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Vocabulary Builder Reference from...

Krishna Sudhir: What yoga does to your body and brain | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

sage

n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb

synonym : philosopher, scholar, thinker

(1) a **sage** of long ago, (2) a **sage** counselor

He was famous for his **sage** advice to younger entrepreneurs.

codify

v. to organize or arrange laws or rules into a systematic code

synonym : systematize, organize, arrange

(1) **codify** lessons, (2) **codify** the law into a document

They began to **codify** the rules and regulations of the organization.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

technique

n. a particular way or art of doing something that needs skill

synonym: approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success"

rigorously.

yoke

n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one

synonym : bondage, tether, coupling

(1) **yoke** up a horse, (2) under the **yoke** of slavery

The plow was attached to the **yoke**, allowing the farmer to till the soil.

restrain

v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses

synonym : restrict, limit, control

(1) **restrain** from violence, (2) **restrain** a child

The police had to **restrain** the suspect after he became violent during the arrest.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

purity

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym : sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

conscious

adj. being aware of and able to respond to what is happening around you

synonym :

aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded
He became **conscious** that he was being followed.

incorporate

v. to include something as a part of a larger entity
synonym: contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

gymnastics

n. a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

synonym: acrobatics, tumbling, contortion

(1) **gymnastics** competition, (2) **gymnastics** routine

Gymnastics classes are fun for kids to stay active and learn new skills.

wrestling

n. a sport in which two contestants grapple and try to throw each other to the ground

synonym: grappling, fighting, brawling

(1) **wrestling** match, (2) arm **wrestling**

He had always been interested in sumo **wrestling** and decided to try it.

multitude

n. a large number of things or people

synonym: mass, assembly, hive

(1) great **multitude**, (2) from a **multitude** of sources

This company is faced with a **multitude** of problems.

modern

adj. of or belonging to the present time or recent times

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

core

n. the most essential or fundamental part of something

synonym : center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym : otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

contemplate

v. to think about a possible future action or to think about something for a long time thoughtfully

synonym : think over, ponder, consider

(1) **contemplate** a marriage, (2) **contemplated** leaving school

I recently **contemplated** dropping out of school and getting a full-time job.

blend

v. to mix or combine two or more substances

synonym : combine, mix, intermingle

(1) **blend** all the elements, (2) **blend** milk and cream

The toad altered its appearance to better **blend** in with its new environments.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

flexibility

n. the quality of changing or being changed easily according to new conditions or situations

synonym : elasticity, adaptability, resilience

(1) mental **flexibility**, (2) the **flexibility** of the body

We dealt with those problems with speed and **flexibility**.

boost

v. to improve, raise, or increase something

synonym : raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

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.

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**.

enhance

v. to increase or improve the quality, amount, or strength of someone or something

synonym: improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

well-being

n. the state of being happy and healthy and prosperous

synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

contemporary

adj. belonging to the same or present time

synonym: modern, stylish, coetaneous

(1) field of **contemporary** art, (2) **contemporary** leaders

Contemporary music has gained different followers from existing music.

regard

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

synonym: consider, see, reckon

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

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

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

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.

claim

v. to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

synonym: assert, declare, maintain

(1) **claim** responsibility, (2) false **claim**

He wants to **claim** ownership of the abandoned property.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

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.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

reliance

n. the state of depending on or needing something or someone

synonym: dependence, support, confidence

(1) **reliance** on social media, (2) self- **reliance** and solidarity

He acted in **reliance** on her naked promises.

robust

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

synonym: healthy, strong, booming

(1) **robust** growth, (2) a **robust** appetite

The experiment yielded **robust** results that support his theory.

twist

v. to bend or turn something into a certain shape

synonym: wrench, turn, twirl

(1) **twist** around to the left, (2) **twist** a wet towel

He **twisted** pieces of rope out of straw.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking

synonym: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

ligament

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym: band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

elastic

adj. flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable

synonym: stretchy, flexible, resilient

(1) **elastic** body, (2) **elastic** waistband

The skin of a snake is remarkably **elastic**, allowing it to slither through tight spaces.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym : excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym : branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

differentiate

v. to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

synonym : discern, distinguish, separate

(1) **differentiate** between fact and fiction, (2) **differentiate** a function

The teacher asked the students to **differentiate** between the two similar species of birds.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

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.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

reflex

n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

synonym : reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

tolerance

n. the willingness to accept or tolerate something, especially something that is different or unpleasant

synonym : acceptance, patience, forbearance

(1) religious **tolerance**, (2) **tolerance** for risk

The school's diversity program aimed to promote **tolerance** and understanding among the students.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym : achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

unclear

adj. poorly stated or described and therefore not easy to understand; not easy to perceive

synonym : ambiguous, fuzzy, obscure

(1) an **unclear** match, (2) in no **unclear** terms

It is important not to undertake tasks with **unclear** objectives to improve productivity.

reliable

adj. worthy of being relied on; trustworthy

synonym : dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

therapeutic

adj. relating to or involved in the treatment of illness or injury

synonym : healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration

Yoga is known to have **therapeutic** benefits for the mind and body.

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.

skeletal

adj. of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

synonym : bony, emaciated, gaunt

(1) **skeletal** system, (2) **skeletal** muscles

The older man was skinny and **skeletal** and not in good health.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a

section of the body or brain functions

synonym : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

mobility

n. the ability to move or be moved freely or easily from one place, job, or social class to another

synonym : flexibility, maneuverability

(1) lack in **mobility**, (2) improve social **mobility**

I have limited **mobility** in my arms.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym : habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

rheumatoid

n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body

synonym :

arthritis, joint inflammation, rheumatism

(1) **rheumatoid** disease, (2) **rheumatoid** factor

My aunt suffers from **rheumatoid** arthritis and has trouble moving her joints.

arthritis

n. inflammation of one or more joints of the body, which include pain and stiffness

(1) medication for **arthritis**, (2) symptoms of **arthritis**

My rheumatoid **arthritis** is acting up again.

osteoporosis

n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

(1) **osteoporosis** treatment, (2) **osteoporosis** prevention

As we age, we become more at risk for **osteoporosis**, a condition that weakens the bones in our bodies.

regiment

n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine

synonym: unit, brigade, battalion

(1) logistics **regiment**, (2) marching **regiment**

The army **regiment** marched in perfect unison during the parade.

similarly

adv. in almost the same way

synonym: also, likewise, ditto

(1) **similarly** situated, (2) have **similarly** great abilities

We argue that wages for temporary workers should **similarly** rise.

disease

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

synonym: illness, ailment, affliction

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

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

bronchitis

n. an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

synonym : chest cold, respiratory infection, bronchial inflammation

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

I have a terrible case of **bronchitis** and need to see a doctor.

emphysema

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

synonym : COPD, lung disease, respiratory disorder

(1) **emphysema** treatment, (2) chronic **emphysema**

The onset of **emphysema** can be gradual, with symptoms appearing over several years.

asthma

n. a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

synonym : bronchial, bronchitis, respiratory ailment

(1) **asthma** attack, (2) **asthma** symptoms

He always had to carry an inhaler due to his severe **asthma**.

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.

passageway

n. a narrow pathway or corridor, especially one that allows movement between different areas or regions

synonym : corridor, hallway, passage

(1) **passageway** lighting, (2) an enclosed **passageway**

The narrow **passageway** was the only route to the hidden chamber.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

membrane

n. a soft, thin layer that forms animal or vegetable tissue

synonym : tissue layer

(1) cell **membranes**, (2) nuclear **membrane**

Loud noises might harm the fragile ear **membrane**.

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

diffusion

n. a spreading motion in multiple directions

synonym : dispersal, scattering, disbandment

(1) the **diffusion** of knowledge, (2) **diffusion** of lightning

Due to the **diffusion** of television and video, cinema theaters had a small audience.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym : drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue
Smoking places you at severe risk of **cardiovascular** and respiratory disease.

celebrated

adj. renowned for possessing admirable attributes

synonym: acclaimed, notable, prominent

(1) **celebrated** artist, (2) **celebrated** paper

Three **celebrated** tenors performed during the president's inauguration.

longstanding

adj. having existed for a long time

synonym: deep-rooted, continuing

(1) **longstanding** relationship, (2) **longstanding** tradition

The **longstanding** trading built mutual reliance.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

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.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

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.

vary

v. to become different in terms of size, shape, etc.

synonym : alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price

Maximum heart rates **vary** a lot for each individual.

origin

n. the first existence or beginning of something

synonym : root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

severity

n. the quality or condition of being severe, strict, or harsh
synonym: harshness, rigidity, austerity

(1) the **severity** of cold, (2) high **severity**

The **severity** of the drought was a major concern for farmers.

quantify

v. to express or measure something in numerical terms
synonym: measure, express, determine

(1) **quantify** the results, (2) **quantify** blood flow

He tried to **quantify** the amount of product that was needed to complete the job.

relaxation

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym: rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce stress.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

diverse

adj. including numerous categories of individuals or entities; various

synonym: manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents

New York is a city with a **diverse** ethnic population.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

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.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

Session 2: Spelling

1. fr____nt absence *adj.* happening constantly
2. as____a attack *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
3. rel_____on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
4. par_____te in the program *v.* to take part in something
5. qu____fy blood flow *v.* to express or measure something in numerical terms
6. from a mu_____de of sources *n.* a large number of things or people
7. nuclear me_____ne *n.* a soft, thin layer that forms animal or vegetable tissue
8. a person of di_____e talents *adj.* including numerous categories of individuals or entities; various
9. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
10. re_____in from violence *v.* to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses

ANSWERS: 1. frequent, 2. asthma, 3. relaxation, 4. participate, 5. quantify, 6. multitude, 7. membrane, 8. diverse, 9. pump, 10. restrain

11. a s__e counselor *n.* a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
12. im_____e the test score *v.* to make or become better
13. pre-mo___n agricultural society *adj.* of or belonging to the present time or recent times
14. high se_____ty *n.* the quality or condition of being severe, strict, or harsh
15. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
16. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
17. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
18. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
19. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
20. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
21. lon_____ing relationship *adj.* having existed for a long time

ANSWERS: 11. sage, 12. improve, 13. modern, 14. severity, 15. tissue, 16. anxiety, 17. ligament, 18. define, 19. disorder, 20. diagnose, 21. longstanding

22. cel_____ed paper *adj.* renowned for possessing admirable attributes
23. inc_____te the current trends *v.* to include something as a part of a larger entity
24. co___y the law into a document *v.* to organize or arrange laws or rules into a systematic code
25. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
26. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
27. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
28. ex_____al factors *adj.* belonging to or situated outside of someone or something
29. the s__m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
30. the se_____ty of cold *n.* the quality or condition of being severe, strict, or harsh
31. 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

ANSWERS: 22. celebrated, 23. incorporate, 24. codify, 25. strength, 26. cardiovascular, 27. stimulate, 28. external, 29. stem, 30. severity, 31. function

32. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
33. rhe_____id factor *n.* a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
34. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
35. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
36. ev_____e *v.* to develop gradually, or to cause the development of something or someone gradually
37. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
38. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
39. em_____ma treatment *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

ANSWERS: 32. addition, 33. rheumatoid, 34. feat, 35. symptom, 36. evolve, 37. meditation, 38. technique, 39. emphysema

40. under the y__e of slavery *n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
41. psy_____gy experiment *n.* the scientific study of mind and behavior
42. an_____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
43. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
44. ost_____sis prevention *n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
45. do l__g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
46. as___a symptoms *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
47. re_____ce on social media *n.* the state of depending on or needing something or someone
48. gym_____cs routine *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

ANSWERS: 40. yoke, 41. psychology, 42. ancient, 43. spiritual, 44. osteoporosis, 45. lung, 46. asthma, 47. reliance, 48. gymnastics

49. st____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
50. re____d him as an enemy *v.* to think about or consider somebody or something in a specified way
51. 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
52. improve social mo____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another
53. v__y according to the age *v.* to become different in terms of size, shape, etc.
54. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
55. false cl__m *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
56. sh____k with fear *v.* to become smaller, or to make something smaller in size or amount
57. cel____ed artist *adj.* renowned for possessing admirable attributes

ANSWERS: 49. stretch, 50. regard, 51. collagen, 52. mobility, 53. vary, 54. specific, 55. claim, 56. shrink, 57. celebrated

58. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
59. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
60. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
61. pas_____ay lighting *n.* a narrow pathway or corridor, especially one that allows movement between different areas or regions
62. the di_____on of knowledge *n.* a spreading motion in multiple directions
63. a s__e of long ago *n.* a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
64. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
65. fr_____nt use *adj.* happening constantly
66. 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: 58. improvisation, 59. disorder, 60. disease, 61. passageway, 62. diffusion, 63. sage, 64. depression, 65. frequent, 66. determinant

67. re_____in a child *v.* to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
68. gym_____cs competition *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
69. qu_____fy the results *v.* to express or measure something in numerical terms
70. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
71. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
72. cell me_____nes *n.* a soft, thin layer that forms animal or vegetable tissue
73. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
74. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
75. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

ANSWERS: 67. restrain, 68. gymnastics, 69. quantify, 70. involve, 71. component, 72. membrane, 73. yoga, 74. association, 75. diagnose

76. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
77. the degree of pu____y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
78. the degree of dif_____ty *n.* a condition or state that causes problems
79. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
80. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
81. c__e business activity *n.* the most essential or fundamental part of something
82. com_____on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
83. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
84. 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

ANSWERS: 76. diversity, 77. purity, 78. difficulty, 79. lung, 80. feat, 81. core, 82. combination, 83. constrict, 84. cancer

85. cl__m responsibility *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
86. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers
87. field of con_____ary art *adj.* belonging to the same or present time
88. religious to_____ce *n.* the willingness to accept or tolerate something, especially something that is different or unpleasant
89. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
90. en_____e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
91. arm wr_____ng *n.* a sport in which two contestants grapple and try to throw each other to the ground
92. dif_____ty in breathing *n.* a condition or state that causes problems
93. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
94. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
95. symptoms of ar_____is *n.* inflammation of one or more joints of the body, which include pain and stiffness

ANSWERS: 85. claim, 86. addition, 87. contemporary, 88. tolerance, 89. define, 90. enhance, 91. wrestling, 92. difficulty, 93. improvisation, 94. shrink, 95. arthritis

96. pre-Christian an____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
97. medication for ar_____is *n.* inflammation of one or more joints of the body, which include pain and stiffness
98. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
99. ev___e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
100. self-re_____ce and solidarity *n.* the state of depending on or needing something or someone
101. el_____c waistband *adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
102. guarantee re_____le delivery *adj.* worthy of being relied on; trustworthy
103. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
104. el_____c body *adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
105. the c__e of an apple *n.* the most essential or fundamental part of something

ANSWERS: 96. ancient, 97. arthritis, 98. conscious, 99. evolve, 100. reliance, 101. elastic, 102. reliable, 103. specific, 104. elastic, 105. core

106. con_____ve information *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
107. di_____e backgrounds *adj.* including numerous categories of individuals or entities; various
108. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
109. an enclosed pas_____ay *n.* a narrow pathway or corridor, especially one that allows movement between different areas or regions
110. 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
111. bl__d milk and cream *v.* to mix or combine two or more substances
112. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
113. take ad_____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
114. s__m from a belief *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

ANSWERS: 106. conclusive, 107. diverse, 108. depression, 109. passageway, 110. collagen, 111. blend, 112. combination, 113. advantage, 114. stem

115. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
116. mental fle_____ty *n.* the quality of changing or being changed easily according to new conditions or situations
117. viral bro_____is *n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
118. st_____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
119. re___d the situation as unfortunate *v.* to think about or consider somebody or something in a specified way
120. rhe_____id disease *n.* a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
121. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
122. ost_____sis treatment *n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

ANSWERS: 115. pump, 116. flexibility, 117. bronchitis, 118. stimulate, 119. regard, 120. rheumatoid, 121. spiritual, 122. osteoporosis

123. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
124. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
125. con_____ary leaders *adj.* belonging to the same or present time
126. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
127. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
128. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
129. against tr_____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
130. psy_____gy of crowd *n.* the scientific study of mind and behavior
131. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
132. the_____ic administration *adj.* relating to or involved in the treatment of illness or injury

ANSWERS: 123. cardiovascular, 124. constrict, 125. contemporary, 126. symptom, 127. association, 128. advantage, 129. tradition, 130. psychology, 131. strength, 132. therapeutic

133. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
134. a reckless at____t *n.* an act or effort of trying to do something, especially something difficult
135. st____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
136. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
137. 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
138. co____y lessons *v.* to organize or arrange laws or rules into a systematic code
139. tw__t around to the left *v.* to bend or turn something into a certain shape
140. a tr____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
141. con____ve statement *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

ANSWERS: 133. disease, 134. attempt, 135. stretch, 136. tissue, 137. cancer, 138. codify, 139. twist, 140. tradition, 141. conclusive

142. the hydrogen binds the ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
143. im_____e a process *v.* to make or become better
144. inc_____te technology into daily life *v.* to include something as a part of a larger entity
145. chronic bro_____is *n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
146. re___x test *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
147. re__x at home *v.* to become or cause someone to become less active or tense and calmer
148. tw__t a wet towel *v.* to bend or turn something into a certain shape
149. bo__t the economy *v.* to improve, raise, or increase something
150. ro_____e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
151. si_____ly situated *adv.* in almost the same way
152. ex_____al commerce *adj.* belonging to or situated outside of someone or something

ANSWERS: 142. oxygen, 143. improve, 144. incorporate, 145. bronchitis, 146. reflex, 147. relax, 148. twist, 149. boost, 150. routine, 151. similarly, 152. external

153. con_____te a marriage *v.* to think about a possible future action or to think about something for a long time thoughtfully
154. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
155. or____n of information *n.* the first existence or beginning of something
156. sk_____al system *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
157. 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
158. the fle_____ty of the body *n.* the quality of changing or being changed easily according to new conditions or situations
159. sk_____al muscles *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
160. marching re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
161. lack in mo_____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another

ANSWERS: 153. contemplate, 154. well-being, 155. origin, 156. skeletal, 157. function, 158. flexibility, 159. skeletal, 160. regiment, 161. mobility

162. con_____ted leaving school *v.* to think about a possible future action or to think about something for a long time thoughtfully
163. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
164. mo_____n poetry *adj.* of or belonging to the present time or recent times
165. en_____e value *v.* to increase or improve the quality, amount, or strength of someone or something
166. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
167. lingual di_____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
168. the_____ic massage *adj.* relating to or involved in the treatment of illness or injury
169. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
170. racial or_____n *n.* the first existence or beginning of something
171. to_____ce for risk *n.* the willingness to accept or tolerate something, especially something that is different or unpleasant

ANSWERS: 162. contemplate, 163. maintain, 164. modern, 165. enhance, 166. yoga, 167. diversity, 168. therapeutic, 169. cognitive, 170. origin, 171. tolerance

172. par_____te fully in conversation *v.* to take part in something
173. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
174. lon_____ing tradition *adj.* having existed for a long time
175. y___e up a horse *n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
176. bl___d all the elements *v.* to mix or combine two or more substances
177. a li_____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
178. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
179. logistics re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
180. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill

ANSWERS: 172. participate, 173. oxygen, 174. longstanding, 175. yoke, 176. blend, 177. ligament, 178. meditation, 179. regiment, 180. technique

181. co_____us effort	<i>adj.</i> being aware of and able to respond to what is happening around you
182. ro___t growth	<i>adj.</i> sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
183. te___n grafting	<i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone
184. the at_____t to rescue the hostages	<i>n.</i> an act or effort of trying to do something, especially something difficult
185. re_____le access	<i>adj.</i> worthy of being relied on; trustworthy
186. v__y directly with the price	<i>v.</i> to become different in terms of size, shape, etc.
187. risk of ch_____c disease	<i>adj.</i> being long-lasting and recurrent or characterized by long suffering; habitual
188. have si_____ly great abilities	<i>adv.</i> in almost the same way
189. improve co_____ve function	<i>adj.</i> of or relating to mental processes of understanding
190. te___n collagen	<i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone
191. wr_____ng match	<i>n.</i> a sport in which two contestants grapple and try to throw each other to the ground
192. bo__t flexibility	<i>v.</i> to improve, raise, or increase something
193. high pu___y	<i>n.</i> the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

ANSWERS: 181. conscious, 182. robust, 183. tendon, 184. attempt, 185. reliable, 186. vary, 187. chronic, 188. similarly, 189. cognitive, 190. tendon, 191. wrestling, 192. boost, 193. purity

194. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
195. an un____r match *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
196. chronic em____ma *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
197. in no un____r terms *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
198. key co____nt *n.* one of several parts that combines with others to form something bigger
199. rel____on music *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
200. a sense of wel____ng *n.* the state of being happy and healthy and prosperous
201. environmental det____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
202. a built-in diagnostic ro____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 194. relax, 195. unclear, 196. emphysema, 197. unclear, 198. component, 199. relaxation, 200. well-being, 201. determinant, 202. routine

203. great mu_____de	<i>n.</i>	a large number of things or people
204. dif_____ate between fact and fiction	<i>v.</i>	to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
205. ch_____c alcohol consumption	<i>adj.</i>	being long-lasting and recurrent or characterized by long suffering; habitual
206. in_____e a lot of paperwork	<i>v.</i>	to include or affect someone or something as a necessary part of something else
207. dif_____ate a function	<i>v.</i>	to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
208. ma_____in good health	<i>v.</i>	to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
209. diagnosis of an_____y disorder	<i>n.</i>	a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
210. di_____on of lightning	<i>n.</i>	a spreading motion in multiple directions
211. knee re_____x	<i>n.</i>	an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
212. a ro_____t appetite	<i>adj.</i>	sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

ANSWERS: 203. multitude, 204. differentiate, 205. chronic, 206. involve, 207. differentiate, 208. maintain, 209. anxiety, 210. diffusion, 211. reflex, 212. robust

ANSWERS:

Session 3: Fill in the Blanks

1. They began to _____ the rules and regulations of the organization.
v. to organize or arrange laws or rules into a systematic code
2. 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
3. The school's diversity program aimed to promote _____ and understanding among the students.
n. the willingness to accept or tolerate something, especially something that is different or unpleasant
4. The narrow _____ was the only route to the hidden chamber.
n. a narrow pathway or corridor, especially one that allows movement between different areas or regions
5. New York is a city with a _____ ethnic population.
adj. including numerous categories of individuals or entities; various
6. The new strategy will _____ the profitability of our company.
v. to increase or improve the quality, amount, or strength of someone or something
7. The plow was attached to the _____ allowing the farmer to till the soil.
n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one

ANSWERS: 1. codify, 2. function, 3. tolerance, 4. passageway, 5. diverse, 6. enhance, 7. yoke,

8. This shirt will _____ in the wash.
- v.* to become smaller, or to make something smaller in size or amount
9. His membership in the _____ provided him with numerous benefits.
- n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
10. He acted in _____ on her naked promises.
- n.* the state of depending on or needing something or someone
11. The army _____ marched in perfect unison during the parade.
- n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
12. 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
13. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
14. The snake's muscles began to _____ around its prey.
- v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
15. 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

ANSWERS: 8. shrink, 9. association, 10. reliance, 11. regiment, 12. involves, 13. anxiety, 14. constrict, 15. conclusive

16. Frugality and industry are still _____ as virtues.
v. to think about or consider somebody or something in a specified way
17. The police had to _____ the suspect after he became violent during the arrest.
v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
18. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
19. My leg kicked involuntarily when the doctor tapped my knee with the _____ hammer.
n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
20. To advance this discussion, we must _____ "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something
21. Some herds have been observed to _____ hundreds of kilometers.
v. to make or be capable of making anything longer or broader without hurting or breaking
22. His _____ faculties were getting worse because of a lack of sleep.
adj. of or relating to mental processes of understanding
23. _____ injuries are common among athletes.
n. a strong, fibrous cord of tissue that connects muscle to bone

ANSWERS: 16. regarded, 17. restrain, 18. relaxed, 19. reflex, 20. define, 21. stretch, 22. cognitive, 23. Tendon

24. This company is faced with a _____ of problems.

n. a large number of things or people

25. Health and _____ are, above all, gold.

n. the quality or state of being physically, or sometimes mentally, strong

26. 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

27. Higher _____ requires additional equipment and energy.

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

28. He created a beautiful piece of music using only _____.

n. the act of making something up on the spot or creating or performing something without preparation

29. Due to the _____ of television and video, cinema theaters had a small audience.

n. a spreading motion in multiple directions

30. He became _____ that he was being followed.

adj. being aware of and able to respond to what is happening around you

31. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

ANSWERS: 24. multitude, 25. strength, 26. determinant, 27. purity, 28. improvisation, 29. diffusion, 30. conscious, 31. attempt

32. My aunt suffers from _____ arthritis and has trouble moving her joints.
n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
33. He was famous for his _____ advice to younger entrepreneurs.
n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
34. One of the main _____ of the new product is its increased efficiency.
n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
35. As we age, we become more at risk for _____ a condition that weakens the bones in our bodies.
n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
36. We argue that wages for temporary workers should _____ rise.
adv. in almost the same way
37. I need to _____ my car regularly to prevent any major mechanical issues.
v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
38. The experiment yielded _____ results that support his theory.
adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
39. It is important not to undertake tasks with _____ objectives to improve productivity.
adj. poorly stated or described and therefore not easy to understand; not easy to perceive

ANSWERS: 32. rheumatoid, 33. sage, 34. advantages, 35. osteoporosis, 36. similarly, 37. maintain, 38. robust, 39. unclear

40. He was alert and could not _____ any critical information out of him.
- v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
41. We are responsible for the care and _____ of all our employees.
- n.* the state of being happy and healthy and prosperous
42. The teacher asked the students to _____ between the two similar species of birds.
- v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
43. _____ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
44. 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
45. The _____ of the drought was a major concern for farmers.
- n.* the quality or condition of being severe, strict, or harsh
46. The scientist conducted a study that provided _____ details about the species' behavior.
- adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

ANSWERS: 40. pump, 41. well-being, 42. differentiate, 43. Depression, 44. collagen, 45. severity, 46. specific

47. I have a terrible case of _____ and need to see a doctor.

- n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

48. When a company discloses information to the market, an _____ auditor verifies them.

- adj.* belonging to or situated outside of someone or something

49. Jockey's superior _____ brought him victory.

- n.* a particular way or art of doing something that needs skill

50. _____ music has gained different followers from existing music.

- adj.* belonging to the same or present time

51. 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

52. 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

53. The _____ trading built mutual reliance.

- adj.* having existed for a long time

54. These gas nebulas are merely newborn galactic _____.

- n.* the most essential or fundamental part of something

ANSWERS: 47. bronchitis, 48. external, 49. technique, 50. Contemporary, 51. diagnose, 52. cancer, 53. longstanding, 54. cores

55. We want to _____ ties between our two countries.

v. to make or become better

56. The _____ in the knee provide stability and support.

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

57. My rheumatoid _____ is acting up again.

n. inflammation of one or more joints of the body, which include pain and stiffness

58. Smoking places you at severe risk of _____ and respiratory disease.

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

59. She had a master's degree in _____.

n. the scientific study of mind and behavior

60. _____ hyperglycemia is a trigger for a variety of serious diseases.

adj. being long-lasting and recurrent or characterized by long suffering; habitual

61. The _____ to the safe was a secret.

n. a collection of things that have been combined; an assemblage of separate parts or qualities

62. He was impressed by the range and _____ of the collection.

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

63. They have been living near water since _____ times.

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

ANSWERS: 55. improve, 56. ligaments, 57. arthritis, 58. cardiovascular, 59. psychology, 60. Chronic, 61. combination, 62. diversity, 63. ancient

64. The new service helped _____ net income by 10%.
- v.* to improve, raise, or increase something
65. The onset of _____ can be gradual, with symptoms appearing over several years.
- n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
66. The doctor diagnosed him with a rare _____ that had no known cure.
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
67. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
- n.* a notable or impressive achievement, especially one that requires great skill or bravery
68. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
69. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
70. He tried to _____ the amount of product that was needed to complete the job.
- v.* to express or measure something in numerical terms

ANSWERS: 64. boost, 65. emphysema, 66. disease, 67. feat, 68. disorder, 69. meditation, 70. quantify

71. He _____ pieces of rope out of straw.

v. to bend or turn something into a certain shape

72. The book _____ my imagination.

v. to encourage something to develop or become more active; to stir the feelings or emotions

73. He has terminal _____ cancer.

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

74. Yoga is known to have _____ benefits for the mind and body.

adj. relating to or involved in the treatment of illness or injury

75. _____ classes are fun for kids to stay active and learn new skills.

n. a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

76. In _____ private corporations provide healthcare services.

n. the act or process of adding something to something else; the process of adding numbers

77. The skin of a snake is remarkably _____ allowing it to slither through tight spaces.

adj. flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable

78. The majority of students actively _____ in the college's intramural sports program.

v. to take part in something

ANSWERS: 71. twisted, 72. stimulated, 73. lung, 74. therapeutic, 75. Gymnastics, 76. addition, 77. elastic, 78. participated

79. He wants to _____ ownership of the abandoned property.
- v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
80. Loud noises might harm the fragile ear _____.
- n.* a soft, thin layer that forms animal or vegetable tissue
81. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.
- adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
82. The toad altered its appearance to better _____ in with its new environments.
- v.* to mix or combine two or more substances
83. Eyeless fish _____ in dark caves.
- v.* to develop gradually, or to cause the development of something or someone gradually
84. The researchers try to discover a common _____ in all types of successful organizations.
- n.* one of several parts that combines with others to form something bigger
85. A rose has thorns on its _____.
- n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
86. Many people find that regular _____ practice can help reduce stress and anxiety.
- n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

ANSWERS: 79. claim, 80. membrane, 81. spiritual, 82. blend, 83. evolved, 84. component, 85. stem, 86. yoga

87. We dealt with those problems with speed and _____.
- n.* the quality of changing or being changed easily according to new conditions or situations
88. Their headquarters are in a _____ skyscraper.
- adj.* of or belonging to the present time or recent times
89. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
90. The patient displays a _____ of a side effect.
- n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
91. I recently _____ dropping out of school and getting a full-time job.
- v.* to think about a possible future action or to think about something for a long time thoughtfully
92. I have limited _____ in my arms.
- n.* the ability to move or be moved freely or easily from one place, job, or social class to another
93. The older man was skinny and _____ and not in good health.
- adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
94. He always had to carry an inhaler due to his severe _____.
- n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

ANSWERS: 87. flexibility, 88. modern, 89. tradition, 90. symptom, 91. contemplated, 92. mobility, 93. skeletal, 94. asthma

95. Trains are _____ inexpensive, and ideal for long-distance travel.

adj. worthy of being relied on; trustworthy

96. The researcher separated the nervous _____ for microscopic examinations.

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

97. Yoga is a great way to promote _____ and reduce stress.

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

98. He had always been interested in sumo _____ and decided to try it.

n. a sport in which two contestants grapple and try to throw each other to the ground

99. Three _____ tenors performed during the president's inauguration.

adj. renowned for possessing admirable attributes

100. There are various hypotheses concerning the _____ of life.

n. the first existence or beginning of something

101. He has _____ exercising because of a back injury sustained in an accident.

n. a condition or state that causes problems

102. We will attempt to _____ some of your suggestions into our future strategy.

v. to include something as a part of a larger entity

ANSWERS: 95. reliable, 96. tissue, 97. relaxation, 98. wrestling, 99. celebrated, 100. origin, 101. difficulty, 102. incorporate

103. Maximum heart rates _____ a lot for each individual.

v. to become different in terms of size, shape, etc.

104. She studies gardening on a _____ basis.

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

105. The passenger grabbed for the _____ mask.

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

106. His heartaches are less _____ now.

adj. happening constantly

ANSWERS: 103. vary, 104. routine, 105. oxygen, 106. frequent