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Yasmin Hurd: Could CBD help opioid users overcome addiction? | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

opioid

n. substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

(1) an **opioid** analgesic, (2) **opioid** receptor

Treatment for **opioid** dependence may be a long-term process.

uterus

n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

synonym : womb

(1) **uterus** cancer, (2) bleeding from **uterus**

The physician prescribed medication to relieve the contraction of the **uterus**.

minuscule

adj. extremely small; tiny

synonym : tiny, insignificant, microscopic

(1) **minuscule** amount, (2) **minuscule** letters

This ore emits **minuscule** quantities of radiation

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

undervalue

v. to assign too low a value to something

synonym : underrate, underestimate, devalue

(1) **undervalue** his contribution, (2) **undervalue** the potential

He **undervalued** the importance of teamwork and struggled to succeed.

addict

n. a person who cannot stop using or doing something as a habit, especially something harmful

synonym : devotee, buff, freak

(1) a drug **addict**, (2) Internet **addict**

We have become TV **addicts** due to video streaming services.

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

disinformation

n. false or misleading information that is spread deliberately, usually with the intent to deceive or manipulate public opinion

synonym : misinformation, propaganda, falsehood

(1) **disinformation** campaign, (2) **disinformation** warfare

The government is being criticized for spreading **disinformation** about the pandemic.

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.

afflict

v. to cause pain, suffering, or distress to someone or something

synonym: trouble, distress, bother

(1) **afflict** with the plague, (2) **afflict** the economy

The disease can **afflict** both humans and animals.

unconventional

adj. not following traditional or commonly accepted beliefs, practices, or customs; not conforming to established norms or standards

synonym: nontraditional, avant-garde, bizarre

(1) in an **unconventional** manner, (2) **unconventional** ideas

Her **unconventional** approach to teaching has been a hit with the students.

methadone

n. a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases

synonym: methadon, fixer

(1) **methadone** program, (2) **methadone** treatment

The **methadone** clinic provides daily doses of the medication to patients in recovery.

cannabis

n. a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish

synonym: marijuana, weed, pot

(1) **cannabis** plant, (2) **cannabis** legalization

The use of **cannabis** for medicinal purposes is legal in some states.

cannabinoid

n. a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid

system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

synonym : cannabis compound, CBD, THC

(1) **cannabinoid** receptor, (2) **cannabinoid** extracts

Some researchers believe manipulating **cannabinoid** levels in the body could offer therapeutic benefits.

psychoactive

adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

synonym : mind-altering, mind-bending, hallucinogenic

(1) **psychoactive** medication, (2) **psychoactive** effects

Psychoactive substances can seriously affect the brain and must be used cautiously.

rollercoaster

n. a type of amusement ride that goes up and down very steep slopes and around very sudden bends on which people ride in small and open carriages

synonym : turbulence, upheaval

(1) emotional **rollercoaster**, (2) wooden **rollercoaster**

We finally divorced after experiencing a **rollercoaster** marriage.

glorify

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

synonym : exalt, celebrate, honor

(1) **glorify** god, (2) **glorify** violence

Religious leaders often **glorify** their messengers to encourage people to follow their teachings.

deem

v. to consider or decide something in a particular way

synonym : believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were

deemed unsafe.

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.

moreover

adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before

synonym : furthermore, besides, in addition

(1) **moreover**, she decided to go, (2) but **moreover**, they work well together

The company is environmentally conscious, and **moreover**, it uses sustainable materials in its products.

pendulum

n. a weight hung from a fixed point used to regulate the movement of a clock or other mechanism

synonym : oscillator, balance, clock

(1) **pendulum** swings, (2) political **pendulum**

The **pendulum** clock was a familiar sight in the old house.

obscurity

n. the state of being hard to see or understand; lack of clarity or distinction

synonym : vagueness, ambiguity, uncertainty

(1) sink into **obscurity**, (2) **obscurity** of expression

The **obscurity** of the author's writing style made it difficult to understand the book.

craving

n. a strong desire of wanting something

synonym : desire, appetite, longing

(1) **craving** for revenge, (2) curb our **cravings**

I have a **craving** for nicotine.

relapse

n. the fact of becoming ill or starting to misbehave again after making an improvement

synonym: degeneration, deterioration, retrogression

(1) biochemical **relapse**, (2) **relapse** prevention

He had a **relapse** because he was working through the night.

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.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

prolong

v. to extend the duration or length of something, particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan

We need to **prolong** the meeting for another hour to discuss all the issues.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

tout

v. to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation

synonym: promote, advertise, publicize

(1) **tout** products, (2) **tout** services

The travel agency is trying to **tout** their new tour packages to attract more customers.

Session 2: Spelling

1. ca_____is plant
n. a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish
2. af_____t with the plague
v. to cause pain, suffering, or distress to someone or something
3. bleeding from ut____s
n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
4. measures to pr_____g the lifespan
v. to extend the duration or length of something, particularly a period of time or an event
5. psy_____ive medication
adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
6. a drug ad____t
n. a person who cannot stop using or doing something as a habit, especially something harmful
7. in an unc_____nal manner
adj. not following traditional or commonly accepted beliefs, practices, or customs; not conforming to established norms or standards
8. excessive co_____ol
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

ANSWERS: 1. cannabis, 2. afflict, 3. uterus, 4. prolong, 5. psychoactive, 6. addict, 7. unconventional, 8. cortisol

9. el____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
10. t__t services *v.* to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation
11. avoid ste_____pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
12. t__t products *v.* to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation
13. gl_____y violence *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
14. unc_____nal ideas *adj.* not following traditional or commonly accepted beliefs, practices, or customs; not conforming to established norms or standards
15. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 9. elevate, 10. tout, 11. stereotype, 12. tout, 13. glorify, 14. unconventional, 15. stigma

16. pe____um swings *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
17. und_____ue the potential *v.* to assign too low a value to something
18. mo_____er, she decided to go *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
19. curb our cr_____gs *n.* a strong desire of wanting something
20. wooden rol_____ter *n.* a type of amusement ride that goes up and down very steep slopes and around very sudden bends on which people ride in small and open carriages
21. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
22. can_____id receptor *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
23. d__m wrong or inappropriate *v.* to consider or decide something in a particular way
24. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
25. 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

ANSWERS: 16. pendulum, 17. undervalue, 18. moreover, 19. craving, 20. rollercoaster, 21. clinician, 22. cannabinoid, 23. deem, 24. opportune, 25. determinant

26. mi_____le letters *adj.* extremely small; tiny
27. political pe_____um *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
28. und_____ue his contribution *v.* to assign too low a value to something
29. biochemical re_____e *n.* the fact of becoming ill or starting to misbehave again after making an improvement
30. ca_____is legalization *n.* a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish
31. an op____d analgesic *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
32. psy_____ive effects *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
33. cr_____g for revenge *n.* a strong desire of wanting something
34. dis_____ion campaign *n.* false or misleading information that is spread deliberately, usually with the intent to deceive or manipulate public opinion
35. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

ANSWERS: 26. minuscule, 27. pendulum, 28. undervalue, 29. relapse, 30. cannabis, 31. opioid, 32. psychoactive, 33. craving, 34. disinformation, 35. cortisol

36. op___d receptor *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
37. can_____id extracts *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
38. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
39. gl_____y god *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
40. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
41. re_____e prevention *n.* the fact of becoming ill or starting to misbehave again after making an improvement
42. ut___s cancer *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

ANSWERS: 36. opioid, 37. cannabinoid, 38. determinant, 39. glorify, 40. opportune, 41. relapse, 42. uterus

43. emotional rol_____ter *n.* a type of amusement ride that goes up and down very steep slopes and around very sudden bends on which people ride in small and open carriages
44. traditional me_____al *adj.* of or relating to the treatment or cure of disease
45. af_____t the economy *v.* to cause pain, suffering, or distress to someone or something
46. ob_____ty of expression *n.* the state of being hard to see or understand; lack of clarity or distinction
47. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
48. mi_____le amount *adj.* extremely small; tiny
49. d__m socially responsible *v.* to consider or decide something in a particular way
50. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
51. dis_____ion warfare *n.* false or misleading information that is spread deliberately, usually with the intent to deceive or manipulate public opinion
52. me_____ne program *n.* a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
53. me_____ne treatment *n.* a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases

ANSWERS: 43. rollercoaster, 44. medicinal, 45. afflict, 46. obscurity, 47. elevate, 48. minuscule, 49. deem, 50. medicinal, 51. disinformation, 52. methadone, 53. methadone

54. sink into ob_____ty *n.* the state of being hard to see or understand; lack of clarity or distinction
55. but mo_____er, they work well together *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
56. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
57. negative ste_____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
58. Internet ad____t *n.* a person who cannot stop using or doing something as a habit, especially something harmful
59. pr_____g the agony *v.* to extend the duration or length of something, particularly a period of time or an event
60. social st____a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 54. obscurity, 55. moreover, 56. clinician, 57. stereotype, 58. addict, 59. prolong, 60. stigma

Session 3: Fill in the Blanks

1. He had a _____ because he was working through the night.
n. the fact of becoming ill or starting to misbehave again after making an improvement
2. Changing _____ about LGBTQ requires considerable effort.
n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
3. _____ substances can seriously affect the brain and must be used cautiously.
adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
4. The travel agency is trying to _____ their new tour packages to attract more customers.
v. to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation
5. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
6. Treatment for _____ dependence may be a long-term process.
n. substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

ANSWERS: 1. relapse, 2. stereotypes, 3. Psychoactive, 4. tout, 5. opportune, 6. opioid

7. This ore emits _____ quantities of radiation
adj. extremely small; tiny
8. The use of _____ for medicinal purposes is legal in some states.
n. a flowering plant that contains psychoactive compounds, often used for recreational or medicinal purposes, particularly in the form of marijuana or hashish
9. The disease can _____ both humans and animals.
v. to cause pain, suffering, or distress to someone or something
10. The physician prescribed medication to relieve the contraction of the _____.
n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
11. We finally divorced after experiencing a _____ marriage.
n. a type of amusement ride that goes up and down very steep slopes and around very sudden bends on which people ride in small and open carriages
12. The company is environmentally conscious, and _____ it uses sustainable materials in its products.
adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
13. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
14. The _____ clinic provides daily doses of the medication to patients in recovery.
n. a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases

ANSWERS: 7. minuscule, 8. cannabis, 9. afflict, 10. uterus, 11. rollercoaster, 12. moreover, 13. Cortisol, 14. methadone

15. He _____ the importance of teamwork and struggled to succeed.
v. to assign too low a value to something
16. The _____ of the author's writing style made it difficult to understand the book.
n. the state of being hard to see or understand; lack of clarity or distinction
17. Her _____ approach to teaching has been a hit with the students.
adj. not following traditional or commonly accepted beliefs, practices, or customs; not conforming to established norms or standards
18. I have a _____ for nicotine.
n. a strong desire of wanting something
19. Regarding earthquakes, some commercial buildings were _____ unsafe.
v. to consider or decide something in a particular way
20. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
21. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
22. We have become TV _____ due to video streaming services.
n. a person who cannot stop using or doing something as a habit, especially something harmful

ANSWERS: 15. undervalued, 16. obscurity, 17. unconventional, 18. craving, 19. deemed, 20. medicinal, 21. stigma, 22. addicts

23. Eating food in a hurry _____ blood glucose levels.
- v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
24. The _____ clock was a familiar sight in the old house.
- n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
25. We need to _____ the meeting for another hour to discuss all the issues.
- v.* to extend the duration or length of something, particularly a period of time or an event
26. Religious leaders often _____ their messengers to encourage people to follow their teachings.
- v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
27. Some researchers believe manipulating _____ levels in the body could offer therapeutic benefits.
- n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
28. The government is being criticized for spreading _____ about the pandemic.
- n.* false or misleading information that is spread deliberately, usually with the intent to deceive or manipulate public opinion
29. Some _____ believe that psychological characteristics alone may cause mental disorders.
- n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

ANSWERS: 23. elevates, 24. pendulum, 25. prolong, 26. glorify, 27. cannabinoid, 28. disinformation, 29. clinicians

30. 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

ANSWERS: 30. determinant