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Andrew Pelling: Could we treat spinal cord injuries with asparagus? | TED Talk

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

Advanced Words Only

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Session 1: Word List

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym: reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

reconstruct

v. to build or form something again that has been damaged or destroyed

synonym: rebuild, revamp, reorganize

(1) **reconstruct** an image, (2) **reconstruct** the original text

They've decided to **reconstruct** a ruined castle.

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.

carve

v. to create something by cutting wood or stone; to turn sharply

synonym: sculpt, engrave, cut

(1) **carve** a statue, (2) **carve** my name on the plate

This statue is **carved** from a single tree trunk.

sterilize

v. to make something free of all forms of life, especially bacteria or viruses, by using heat, chemicals, or radiation

synonym: disinfect, sanitize, cleanse

(1) **sterilize** chemically, (2) **sterilize** surfaces

The nurse **sterilized** the instruments before the surgery to prevent any infections.

coax

v. to persuade, encourage, or gently urge someone to do something; to manipulate or persuade something to work or function properly

synonym: persuade, cajole, lure

(1) **coax** a confession, (2) **coax** a smile

She tried to **coax** her cat out of the tree with a can of tuna.

asparagus

n. a green vegetable with long, slender stalks and small, pointed leaves, often eaten boiled or steamed as a side dish

(1) **asparagus** salad, (2) **asparagus** soup

I love cooking **asparagus** with garlic and olive oil.

stalk

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

synonym: follow, creep up on, (noun) stem

(1) **stalk** of celery, (2) **stalk** from the room

The hunter quietly **stalked** the deer for hours before taking the shot

microchannel

n. a small, narrow duct or passage that is used to transfer fluids, heat, or other substances and which is typically found in microfluidic devices or industrial applications

synonym: microcapillary, microduct

(1) **microchannel** technology, (2) **microchannel** electrode
The **microchannels** within the chip module are responsible for cooling the device during operation.

bioengineering

n. the application of engineering principles to the design and production of biological systems and products

synonym: biomedical engineering, genetic engineering, biotechnology

(1) **bioengineering** field, (2) **bioengineering** techniques
The **bioengineering** lab has state-of-the-art equipment and software for analyzing biological systems and designing new solutions.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

regenerate

v. to improve or renew an area, institution, system, etc., especially by making it more active or successful

synonym: renew, revive, improve

(1) **regenerate** bone tissue, (2) a **regenerate** sinner

The new CEO's primary mission is to **regenerate** the company on the verge of bankruptcy.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

inert

adj. lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive

synonym : motionless, inactive, dormant

(1) **inert** gases, (2) **inert** ingredients

The rock was completely **inert** and didn't react when we tried to break it open.

cadaver

n. a dead body, especially one used for scientific study or medical research

synonym : corpse, body, remains

(1) **cadaver** lab, (2) **cadaver** donor

The hospital received a donation of **cadavers** for their research program.

neurosurgeon

n. a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

synonym : brain surgeon, neurologist, surgical specialist

(1) skilled **neurosurgeon**, (2) leading **neurosurgeon**

The hospital recruited experienced **neurosurgeons** worldwide to treat complex neurological disorders comprehensively.

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym : psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective

Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

biochemical

adj. relating to the chemical processes and substances that occur within living organisms

synonym : molecular, biological

(1) **biochemical** reaction, (2) complex **biochemical**

Biochemical research is essential to understanding the complex chemical reactions in living organisms.

anesthetize

v. to administer a drug or other substance that causes a loss of sensation or consciousness, often to perform a medical procedure; to numb or dull a physical or emotional sensation

synonym : numb, sedate, drug

(1) **anesthetize** a patient, (2) **anesthetize** a wound

The dentist will **anesthetize** your mouth before removing your wisdom teeth.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym : cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

thorax

n. the part of an insect's body that bears the wings and legs, located between the head and the abdomen

synonym : chest, midsection, upper body

(1) **thorax** segment, (2) **thorax** anatomy

The insect's **thorax** is the middle section, where the wings and legs attach.

paraplegia

n. a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system

synonym : spinal cord injury, paralysis

(1) **paraplegia** treatment, (2) traumatic **paraplegia**

After his accident, he was left with **paraplegia** and had to use a wheelchair.

exoskeleton

n. a hard, external protective covering or framework that supports and gives shape to the body of an invertebrate animal, such as an insect or crab

synonym : chitin, exocuticle, carapace

(1) **exoskeleton** suit, (2) robotic **exoskeleton**

The **exoskeleton** of the crab protects it from predators and environmental changes.

regeneration

n. the process of regrowing or re-forming a body part or tissue that has been lost or damaged due to injury, disease, or other factors; restoration or renewal of vitality, strength, or spirit

synonym : renewal, regrowth, restoration

(1) economic **regeneration**, (2) **regeneration** of forests

The **regeneration** of the damaged tissue in the body is a slow process.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym : immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

treadmill

n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

synonym : exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

bankrupt

adj. unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental

synonym : insolvent, broke, ruined

(1) **bankrupt** business, (2) financially **bankrupt**
Unfortunately, the company went **bankrupt** and had to close its doors permanently.

unmet

adj. describing a need, goal, or expectation that has not been satisfied or fulfilled

synonym: unsatisfied, unfulfilled, unmatched

(1) **unmet** demand, (2) **unmet** needs

The **unmet** expectations of the customers led to a decrease in sales.

broaden

v. to make or become wider or more extensive; to make or become more tolerant or liberal.

synonym: expand, widen, enlarge

(1) **broaden** students' knowledge, (2) **broaden** their horizon

The company **broadened** its product line to include more customer options.

unrelenting

adj. not easing or slackening in intensity; persistent and unwavering in pursuit of a goal

synonym: relentless, persistent, unyielding

(1) **unrelenting** pressure, (2) **unrelenting** pursuit

The **unrelenting** heat made it difficult to sleep.

self-doubt

n. lack of confidence in one's abilities or oneself

synonym: insecurity, uncertainty, diffident

(1) overcome **self-doubt**, (2) spiral of **self-doubt**

I was filled with **self-doubt**.

rigor

n. strictness or severity in opinion, temper, or judgment

synonym: strictness, exactness, accuracy

(1) the **rigor** of the law, (2) academic **rigor**

When the dead body was found, **rigor** mortis had already begun.

wrench

v. to pull or twist something suddenly or violently

synonym: twist, turn, bend

(1) **wrench** off the lock, (2) **wrench** my back

A deep sigh was **wrenched** from his chest.

Session 2: Spelling

1. pa_____ze a city *v.* to cause a person or part of the body to become unable to move or feel
2. ne____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
3. rec_____ct the original text *v.* to build or form something again that has been damaged or destroyed
4. ane_____ze a wound *v.* to administer a drug or other substance that causes a loss of sensation or consciousness, often to perform a medical procedure; to numb or dull a physical or emotional sensation
5. nonstop tr_____ll *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
6. st_____ze chemically *v.* to make something free of all forms of life, especially bacteria or viruses, by using heat, chemicals, or radiation
7. a reg_____te sinner *v.* to improve or renew an area, institution, system, etc., especially by making it more active or successful
8. pa_____is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

ANSWERS: 1. paralyze, 2. neuron, 3. reconstruct, 4. anesthetize, 5. treadmill, 6. sterilize, 7. regenerate, 8. paralysis

9. st_____ze surfaces *v.* to make something free of all forms of life, especially bacteria or viruses, by using heat, chemicals, or radiation
10. ca_____r donor *n.* a dead body, especially one used for scientific study or medical research
11. spiral of sel_____bt *n.* lack of confidence in one's abilities or oneself
12. th___x segment *n.* the part of an insect's body that bears the wings and legs, located between the head and the abdomen
13. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
14. bio_____ing field *n.* the application of engineering principles to the design and production of biological systems and products
15. mic_____nel electrode *n.* a small, narrow duct or passage that is used to transfer fluids, heat, or other substances and which is typically found in microfluidic devices or industrial applications
16. leading neu_____eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves
17. re_____k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
18. exo_____on suit *n.* a hard, external protective covering or framework that supports and gives shape to the body of an invertebrate animal, such as an insect or crab

ANSWERS: 9. sterilize, 10. cadaver, 11. self-doubt, 12. thorax, 13. numb, 14. bioengineering, 15. microchannel, 16. neurosurgeon, 17. rethink, 18. exoskeleton

19. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
20. rec_____ct an image *v.* to build or form something again that has been damaged or destroyed
21. mic_____nel technology *n.* a small, narrow duct or passage that is used to transfer fluids, heat, or other substances and which is typically found in microfluidic devices or industrial applications
22. un__t demand *adj.* describing a need, goal, or expectation that has not been satisfied or fulfilled
23. th___x anatomy *n.* the part of an insect's body that bears the wings and legs, located between the head and the abdomen
24. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel
25. br_____n their horizon *v.* to make or become wider or more extensive; to make or become more tolerant or liberal.
26. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
27. unr_____ng pressure *adj.* not easing or slackening in intensity; persistent and unwavering in pursuit of a goal
28. c__x a smile *v.* to persuade, encourage, or gently urge someone to do something; to manipulate or persuade something to work or function properly

ANSWERS: 19. paralysis, 20. reconstruct, 21. microchannel, 22. unmet, 23. thorax, 24. paralyze, 25. broaden, 26. numb, 27. unrelenting, 28. coax

29. as_____us soup *n.* a green vegetable with long, slender stalks and small, pointed leaves, often eaten boiled or steamed as a side dish
30. par_____ia treatment *n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system
31. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
32. c__x a confession *v.* to persuade, encourage, or gently urge someone to do something; to manipulate or persuade something to work or function properly
33. traumatic par_____ia *n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system
34. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
35. bio_____al reaction *adj.* relating to the chemical processes and substances that occur within living organisms
36. complex bio_____al *adj.* relating to the chemical processes and substances that occur within living organisms
37. re_____k a marketing plan *v.* to consider again a plan, idea, etc., especially to change it

ANSWERS: 29. asparagus, 30. paraplegia, 31. clinician, 32. coax, 33. paraplegia, 34. clinician, 35. biochemical, 36. biochemical, 37. rethink

38. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
39. ba____pt business *adj.* unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental
40. economic reg_____ion *n.* the process of regrowing or re-forming a body part or tissue that has been lost or damaged due to injury, disease, or other factors; restoration or renewal of vitality, strength, or spirit
41. as_____us salad *n.* a green vegetable with long, slender stalks and small, pointed leaves, often eaten boiled or steamed as a side dish
42. ca_____r lab *n.* a dead body, especially one used for scientific study or medical research
43. skilled neu_____eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves
44. ca__e my name on the plate *v.* to create something by cutting wood or stone; to turn sharply
45. unr_____ng pursuit *adj.* not easing or slackening in intensity; persistent and unwavering in pursuit of a goal
46. excite the ne____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 38. sever, 39. bankrupt, 40. regeneration, 41. asparagus, 42. cadaver, 43. neurosurgeon, 44. carve, 45. unrelenting, 46. neuron

47. robotic exo_____on *n.* a hard, external protective covering or framework that supports and gives shape to the body of an invertebrate animal, such as an insect or crab
48. in__t ingredients *adj.* lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
49. un__t needs *adj.* describing a need, goal, or expectation that has not been satisfied or fulfilled
50. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
51. academic ri__r *n.* strictness or severity in opinion, temper, or judgment
52. reg_____te bone tissue *v.* to improve or renew an area, institution, system, etc., especially by making it more active or successful
53. overcome sel_____bt *n.* lack of confidence in one's abilities or oneself
54. tr_____ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
55. wr___h my back *v.* to pull or twist something suddenly or violently
56. st__k from the room *v.* to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

ANSWERS: 47. exoskeleton, 48. inert, 49. unmet, 50. sever, 51. rigor, 52. regenerate, 53. self-doubt, 54. treadmill, 55. wrench, 56. stalk

57. reg_____ion of forests *n.* the process of regrowing or re-forming a body part or tissue that has been lost or damaged due to injury, disease, or other factors; restoration or renewal of vitality, strength, or spirit
58. go to the sc_____ld *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
59. br_____n students' knowledge *v.* to make or become wider or more extensive; to make or become more tolerant or liberal.
60. the ri____r of the law *n.* strictness or severity in opinion, temper, or judgment
61. in__t gases *adj.* lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
62. wr____h off the lock *v.* to pull or twist something suddenly or violently
63. ca__e a statue *v.* to create something by cutting wood or stone; to turn sharply
64. financially ba_____pt *adj.* unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental
65. sc_____ld construction *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
66. bio_____ing techniques *n.* the application of engineering principles to the design and production of biological systems and products

ANSWERS: 57. regeneration, 58. scaffold, 59. broaden, 60. rigor, 61. inert, 62. wrench, 63. carve, 64. bankrupt, 65. scaffold, 66. bioengineering

67. ane_____ze a patient

v. to administer a drug or other substance that causes a loss of sensation or consciousness, often to perform a medical procedure; to numb or dull a physical or emotional sensation

68. st__k of celery

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

ANSWERS: 67. anesthetize, 68. stalk

Session 3: Fill in the Blanks

1. I was filled with _____.
n. lack of confidence in one's abilities or oneself
2. She tried to ____ her cat out of the tree with a can of tuna.
v. to persuade, encourage, or gently urge someone to do something; to manipulate or persuade something to work or function properly
3. The dentist will _____ your mouth before removing your wisdom teeth.
v. to administer a drug or other substance that causes a loss of sensation or consciousness, often to perform a medical procedure; to numb or dull a physical or emotional sensation
4. Unfortunately, the company went _____ and had to close its doors permanently.
adj. unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental
5. The new CEO's primary mission is to _____ the company on the verge of bankruptcy.
v. to improve or renew an area, institution, system, etc., especially by making it more active or successful
6. The _____ heat made it difficult to sleep.
adj. not easing or slackening in intensity; persistent and unwavering in pursuit of a goal
7. The venom from the snake bite _____ his arm.
v. to cause a person or part of the body to become unable to move or feel

ANSWERS: 1. self-doubt, 2. coax, 3. anesthetize, 4. bankrupt, 5. regenerate, 6. unrelenting, 7. paralyzed

8. They've decided to _____ a ruined castle.
- v. to build or form something again that has been damaged or destroyed
9. I like to watch TV while running on the _____ to pass the time.
- n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
10. The insect's _____ is the middle section, where the wings and legs attach.
- n. the part of an insect's body that bears the wings and legs, located between the head and the abdomen
11. The hunter quietly _____ the deer for hours before taking the shot
- v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
12. Massive demonstrations lead to total _____ of transportation.
- n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
13. Our body transfers information along each _____ using an electrical impulse.
- n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
14. He _____ a branch from a tree quickly.
- v. to break or separate something by cutting, especially suddenly and forcibly
15. The _____ of the damaged tissue in the body is a slow process.
- n. the process of regrowing or re-forming a body part or tissue that has been lost or damaged due to injury, disease, or other factors; restoration or renewal of vitality, strength, or spirit

ANSWERS: 8. reconstruct, 9. treadmill, 10. thorax, 11. stalked, 12. paralysis, 13. neuron, 14. severed, 15. regeneration

16. The _____ within the chip module are responsible for cooling the device during operation.
- n.* a small, narrow duct or passage that is used to transfer fluids, heat, or other substances and which is typically found in microfluidic devices or industrial applications
17. The _____ expectations of the customers led to a decrease in sales.
- adj.* describing a need, goal, or expectation that has not been satisfied or fulfilled
18. The hospital received a donation of _____ for their research program.
- n.* a dead body, especially one used for scientific study or medical research
19. We have to _____ our company's product lineup for further growth.
- v.* to consider again a plan, idea, etc., especially to change it
20. Some _____ believe that psychological characteristics alone may cause mental disorders.
- n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
21. A deep sigh was _____ from his chest.
- v.* to pull or twist something suddenly or violently
22. 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
23. The nurse _____ the instruments before the surgery to prevent any infections.
- v.* to make something free of all forms of life, especially bacteria or viruses, by using heat, chemicals, or radiation

ANSWERS: 16. microchannels, 17. unmet, 18. cadavers, 19. rethink, 20. clinicians, 21. wrenched, 22. scaffold, 23. sterilized

24. I love cooking _____ with garlic and olive oil.
- n.* a green vegetable with long, slender stalks and small, pointed leaves, often eaten boiled or steamed as a side dish
25. The rock was completely _____ and didn't react when we tried to break it open.
- adj.* lacking the ability to move or act, often used to describe an object or substance that is inactive or non-reactive
26. _____ research is essential to understanding the complex chemical reactions in living organisms.
- adj.* relating to the chemical processes and substances that occur within living organisms
27. The _____ lab has state-of-the-art equipment and software for analyzing biological systems and designing new solutions.
- n.* the application of engineering principles to the design and production of biological systems and products
28. The _____ of the crab protects it from predators and environmental changes.
- n.* a hard, external protective covering or framework that supports and gives shape to the body of an invertebrate animal, such as an insect or crab
29. When the dead body was found, _____ mortis had already begun.
- n.* strictness or severity in opinion, temper, or judgment
30. After his accident, he was left with _____ and had to use a wheelchair.
- n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system

ANSWERS: 24. asparagus, 25. inert, 26. Biochemical, 27. bioengineering, 28. exoskeleton, 29. rigor, 30. paraplegia

31. The company _____ its product line to include more customer options.

- v.* to make or become wider or more extensive; to make or become more tolerant or liberal.

32. My left arm became _____.

- adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

33. This statue is _____ from a single tree trunk.

- v.* to create something by cutting wood or stone; to turn sharply

34. The hospital recruited experienced _____ worldwide to treat complex neurological disorders comprehensively.

- n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

ANSWERS: 31. broadened, 32. numb, 33. carved, 34. neurosurgeons