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Vocabulary Builder Reference from...

Henna-Maria Uusitupa: How the gut microbes you're born with affect your lifelong health | TED Talk
https://www.ted.com/talks/henna_maria_uusitupa_how_the_gut_microbes_you_re_born_with_affect_your_lifelong_health

Advanced Words Only

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Session 1: Word List

microbe

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

synonym : germ, microorganism, bacterium

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

Microbes thrive on the surface of the human skin.

coexist

v. to live or exist together at the same time in the same place

synonym : cohabit, accompany, synchronize

(1) **coexist** with nature, (2) **coexist** with diversity

The different species can **coexist** in the same ecosystem by filling different niches and using different resources.

modulate

v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something

synonym : regulate, inflect, adjust

(1) **modulate** the function, (2) **modulate** from one key to another

These chemicals **modulate** the effect of metabolism.

microbiota

n. (also "flora") the community of microorganisms that live within a particular environment or host organism, including bacteria, viruses, fungi, and other microorganisms

synonym : microflora, microbiome

(1) intestinal **microbiota**, (2) **microbiota** diversity

The **microbiota** in our gut plays a crucial role in our overall health and immune system.

sibling

n. a brother or sister; member of a family born to the same parents

synonym : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

inhabit

v. to live in a specific location; to reside

synonym : settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

colonize

v. to establish a colony in or on a specific place; to settle or occupy in large numbers

synonym : settle, occupy, inhabit

(1) **colonize** planets, (2) **colonize** for cultivation

European powers **colonized** much of the Americas in the 16th and 17th centuries.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym : intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy
I have no intention to **invade** your privacy.

settler

n. a person who moved with a group of others to live in a different country or area

synonym: frontiersperson, immigrant, emigrant

(1) new **settlers**, (2) **settlers** on some foreign shore

A large proportion of railway workers in **settler** colonies were white.

feces

n. waste matter eliminated from the bowels; excrement

synonym: poop, stool, excrement

(1) **feces** sample, (2) human **feces**

Proper disposal of **feces** is essential for maintaining public health and sanitation.

infancy

n. the state or period of being a baby or very young child

synonym: childhood, babyhood, juvenescence

(1) **infancy** stage, (2) in early **infancy**

The technology is still in its **infancy** and has much room for improvement.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym: overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

predispose

v. to make someone susceptible

synonym: dispose, incline

(1) **predispose** to the development of cancer,

(2) **predispose** me to become a novelist

Her outstanding achievement **predisposes** people to like her.

breastfeeding

n. the act of feeding a baby with milk produced by the mother's breasts

synonym: nursing, lactation, suckling

(1) **breastfeeding** mother, (2) **breastfeeding** support

Getting the hang of **breastfeeding** at first can be challenging, but with patience and practice, it gets easier.

miraculous

adj. very effective or lucky, or completely unexpected

synonym: amazing, astonishing, awesome

(1) a **miraculous** encounter, (2) go through a **miraculous** change

He made a **miraculous** recovery.

ingest

v. to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

synonym: swallow, consume, devour

(1) **ingest** food, (2) **ingest** medication

People who compulsively **ingest** non-food items, such as dirt or chalk, suffer from a condition called pica.

probiotic

n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system

synonym: probiotic bacteria, beneficial bacteria, microflora

(1) **probiotic** supplement, (2) **probiotic** yogurt

Probiotic-rich foods, such as kefir and sauerkraut, can improve digestive health.

eczema

n. a skin condition marked by itchy, red, hot, and scaly patches, often caused by allergies, irritants, or stress

synonym: dermatitis, rash, skin inflammation

(1) **eczema** cream, (2) atopic **eczema**

A good moisturizer can help relieve the symptoms of **eczema**.

oligosaccharide

n. a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units

linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners

(1) **oligosaccharide** synthesis, (2) plant-derived **oligosaccharide**

The **oligosaccharide** chain present in the protein influences its stability and function.

puzzling

adj. confusing or difficult to understand; mysterious
synonym: baffling, confusing, enigmatic

(1) **puzzling** behavior, (2) **puzzling** questions

The detective found the clues **puzzling** and couldn't solve the case immediately.

synthesize

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

synonym: incorporate, amalgamate

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

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

preempt

v. to act in advance to prevent something or to replace it with something else

synonym: forestall, head off, anticipate

(1) **preempt** a financial crisis, (2) **preempt** trouble

The government **preempted** the release of sensitive information.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

Session 2: Spelling

- | | |
|--|--|
| 1. in_____y stage | <i>n.</i> the state or period of being a baby or very young child |
| 2. se_____rs on some foreign shore | <i>n.</i> a person who moved with a group of others to live in a different country or area |
| 3. a mir_____us encounter | <i>adj.</i> very effective or lucky, or completely unexpected |
| 4. plant-derived oli_____ide | <i>n.</i> a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners |
| 5. human fe__s | <i>n.</i> waste matter eliminated from the bowels; excrement |
| 6. co_____ze planets | <i>v.</i> to establish a colony in or on a specific place; to settle or occupy in large numbers |
| 7. syn_____ze molecules | <i>v.</i> to combine a substance to make a more complex product or compound |
| 8. pre_____se to the development of cancer | <i>v.</i> to make someone susceptible |
| 9. atopic ec___a | <i>n.</i> a skin condition marked by itchy, red, hot, and scaly patches, often caused by allergies, irritants, or stress |

ANSWERS: 1. infancy, 2. settler, 3. miraculous, 4. oligosaccharide, 5. feces, 6. colonize, 7. synthesize, 8. predispose, 9. eczema

10. ec___a cream *n.* a skin condition marked by itchy, red, hot, and scaly patches, often caused by allergies, irritants, or stress
11. bre_____ing mother *n.* the act of feeding a baby with milk produced by the mother's breasts
12. co_____t with diversity *v.* to live or exist together at the same time in the same place
13. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
14. mic_____ta diversity *n.* (also "flora") the community of microorganisms that live within a particular environment or host organism, including bacteria, viruses, fungi, and other microorganisms
15. un___d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
16. co_____t with nature *v.* to live or exist together at the same time in the same place
17. in___e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
18. oli_____ide synthesis *n.* a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners

ANSWERS: 10. eczema, 11. breastfeeding, 12. coexist, 13. unfold, 14. microbiota, 15. unfold, 16. coexist, 17. invade, 18. oligosaccharide

19. pre_____se me to become a novelist
v. to make someone susceptible
20. pr_____ic supplement
n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
21. pu_____ng behavior
adj. confusing or difficult to understand; mysterious
22. pathogenic mi_____e
n. a tiny living thing that can only be seen with a microscope and that may cause disease
23. bre_____ing support
n. the act of feeding a baby with milk produced by the mother's breasts
24. pr_____t a financial crisis
v. to act in advance to prevent something or to replace it with something else
25. mi_____es sterilizer
n. a tiny living thing that can only be seen with a microscope and that may cause disease
26. mo_____te the function
v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
27. pu_____ng questions
adj. confusing or difficult to understand; mysterious
28. in____t food
v. to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

ANSWERS: 19. predispose, 20. probiotic, 21. puzzling, 22. microbe, 23. breastfeeding, 24. preempt, 25. microbe, 26. modulate, 27. puzzling, 28. ingest

29. mo_____te from one key to another *v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
30. play with my si_____gs *n.* a brother or sister; member of a family born to the same parents
31. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
32. in_____t the stomach *v.* to live in a specific location; to reside
33. in_____t a cave *v.* to live in a specific location; to reside
34. in____t medication *v.* to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge
35. new se_____rs *n.* a person who moved with a group of others to live in a different country or area
36. syn_____ze information *v.* to combine a substance to make a more complex product or compound
37. go through a mir_____us change *adj.* very effective or lucky, or completely unexpected
38. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 29. modulate, 30. sibling, 31. disrupt, 32. inhabit, 33. inhabit, 34. ingest, 35. settler, 36. synthesize, 37. miraculous, 38. obese

39. intestinal mic_____ta *n.* (also "flora") the community of microorganisms that live within a particular environment or host organism, including bacteria, viruses, fungi, and other microorganisms
40. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
41. pr_____t trouble *v.* to act in advance to prevent something or to replace it with something else
42. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
43. co_____ze for cultivation *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
44. pr_____ic yogurt *n.* a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
45. have a si_____g quarrel *n.* a brother or sister; member of a family born to the same parents
46. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
47. fe__s sample *n.* waste matter eliminated from the bowels; excrement

ANSWERS: 39. microbiota, 40. obese, 41. preempt, 42. disrupt, 43. colonize, 44. probiotic, 45. sibling, 46. invade, 47. feces

48. in early in_____y

n. the state or period of being a baby or very young child

ANSWERS: 48. infancy

Session 3: Fill in the Blanks

1. People who compulsively _____ non-food items, such as dirt or chalk, suffer from a condition called pica.
 - v. to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

2. The technology is still in its _____ and has much room for improvement.
 - n. the state or period of being a baby or very young child

3. The detective found the clues _____ and couldn't solve the case immediately.
 - adj. confusing or difficult to understand; mysterious

4. _____ thrive on the surface of the human skin.
 - n. a tiny living thing that can only be seen with a microscope and that may cause disease

5. The different species can _____ in the same ecosystem by filling different niches and using different resources.
 - v. to live or exist together at the same time in the same place

6. I have no intention to _____ your privacy.
 - v. to enter aggressively into another's territory by military force for conquest and occupation

7. Children often copy their parents or elder _____.
 - n. a brother or sister; member of a family born to the same parents

ANSWERS: 1. ingest, 2. infancy, 3. puzzling, 4. Microbes, 5. coexist, 6. invade, 7. siblings

8. A good moisturizer can help relieve the symptoms of _____.
- n.* a skin condition marked by itchy, red, hot, and scaly patches, often caused by allergies, irritants, or stress
9. The doctor warned him that his _____ condition put him at risk for numerous health problems.
- adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
10. The spider can _____ multiple different silk proteins.
- v.* to combine a substance to make a more complex product or compound
11. Proper disposal of _____ is essential for maintaining public health and sanitation.
- n.* waste matter eliminated from the bowels; excrement
12. _____ foods, such as kefir and sauerkraut, can improve digestive health.
- n.* a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
13. European powers _____ much of the Americas in the 16th and 17th centuries.
- v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
14. I have no idea what sort of folks _____ the neighborhood.
- v.* to live in a specific location; to reside
15. Getting the hang of _____ at first can be challenging, but with patience and practice, it gets easier.
- n.* the act of feeding a baby with milk produced by the mother's breasts

ANSWERS: 8. eczema, 9. obese, 10. synthesize, 11. feces, 12. Probiotic-rich, 13. colonized, 14. inhabit, 15. breastfeeding

16. Her outstanding achievement _____ people to like her.
- v. to make someone susceptible
17. These chemicals _____ the effect of metabolism.
- v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
18. The mystery _____ as the detectives gathered more clues.
- v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
19. The _____ chain present in the protein influences its stability and function.
- n. a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners
20. I'm so sorry to _____ you when you're pretty busy.
- v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
21. A large proportion of railway workers in _____ colonies were white.
- n. a person who moved with a group of others to live in a different country or area
22. The _____ in our gut plays a crucial role in our overall health and immune system.
- n. (also "flora") the community of microorganisms that live within a particular environment or host organism, including bacteria, viruses, fungi, and other microorganisms

ANSWERS: 16. predisposes, 17. modulate, 18. unfolded, 19. oligosaccharide, 20. disrupt, 21. settler, 22. microbiota

23. He made a _____ recovery.

adj. very effective or lucky, or completely unexpected

24. The government _____ the release of sensitive information.

v. to act in advance to prevent something or to replace it with something else

ANSWERS: 23. miraculous, 24. preempted