

Englist.me



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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

lifetime

n. the duration of someone's life or something's existence;
synonym : lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

undergo

v. to go through something unpleasant or that involves a change

synonym : experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease

The train has to **undergo** rigorous safety checks.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym : exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather

He narrated the **extraordinary** story of his adventure.

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**.

reproduce

v. to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process

synonym : duplicate, breed, imitate

(1) **reproduce** the painting, (2) **reproduce** by myself

By dividing and creating copies of themselves, bacteria **reproduce**.

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.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

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.

regulate

v. to control something, especially by means of rules or laws

synonym : control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym : beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

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.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym : depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

interaction

n. the act of connecting with someone, mainly when working, playing, or spending time with them

synonym: dealings, exchange, relations

(1) the **interaction** between man and his environment,

(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym: achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

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.

trillion

n. the number 1,000,000,000,000; a million million

(1) **trillion** cubic feet, (2) many **trillions** of dollars

One light year is nearly 6 **trillion** miles.

receptor

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

- 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**.
- surround** *v.* to be all around something or somebody
synonym: encircle, encompass, envelop
(1) **surround** a town, (2) a stone wall **surrounds** the palace
On three sides, mountains **surround** the settlement.
- vessel** *n.* a ship or large boat
synonym: boat, ship, craft
(1) blood **vessels**, (2) naval **vessels**
The **vessel** arrived in port the following day.
- extract** *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
synonym: excerpt, quote, distillation
(1) a brief **extract** from the book, (2) botanical **extract**
Anesthetize the gum before **extracting** the teeth.
- 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.
- manufacture** *v.* to make goods in large numbers, usually in a factory using machines
synonym: create, fabricate, assemble
(1) **manufacture** an enzyme, (2) **manufacture** a product
The majority of synthetic vitamins are **manufactured** from oil.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym: drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

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**.

locate

v. to specify or determine the exact position of someone or something

synonym: discover, find, place

(1) **locate** a missing pet, (2) **locate** a tumor

The robot can accurately **locate** construction material.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that

was previously known or encountered

synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

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.

bind

v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

synonym: tie, stick to, adhere

(1) **bind** the man's hands, (2) **bind** old letters into a bundle

The company's rules **bind** the employee's working hours.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

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.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

expose

v. to show something by uncovering it; to make something accessible to some action or influence

synonym : disclose, reveal, uncover

(1) **expose** a crime, (2) **expose** a person to risks

That newspaper **exposed** a political scandal in a big way.

quantity

n. the amount or number of something; magnitude

synonym : abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

large-scale

adj. involving many people or things and involving a lot of change or activity

synonym : big, massive, grand

(1) **large-scale** project, (2) **large-scale** agriculture

The company is planning to make a **large-scale** expansion of its factory.

instance

n. a particular example or single occurrence of something

synonym : example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

thyroid

n. a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions

synonym : endocrine gland

(1) **thyroid** disorder, (2) **thyroid** medication

An underactive **thyroid** can lead to weight gain and fatigue.

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.

temperature

n. the degree of hotness or coldness of a thing or place

synonym : climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

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**.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

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.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

facial

adj. of or relating to a person's face

synonym: forward, front, surface

(1) **facial** nerve, (2) **facial** expressions

Facial profiling is a new form of airport security.

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.

estrogen

n. a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

(1) **estrogen** receptor, (2) **estrogen-responsive** breast cancer

The older woman also suffers bone loss caused by **estrogen** deficiency.

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.

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**.

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.

exclusive

adj. not divided or shared with others
synonym : sole, deluxe, limited

(1) **exclusive** authority, (2) **exclusive** clubs

The condo offers **exclusive** access to the beach.

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**.

associate

v. to mentally connect someone or something with someone or something else
synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

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.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym: mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

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.

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.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

unlimited

adj. without any limits or restrictions

synonym: unrestricted, boundless, limitless

(1) **unlimited** liability, (2) **unlimited** resources

An **unlimited** data plan is a popular option for heavy internet users.

frequent

adj. happening constantly

synonym: periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

slave

n. a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person

synonym: captive, bondservant, hard worker

(1) a **slave** of drink, (2) a **slave** trader

You should work hard but not be a **slave** to it.

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.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym: chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

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**.

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.

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.

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.

regulatory

adj. having the power to control or restrict something such as business or industry according to rules or principles

synonym: regulative, managerial

(1) **regulatory** cells, (2) compliance with **regulatory** requirements

In the past, Japanese banks were protected by **regulatory** control.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar

disorder

The doctor prescribed some medicine for the mental **disorder**.

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.

insulin

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

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.

fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym: exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

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.

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.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

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.

regulation

n. an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule

synonym: constraint, restriction, rule

(1) a company **regulation**, (2) **regulation** by the government

The **regulation** approved by Congress was perfunctorily implemented.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

Session 2: Spelling

1. 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
2. fa____e breaking *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
3. sp____t seeds *v.* to grow or develop new parts typically leaves or shoots, from a plant; to emerge, develop, or arise gradually or suddenly
4. wi__n a narrowed heart valve *v.* to become or make something broader, wider, more extensive
5. botanical ex____t *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
6. ex__t control *v.* to put forth effort; to put into action; to bring into play
7. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
8. the m__d in a room *n.* the way you feel at a particular time; an angry or impatient state of mind

ANSWERS: 1. puberty, 2. fatigue, 3. sprout, 4. widen, 5. extract, 6. exert, 7. feat, 8. mood

9. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
10. re____or for HIV in humans *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
11. 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
12. re_____ce by myself *v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process
13. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
14. daily in_____n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
15. lo___e a tumor *v.* to specify or determine the exact position of someone or something
16. 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

ANSWERS: 9. pump, 10. receptor, 11. diet, 12. reproduce, 13. lifetime, 14. insulin, 15. locate, 16. metamorphosis

17. for in_____ce *n.* a particular example or single occurrence of something
18. ex_____ve clubs *adj.* not divided or shared with others
19. the int_____on between man and his environment *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
20. 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
21. a con_____ly varying mind *adv.* all the time
22. ex__t influence *v.* to put forth effort; to put into action; to bring into play
23. 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
24. 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
25. a ch_____al compound *adj.* relating to or connected with chemistry;
26. 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

ANSWERS: 17. instance, 18. exclusive, 19. interaction, 20. pancreas, 21. constantly, 22. exert, 23. heartbeat, 24. orchestrate, 25. chemical, 26. hyperthyroidism

27. un_____ed resources *adj.* without any limits or restrictions
28. sle_____ess disorder *n.* the condition of being unable to sleep or having difficulty sleeping
29. ex___e a person to risks *v.* to show something by uncovering it; to make something accessible to some action or influence
30. a con_____ly innovative enterprise *adv.* all the time
31. in an ugly m__d *n.* the way you feel at a particular time; an angry or impatient state of mind
32. 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
33. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
34. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
35. major paradigm sh__t *n.* a slight transition in position, direction, or trend
36. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
37. 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

ANSWERS: 27. unlimited, 28. sleeplessness, 29. expose, 30. constantly, 31. mood, 32. pancreas, 33. disorder, 34. associate, 35. shift, 36. trigger, 37. digestion

38. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
39. a co_____nt wind *adj.* happening repeatedly or all the time
40. 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
41. 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
42. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
43. lo___e a missing pet *v.* to specify or determine the exact position of someone or something
44. th_____d medication *n.* a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions
45. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws

ANSWERS: 38. ingredient, 39. constant, 40. waft, 41. hormone, 42. process, 43. locate, 44. thyroid, 45. regulate

46. 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
47. compliance with reg____ry requirements *adj.* having the power to control or restrict something such as business or industry according to rules or principles
48. ex____e a crime *v.* to show something by uncovering it; to make something accessible to some action or influence
49. ext____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
50. tes____one enhancer *n.* a male hormone that is responsible for the development of male secondary sex characteristics
51. 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
52. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
53. tr____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
54. synthetic th____in *n.* a hormone produced by the thyroid gland that regulates metabolism and growth in the body

ANSWERS: 46. hormone, 47. regulatory, 48. expose, 49. extraordinary, 50. testosterone, 51. disrupt, 52. rely, 53. trigger, 54. thyroxin

55. toxic ch____als *adj.* relating to or connected with chemistry;
56. tri_____ine receptors *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
57. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
58. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
59. 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
60. es_____en-responsive breast cancer *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
61. a co_____nt temperature *adj.* happening repeatedly or all the time
62. a stone wall su_____nds the palace *v.* to be all around something or somebody
63. many tr_____ons of dollars *n.* the number 1,000,000,000,000; a million million
64. 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: 55. chemical, 56. triiodothyronine, 57. influence, 58. influence, 59. depression, 60. estrogen, 61. constant, 62. surround, 63. trillion, 64. menstruate

65. reg_____ry cells *adj.* having the power to control or restrict something such as business or industry according to rules or principles
66. extreme tem_____res *n.* the degree of hotness or coldness of a thing or place
67. a sl__e trader *n.* a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person
68. en_____ne cell *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
69. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
70. li_____me benefits *n.* the duration of someone's life or something's existence;
71. 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
72. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
73. lar_____le project *adj.* involving many people or things and involving a lot of change or activity
74. half qu_____ty *n.* the amount or number of something; magnitude

ANSWERS: 65. regulatory, 66. temperature, 67. slave, 68. endocrine, 69. specific, 70. lifetime, 71. orchestrate, 72. misconception, 73. large-scale, 74. quantity

75. 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
76. cellular re_____or *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
77. 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
78. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
79. a company reg_____on *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
80. fr_____nt use *adj.* happening constantly
81. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
82. a gr_____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
83. blo_____am to the brain *n.* the blood flowing through the body
84. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 75. hypodermic, 76. receptor, 77. puberty, 78. neurotransmitter, 79. regulation, 80. frequent, 81. specific, 82. gradual, 83. bloodstream, 84. diabetes

85. asset on the company's ba____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
86. fa____e caused by overwork *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
87. reg____on by the government *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
88. 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
89. pr____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
90. fa___l nerve *adj.* of or relating to a person's face
91. b__d the man's hands *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
92. naval ve___ls *n.* a ship or large boat
93. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 85. balance, 86. fatigue, 87. regulation, 88. ovary, 89. protein, 90. facial, 91. bind, 92. vessel, 93. disease

94. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
95. people with bipolar di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
96. the ul____te luxury *adj.* furthest or highest in degree or order
97. re____ce the painting *v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process
98. w__b transplant *n.* the organ of a woman or female mammal in which a baby develops before birth
99. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
100. 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
101. stress pr____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 94. rely, 95. disorder, 96. ultimate, 97. reproduce, 98. womb, 99. develop, 100. triiodothyronine, 101. protein

102. un_____o surgery *v.* to go through something unpleasant or that involves a change
103. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
104. 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
105. a brief ex_____t from the book *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
106. in samba rh___m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
107. re_____te our conduct *v.* to control something, especially by means of rules or laws
108. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
109. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 102. undergo, 103. brain, 104. ovary, 105. extract, 106. rhythm, 107. regulate, 108. neurotransmitter, 109. process

110. se_____in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
111. en_____ne disorders *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
112. pr_____y education *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
113. a mammary gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
114. 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
115. 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
116. th_____d disorder *n.* a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions

ANSWERS: 110. serotonin, 111. endocrine, 112. primary, 113. gland, 114. hyperthyroidism, 115. irritable, 116. thyroid

117. b__d old letters into a bundle *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
118. 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
119. 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
120. a silence pr_____nt with suspense *adj.* having a baby or young animal developing in the uterus
121. a synthetic derivative of
tes_____one *n.* a male hormone that is responsible for the development of male secondary sex characteristics
122. com_____on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
123. fa___l expressions *adj.* of or relating to a person's face
124. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 117. bind, 118. function, 119. fetus, 120. pregnant, 121. testosterone, 122. combination, 123. facial, 124. balance

125. 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
126. tumor of w__b *n.* the organ of a woman or female mammal in which a baby develops before birth
127. tr_____on cubic feet *n.* the number 1,000,000,000,000; a million million
128. residual qu_____ty *n.* the amount or number of something; magnitude
129. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
130. un_____o a decrease *v.* to go through something unpleasant or that involves a change
131. ext_____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
132. beat sle_____ess *n.* the condition of being unable to sleep or having difficulty sleeping
133. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
134. lar_____le agriculture *adj.* involving many people or things and involving a lot of change or activity
135. the atmospheric tem_____re *n.* the degree of hotness or coldness of a thing or place

ANSWERS: 125. hypodermic, 126. womb, 127. trillion, 128. quantity, 129. recognize, 130. undergo, 131. extraordinary, 132. sleeplessness, 133. irritable, 134. large-scale, 135. temperature

136. th____in levels *n.* a hormone produced by the thyroid gland that regulates metabolism and growth in the body
137. 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
138. es_____en receptor *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
139. 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
140. man_____re a product *v.* to make goods in large numbers, usually in a factory using machines
141. se_____in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
142. notable in_____ce *n.* a particular example or single occurrence of something
143. un_____ed liability *adj.* without any limits or restrictions
144. fr_____nt absence *adj.* happening constantly
145. the ul_____te goal in life *adj.* furthest or highest in degree or order
146. 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

ANSWERS: 136. thyroxin, 137. menstruate, 138. estrogen, 139. disease, 140. manufacture, 141. serotonin, 142. instance, 143. unlimited, 144. frequent, 145. ultimate, 146. heartbeat

147. flu_____on of water level *n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
148. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
149. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
150. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
151. 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
152. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
153. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
154. immune fu_____on *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

ANSWERS: 147. fluctuation, 148. misconception, 149. brain, 150. combination, 151. digestion, 152. develop, 153. diabetes, 154. function

155. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
156. man_____re an enzyme *v.* to make goods in large numbers, usually in a factory using machines
157. su_____nd a town *v.* to be all around something or somebody
158. 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
159. irregular heart rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
160. 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
161. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
162. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
163. 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

ANSWERS: 155. associate, 156. manufacture, 157. surround, 158. sprout, 159. rhythm, 160. metamorphosis, 161. ingredient, 162. recognize, 163. fetus

164. ex_____ve authority *adj.* not divided or shared with others
165. Doppler sh__t *n.* a slight transition in position, direction, or trend
166. development of in_____n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
167. int_____on among human beings *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
168. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
169. wi__n in excitement *v.* to become or make something broader, wider, more extensive
170. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
171. 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
172. 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
173. 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

ANSWERS: 164. exclusive, 165. shift, 166. insulin, 167. interaction, 168. pregnant, 169. widen, 170. feat, 171. fluctuation, 172. waft, 173. diet

174. blood ve___ls *n.* a ship or large boat
175. blo_____am in an artery *n.* the blood flowing through the body
176. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
177. 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
178. a sl__e of drink *n.* a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person
179. pr_____y school *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
180. a gr_____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
181. 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
182. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

ANSWERS: 174. vessel, 175. bloodstream, 176. gland, 177. depression, 178. slave, 179. primary, 180. gradual, 181. disrupt, 182. pump

ANSWERS:

Session 3: Fill in the Blanks

1. He narrated the _____ story of his adventure.
adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual
2. The mobile application industry is _____ changing.
adv. all the time
3. 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
4. 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
5. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
6. The condo offers _____ access to the beach.
adj. not divided or shared with others
7. 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

ANSWERS: 1. extraordinary, 2. constantly, 3. triiodothyronine, 4. function, 5. recognize, 6. exclusive, 7. digestion

8. The metal showed signs of _____ after being subjected to repeated stress.
- n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
9. One light year is nearly 6 _____ miles.
- n.* the number 1,000,000,000,000; a million million
10. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
- n.* a notable or impressive achievement, especially one that requires great skill or bravery
11. The scientist conducted a study that provided _____ details about the species' behavior.
- adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
12. He had an _____ shock after drinking large quantities of fruit juices.
- n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
13. 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
14. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 8. fatigue, 9. trillion, 10. feat, 11. specific, 12. insulin, 13. fetus, 14. process

15. An underactive _____ can lead to weight gain and fatigue.
- n.* a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions
16. Cities around the world set records for highest _____ this summer.
- n.* the degree of hotness or coldness of a thing or place
17. The company's rules _____ the employee's working hours.
- v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
18. 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
19. The adrenal _____ produce steroids.
- n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
20. The _____ to the safe was a secret.
- n.* a collection of things that have been combined; an assemblage of separate parts or qualities
21. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
22. The body needs a certain amount of _____ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 15. thyroid, 16. temperatures, 17. bind, 18. heartbeat, 19. glands, 20. combination, 21. develop, 22. protein

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

adj. relating to or connected with chemistry;

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 train has to _____ rigorous safety checks.

v. to go through something unpleasant or that involves a change

26. She had lived through two world wars in her _____.

n. the duration of someone's life or something's existence;

27. An _____ data plan is a popular option for heavy internet users.

adj. without any limits or restrictions

28. 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

29. You should work hard but not be a _____ to it.

n. a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person

30. 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

ANSWERS: 23. chemical, 24. hypodermic, 25. undergo, 26. lifetime, 27. unlimited, 28. orchestrated, 29. slave, 30. neurotransmitter

31. The _____ of the two groups is good for brainstorming.
n. the act of connecting with someone, mainly when working, playing, or spending time with them
32. _____ dropping wears away the stone.
adj. happening repeatedly or all the time
33. 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
34. We must manage to _____ our expenditure.
v. to control something, especially by means of rules or laws
35. 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
36. The company is planning to make a _____ expansion of its factory.
adj. involving many people or things and involving a lot of change or activity
37. 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
38. He tried various treatments for his _____ but nothing seemed to work.
n. the condition of being unable to sleep or having difficulty sleeping

ANSWERS: 31. interaction, 32. Constant, 33. thyroxin, 34. regulate, 35. disrupt, 36. large-scale, 37. serotonin, 38. sleeplessness,

39. 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
40. 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
41. 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
42. That newspaper _____ a political scandal in a big way.
- v.* to show something by uncovering it; to make something accessible to some action or influence
43. 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
44. The incident _____ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
45. In the past, Japanese banks were protected by _____ control.
- adj.* having the power to control or restrict something such as business or industry according to rules or principles

ANSWERS: 39. sprout, 40. metamorphosis, 41. ovary, 42. exposed, 43. puberty, 44. triggered, 45. regulatory

46. 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
47. The majority of synthetic vitamins are _____ from oil.
- v.* to make goods in large numbers, usually in a factory using machines
48. Babies heavily _____ on others for food.
- v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
49. 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
50. _____ profiling is a new form of airport security.
- adj.* of or relating to a person's face
51. 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
52. 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
53. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else

ANSWERS: 46. disease, 47. manufactured, 48. rely, 49. waft, 50. Facial, 51. misconceptions, 52. menstruate, 53. associate

54. His gaffe spoiled the _____ of the dinner party.

n. the way you feel at a particular time; an angry or impatient state of mind

55. Try to keep a _____ between work and off.

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

56. 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

57. In southward, the average annual water _____ increases.

n. the amount or number of something; magnitude

58. He _____ himself to lift the heavyweight.

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

59. Anesthetize the gum before _____ the teeth.

n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

60. _____ 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

61. My father was tested for _____.

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 54. mood, 55. balance, 56. pancreas, 57. quantity, 58. exerted, 59. extracting, 60. Depression, 61. diabetes

62. The former emperor had a particular _____ even after he abdicated.
n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself
63. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
64. 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
65. He was alert and could not _____ any critical information out of him.
v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
66. Hay fever occurs when a substance called histamine binds to _____ in the nose and eyes.
n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
67. The doctor prescribed some medicine for the mental _____.
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
68. 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: 62. influence, 63. ultimate, 64. brain, 65. pump, 66. receptors, 67. disorder, 68. endocrine

69. 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
70. The robot can accurately _____ construction material.
v. to specify or determine the exact position of someone or something
71. He _____ his investigation into a medical clinic.
v. to become or make something broader, wider, more extensive
72. By dividing and creating copies of themselves, bacteria _____.
v. to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process
73. The _____ arrived in port the following day.
n. a ship or large boat
74. These articles cite five _____ of climate change.
n. a particular example or single occurrence of something
75. 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
76. The country experienced a _____ increase in population.
adj. happening slowly over a long period of time or distance; not steep or abrupt
77. 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

ANSWERS: 69. fluctuations, 70. locate, 71. widened, 72. reproduce, 73. vessel, 74. instances, 75. ingredient, 76. gradual, 77. irritable

78. The _____ approved by Congress was perfunctorily implemented.
n. an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
79. Training with sufficient intensity increases blood _____ levels.
n. a male hormone that is responsible for the development of male secondary sex characteristics
80. Cancer cells are often carried throughout the body by the _____.
n. the blood flowing through the body
81. 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
82. The fertilized egg implanted itself in the _____.
n. the organ of a woman or female mammal in which a baby develops before birth
83. He beat out a jazz _____ on the cajones.
n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
84. The older woman also suffers bone loss caused by _____ deficiency.
n. a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
85. She vacated the position when she got _____.
adj. having a baby or young animal developing in the uterus

ANSWERS: 78. regulation, 79. testosterone, 80. bloodstream, 81. hyperthyroidism, 82. womb, 83. rhythm, 84. estrogen, 85. pregnant

86. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

87. 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

88. The _____ cause of the accident was due to the icy road conditions.

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

89. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

90. 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

91. His heartaches are less _____ now.

adj. happening constantly

ANSWERS: 86. shift, 87. diet, 88. primary, 89. surround, 90. hormone, 91. frequent