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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

All Words

IMPORTANT

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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.

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**.

prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

synonym: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

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.

crucial

adj. extremely vital or necessary

synonym: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

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.

sour

adj. having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative

synonym : acidic, tangy, tart

(1) turn **sour**, (2) a dollop of **sour** cream

The pickles had a tangy and **sour** flavor that went well with the sandwich.

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.

incidence

n. the frequency or rate at which a particular event or condition occurs within a specific population, group, or area; the occurrence or manifestation of something, especially something harmful or unpleasant

synonym : occurrence, frequency, prevalence

(1) **incidence** rate, (2) high **incidence** of disease

The **incidence** of crime has decreased in the neighborhood since the new security measures were put in place.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym : belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

complaint

n. a statement that expresses dissatisfaction or annoyance about something

synonym : grievance, objection, accusation

(1) **complaint** department, (2) **complaint** about price-gouging

She filed a **complaint** with the manager about the poor service.

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.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

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.

gastro-esophageal

adj. relating to the stomach and esophagus (= a part of the digestive system which is a hollow, muscular tube that connects the throat to the stomach), particularly in the context of medical conditions such as acid reflux or heartburn

synonym : digestive, gastrointestinal

(1) **gastro-esophageal** cancer, (2) **gastro-esophageal** junction

Gastro-esophageal reflux disease, or GERD, is a chronic condition affecting the digestive system.

flux

n. the state of constantly changing or flowing; the rate of flow of energy or particles across a particular place

synonym : flow, change, motion

(1) **flux** density, (2) **flux** of particles

The town's population was in **flux**, with many people moving in and out.

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.

junction

n. a point where two or more things meet or come together, particularly roads, railways, or rivers; a place or time of joining or combining

synonym : intersection, convergence, connection

(1) **junction** box, (2) **junction** point

The **junction** between these two roads is a common site of traffic accidents.

reside

v. to live in a particular place, typically for a prolonged period of time

synonym: live, dwell, inhabit

(1) **reside** on the skin, (2) **reside** permanently

They **reside** in a beautiful old house in the countryside.

muscular

adj. of or relating to the muscles; having or suggesting great physical power or force

synonym: powerful, athletic, brawny

(1) a **muscular** person, (2) **muscular** contraction

She worked hard to treat her **muscular** dystrophy.

mod

n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers

synonym: alteration, modification, tweak

(1) **mod** culture, (2) a house with **mod** cons

The **mod** for the video game added new features and improved gameplay.

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.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

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.

surging

adj. moving suddenly and powerfully, typically with a forward or upward motion; increasing rapidly or dramatically in quantity or intensity

synonym : surging, rising, swelling

(1) **surging** economy, (2) **surging** popularity

The **surging** crowd made it difficult to move through the festival.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym : agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

squeeze

v. to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness

synonym : compress, crush, clamp

(1) **squeeze** a lemon, (2) **squeeze** a confession

She **squeezed** the toothpaste tube from the middle to get the last bit out.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym : area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

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.

acid

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym : sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

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.

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.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym : incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

faulty

adj. having a defect or flaw that affects performance or operation

synonym : defective, flawed, imperfect

(1) **faulty** equipment, (2) make a **faulty** diagnosis

The **faulty** wiring caused a power outage.

lid

n. a removable or hinged cover for the top of a container

synonym : cover, top, cap

(1) container **lid**, (2) the **lid** of a box

He opened the **lid** of the jar to reveal the contents inside.

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.

chunk

n. a thick and solid mass or piece of something

synonym : block, lump, piece

(1) a **chunk** of money, (2) a tiny **chunk** of meat

The new start-up company carved out a large **chunk** of the market within a year.

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 **spurred** out a strong jet of water.

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to

resolve **internal** disputes.

drama

n. a play in a theatre, television, or radio, or performance on a stage

synonym: acting, play, theater

(1) secular **drama**, (2) upcoming crime **drama**

She had an audition for **drama** school.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

caffeine

n. a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance

synonym: stimulant

(1) **caffeine** intake, (2) coffee with the **caffeine** removed

She experienced headaches and fatigue as symptoms of **caffeine** withdrawal after quitting coffee.

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.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

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.

irritation

n. a feeling of annoyance or frustration that results from something bothersome or unpleasant; a physical reaction such as itching or inflammation that results from exposure to an irritant

synonym : annoyance, vexation, frustration

(1) **irritation** of the skin, (2) mental **irritation**

The constant car honking outside my window is a source of **irritation** for me.

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.

carbon

n. a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

beverage

n. a drink of any type

synonym : drink, libation, liquid

(1) food and **beverage**, (2) alcoholic **beverages**

Bring a snack or **beverage** to satisfy your appetite.

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.

bubble

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

synonym : blob, balloon, mania

(1) **bubble** in the champagne glass, (2) economic **bubble**

Many people worry that the current real estate market is a **bubble** that could burst soon.

valve

n. a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening

synonym : tap, spigot, faucet

(1) electromagnetic **valve**, (2) **valve** control

The **valve** on the pipeline was leaking, so maintenance had to shut it off to make repairs.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

pose

v. to present a risk, problem, or other issues that must be addressed

synonym: present, put, position

(1) **pose** a significant threat to my company, (2) **pose** a challenge

The chemicals **pose** a massive health risk.

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.

cigarette

n. a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

synonym: smoke, cigar, tobacco

(1) a mild **cigarette**, (2) a **cigarette** case

He lit a **cigarette** and leaned against the wall.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym : unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym : booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

pregnant

adj. having a baby or young animal developing in the uterus

synonym : expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

synonym : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

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.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

numerous

adj. amounting to a large indefinite number

synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous** assumptions.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also

guides its proper use.

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**.

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.

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.

occasional

adj. happening or appearing at irregular intervals; not constant or regular

synonym: infrequent, sporadic, irregular

(1) **occasional** visitor, (2) **occasional** assistance

She only visited her grandparents on **occasional** weekends.

bout

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

synonym: match, round, contest

(1) **bout** of coughing, (2) boxing **bout**

He had a **bout** of anxiety before his big presentation.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

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.

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

leak

v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container

synonym: outflow, divulge, disclose

(1) **leak** data, (2) **leak** a classified memo

He **leaked** serious accounting irregularities that only people in the company's executive could know.

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.

tube

n. a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape

synonym : pipe, hose, duct

(1) a capillary **tube**, (2) a glass **tube**

The **tube** train was packed with commuters during rush hour.

swallow

v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

synonym : consume, gulp, inhale

(1) **swallow** a handful of pills, (2) a **swallow** tail

I **swallowed** my anger and kept quiet.

ongoing

adj. continuing to exist or develop, or currently happening

synonym : continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

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.

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.

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.

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym : operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**

She has been in great **distress** since she was heartbroken.

consumption

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

synonym: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

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.

dramatically

adv. in a very impressive manner

synonym: greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell **dramatically**

Life expectancy has grown **dramatically** this century.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

fountain

n. a structure usually consisting of a basin and a jet of water that is sprayed into the air, often used for decoration or as a source of drinking water

synonym : spring, well, spout

(1) **fountain** plaza, (2) decorative **fountain**

The **fountain** in the park provided a relaxing atmosphere.

Session 2: Spelling

- | | |
|--|--|
| 1. the great di_____ry of the century | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 2. st_____h virus | <i>n.</i> the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach |
| 3. average fuel con_____on | <i>n.</i> the amount used or eaten; the act of using up a resource such as energy, food, or materials |
| 4. drunk and in_____le | <i>adj.</i> unable to do, control, or achieve something |
| 5. the con_____on of food | <i>n.</i> the amount used or eaten; the act of using up a resource such as energy, food, or materials |
| 6. si_____ly situated | <i>adv.</i> in almost the same way |
| 7. di_____e prevention | <i>n.</i> a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems |
| 8. med_____on by mouth | <i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease |
| 9. p__e a significant threat to my company | <i>v.</i> to present a risk, problem, or other issues that must be addressed |

ANSWERS: 1. discovery, 2. stomach, 3. consumption, 4. incapable, 5. consumption, 6. similarly, 7. disease, 8. medication, 9. pose

- | | |
|---------------------------------------|--|
| 10. a di_____ve enzyme | <i>adj.</i> relating to or capable of causing or promoting digestion of food |
| 11. ex_____e sports | <i>adj.</i> very great in amount or degree |
| 12. not nec_____ly a problem | <i>adv.</i> in an essential manner; in such a way as could not be otherwise |
| 13. a silence pr_____nt with suspense | <i>adj.</i> having a baby or young animal developing in the uterus |
| 14. the scent of pep_____nt oil | <i>n.</i> 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 |
| 15. co_____nt about price-gouging | <i>n.</i> a statement that expresses dissatisfaction or annoyance about something |
| 16. high in_____ce of disease | <i>n.</i> the frequency or rate at which a particular event or condition occurs within a specific population, group, or area; the occurrence or manifestation of something, especially something harmful or unpleasant |
| 17. sy_____ms of low testosterone | <i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease |
| 18. student on a ti__t budget | <i>adj.</i> fixed, fastened, or kept together firmly or closely |
| 19. ni_____ne patch | <i>n.</i> a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system |

ANSWERS: 10. digestive, 11. extreme, 12. necessarily, 13. pregnant, 14. peppermint, 15. complaint, 16. incidence, 17. symptom, 18. tight, 19. nicotine

20. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
21. 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
22. not no____ly drink much *adv.* usually; under normal conditions
23. b__t of coughing *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
24. have si____ly great abilities *adv.* in almost the same way
25. the professor of su____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
26. a sw____w tail *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
27. mu____ar contraction *adj.* of or relating to the muscles; having or suggesting great physical power or force

ANSWERS: 20. hormone, 21. symptom, 22. normally, 23. bout, 24. similarly, 25. surgery, 26. swallow, 27. muscular

28. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
29. sq_____e a confession *v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness
30. alcoholic be_____ges *n.* a drink of any type
31. food and be_____ge *n.* a drink of any type
32. fa_____y equipment *adj.* having a defect or flaw that affects performance or operation
33. he_____rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
34. in_____al organs *adj.* of or relating to the inside of something
35. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
36. mi_____ze a loss *v.* to make something, especially something bad, small or less serious
37. irr_____on of the skin *n.* a feeling of annoyance or frustration that results from something bothersome or unpleasant; a physical reaction such as itching or inflammation that results from exposure to an irritant
38. 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

ANSWERS: 28. excessive, 29. squeeze, 30. beverage, 31. beverage, 32. faulty, 33. heartburn, 34. internal, 35. tight, 36. minimize, 37. irritation, 38. cancer

39. re___e on the skin *v.* to live in a particular place, typically for a prolonged period of time
40. development of the ne____s system *adj.* worried and anxious about something; relating to the nerves
41. 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
42. f__x of particles *n.* the state of constantly changing or flowing; the rate of flow of energy or particles across a particular place
43. 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
44. a tiny ch__k of meat *n.* a thick and solid mass or piece of something
45. good source of essential amino
a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
46. nu____us countries *adj.* amounting to a large indefinite number
47. uni_____ed misunderstanding *adj.* not planned or meant
48. as___a symptoms *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

ANSWERS: 39. reside, 40. nervous, 41. peppermint, 42. flux, 43. disease, 44. chunk, 45. acid, 46. numerous, 47. unintended, 48. asthma

49. p__p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
50. 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
51. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
52. boxing b__t *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
53. 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
54. dispose of un_____ed formalin solution *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
55. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
56. 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
57. a co_____nt wind *adj.* happening repeatedly or all the time

ANSWERS: 49. prop, 50. citrus, 51. alcohol, 52. bout, 53. elevate, 54. untreated, 55. minimize, 56. disrupt, 57. constant

58. bu___e in the champagne glass *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
59. s__p into paper *v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
60. a ch__k of money *n.* a thick and solid mass or piece of something
61. 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
62. upset st_____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
63. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
64. co_____nt department *n.* a statement that expresses dissatisfaction or annoyance about something
65. 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

ANSWERS: 58. bubble, 59. seep, 60. chunk, 61. function, 62. stomach, 63. zone, 64. complaint, 65. sear

66. the in____al economy *adj.* of or relating to the inside of something
67. 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
68. 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
69. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
70. a glass t__e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
71. mental irr_____on *n.* a feeling of annoyance or frustration that results from something bothersome or unpleasant; a physical reaction such as itching or inflammation that results from exposure to an irritant
72. get ne_____s *adj.* worried and anxious about something; relating to the nerves
73. 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
74. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 66. internal, 67. sphincter, 68. sear, 69. trigger, 70. tube, 71. irritation, 72. nervous, 73. depression, 74. damage

75. 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
76. secular dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
77. ex_____e weather events *adj.* very great in amount or degree
78. 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
79. 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
80. container l_d *n.* a removable or hinged cover for the top of a container
81. decorative fo_____in *n.* a structure usually consisting of a basin and a jet of water that is sprayed into the air, often used for decoration or as a source of drinking water
82. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
83. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
84. chronic he_____rn *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

ANSWERS: 75. maintain, 76. drama, 77. extreme, 78. sphincter, 79. seep, 80. lid, 81. fountain, 82. tissue, 83. maintain, 84. heartburn

85. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
86. f__x density *n.* the state of constantly changing or flowing; the rate of flow of energy or particles across a particular place
87. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
88. gas_____eal cancer *adj.* relating to the stomach and esophagus (= a part of the digestive system which is a hollow, muscular tube that connects the throat to the stomach), particularly in the context of medical conditions such as acid reflux or heartburn
89. a cr_____l issue for women *adj.* extremely vital or necessary
90. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
91. de_____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
92. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
93. 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
94. occ_____al visitor *adj.* happening or appearing at irregular intervals; not constant or regular
95. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment

ANSWERS: 85. discovery, 86. flux, 87. relax, 88. gastro-esophageal, 89. crucial, 90. zone, 91. depress, 92. medicinal, 93. elevate, 94. occasional, 95. untreated

96. immune fu____on
97. ca____ne intake
98. da____e assessment
99. toxic ch____als
100. he confessed dra____lly
101. in____le of being resisted
102. carry a s__r
103. ca____r diagnosis
- 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
- n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
- adj.* relating to or connected with chemistry;
- adv.* in a very impressive manner
- adj.* unable to do, control, or achieve something
- n.* a mark that remains on the skin after a wound has healed
- 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: 96. function, 97. caffeine, 98. damage, 99. chemical, 100. dramatically, 101. incapable, 102. scar, 103. cancer

104. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
105. 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
106. gas_____eal junction *adj.* relating to the stomach and esophagus (= a part of the digestive system which is a hollow, muscular tube that connects the throat to the stomach), particularly in the context of medical conditions such as acid reflux or heartburn
107. va__e control *n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening
108. neu_____ze an argument *v.* to counteract or cancel the effects of something; to make something neutral or harmless
109. co_____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
110. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 104. intense, 105. malfunction, 106. gastro-esophageal, 107. valve, 108. neutralize, 109. contract, 110. surgery

111. uni_____ed bias *adj.* not planned or meant
112. emotional di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
113. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
114. ac____c taste *adj.* having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal
115. 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
116. 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
117. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
118. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
119. ob_____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

ANSWERS: 111. unintended, 112. distress, 113. hormone, 114. acidic, 115. citrus, 116. spasm, 117. ingredient, 118. acid, 119. obesity

120. wo___n a relation *v.* to become or make something worse
121. l__k a classified memo *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
122. cost ba_____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
123. fo_____in plaza *n.* a structure usually consisting of a basin and a jet of water that is sprayed into the air, often used for decoration or as a source of drinking water
124. ca___n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
125. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
126. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
127. ju_____on point *n.* a point where two or more things meet or come together, particularly roads, railways, or rivers; a place or time of joining or combining
128. a mild ci_____te *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

ANSWERS: 120. worsen, 121. leak, 122. barrier, 123. fountain, 124. carbon, 125. diagnose, 126. lung, 127. junction, 128. cigarette

129. sw_____w a handful of pills
v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
130. make a fa___y diagnosis
adj. having a defect or flaw that affects performance or operation
131. do l__g transplantation
n. either of the two organs in the chest that people and some animals use for breathing
132. suffer from ob____y
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
133. turn s__r
adj. having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative
134. secret ing_____nts
n. one of the things used to make something, especially one of the foods used to make a particular dish
135. a co_____nt temperature
adj. happening repeatedly or all the time
136. D__t approval
n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
137. occ_____al assistance
adj. happening or appearing at irregular intervals; not constant or regular
138. re___e permanently
v. to live in a particular place, typically for a prolonged period of time

ANSWERS: 129. swallow, 130. faulty, 131. lung, 132. obesity, 133. sour, 134. ingredient, 135. constant, 136. diet, 137. occasional, 138. reside

139. in_____te lacework *adj.* having many different parts and small details that all work together
140. l__k data *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
141. a gr_____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
142. es_____us reflux *n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through
143. a dollop of s__r cream *adj.* having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative
144. a house with m_d cons *n.* a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
145. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
146. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
147. 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
148. traditional me_____al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 139. intricate, 140. leak, 141. gradual, 142. esophagus, 143. sour, 144. mod, 145. brain, 146. pregnant, 147. disrupt, 148. medicinal

149. complete no____ly *adv.* usually; under normal conditions
150. a capillary t__e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
151. de____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
152. as nu____us as the sand *adj.* amounting to a large indefinite number
153. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
154. a ch____al compound *adj.* relating to or connected with chemistry;
155. nec____ly true *adv.* in an essential manner; in such a way as could not be otherwise
156. 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
157. as____a attack *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
158. re__x at home *v.* to become or cause someone to become less active or tense and calmer
159. upcoming crime dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
160. ju____on box *n.* a point where two or more things meet or come together, particularly roads, railways, or rivers; a place or time of joining or combining

ANSWERS: 149. normally, 150. tube, 151. depress, 152. numerous, 153. diet, 154. chemical, 155. necessarily, 156. spurt, 157. asthma, 158. relax, 159. drama, 160. junction

161. 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
162. still on____g *adj.* continuing to exist or develop, or currently happening
163. a gr____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
164. information ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
165. su____g popularity *adj.* moving suddenly and powerfully, typically with a forward or upward motion; increasing rapidly or dramatically in quantity or intensity
166. in____ce rate *n.* the frequency or rate at which a particular event or condition occurs within a specific population, group, or area; the occurrence or manifestation of something, especially something harmful or unpleasant
167. in____te details *adj.* having many different parts and small details that all work together
168. neu____ze a toxin *v.* to counteract or cancel the effects of something; to make something neutral or harmless
169. upper es____us *n.* the muscular tube that connects the mouth and throat to the stomach, which allows food to pass through

ANSWERS: 161. leach, 162. ongoing, 163. gradual, 164. barrier, 165. surging, 166. incidence, 167. intricate, 168. neutralize, 169. esophagus

170. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
171. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
172. 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
173. the l_d of a box *n.* a removable or hinged cover for the top of a container
174. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
175. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
176. coffee with the ca_____ne removed *n.* a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
177. a mu_____ar person *adj.* of or relating to the muscles; having or suggesting great physical power or force
178. emotional p__p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 170. digestive, 171. alcohol, 172. spasm, 173. lid, 174. medication, 175. diagnose, 176. caffeine, 177. muscular, 178. prop

179. the cabin pressure fell dra_____lly *adv.* in a very impressive manner
180. m_d culture *n.* a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
181. re_____ly arranged *adv.* at regular intervals or times
182. cr_____l information *adj.* extremely vital or necessary
183. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
184. 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
185. sq_____e a lemon *v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness
186. ca____n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
187. 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: 179. dramatically, 180. mod, 181. regularly, 182. crucial, 183. intense, 184. nicotine, 185. squeeze, 186. carbon, 187. malfunction

188. economic bu___e *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
189. 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
190. wo___n the food problem *v.* to become or make something worse
191. employment co_____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
192. ac___c solution *adj.* having a pH lower than 7; having characteristics of an acid, such as tasting sour or corroding metal
193. electromagnetic va___e *n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening
194. su_____g economy *adj.* moving suddenly and powerfully, typically with a forward or upward motion; increasing rapidly or dramatically in quantity or intensity
195. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
196. a signal of di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort

ANSWERS: 188. bubble, 189. depression, 190. worsen, 191. contract, 192. acidic, 193. valve, 194. surging, 195. excessive, 196. distress

197. burn s__r *n.* a mark that remains on the skin after a wound has healed
198. 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
199. 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
200. 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
201. tr____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
202. post re____ly to a blog *adv.* at regular intervals or times
203. on____g support *adj.* continuing to exist or develop, or currently happening
204. 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
205. a ci____te case *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

ANSWERS: 197. scar, 198. abdomen, 199. abdomen, 200. spurt, 201. trigger, 202. regularly, 203. ongoing, 204. hernia, 205. cigarette

206. 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
207. 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
208. p__e a challenge *v.* to present a risk, problem, or other issues that must be addressed
209. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
210. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 206. leach, 207. hernia, 208. pose, 209. brain, 210. tissue

Session 3: Fill in the Blanks

1. A nutritious diet improves _____ functions.

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

2. The new prime minister has vowed to take measures against the _____ economic crisis.

adj. continuing to exist or develop, or currently happening

3. _____ reflux disease, or GERD, is a chronic condition affecting the digestive system.

adj. relating to the stomach and esophagus (= a part of the digestive system which is a hollow, muscular tube that connects the throat to the stomach), particularly in the context of medical conditions such as acid reflux or heartburn

4. These descriptions are based on a number of _____ assumptions.

adj. amounting to a large indefinite number

5. 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

6. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

7. Greed is the primary _____ in the making of criminals.

n. one of the things used to make something, especially one of the foods used to make a particular dish

ANSWERS: 1. digestive, 2. ongoing, 3. Gastro-esophageal, 4. numerous, 5. spurted, 6. extreme, 7. ingredient

8. 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
9. This site _____ shares high-quality academic materials.
adv. at regular intervals or times
10. 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
11. The new start-up company carved out a large _____ of the market within a year.
n. a thick and solid mass or piece of something
12. 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
13. She experienced headaches and fatigue as symptoms of _____ withdrawal after quitting coffee.
n. a stimulant drug that is found in coffee, tea, and other beverages and that is used to increase alertness and improve mental and physical performance
14. 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
15. She worked hard to treat her _____ dystrophy.
adj. of or relating to the muscles; having or suggesting great physical power or force

ANSWERS: 8. peppermint, 9. regularly, 10. sear, 11. chunk, 12. cancer, 13. caffeine, 14. elevates, 15. muscular

16. The firm has grown into a large _____ manufacturing.

adj. relating to or connected with chemistry;

17. 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

18. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

19. The _____ between these two roads is a common site of traffic accidents.

n. a point where two or more things meet or come together, particularly roads, railways, or rivers; a place or time of joining or combining

20. She vacated the position when she got _____.

adj. having a baby or young animal developing in the uterus

21. The pharmacist not only prescribes the _____ but also guides its proper use.

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

22. The rules were _____ after the new executive arrived.

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

23. 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. chemical, 17. function, 18. tight, 19. junction, 20. pregnant, 21. medication, 22. relaxed, 23. nicotine,

24. 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
25. The _____ train was packed with commuters during rush hour.
n. a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
26. The revitalization of technology companies is _____ to the country's growth.
adj. extremely vital or necessary
27. He seems _____ of understanding what she says.
adj. unable to do, control, or achieve something
28. He was reluctant to leave his comfort _____ and try something new.
n. a specific area, region, or section that is marked off or defined in some way
29. There is a clear association between _____ consumption and cognitive decline.
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
30. 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
31. 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

ANSWERS: 24. symptom, 25. tube, 26. crucial, 27. incapable, 28. zone, 29. alcohol, 30. sphincter, 31. maintain

32. _____ 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

33. The politician managed to deal with that _____ issue.

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

34. He always had to carry an inhaler due to his severe _____.

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

35. She only visited her grandparents on _____ weekends.

- adj.* happening or appearing at irregular intervals; not constant or regular

36. I bought a gadget before my trip to help _____ stress during the flight.

- v.* to make something, especially something bad, small or less serious

37. 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

38. Many people worry that the current real estate market is a _____ that could burst soon.

- n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

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

- adj.* not planned or meant

ANSWERS: 32. Citrus, 33. intricate, 34. asthma, 35. occasional, 36. minimize, 37. malfunctioned, 38. bubble, 39. unintended

40. She has been in great _____ since she was heartbroken.
n. a feeling of great worry, sadness, pain, or discomfort
41. 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
42. 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
43. It would be best if you did not demand such an _____ charge.
adj. greater than what seems necessary, normal, or desirable
44. He _____ serious accounting irregularities that only people in the company's executive could know.
v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container
45. She filed a _____ with the manager about the poor service.
n. a statement that expresses dissatisfaction or annoyance about something
46. 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
47. Unilateral import bans have _____ that country's terms of trade.
v. to become or make something worse

ANSWERS: 40. distress, 41. hernia, 42. seep, 43. excessive, 44. leaked, 45. complaint, 46. leach, 47. worsened

48. The chemicals _____ a massive health risk.

v. to present a risk, problem, or other issues that must be addressed

49. 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

50. They _____ in a beautiful old house in the countryside.

v. to live in a particular place, typically for a prolonged period of time

51. 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

52. Her research team made an important _____.

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

53. The _____ crowd made it difficult to move through the festival.

adj. moving suddenly and powerfully, typically with a forward or upward motion; increasing rapidly or dramatically in quantity or intensity

54. She _____ the toothpaste tube from the middle to get the last bit out.

v. to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness

55. The police placed a _____ across the street to halt traffic.

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

ANSWERS: 48. pose, 49. esophagus, 50. reside, 51. heartburn, 52. discovery, 53. surging, 54. squeezed, 55. barrier

56. In our country, water _____ usually decreases during the winter.
n. the amount used or eaten; the act of using up a resource such as energy, food, or materials
57. The _____ of crime has decreased in the neighborhood since the new security measures were put in place.
n. the frequency or rate at which a particular event or condition occurs within a specific population, group, or area; the occurrence or manifestation of something, especially something harmful or unpleasant
58. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
59. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
60. The _____ on the pipeline was leaking, so maintenance had to shut it off to make repairs.
n. a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening
61. We argue that wages for temporary workers should _____ rise.
adv. in almost the same way
62. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 56. consumption, 57. incidence, 58. intense, 59. triggered, 60. valve, 61. similarly, 62. damage

63. He lit a _____ and leaned against the wall.

n. a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

64. 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

65. I don't _____ take a vacation in the middle of summer.

adv. usually; under normal conditions

66. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

67. The country experienced a _____ increase in population.

adj. happening slowly over a long period of time or distance; not steep or abrupt

68. 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

69. Life expectancy has grown _____ this century.

adv. in a very impressive manner

70. During pregnancy, the stomach generates less _____ than usual.

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

ANSWERS: 63. cigarette, 64. abdomen, 65. normally, 66. Constant, 67. gradual, 68. spasms, 69. dramatically, 70. acid

71. The company signed a _____ with the supplier for the delivery of goods.
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
72. The prevalence of _____ has increased significantly in recent years.
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
73. He has terminal _____ cancer.
n. either of the two organs in the chest that people and some animals use for breathing
74. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
75. A balanced _____ is more important for health than supplements.
n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
76. I _____ my anger and kept quiet.
v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
77. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
78. _____ 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

ANSWERS: 71. contract, 72. obesity, 73. lung, 74. nervous, 75. diet, 76. swallowed, 77. medicinal, 78. Depression

79. 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

80. The pickles had a tangy and _____ flavor that went well with the sandwich.

adj. having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative

81. 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

82. She had an audition for _____ school.

n. a play in a theatre, television, or radio, or performance on a stage

83. The _____ in the park provided a relaxing atmosphere.

n. a structure usually consisting of a basin and a jet of water that is sprayed into the air, often used for decoration or as a source of drinking water

84. We have finally lost our last _____.

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

85. He opened the _____ of the jar to reveal the contents inside.

n. a removable or hinged cover for the top of a container

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

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

ANSWERS: 79. acidic, 80. sour, 81. neutralize, 82. drama, 83. fountain, 84. prop, 85. lid, 86. untreated

87. 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

88. The _____ wiring caused a power outage.

adj. having a defect or flaw that affects performance or operation

89. 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

90. 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

91. Trees absorb _____ dioxide and give off oxygen.

n. a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

92. He had a _____ of anxiety before his big presentation.

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

93. Even after the wound has healed, a _____ remains.

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

94. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

ANSWERS: 87. disease, 88. faulty, 89. tissue, 90. depressed, 91. carbon, 92. bout, 93. scar, 94. internal

95. The doctor diagnosed me with a _____ disorder.

- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

96. X-rays revealed a small tumor in his _____.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

97. He had undergone heart _____ years before.

- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

98. 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

99. 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

100. This accident was something that happened _____.

- adv.* in an essential manner; in such a way as could not be otherwise

101. The constant car honking outside my window is a source of _____ for me.

- n.* a feeling of annoyance or frustration that results from something bothersome or unpleasant; a physical reaction such as itching or inflammation that results from exposure to an irritant

ANSWERS: 95. hormone, 96. brain, 97. surgery, 98. disrupt, 99. diagnose, 100. necessarily, 101. irritation

102. Bring a snack or _____ to satisfy your appetite.

n. a drink of any type

103. I have a _____ ache after overeating junk food.

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

104. The ____ for the video game added new features and improved gameplay.

n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers

105. The town's population was in _____ with many people moving in and out.

n. the state of constantly changing or flowing; the rate of flow of energy or particles across a particular place

ANSWERS: 102. beverage, 103. stomach, 104. mod, 105. flux,