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Vocabulary Builder Reference from...

Emma Bryce: How do your hormones work? | TED Talk

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

Advanced Words Only

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Session 1: Word List

metamorphosis

n. a profound or dramatic change in form, structure, or condition; a transformation; the process by which an animal or insect undergoes a physical transformation, such as growth, development, or maturation

synonym : transformation, change, evolution

(1) **metamorphosis** process, (2) undergo a **metamorphosis**

The butterfly's **metamorphosis** from a caterpillar to a winged creature is a wonder of nature.

puberty

n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

synonym : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

endocrine

adj. relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

synonym : hormonal, glandular, secretory

(1) **endocrine** disorders, (2) **endocrine** cell

The **endocrine** system regulates many bodily functions,

including metabolism and growth.

orchestrate

v. to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music

synonym: plan, coordinate, arrange

(1) **orchestrate** a takeover, (2) **orchestrate** the political reinstatement

He carefully **orchestrated** the details of his business plan.

exert

v. to put forth effort; to put into action; to bring into play

synonym: exert, apply, use

(1) **exert** control, (2) **exert** influence

He **exerted** himself to lift the heavyweight.

bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

waft

v. to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it

synonym: float, drift, glide

(1) **waft** in the breeze, (2) **waft** of steam

The smell of freshly baked bread began to **waft** through the house.

triiodothyronine

n. a hormone produced by the thyroid gland that regulates various bodily functions, including metabolism, growth, and development., often referred to as T3 and is more potent than thyroxine (T4), another hormone produced by the thyroid

synonym: T3 hormone

(1) **triiodothyronine** receptors, (2) low **triiodothyronine** syndrome

An imbalance of **triiodothyronine** can lead to symptoms such as fatigue and weight gain.

thyroxin

n. a hormone produced by the thyroid gland that regulates metabolism and growth in the body

synonym: thyroid hormone, T4, tetraiodothyronine

(1) **thyroxin** levels, (2) synthetic **thyroxin**

A deficiency of **thyroxin** can lead to symptoms like fatigue and weight gain.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

sprout

v. to grow or develop new parts typically leaves or shoots, from a plant; to emerge, develop, or arise gradually or suddenly

synonym: germinate, grow, bud

(1) **sprout** seeds, (2) **sprout** wings

The flowers in the garden began to **sprout** after the first rain of the season.

ovary

n. either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

(1) **ovary** atrophy, (2) salted **ovary** of walleye pollack
They found **ovary** cancer in an early stage.

widen

v. to become or make something broader, wider, more extensive

synonym: broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve
He **widened** his investigation into a medical clinic.

womb

n. the organ of a woman or female mammal in which a baby develops before birth

synonym: uterus, matrice

(1) tumor of **womb**, (2) **womb** transplant

The fertilized egg implanted itself in the **womb**.

menstruate

v. to have or experience the process in a woman's menstrual cycle during which blood and other materials are discharged from the uterus

synonym: period, menstruation, menarche

(1) **menstruate** regularly, (2) failure to **menstruate**

The teenage girl began to **menstruate** last month.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

fetus

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**

The female vagina is elastic enough to allow the passage of a **fetus**.

fluctuation

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

synonym : change, instability, flux

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

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

serotonin

n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

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.

pancreas

n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

synonym : gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the secretion of hormones such as insulin.

hypodermic

adj. relating to the area below the skin; referring to a method of administering drugs or vaccines through a hypodermic needle or syringe

synonym : injectable, subcutaneous, intravenous

(1) **hypodermic** abscess, (2) **hypodermic** injection

The doctors administered the vaccine through a **hypodermic** needle.

hyperthyroidism

n. a medical condition characterized by excessive activity of the thyroid gland, resulting in the overproduction of thyroid hormones, which leads to weight loss, increased appetite, rapid heartbeat, irritability, anxiety, and trembling

synonym : overactive thyroid, thyrotoxicosis

(1) subclinical **hyperthyroidism**, (2) diagnose

hyperthyroidism

He was diagnosed with "toxic nodular **hyperthyroidism**," caused by noncancerous lumps in the thyroid.

sleeplessness

n. the condition of being unable to sleep or having difficulty sleeping

synonym : insomnia, wakefulness, restlessness

(1) **sleeplessness** disorder, (2) beat **sleeplessness**

He tried various treatments for his **sleeplessness**, but nothing seemed to work.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym : cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

Session 2: Spelling

- | | |
|---|--|
| 1. neu_____ters released from the brain | <i>n.</i> a chemical that carries nerve impulses between neurons or between neurons and muscles |
| 2. wi__n a narrowed heart valve | <i>v.</i> to become or make something broader, wider, more extensive |
| 3. flu_____on of water level | <i>n.</i> a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes |
| 4. w__b transplant | <i>n.</i> the organ of a woman or female mammal in which a baby develops before birth |
| 5. en_____ne cell | <i>adj.</i> relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes |
| 6. sp___t seeds | <i>v.</i> to grow or develop new parts typically leaves or shoots, from a plant; to emerge, develop, or arise gradually or suddenly |
| 7. ex__t influence | <i>v.</i> to put forth effort; to put into action; to bring into play |
| 8. tri_____ine receptors | <i>n.</i> a hormone produced by the thyroid gland that regulates various bodily functions, including metabolism, growth, and development., often referred to as T3 and is more potent than thyroxine (T4), another hormone produced by the thyroid |

ANSWERS: 1. neurotransmitter, 2. widen, 3. fluctuation, 4. womb, 5. endocrine, 6. sprout, 7. exert, 8. triiodothyronine

9. synthetic th____in *n.* a hormone produced by the thyroid gland that regulates metabolism and growth in the body
10. w__t of steam *v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
11. a pounding he_____at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
12. se_____in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
13. undergo a met_____sis *n.* a profound or dramatic change in form, structure, or condition; a transformation; the process by which an animal or insect undergoes a physical transformation, such as growth, development, or maturation
14. beat sle_____ess *n.* the condition of being unable to sleep or having difficulty sleeping
15. failure to men_____te *v.* to have or experience the process in a woman's menstrual cycle during which blood and other materials are discharged from the uterus
16. men_____te regularly *v.* to have or experience the process in a woman's menstrual cycle during which blood and other materials are discharged from the uterus

ANSWERS: 9. thyroxin, 10. waft, 11. heartbeat, 12. serotonin, 13. metamorphosis, 14. sleeplessness, 15. menstruate, 16. menstruate

17. orc_____te the political reinstatement
v. to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music
18. blo_____am in an artery
n. the blood flowing through the body
19. 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
20. blo_____am to the brain
n. the blood flowing through the body
21. th_____in levels
n. a hormone produced by the thyroid gland that regulates metabolism and growth in the body
22. at the height of pu_____y.
n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
23. low tri_____ine syndrome
n. a hormone produced by the thyroid gland that regulates various bodily functions, including metabolism, growth, and development., often referred to as T3 and is more potent than thyroxine (T4), another hormone produced by the thyroid
24. dispel the mis_____ion
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
25. orc_____te a takeover
v. to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music

ANSWERS: 17. orchestrate, 18. bloodstream, 19. disrupt, 20. bloodstream, 21. thyroxin, 22. puberty, 23. triiodothyronine, 24. misconception, 25. orchestrate

26. diagnose hyp_____ism *n.* a medical condition characterized by excessive activity of the thyroid gland, resulting in the overproduction of thyroid hormones, which leads to weight loss, increased appetite, rapid heartbeat, irritability, anxiety, and trembling
27. en_____ne disorders *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
28. w__t in the breeze *v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
29. pa_____as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
30. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
31. ov__y atrophy *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
32. ex__t control *v.* to put forth effort; to put into action; to bring into play

ANSWERS: 26. hyperthyroidism, 27. endocrine, 28. waft, 29. pancreas, 30. irritable, 31. ovary, 32. exert

33. pa_____as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
34. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
35. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
36. se_____in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
37. sle_____ess disorder *n.* the condition of being unable to sleep or having difficulty sleeping
38. hyp_____ic abscess *adj.* relating to the area below the skin; referring to a method of administering drugs or vaccines through a hypodermic needle or syringe
39. met_____sis process *n.* a profound or dramatic change in form, structure, or condition; a transformation; the process by which an animal or insect undergoes a physical transformation, such as growth, development, or maturation

ANSWERS: 33. pancreas, 34. digestion, 35. digestion, 36. serotonin, 37. sleeplessness, 38. hypodermic, 39. metamorphosis

40. an aborted fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
41. he_____at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
42. development of the fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
43. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
44. the onset of pu_____y *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
45. salted ov__y of walleye pollack *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
46. wi__n in excitement *v.* to become or make something broader, wider, more extensive
47. tumor of w__b *n.* the organ of a woman or female mammal in which a baby develops before birth
48. price flu_____ons *n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes

ANSWERS: 40. fetus, 41. heartbeat, 42. fetus, 43. misconception, 44. puberty, 45. ovary, 46. widen, 47. womb, 48. fluctuation

49. sp___t wings v. to grow or develop new parts typically leaves or shoots, from a plant; to emerge, develop, or arise gradually or suddenly
50. 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
51. subclinical hyp_____ism n. a medical condition characterized by excessive activity of the thyroid gland, resulting in the overproduction of thyroid hormones, which leads to weight loss, increased appetite, rapid heartbeat, irritability, anxiety, and trembling
52. neu_____ter receptor n. a chemical that carries nerve impulses between neurons or between neurons and muscles
53. ir_____le mood adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
54. hyp_____ic injection adj. relating to the area below the skin; referring to a method of administering drugs or vaccines through a hypodermic needle or syringe

ANSWERS: 49. sprout, 50. disrupt, 51. hyperthyroidism, 52. neurotransmitter, 53. irritable, 54. hypodermic

Session 3: Fill in the Blanks

1. 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

2. He carefully _____ the details of his business plan.
 - v. to plan, coordinate, or arrange something, especially skillfully or cleverly;
(noun) the act of organizing or directing the elements of a composition, especially in music

3. He was diagnosed with "toxic nodular _____" caused by noncancerous lumps in the thyroid.
 - n. a medical condition characterized by excessive activity of the thyroid gland, resulting in the overproduction of thyroid hormones, which leads to weight loss, increased appetite, rapid heartbeat, irritability, anxiety, and trembling

4. He tried various treatments for his _____ but nothing seemed to work.
 - n. the condition of being unable to sleep or having difficulty sleeping

5. A deficiency of _____ can lead to symptoms like fatigue and weight gain.
 - n. a hormone produced by the thyroid gland that regulates metabolism and growth in the body

6. Temperature _____ are often milder in oceanfront areas.
 - n. a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes

7. The butterfly's _____ from a caterpillar to a winged creature is a wonder of nature.
 - n. a profound or dramatic change in form, structure, or condition; a transformation; the process by which an animal or insect undergoes a physical transformation, such as growth, development, or maturation

ANSWERS: 1. disrupt, 2. orchestrated, 3. hyperthyroidism, 4. sleeplessness, 5.

thyroxin, 6. fluctuations, 7. metamorphosis

8. The teenage girl began to _____ last month.
- v.* to have or experience the process in a woman's menstrual cycle during which blood and other materials are discharged from the uterus
9. The endocrine function of the _____ involves the secretion of hormones such as insulin.
- n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
10. Endorphins are a type of _____ that gives a sense of well-being.
- n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
11. He _____ himself to lift the heavyweight.
- v.* to put forth effort; to put into action; to bring into play
12. In this culture, men are initiated when they reach _____.
- n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
13. The medicine works by boosting _____ levels in the brain.
- n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
14. Lack of sleep can make me _____ and easily annoyed.
- adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
15. The _____ system regulates many bodily functions, including metabolism and growth.
- adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

ANSWERS: 8. menstruate, 9. pancreas, 10. neurotransmitter, 11. exerted, 12. puberty, 13. serotonin, 14. irritable, 15. endocrine

16. They found _____ cancer in an early stage.
- n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
17. The fertilized egg implanted itself in the _____.
- n.* the organ of a woman or female mammal in which a baby develops before birth
18. He _____ his investigation into a medical clinic.
- v.* to become or make something broader, wider, more extensive
19. Overeating can lead to discomfort and slower _____.
- n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
20. There are numerous _____ about food and health.
- n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
21. The smell of freshly baked bread began to _____ through the house.
- v.* to be carried along, as if by a current of air or water; to float or drift gently;
(noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
22. The female vagina is elastic enough to allow the passage of a _____.
- n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
23. New York is the commercial _____ of America.
- n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

ANSWERS: 16. ovary, 17. womb, 18. widened, 19. digestion, 20. misconceptions, 21. waft, 22. fetus, 23. heartbeat

24. The doctors administered the vaccine through a _____ needle.

adj. relating to the area below the skin; referring to a method of administering drugs or vaccines through a hypodermic needle or syringe

25. The flowers in the garden began to _____ after the first rain of the season.

v. to grow or develop new parts typically leaves or shoots, from a plant; to emerge, develop, or arise gradually or suddenly

26. An imbalance of _____ can lead to symptoms such as fatigue and weight gain.

n. a hormone produced by the thyroid gland that regulates various bodily functions, including metabolism, growth, and development., often referred to as T3 and is more potent than thyroxine (T4), another hormone produced by the thyroid

27. Cancer cells are often carried throughout the body by the _____.

n. the blood flowing through the body

ANSWERS: 24. hypodermic, 25. sprout, 26. triiodothyronine, 27. bloodstream