 39. sunburn

40. The sun has risen, and the _____ has faded.
- n.* a cloud of very small drops of water collecting in the air just above the ground or water
41. The air _____ in the building needed to be cleaned to improve the air quality.
- n.* a tube, pipe, or channel for conveying air, water, or other substances
42. _____ therapy often involves injecting detoxified toxins to acquire antibodies.
- n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.
43. Scientific knowledge will _____ significantly with the power of AI.
- v.* to go or move forward; to develop in a positive way
44. 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
45. With the financial bubble bursting, the _____ of economic growth in investment banking collapsed.
- n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
46. The security camera has _____ four intruders.
- v.* to find or recognize something, especially something difficult to see, hear, etc.
47. I was sweating at every _____.
- n.* a tiny hole in the skin of people or other animals that sweat can pass through;
(verb) to read carefully or study attentively

ANSWERS: 40. mist, 41. ducts, 42. Serum, 43. advance, 44. process, 45. myth, 46. detected, 47. pore

48. This ad campaign is aimed _____ at young women.
adv. only associated with or meant for one thing
49. The incident attracted _____ media coverage throughout the world.
adj. covering a large area; having a wide range
50. The long _____ to the air tarnished the antique tableware.
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
51. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand
52. mRNA vaccines are approved faster because they do not contain inactivated _____.
n. a bacterium, virus, or other microorganism that causes disease
53. The government tried to _____ the commercialization of this development.
v. to make something faster or earlier; to cause to develop or progress more quickly
54. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
55. You shouldn't _____ too often as it can cause irritation and damage to your skin
v. to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture

ANSWERS: 48. specifically, 49. extensive, 50. exposure, 51. complexity, 52. pathogens, 53. accelerate, 54. amazing, 55. exfoliate

56. The school's lack of diversity was a clear indication of the _____ present in the community.

- n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

57. The organizational _____ of start-ups is often flat and straightforward.

- n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

58. Tech companies often employ _____ ducts and other materials in their office interiors.

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

59. Stress can _____ existing health conditions and cause further problems.

- v.* to make a problem or situation worse; to irritate or annoy someone

60. 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

61. 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

62. The pigments in your hair _____ determine the color of your hair.

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

ANSWERS: 56. racism, 57. structure, 58. exposed, 59. aggravate, 60. diet, 61. function, 62. follicles

63. Her visit will _____ from Monday to Friday.
v. to broaden in scope, range, or area
64. He used a hammer and round _____ to fix the loose board on the fence.
n. a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
65. Eventually, the new design will _____ all older models.
v. to take the place of something
66. The sound of his chewing loudly _____ me during dinner.
v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
67. The aroma of freshly baked bread _____ the entire bakery.
v. to spread throughout; to pass through or penetrate every part of something
68. _____ prevalent in hospitals are often resistant to antibiotics.
n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
69. Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of _____.
n. a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
70. Since independence, the area has been completely _____.
v. to intentionally not listen or pay attention to

ANSWERS: 63. extend, 64. nail, 65. replace, 66. irritates, 67. permeated, 68. Bacteria, 69. melanoma, 70. ignored

71. This device displayed the speech _____ spectrographically.
n. an ordered array of colors into which a light beam can be split
72. People with more _____ in their skin can better protect themselves from the sun's harmful rays.
n. a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features
73. The company holds patents on core components of _____ jet printers.
n. a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
74. 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
75. 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
76. This shirt will _____ in the wash.
v. to become smaller, or to make something smaller in size or amount
77. They hope to _____ their business worldwide.
v. to increase or to make something greater in size, number, or importance
78. I stopped by the branch though I have no business of _____.
n. the quality of being important and worthy of note

ANSWERS: 71. spectrum, 72. melanin, 73. laser, 74. dam, 75. cancer, 76. shrink, 77. expand, 78. importance

79. Gamma _____ penetrate body tissues and cause cell damage.

n. a narrow line of light, heat, or another form of energy

80. Nevada is _____ a desert state.

adv. virtually entirely; to a large degree

81. She looked _____ on her wedding day.

adj. emitting light or heat; shining brightly

82. We _____ taking media training every six months.

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

83. _____ melanoma is a rare subtype of skin cancer that typically appears on the palms of the hands or soles of the feet.

n. relating to the peripheral areas of the body, such as the hands and feet

84. The research provided _____ evidence that the new treatment was effective.

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

85. I bought a gadget before my trip to help _____ stress during the flight.

v. to make something, especially something bad, small or less serious

86. He was exhausted and _____ into bed as soon as he got home.

v. to move in a particular direction by turning over and over or from side to side

87. _____ radiation can cause skin damage if one is exposed for too long.

adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation

ANSWERS: 79. rays, 80. largely, 81. radiant, 82. recommend, 83. Acral, 84. conclusive, 85. minimize, 86. rolled, 87. Ultraviolet

88. _____ thrive on the surface of the human skin.
n. a tiny living thing that can only be seen with a microscope and that may cause disease
89. The highway _____ officer pulled over the speeding vehicle on the freeway.
n. the act of guarding an area or conducting surveillance of an area to maintain order, perform security functions, or prevent crime; a group of officers or soldiers that conducts such an operation
90. Do you know the _____ of the population in Hong Kong?
n. the quality of compactness of a substance
91. He accumulated wealth across a _____ spectrum of assets.
adj. very wide; general
92. 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
93. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
94. This device is used to _____ brain cancer and other tumors.
v. to determine or distinguish the nature of a problem or an illness through a careful analysis
95. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 88. Microbes, 89. patrol, 90. density, 91. broad, 92. hormone, 93. medicinal, 94. diagnose, 95. medical

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

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

97. The employee's consistent tardiness and lack of accountability made her coworkers develop _____ in her abilities.

n. a lack of trust or confidence in someone or something

98. We _____ the payment because of an incorrect invoice.

v. to cause something to happen at a later time than originally intended or expected

99. He is a specialist in the _____ of aging.

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

100. The systems we have developed has accepted as industry _____.

n. something that is regarded as usual, typical, or standard

101. The crowded dorm room had _____ beds to accommodate all the students.

n. a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting

102. Hay fever occurs when a substance called histamine binds to _____ in the nose and eyes.

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

ANSWERS: 96. defend, 97. distrust, 98. delayed, 99. genetics, 100. norms, 101. bunk, 102. receptors

103. The mechanic _____ the gears to prevent them from grinding.
- v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
104. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
105. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
106. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
107. He has terminal _____ cancer.
- n.* either of the two organs in the chest that people and some animals use for breathing
108. Some seaweed was used as _____ medicine in ancient times.
- n.* people in general, especially those of a particular group or type
109. The _____ of water to sugar in the recipe is 1:2.
- n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
110. The lender offered to _____ him of \$500 in debt on condition of work.
- v.* (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something

ANSWERS: 103. lubricated, 104. determinant, 105. associate, 106. regulate, 107. lung, 108. folk, 109. ratio, 110. absolve

111. The drain was _____ with hair and needed to be cleaned out.

- v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

112. The adrenal _____ produce steroids.

- n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

113. The patient was moved to the intensive care _____ for further treatment.

- n. a room in a hospital for patients requiring special care

114. Weeds _____ throughout the garden.

- v. to grow or thrive over so as to cover with herbage

ANSWERS: 111. clogged, 112. glands, 113. ward, 114. overgrow