

# Englist.me



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Carson Bruns: Could a tattoo help you stay healthy? |  
TED Talk

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### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### archaeology

*n.* the branch of anthropology that studies prehistoric people and their cultures

(1) the institute of **archaeology**, (2) prehistoric **archaeology**

She teaches **archaeology** at the local university.

### mummy

*n.* a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material

*synonym*: corpse, remains

(1) **mummy** tomb, (2) ancient Egyptian **mummy**

The well-preserved **mummy** was discovered in an ancient tomb in the desert.

### rendition

*n.* a performance or interpretation, often of a piece of music or artwork; a version or translation of something into another language or style; the act of surrendering someone to another country for interrogation or punishment

*synonym*: interpretation, performance, presentation

(1) **rendition** of judgment, (2) film **rendition**

The singer gave a beautiful **rendition** of the classic song during the concert.

## brace

*n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

*synonym*: support, clamp, (verb) strengthen

(1) **brace** for impact, (2) **brace** my energies

She wore a **brace** on her leg to support her injured ankle.

## acupuncture

*n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

*synonym*: stylostixis, needling, reflexology

(1) **acupuncture** for anxiety, (2) **acupuncture** treatment

The **acupuncture** needles are very thin and are not painful to insert.

## industrious

*adj.* hardworking, diligent, and persistent in effort

*synonym*: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

## commodify

*v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value

*synonym*: commercialize, market, sell

(1) **commodify** user data, (2) **commodify** athletes

Many companies try to **commodify** popular trends to make a profit.

## obsess

*v.* to fill the mind of someone continually so that one can't think of anything else

*synonym*: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

## cliche

*n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

*synonym*: truism, platitude, stereotype

(1) **cliche** plot, (2) age-old **cliche**

Using the same **cliche** phrase in every conversation can take time and effort.

## oversea

*adj.* situated or operating beyond national boundaries; in, from, or to foreign countries

*synonym*: foreign, abroad, international

(1) **oversea** shipments, (2) for **oversea** use

The company enhanced **oversea** operations to tap into new markets.

## monastery

*n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship

*synonym*: abbey, convent, friary

(1) **monastery** garden, (2) leave a **monastery**

This ancient **monastery** was founded in the 13th century and had a long history of religious devotion.

## commemorate

*v.* to honor the memory of someone or something by ceremony or tribute

*synonym*: honor, remember, celebrate

(1) **commemorate** her long life, (2) **commemorate** a deed

The country **commemorated** the war heroes on Memorial Day.

## soot

*n.* a black, powdery substance that is produced by the incomplete burning of a material such as coal, wood, or oil and is often found on surfaces near the source of the fire

*synonym*: smut, dirt

(1) **soot-covered** walls, (2) black **soot**

The fire left a layer of **soot** on everything in the room.

## dermis

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

*synonym*: skin layer, corium, cutis

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

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

## nanoscale

*adj.* on a scale that can be measured in nanometres (= one billionth of a meter); on a very small scale

(1) **nanoscale** device, (2) things at the **nanoscale**

This process improves the strength of the metal by controlling the **nanoscale** lattice structure of the metal.

## superpower

*n.* a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities

*synonym*: great power, empire, hegemony

(1) **superpower** country, (2) **superpower** leader

The ability to fly like a bird is often considered a **superpower** in comic books and movies.

## ultraviolet

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

*synonym*: black light, UV light, invisible light

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

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

## sunburn

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

*synonym*: burn, tan, redness

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

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

## sunscreen

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

*synonym* : sunblock, sun cream, suntan lotion

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

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

## freckle

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

*synonym* : spot, speck, beauty mark

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

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

## reappear

*v.* to show up again or return after not being heard of or seen for a period of time

*synonym* : come again, repeat, re-emerge

(1) **reappear** on the surface, (2) **reappear** throughout this book

Cancer has **reappeared** at the same site.

## thermometer

*n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature

*synonym* : thermos, gauge, climate gauge

(1) digital **thermometer**, (2) clinical **thermometer**

My mother always used a mercury **thermometer** to check our temperature when we were sick.

## sequent

*adj.* following as a result or consequence

*synonym* : concomitant, following, after

(1) **sequent** order, (2) **sequent** steps

The **sequent** events led to the downfall of the empire.

## fluctuation

*n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes

*synonym* : change, instability, flux

(1) price **fluctuations**, (2) **fluctuation** of water level

Temperature **fluctuations** are often milder in oceanfront areas.

## electrify

*v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

*synonym* : wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

## biomedical

*adj.* relating to the application of the natural sciences, especially biology, and physiology, to clinical medicine and healthcare

*synonym* : medical, clinical, health-related

(1) **biomedical** assay, (2) cutting-edge **biomedical**

**Biomedical** engineering focuses on developing new medical technologies and innovations to improve patient health outcomes.

## pacemaker

*n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others

*synonym* : heartbeat regulator, pacer, pacesetter

(1) implanted **pacemaker**, (2) **pacemaker** battery

Some people with **pacemakers** may need to avoid certain activities or sources of electromagnetic interference.

## recharge

*v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or

renew oneself by rest or sleep

*synonym* : renew, refresh, replenish

(1) **recharge** brain and body, (2) **recharge** energy

He needed to **recharge** his phone before the meeting.

## conductivity

*n.* the quality of a material's ability to conduct electricity, heat, etc.

*synonym* : conduction

(1) low **conductivity**, (2) electrical **conductivity**

High thermal **conductivity** is also essential for the exterior of the machine.

## excite

*v.* to make someone feel suddenly enthusiastic or eager

*synonym* : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

## envision

*v.* to imagine or expect what a situation will be like in the future

*synonym* : anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success

We cannot **envision** her as President.

## Session 2: Spelling

- |                                |   |
|--------------------------------|---|
| 1. the institute of arc_____gy | <i>n.</i> the branch of anthropology that studies prehistoric people and their cultures   |
| 2. s__t-covered walls          | <i>n.</i> a black, powdery substance that is produced by the incomplete burning of a material such as coal, wood, or oil and is often found on surfaces near the source of the fire   |
| 3. re_____ge brain and body    | <i>v.</i> to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep   |
| 4. br__e for impact            | <i>n.</i> a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast  |
| 5. ult_____et protection       | <i>adj.</i> relating to or occupying the part of the spectrum beyond the violet end, especially radiation   |
| 6. sup_____er leader           | <i>n.</i> a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities |
| 7. su_____n cream              | <i>n.</i> a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays  |

ANSWERS: 1. archaeology, 2. soot, 3. recharge, 4. brace, 5. ultraviolet, 6. superpower, 7. sunburn



8. re\_\_\_\_\_ge energy      *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
9. film re\_\_\_\_\_on      *n.* a performance or interpretation, often of a piece of music or artwork; a version or translation of something into another language or style; the act of surrendering someone to another country for interrogation or punishment
10. se\_\_\_\_\_t order      *adj.* following as a result or consequence
11. hair follicle de\_\_\_\_\_s      *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
12. electrical con\_\_\_\_\_ity      *n.* the quality of a material's ability to conduct electricity, heat, etc.
13. price flu\_\_\_\_\_ons      *n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
14. flu\_\_\_\_\_on of water level      *n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
15. things at the na\_\_\_\_\_le      *adj.* on a scale that can be measured in nanometres (= one billionth of a meter); on a very small scale
16. br\_\_e my energies      *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

ANSWERS: 8. recharge, 9. rendition, 10. sequent, 11. dermis, 12. conductivity, 13. fluctuation, 14. fluctuation, 15. nanoscale, 16. brace

17. ex\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
18. ind\_\_\_\_\_us worker *adj.* hardworking, diligent, and persistent in effort
19. ancient Egyptian mu\_\_y *n.* a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material
20. natural su\_\_\_\_\_en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
21. black s\_\_t *n.* a black, powdery substance that is produced by the incomplete burning of a material such as coal, wood, or oil and is often found on surfaces near the source of the fire
22. bio\_\_\_\_\_al assay *adj.* relating to the application of the natural sciences, especially biology, and physiology, to clinical medicine and healthcare
23. leave a mo\_\_\_\_\_ry *n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship
24. ob\_\_\_s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
25. en\_\_\_\_\_on the future *v.* to imagine or expect what a situation will be like in the future

ANSWERS: 17. excite, 18. industrious, 19. mummy, 20. sunscreen, 21. soot, 22. biomedical, 23. monastery, 24. obsess, 25. envision

26. age-old cl\_\_\_e *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
27. com\_\_\_\_\_te her long life *v.* to honor the memory of someone or something by ceremony or tribute
28. skin de\_\_\_s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
29. ult\_\_\_\_\_et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
30. for ov\_\_\_\_\_a use *adj.* situated or operating beyond national boundaries; in, from, or to foreign countries
31. sup\_\_\_\_\_er country *n.* a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities
32. ov\_\_\_\_\_a shipments *adj.* situated or operating beyond national boundaries; in, from, or to foreign countries
33. se\_\_\_\_\_t steps *adj.* following as a result or consequence
34. mu\_\_y tomb *n.* a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material

ANSWERS: 26. cliché, 27. commemorate, 28. dermis, 29. ultraviolet, 30. overseas, 31. superpower, 32. overseas, 33. sequent, 34. mummy

35. re\_\_\_\_ar throughout this book      *v.* to show up again or return after not being heard of or seen for a period of time
36. prehistoric arc\_\_\_\_\_gy      *n.* the branch of anthropology that studies prehistoric people and their cultures
37. clinical the\_\_\_\_\_er      *n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature
38. digital the\_\_\_\_\_er      *n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature
39. he is ob\_\_\_sed with the fear      *v.* to fill the mind of someone continually so that one can't think of anything else
40. co\_\_\_\_\_fy user data      *v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
41. tiny fr\_\_\_\_\_e      *n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
42. cutting-edge bio\_\_\_\_\_al      *adj.* relating to the application of the natural sciences, especially biology, and physiology, to clinical medicine and healthcare
43. re\_\_\_\_\_on of judgment      *n.* a performance or interpretation, often of a piece of music or artwork; a version or translation of something into another language or style; the act of surrendering someone to another country for interrogation or punishment

ANSWERS: 35. reappear, 36. archaeology, 37. thermometer, 38. thermometer, 39. obsess, 40. commodify, 41. freckle, 42. biomedical, 43. rendition

44. ex\_\_\_e the crowd *v.* to make someone feel suddenly enthusiastic or eager
45. el\_\_\_\_\_fy a manufacturing process *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
46. mo\_\_\_\_\_ry garden *n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship
47. co\_\_\_\_\_fy athletes *v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
48. get a su\_\_\_\_\_n *n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays
49. en\_\_\_\_\_on the project's success *v.* to imagine or expect what a situation will be like in the future
50. na\_\_\_\_\_le device *adj.* on a scale that can be measured in nanometres (= one billionth of a meter); on a very small scale
51. su\_\_\_\_\_en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
52. ind\_\_\_\_\_us student *adj.* hardworking, diligent, and persistent in effort
53. acu\_\_\_\_\_re for anxiety *n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

ANSWERS: 44. excite, 45. electrify, 46. monastery, 47. commodify, 48. sunburn, 49. envision, 50. nanoscale, 51. sunscreen, 52. industrious, 53. acupuncture

54. implanted pa\_\_\_\_\_er *n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
55. el\_\_\_\_\_fy the audience *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
56. pa\_\_\_\_\_er battery *n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
57. re\_\_\_\_\_ar on the surface *v.* to show up again or return after not being heard of or seen for a period of time
58. fr\_\_\_\_\_e cream *n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
59. cl\_\_\_e plot *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
60. acu\_\_\_\_\_re treatment *n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine
61. low con\_\_\_\_\_ity *n.* the quality of a material's ability to conduct electricity, heat, etc.

ANSWERS: 54. pacemaker, 55. electrify, 56. pacemaker, 57. reappear, 58. freckle, 59. cliché, 60. acupuncture, 61. conductivity

62. com\_\_\_\_\_te a deed

v. to honor the memory of someone or something by ceremony or tribute

ANSWERS: 62. commemorate

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ layer contains nerve endings, which enable us to feel sensations such as pressure and pain.
  - n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
  
2. We cannot \_\_\_\_\_ her as President.
  - v.* to imagine or expect what a situation will be like in the future
  
3. I have a \_\_\_\_\_ on my nose that gets darker in the summertime.
  - n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
  
4. This process improves the strength of the metal by controlling the \_\_\_\_\_ lattice structure of the metal.
  - adj.* on a scale that can be measured in nanometres (= one billionth of a meter); on a very small scale
  
5. The well-preserved \_\_\_\_\_ was discovered in an ancient tomb in the desert.
  - n.* a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material
  
6. Cancer has \_\_\_\_\_ at the same site.
  - v.* to show up again or return after not being heard of or seen for a period of time
  
7. \_\_\_\_\_ engineering focuses on developing new medical technologies and innovations to improve patient health outcomes.
  - adj.* relating to the application of the natural sciences, especially biology, and physiology, to clinical medicine and healthcare

ANSWERS: 1. dermis, 2. envision, 3. freckle, 4. nanoscale, 5. mummy, 6. reappeared, 7. Biomedical



8. Temperature \_\_\_\_\_ are often milder in oceanfront areas.
- n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
9. Using the same \_\_\_\_\_ phrase in every conversation can take time and effort.
- n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
10. Some people with \_\_\_\_\_ may need to avoid certain activities or sources of electromagnetic interference.
- n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
11. The fire left a layer of \_\_\_\_\_ on everything in the room.
- n.* a black, powdery substance that is produced by the incomplete burning of a material such as coal, wood, or oil and is often found on surfaces near the source of the fire
12. The country \_\_\_\_\_ the war heroes on Memorial Day.
- v.* to honor the memory of someone or something by ceremony or tribute
13. He needed to \_\_\_\_\_ his phone before the meeting.
- v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
14. He's utterly \_\_\_\_\_ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else
15. High thermal \_\_\_\_\_ is also essential for the exterior of the machine.
- n.* the quality of a material's ability to conduct electricity, heat, etc.

ANSWERS: 8. fluctuations, 9. cliché, 10. pacemakers, 11. soot, 12. commemorated, 13. recharge, 14. obsessed, 15. conductivity

16. The ability to fly like a bird is often considered a \_\_\_\_\_ in comic books and movies.
- n.* a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities
17. She wore a \_\_\_\_\_ on her leg to support her injured ankle.
- n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
18. Wearing \_\_\_\_\_ to protect your skin from harmful UV rays is important.
- n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
19. The \_\_\_\_\_ needles are very thin and are not painful to insert.
- n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine
20. This ancient \_\_\_\_\_ was founded in the 13th century and had a long history of religious devotion.
- n.* a building or complex of buildings in which members of a male religious community, called monks, live and worship
21. I forgot to put on sunscreen, and now I have a painful \_\_\_\_\_ on my back.
- n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays
22. The product developed through years of research continues to \_\_\_\_\_ the market.
- v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

ANSWERS: 16. superpower, 17. brace, 18. sunscreen, 19. acupuncture, 20. monastery, 21. sunburn, 22. electrify

23. The news of her promotion \_\_\_\_\_ her.  
*v.* to make someone feel suddenly enthusiastic or eager
24. My mother always used a mercury \_\_\_\_\_ to check our temperature when we were sick.  
*n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature
25. Many companies try to \_\_\_\_\_ popular trends to make a profit.  
*v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
26. The \_\_\_\_\_ events led to the downfall of the empire.  
*adj.* following as a result or consequence
27. The singer gave a beautiful \_\_\_\_\_ of the classic song during the concert.  
*n.* a performance or interpretation, often of a piece of music or artwork; a version or translation of something into another language or style; the act of surrendering someone to another country for interrogation or punishment
28. He was known to be very \_\_\_\_\_ and would often work late into the night.  
*adj.* hardworking, diligent, and persistent in effort
29. She teaches \_\_\_\_\_ at the local university.  
*n.* the branch of anthropology that studies prehistoric people and their cultures
30. \_\_\_\_\_ radiation can cause skin damage if one is exposed for too long.  
*adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation

ANSWERS: 23. excited, 24. thermometer, 25. commodify, 26. sequent, 27. rendition, 28. industrious, 29. archaeology, 30. Ultraviolet

31. The company enhanced \_\_\_\_\_ operations to tap into new markets.

*adj.* situated or operating beyond national boundaries; in, from, or to foreign countries

ANSWERS: 31. oversea