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Vocabulary Builder Reference from...

Rusha Modi: What causes heartburn? | TED Talk

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

Advanced Words Only

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Session 1: Word List

abdomen

n. the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments

synonym: belly, gut, tummy

(1) **abdomen** pain, (2) insect **abdomen**

The weightlifter used his strong **abdomen** muscles to lift the heavy barbell.

esophagus

n. the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through

synonym: gullet, throat, food pipe

(1) **esophagus** reflux, (2) upper **esophagus**

The tumor in her **esophagus** was causing her difficulty in eating and drinking.

sphincter

n. a circular muscle that regulates the flow of material through a passage or opening, such as the anus or a valve in the digestive system

synonym: valve, muscle ring

(1) urinary **sphincter**, (2) anal **sphincter**

The digestive system's **sphincter** muscle helps regulate the food and waste flow.

malfunction

v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate

synonym : malfunction, break down, fail

(1) **malfunction** alarm, (2) **malfunction** and start moving unpredictably

The car's engine **malfunctioned** on the highway, so we had to call for a tow truck.

heartburn

n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

synonym : acid reflux, pyrosis, indigestion

(1) **heartburn** relief, (2) chronic **heartburn**

After eating that spicy meal, she suffered from **heartburn** all night long.

sear

v. to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time

synonym : scorch, cook, burn

(1) **sear** tissue using a hot iron, (2) **sear** the memory into your mind

Be careful not to **sear** the meat too long, as it can become tough and chewy.

spasm

n. a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity

synonym : convulsion, cramp, twitch

(1) gastric **spasm**, (2) **spasm** of laughter

The patient's face twitched in **spasms** as the dentist started drilling her tooth.

intricate

adj. having many different parts and small details that all work together

synonym: complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

digestive

adj. relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

seep

v. to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually

synonym: leak, ooze, trickle

(1) **seep** cool and moist air, (2) **seep** into paper

The rain began to **seep** through the roof, causing damage to the walls and floors.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

spurt

v. to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy

synonym: gush, surge, spew

(1) unexpectedly **spurt**, (2) **spurt** across the table

The water hose suddenly **spurted** out a strong jet of water.

peppermint

n. a herbaceous plant of the mint family, known for its characteristic aroma and flavor, typically used as a flavoring in confectionery, toothpaste, and other products

synonym: mint, spearmint, wintergreen

(1) **peppermint** extract, (2) the scent of **peppermint** oil

The **peppermint** tea helped soothe my sore throat.

incapable

adj. unable to do, control, or achieve something

synonym : unable, incompetent, unskilled

(1) drunk and **incapable**, (2) **incapable** of being resisted

He seems **incapable** of understanding what she says.

acidic

adj. having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal

synonym : sour, tart, acrid

(1) **acidic** solution, (2) **acidic** taste

The soil in this region is too **acidic** for most crops to grow well.

citrus

n. a group of fruits that belong to the citrus family, including oranges, lemons, limes, and grapefruits; the trees that bear these fruits

synonym : orange, lemon, lime

(1) **citrus** trees, (2) **citrus** scent

Citrus fruits like oranges and lemons are high in vitamin C.

worsen

v. to become or make something worse

synonym : languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem

Unilateral import bans have **worsened** that country's terms of trade.

leach

v. to remove or drain away something from a material, usually by seeping or filtering, such as chemicals from soil or minerals from rock

synonym : drain, filter, strain

(1) **leach** into the brewed coffee, (2) **leach** calcium from the bones

The chemicals from the landfill have begun to **leach** into the groundwater.

nicotine

n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

synonym : tobacco, smoke

(1) **nicotine** patch, (2) **nicotine** replacement therapy

Smoking cigarettes exposes the body to high levels of **nicotine**, which can be addictive.

hernia

n. a medical condition characterized by the protrusion of an organ or tissue through an opening or weak spot in the abdominal wall or muscles; a bulge or swelling caused by the herniation of organs or tissues

synonym : bulge, rupture, prolapse

(1) **hernia** surgery, (2) umbilical **hernia**

The man's hiatal **hernia** caused him to suffer from heartburn and acid reflux.

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.

unintended

adj. not planned or meant

synonym : accidental, unconsenting, involuntary

(1) **unintended** bias, (2) **unintended** misunderstanding

Excessive human interference in the global environment may bring **unintended** consequences.

untreated

adj. not given medical care or treatment; not subjected to chemical or physical treatment

synonym : raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

scar

n. a mark that remains on the skin after a wound has healed

synonym: blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

elevate

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

synonym: lift, heighten, promote

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

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

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

neutralize

v. to counteract or cancel the effects of something; to make something neutral or harmless

synonym: counteract, invalidate, cancel out

(1) **neutralize** a toxin, (2) **neutralize** an argument

We need to **neutralize** the acidity of this soil before we can grow any crops.

Session 2: Spelling

1. insect ab____n *n.* the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments
2. ni____ne replacement therapy *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
3. he_____rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
4. in_____le of being resisted *adj.* unable to do, control, or achieve something
5. ni____ne patch *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
6. uni_____ed misunderstanding *adj.* not planned or meant
7. ci___s trees *n.* a group of fruits that belong to the citrus family, including oranges, lemons, limes, and grapefruits; the trees that bear these fruits
8. s__r tissue using a hot iron *v.* to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time

ANSWERS: 1. abdomen, 2. nicotine, 3. heartburn, 4. incapable, 5. nicotine, 6. unintended, 7. citrus, 8. sear

9. chronic he_____rn *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
10. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
11. wo____n a relation *v.* to become or make something worse
12. traditional me_____al *adj.* of or relating to the treatment or cure of disease
13. 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
14. le__h into the brewed coffee *v.* to remove or drain away something from a material, usually by seeping or filtering, such as chemicals from soil or minerals from rock
15. ci___s scent *n.* a group of fruits that belong to the citrus family, including oranges, lemons, limes, and grapefruits; the trees that bear these fruits
16. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
17. ac___c solution *adj.* having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal
18. mal_____on and start moving unpredictably *v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate

ANSWERS: 9. heartburn, 10. digestive, 11. worsen, 12. medicinal, 13. disrupt, 14. leach, 15. citrus, 16. elevate, 17. acidic, 18. malfunction

19. le__h calcium from the bones *v.* to remove or drain away something from a material, usually by seeping or filtering, such as chemicals from soil or minerals from rock
20. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
21. wo___n the food problem *v.* to become or make something worse
22. ac___c taste *adj.* having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal
23. the scent of pep_____nt oil *n.* a herbaceous plant of the mint family, known for its characteristic aroma and flavor, typically used as a flavoring in confectionery, toothpaste, and other products
24. neu_____ze an argument *v.* to counteract or cancel the effects of something; to make something neutral or harmless
25. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
26. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
27. pep_____nt extract *n.* a herbaceous plant of the mint family, known for its characteristic aroma and flavor, typically used as a flavoring in confectionery, toothpaste, and other products

ANSWERS: 19. leach, 20. untreated, 21. worsen, 22. acidic, 23. peppermint, 24. neutralize, 25. elevate, 26. digestive, 27. peppermint

28. in_____te details *adj.* having many different parts and small details that all work together
29. sp__m of laughter *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
30. unexpectedly sp__t *v.* to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy
31. neu_____ze a toxin *v.* to counteract or cancel the effects of something; to make something neutral or harmless
32. in_____te lacework *adj.* having many different parts and small details that all work together
33. es_____us reflux *n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
34. dispose of un_____ed formalin solution *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
35. anal sp_____er *n.* a circular muscle that regulates the flow of material through a passage or opening, such as the anus or a valve in the digestive system
36. carry a s__r *n.* a mark that remains on the skin after a wound has healed
37. sp__t across the table *v.* to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy

ANSWERS: 28. intricate, 29. spasm, 30. spurt, 31. neutralize, 32. intricate, 33. esophagus, 34. untreated, 35. sphincter, 36. scar, 37. spurt

38. s__p into paper
v. to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
39. uni_____ed bias
adj. not planned or meant
40. de_____s their spirits
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
41. 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
42. mal_____on alarm
v. to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
43. ab_____n pain
n. the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments
44. drunk and in_____le
adj. unable to do, control, or achieve something
45. he___a surgery
n. a medical condition characterized by the protrusion of an organ or tissue through an opening or weak spot in the abdominal wall or muscles; a bulge or swelling caused by the herniation of organs or tissues

ANSWERS: 38. seep, 39. unintended, 40. depress, 41. disrupt, 42. malfunction, 43. abdomen, 44. incapable, 45. hernia

46. upper es_____us *n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
47. burn s__r *n.* a mark that remains on the skin after a wound has healed
48. urinary sp_____er *n.* a circular muscle that regulates the flow of material through a passage or opening, such as the anus or a valve in the digestive system
49. umbilical he___a *n.* a medical condition characterized by the protrusion of an organ or tissue through an opening or weak spot in the abdominal wall or muscles; a bulge or swelling caused by the herniation of organs or tissues
50. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
51. s__r the memory into your mind *v.* to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time
52. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
53. gastric sp__m *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
54. s__p cool and moist air *v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually

ANSWERS: 46. esophagus, 47. scar, 48. sphincter, 49. hernia, 50. medicinal, 51. sear, 52. depress, 53. spasm, 54. seep

ANSWERS:

Session 3: Fill in the Blanks

1. After eating that spicy meal, she suffered from _____ all night long.
n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
2. The rain began to _____ through the roof, causing damage to the walls and floors.
v. to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
3. The man's hiatal _____ caused him to suffer from heartburn and acid reflux.
n. a medical condition characterized by the protrusion of an organ or tissue through an opening or weak spot in the abdominal wall or muscles; a bulge or swelling caused by the herniation of organs or tissues
4. The politician managed to deal with that _____ issue.
adj. having many different parts and small details that all work together
5. _____ fruits like oranges and lemons are high in vitamin C.
n. a group of fruits that belong to the citrus family, including oranges, lemons, limes, and grapefruits; the trees that bear these fruits
6. Unilateral import bans have _____ that country's terms of trade.
v. to become or make something worse
7. Be careful not to _____ the meat too long, as it can become tough and chewy.
v. to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time

ANSWERS: 1. heartburn, 2. seep, 3. hernia, 4. intricate, 5. Citrus, 6. worsened, 7. sear

8. The soil in this region is too _____ for most crops to grow well.
adj. having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal
9. 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
10. Even after the wound has healed, a _____ remains.
n. a mark that remains on the skin after a wound has healed
11. The digestive system's _____ muscle helps regulate the food and waste flow.
n. a circular muscle that regulates the flow of material through a passage or opening, such as the anus or a valve in the digestive system
12. The tumor in her _____ was causing her difficulty in eating and drinking.
n. the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
13. The weightlifter used his strong _____ muscles to lift the heavy barbell.
n. the part of the body between the chest and pelvis that contains the stomach, intestines, liver, pancreas, and other organs; the posterior part of an insect's body, typically divided into segments
14. He seems _____ of understanding what she says.
adj. unable to do, control, or achieve something
15. The water hose suddenly _____ out a strong jet of water.
v. to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy

ANSWERS: 8. acidic, 9. disrupt, 10. scar, 11. sphincter, 12. esophagus, 13. abdomen, 14. incapable, 15. spurted

16. We need to _____ the acidity of this soil before we can grow any crops.
- v.* to counteract or cancel the effects of something; to make something neutral or harmless
17. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
18. The car's engine _____ on the highway, so we had to call for a tow truck.
- v.* to fail to operate or work properly; to break down or stop functioning as expected or intended; (noun) a failure or defect in the way a machine, system, or device is supposed to operate
19. The patient's face twitched in _____ as the dentist started drilling her tooth.
- n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
20. The economic recession _____ the housing market.
- v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
21. Eating food in a hurry _____ blood glucose levels.
- v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
22. Smoking cigarettes exposes the body to high levels of _____ which can be addictive.
- n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

ANSWERS: 16. neutralize, 17. medicinal, 18. malfunctioned, 19. spasms, 20. depressed, 21. elevates, 22. nicotine,

23. The _____ tea helped soothe my sore throat.

- n.* a herbaceous plant of the mint family, known for its characteristic aroma and flavor, typically used as a flavoring in confectionery, toothpaste, and other products

24. The chemicals from the landfill have begun to _____ into the groundwater.

- v.* to remove or drain away something from a material, usually by seeping or filtering, such as chemicals from soil or minerals from rock

25. A nutritious diet improves _____ functions.

- adj.* relating to or capable of causing or promoting digestion of food

26. Excessive human interference in the global environment may bring _____ consequences.

- adj.* not planned or meant

27. Heat stroke is the result of _____ heat exhaustion.

- adj.* not given medical care or treatment; not subjected to chemical or physical treatment

ANSWERS: 23. peppermint, 24. leach, 25. digestive, 26. unintended, 27. untreated