

# Englist.me



## Vocabulary Builder Reference from...

*Moshe Szyf: How early life experience is written into DNA | TED Talk*

[https://www.ted.com/talks/moshe\\_szyf\\_how\\_early\\_life\\_experience\\_is\\_written\\_into\\_dna](https://www.ted.com/talks/moshe_szyf_how_early_life_experience_is_written_into_dna)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

- pup** *n.* a young dog, seal, or other animals  
*synonym* : puppy, whelp, cub  
(1) **pup** company, (2) playful **pup**  
The little **pup** was so cute, with big, floppy ears and a wagging tail.
- groom** *v.* to clean, brush, and care for the fur or feathers of an animal; to prepare oneself or someone else for a special event or occasion; to make something neat  
*synonym* : brush, comb, neaten  
(1) **groom** duties, (2) **groom** a horse  
I need to **groom** my dog before his fur gets too long.
- determinant** *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result  
*synonym* : cause, factor, element  
(1) environmental **determinant**, (2) a **determinant** of crop yields  
One **determinant** of success is having a positive attitude and a strong work ethic.

## epigenetic

*adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

*synonym* : environmental, hereditary, inherited

(1) **epigenetic** inheritance, (2) **epigenetic** markers

**Epigenetic** research has opened up new possibilities for the treatment of certain diseases.

## 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**.

## reprogram

*v.* to modify or recreate a program

*synonym* : recreate, modify, revamp

(1) **reprogram** a device, (2) **reprogram** a database

He **reprogrammed** the computer's operating system to remove the safeguard.

## cascade

*n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

*synonym* : waterfall, watercourse, step

(1) **cascade** connection, (2) transistor **cascade**

The **cascade** of waterfalls in the national park was a breathtaking sight.

## biochemical

*adj.* relating to the chemical processes and substances that occur within living organisms

*synonym* : molecular, biological

(1) **biochemical** reaction, (2) complex **biochemical**

**Biochemical** research is essential to understanding the complex chemical reactions in living organisms.

## inherit

*v.* to receive money, property, or a title from someone after they have died

*synonym* : obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property

After his death, his sons **inherited** his business.

## ancestor

*n.* a person from whom one is descended; a forefather

*synonym* : forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

## binge

*n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

*synonym* : spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

## famine

*n.* a severe shortage of food, often caused by drought, war, or economic reasons

*synonym* : hunger, starvation, drought

(1) **famine** relief, (2) coal **famine**

The severe **famine** caused by the drought has left many people without food.

## adversity

*n.* difficulties or hardships that someone faces

*synonym* : hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

## impoverished

*adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted

*synonym* : destitute, bankrupt, famished

(1) **impoverished** nation, (2) **impoverished** family

The **impoverished** villagers struggled to make ends meet

with little access to food and clean water.

## phenotype

*n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives

*synonym* : trait, characteristic, attribute

(1) **phenotype** variation, (2) dominant **phenotype**

Our genetic **phenotype** determines the color of our eyes.

## surrogate

*adj.* acting as a substitute or replacement for someone or something else; having a similar function or purpose

*synonym* : substitute, replacement, deputy

(1) **surrogate** pregnancy, (2) **surrogate** decision

The **surrogate** mother gave birth to a healthy baby for the couple who couldn't conceive independently.

## moth

*n.* an insect with wings similar to a butterfly that travels at night and is attracted to light

(1) **moth** larva, (2) **moth** attracted to the light

The **moth** is a serious threat to the farm's output.

## placenta

*n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

(1) **placenta** blood, (2) fetal **placenta**

The **placenta** produces various hormones that help maintain the pregnancy.

## peon

*n.* a person of low social status or low-wage worker, often doing menial or unskilled labor; historically, a person in Spanish America held in servitude to work on large estates or in mines

*synonym* : worker, laborer, serf

(1) entry-level **peon**, (2) **peon** labor

He started his career as a **peon** in the company and worked his way up to an executive position.

## posh

*adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status

*synonym* : elegant, fancy, luxurious

(1) **posh** district, (2) **posh** restaurant

The CEO's office was decorated in a **posh** and elegant style.

## autoimmune

*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

## rearrange

*v.* to change the order or position of things already made; to change the time, date, or place of an event already planned

*synonym* : readjust, reorganize, reconstruct

(1) **rearrange** the furniture, (2) **rearrange** his schedule

Please **rearrange** these files as we start a new project tomorrow.

## deprogram

*v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing

*synonym* : rehabilitate, unprogram, free

(1) **deprogram** cult members, (2) **deprogram** extremist views

The organization offered resources to help people **deprogram** from addiction.

## addict

*n.* a person who cannot stop using or doing something as a habit, especially something harmful

*synonym* : devotee, buff, freak

(1) a drug **addict**, (2) Internet **addict**

We have become TV **addicts** due to video streaming

services.

## recapitulate

*v.* to summarize or repeat the main points of something  
*synonym*: summarize, repeat, restate

(1) **recapitulate** briefly, (2) **recapitulate** a speech

He **recapitulated** the main points of the meeting for those who had not been able to attend.

## craving

*n.* a strong desire of wanting something  
*synonym*: desire, appetite, longing

(1) **craving** for revenge, (2) curb our **cravings**

I have a **craving** for nicotine.

## deterministic

*adj.* characterized by an assumption of cause and effect and the absence of chance or randomness, often used to describe scientific or engineering calculations

*synonym*: predictable, predetermined, certain

(1) **deterministic** approach, (2) **deterministic** system

The **deterministic** algorithm always produces the same result for a given input.

## conquer

*v.* to bring under control by force or authority  
*synonym*: defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

## Session 2: Spelling

1. earliest human an\_\_\_\_or  
*n.* a person from whom one is descended; a forefather
2. su\_\_\_\_\_te decision  
*adj.* acting as a substitute or replacement for someone or something else; having a similar function or purpose
3. dominant ph\_\_\_\_\_pe  
*n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
4. a det\_\_\_\_\_nt of crop yields  
*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
5. imp\_\_\_\_\_hed family  
*adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
6. environmental det\_\_\_\_\_nt  
*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
7. insulin aut\_\_\_\_\_ne syndrome  
*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
8. a drug ad\_\_\_\_t  
*n.* a person who cannot stop using or doing something as a habit, especially something harmful

ANSWERS: 1. ancestor, 2. surrogate, 3. phenotype, 4. determinant, 5. impoverished, 6. determinant, 7. autoimmune, 8. addict

9. co\_\_\_\_r the world      *v.* to bring under control by force or authority
10. co\_\_\_\_r fatal disease      *v.* to bring under control by force or authority
11. p\_\_h restaurant      *adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
12. aut\_\_\_\_\_ne disorder      *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
13. p\_p company      *n.* a young dog, seal, or other animals
14. re\_\_\_\_\_ge the furniture      *v.* to change the order or position of things already made; to change the time, date, or place of an event already planned
15. m\_\_h attracted to the light      *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
16. p\_\_h district      *adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
17. epi\_\_\_\_\_ic markers      *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
18. bio\_\_\_\_\_al reaction      *adj.* relating to the chemical processes and substances that occur within living organisms

ANSWERS: 9. conquer, 10. conquer, 11. posh, 12. autoimmune, 13. pup, 14. rearrange, 15. moth, 16. posh, 17. epigenetic, 18. biochemical



19. rec\_\_\_\_\_ate a speech      *v.*    to summarize or repeat the main points of something
20. bi\_\_e on social media      *n.*    a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
21. w\_\_b transplant      *n.*    the organ of a woman or female mammal in which a baby develops before birth
22. re\_\_\_\_\_am a database      *v.*    to modify or recreate a program
23. Internet ad\_\_\_\_t      *n.*    a person who cannot stop using or doing something as a habit, especially something harmful
24. entry-level p\_\_n      *n.*    a person of low social status or low-wage worker, often doing menial or unskilled labor; historically, a person in Spanish America held in servitude to work on large estates or in mines
25. re\_\_\_\_\_am a device      *v.*    to modify or recreate a program
26. transistor ca\_\_\_\_\_e      *n.*    a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
27. p\_\_n labor      *n.*    a person of low social status or low-wage worker, often doing menial or unskilled labor; historically, a person in Spanish America held in servitude to work on large estates or in mines
28. an\_\_\_\_\_or language      *n.*    a person from whom one is descended; a forefather

ANSWERS: 19. recapitulate, 20. binge, 21. womb, 22. reprogram, 23. addict, 24. peon, 25. reprogram, 26. cascade, 27. peon, 28. ancestor

29. pl\_\_\_\_ta blood *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
30. ph\_\_\_\_\_pe variation *n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
31. complex bio\_\_\_\_\_al *adj.* relating to the chemical processes and substances that occur within living organisms
32. imp\_\_\_\_\_hed nation *adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
33. coal fa\_\_\_e *n.* a severe shortage of food, often caused by drought, war, or economic reasons
34. struggling with ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces
35. rec\_\_\_\_\_ate briefly *v.* to summarize or repeat the main points of something
36. de\_\_\_\_\_am extremist views *v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
37. ca\_\_\_\_\_e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
38. m\_\_h larva *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light

ANSWERS: 29. placenta, 30. phenotype, 31. biochemical, 32. impoverished, 33. famine, 34. adversity, 35. recapitulate, 36. deprogram, 37. cascade, 38. moth

39. in\_\_\_\_t estate      *v.* to receive money, property, or a title from someone after they have died
40. fa\_\_\_e relief      *n.* a severe shortage of food, often caused by drought, war, or economic reasons
41. det\_\_\_\_\_tic system      *adj.* characterized by an assumption of cause and effect and the absence of chance or randomness, often used to describe scientific or engineering calculations
42. tumor of w\_\_b      *n.* the organ of a woman or female mammal in which a baby develops before birth
43. curb our cr\_\_\_\_gs      *n.* a strong desire of wanting something
44. playful p\_p      *n.* a young dog, seal, or other animals
45. su\_\_\_\_\_te pregnancy      *adj.* acting as a substitute or replacement for someone or something else; having a similar function or purpose
46. gr\_\_m a horse      *v.* to clean, brush, and care for the fur or feathers of an animal; to prepare oneself or someone else for a special event or occasion; to make something neat
47. det\_\_\_\_\_tic approach      *adj.* characterized by an assumption of cause and effect and the absence of chance or randomness, often used to describe scientific or engineering calculations
48. epi\_\_\_\_\_ic inheritance      *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

ANSWERS: 39. inherit, 40. famine, 41. deterministic, 42. womb, 43. craving, 44. pup, 45. surrogate, 46. groom, 47. deterministic, 48. epigenetic

49. environmental ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces
50. de\_\_\_\_\_am cult members *v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
51. gr\_\_m duties *v.* to clean, brush, and care for the fur or feathers of an animal; to prepare oneself or someone else for a special event or occasion; to make something neat
52. fetal pl\_\_\_\_\_ta *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
53. alcohol bi\_\_e *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
54. cr\_\_\_\_\_g for revenge *n.* a strong desire of wanting something
55. in\_\_\_\_\_t ancestral property *v.* to receive money, property, or a title from someone after they have died
56. re\_\_\_\_\_ge his schedule *v.* to change the order or position of things already made; to change the time, date, or place of an event already planned

ANSWERS: 49. adversity, 50. deprogram, 51. groom, 52. placenta, 53. binge, 54. craving, 55. inherit, 56. rearrange

## Session 3: Fill in the Blanks

1. He started his career as a \_\_\_\_\_ in the company and worked his way up to an executive position.
  - n.* a person of low social status or low-wage worker, often doing menial or unskilled labor; historically, a person in Spanish America held in servitude to work on large estates or in mines
2. He \_\_\_\_\_ the main points of the meeting for those who had not been able to attend.
  - v.* to summarize or repeat the main points of something
3. I need to \_\_\_\_\_ my dog before his fur gets too long.
  - v.* to clean, brush, and care for the fur or feathers of an animal; to prepare oneself or someone else for a special event or occasion; to make something neat
4. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.
  - n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
5. The \_\_\_\_\_ mother gave birth to a healthy baby for the couple who couldn't conceive independently.
  - adj.* acting as a substitute or replacement for someone or something else; having a similar function or purpose
6. \_\_\_\_\_ research is essential to understanding the complex chemical reactions in living organisms.
  - adj.* relating to the chemical processes and substances that occur within living organisms

ANSWERS: 1. peon, 2. recapitulated, 3. groom, 4. determinant, 5. surrogate, 6. Biochemical

7. The CEO's office was decorated in a \_\_\_\_\_ and elegant style.  
*adj.* elegant, fashionable, or luxurious, often to an excessive or ostentatious degree; associated with the upper classes or a high level of social status
8. Our genetic \_\_\_\_\_ determines the color of our eyes.  
*n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
9. The \_\_\_\_\_ of waterfalls in the national park was a breathtaking sight.  
*n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
10. \_\_\_\_\_ research has opened up new possibilities for the treatment of certain diseases.  
*adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
11. Please \_\_\_\_\_ these files as we start a new project tomorrow.  
*v.* to change the order or position of things already made; to change the time, date, or place of an event already planned
12. The presence of certain substances triggered the \_\_\_\_\_ response.  
*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
13. The \_\_\_\_\_ algorithm always produces the same result for a given input.  
*adj.* characterized by an assumption of cause and effect and the absence of chance or randomness, often used to describe scientific or engineering calculations

ANSWERS: 7. posh, 8. phenotype, 9. cascade, 10. Epigenetic, 11. rearrange, 12. autoimmune, 13. deterministic

14. She stayed up all night \_\_\_\_\_ her favorite TV show.  
*n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
15. The organization offered resources to help people \_\_\_\_\_ from addiction.  
*v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
16. We have become TV \_\_\_\_\_ due to video streaming services.  
*n.* a person who cannot stop using or doing something as a habit, especially something harmful
17. The team demonstrated great resilience in the face of \_\_\_\_\_ and won the game.  
*n.* difficulties or hardships that someone faces
18. My remote \_\_\_\_\_ immigrated to the United States from Ireland in the 1800s.  
*n.* a person from whom one is descended; a forefather
19. The fertilized egg implanted itself in the \_\_\_\_\_.  
*n.* the organ of a woman or female mammal in which a baby develops before birth
20. The \_\_\_\_\_ produces various hormones that help maintain the pregnancy.  
*n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
21. After his death, his sons \_\_\_\_\_ his business.  
*v.* to receive money, property, or a title from someone after they have died

ANSWERS: 14. binge-watching, 15. deprogram, 16. addicts, 17. adversity, 18. ancestor, 19. womb, 20. placenta, 21. inherited

22. The \_\_\_\_\_ villagers struggled to make ends meet with little access to food and clean water.  
*adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
23. I have a \_\_\_\_\_ for nicotine.  
*n.* a strong desire of wanting something
24. The \_\_\_\_\_ is a serious threat to the farm's output.  
*n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
25. He \_\_\_\_\_ the computer's operating system to remove the safeguard.  
*v.* to modify or recreate a program
26. You must \_\_\_\_\_ your anxiety about driving.  
*v.* to bring under control by force or authority
27. The little \_\_\_\_\_ was so cute, with big, floppy ears and a wagging tail.  
*n.* a young dog, seal, or other animals
28. The severe \_\_\_\_\_ caused by the drought has left many people without food.  
*n.* a severe shortage of food, often caused by drought, war, or economic reasons

ANSWERS: 22. impoverished, 23. craving, 24. moth, 25. reprogrammed, 26. conquer, 27. pup, 28. famine