

# Englist.me



## Vocabulary Builder Reference from...

*Monica Menesini: Why do our bodies age? | TED Talk*

[https://www.ted.com/talks/monica\\_menesini\\_why\\_do\\_our\\_bodies\\_age](https://www.ted.com/talks/monica_menesini_why_do_our_bodies_age)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### astound

*v.* to surprise or shock someone with wonder very much

*synonym*: amaze, astonish, surprise

(1) **astound** everyone, (2) **astound** the viewer

The final result was nothing short of **astounding**.

### millionaire

*n.* a person who has material wealth that is valued at more than a million dollars, pounds, euros, etc.

(1) **millionaire** capitalist, (2) become a **millionaire**

The Internet **millionaire** was captivated by the artist's paintings.

### counteract

*v.* to act against something to reduce its bad or harmful effects or neutralize it

*synonym*: balance, offset, compensate

(1) **counteract** the effect of poison, (2) **counteract** global warming

Our body's immune system produces antibodies to **counteract** disease.

### toxin

*n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

*synonym*: poison, venom, contaminant

(1) **toxin** exposure, (2) **toxin** production

Mold exposure can release dangerous **toxins** into the air.

## trait

*n.* a particular feature of your nature

*synonym*: attribute, feature, quality

(1) chemical **trait**, (2) personality **traits**

Multiple genes may influence behavioral **traits** concurrently.

## lesion

*n.* a damaged or abnormal area of tissue in the body, usually caused by injury or disease

*synonym*: injury, wound, damage

(1) muscle **lesion**, (2) brain **lesion**

The doctor examined the **lesion** on the patient's skin to determine if it was cancerous.

## organelle

*n.* a specialized subunit, usually within a cell, that has a specific function

(1) cellular **organelles**, (2) **organelle** protein

Membranes bind these **organelles** together.

## mitochondria

*n.* (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food

(1) a membrane of a **mitochondria**, (2) healthy

**mitochondria**

**Mitochondria** DNA is used to trace human lineage and migration footprints.

## adenosine

*n.* a compound that is found in all living cells and that is involved in various biological processes, including energy production and regulation of sleep-wake cycles

(1) **adenosine** triphosphate, (2) **adenosine** triphosphate (ATP)

**Adenosine** receptors are found in various parts of the body and are involved in a variety of functions.

## deteriorate

*v.* to become worse in quality; to decline or degenerate  
*synonym* : decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition  
The patient's health **deteriorated** rapidly after being diagnosed with the disease.

## 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.

## degenerate

*v.* (of a person, animal, or plant) to become worse in health or physical condition

*synonym* : deteriorate, decline, decay

(1) **degenerate** into a disagreement, (2) **degenerate** into recession

The once-thriving city has **degenerated** into a crime-ridden slum.

## Alzheimer

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

*synonym* : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

## extremity

*n.* the farthest or most remote point or the greatest or the highest degree

*synonym* : end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

## telomere

*n.* a structure that protects the terminal regions of chromosome

(1) **telomere** length, (2) **telomere** protein

Cancer cells are thought to be able to proliferate indefinitely because of the activation of **telomere** synthase.

## senescence

*n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age

*synonym*: aging, agedness, decline

(1) **senescence** in plants, (2) premature **senescence**

The study aimed to investigate the molecular mechanisms involved in cellular **senescence**.

## proliferate

*v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

*synonym*: multiply, spread, propagate

(1) **proliferate** cells, (2) **proliferate** weeds

The number of COVID cases continued to **proliferate** in many countries worldwide.

## halting

*adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently

*synonym*: stuttering, hesitant, faltering

(1) **halting** speech, (2) **halting** progress

The negotiations between the two countries were proceeding in a **halting** manner.

## replenish

*v.* to fill something that had previously been emptied

*synonym*: refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

## revolve

*v.* to rotate around a central point

*synonym*: rotate, spin, orbit

(1) **revolve** at high speed, (2) **revolve** around a central axis

The Earth **revolves** around the Sun in an elliptical orbit.

## **medicinal**

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

*synonym* : curative, therapeutic, healing

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

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

## Session 2: Spelling

1. mil\_\_\_\_\_re capitalist *n.* a person who has material wealth that is valued at more than a million dollars, pounds, euros, etc.
2. ex\_\_\_\_\_ty injury *n.* the farthest or most remote point or the greatest or the highest degree
3. re\_\_\_\_\_e at high speed *v.* to rotate around a central point
4. ex\_\_\_\_\_ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
5. ad\_\_\_\_\_ne triphosphate *n.* a compound that is found in all living cells and that is involved in various biological processes, including energy production and regulation of sleep-wake cycles
6. Al\_\_\_\_\_er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
7. to\_\_n exposure *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
8. det\_\_\_\_\_te at a slow pace *v.* to become worse in quality; to decline or degenerate
9. deg\_\_\_\_\_te into recession *v.* (of a person, animal, or plant) to become worse in health or physical condition

ANSWERS: 1. millionaire, 2. extremity, 3. revolve, 4. extremity, 5. adenosine, 6. Alzheimer, 7. toxin, 8. deteriorate, 9. degenerate

10. or\_\_\_\_\_le protein *n.* a specialized subunit, usually within a cell, that has a specific function
11. 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
12. ad\_\_\_\_\_ne triphosphate (ATP) *n.* a compound that is found in all living cells and that is involved in various biological processes, including energy production and regulation of sleep-wake cycles
13. as\_\_\_\_\_d the viewer *v.* to surprise or shock someone with wonder very much
14. become a mil\_\_\_\_\_re *n.* a person who has material wealth that is valued at more than a million dollars, pounds, euros, etc.
15. ha\_\_\_\_\_g speech *adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently
16. te\_\_\_\_\_re protein *n.* a structure that protects the terminal regions of chromosome
17. Al\_\_\_\_\_er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
18. chemical tr\_\_\_\_t *n.* a particular feature of your nature
19. 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

ANSWERS: 10. organelle, 11. epigenetic, 12. adenosine, 13. astound, 14. millionaire, 15. halting, 16. telomere, 17. Alzheimer, 18. trait, 19. epigenetic

20. traditional me\_\_\_\_\_al *adj.* of or relating to the treatment or cure of disease
21. pro\_\_\_\_\_te cells *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
22. to\_\_n production *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
23. sen\_\_\_\_\_ce in plants *n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age
24. cou\_\_\_\_\_ct global warming *v.* to act against something to reduce its bad or harmful effects or neutralize it
25. re\_\_\_\_\_sh a reserve fund *v.* to fill something that had previously been emptied
26. muscle le\_\_\_n *n.* a damaged or abnormal area of tissue in the body, usually caused by injury or disease
27. a membrane of a mit\_\_\_\_\_ria *n.* (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food
28. deg\_\_\_\_\_te into a disagreement *v.* (of a person, animal, or plant) to become worse in health or physical condition

ANSWERS: 20. medicinal, 21. proliferate, 22. toxin, 23. senescence, 24. counteract, 25. replenish, 26. lesion, 27. mitochondria, 28. degenerate



29. cellular or \_\_\_\_\_les *n.* a specialized subunit, usually within a cell, that has a specific function
30. cou\_\_\_\_\_ct the effect of poison *v.* to act against something to reduce its bad or harmful effects or neutralize it
31. personality tr\_\_ts *n.* a particular feature of your nature
32. premature sen\_\_\_\_\_ce *n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age
33. healthy mit\_\_\_\_\_ria *n.* (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food
34. pro\_\_\_\_\_te weeds *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
35. ha\_\_\_\_\_g progress *adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently
36. re\_\_\_\_\_e around a central axis *v.* to rotate around a central point
37. as\_\_\_\_\_d everyone *v.* to surprise or shock someone with wonder very much
38. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
39. re\_\_\_\_\_sh my spirit *v.* to fill something that had previously been emptied
40. te\_\_\_\_\_re length *n.* a structure that protects the terminal regions of chromosome

ANSWERS: 29. organelle, 30. counteract, 31. trait, 32. senescence, 33. mitochondria, 34. proliferate, 35. halting, 36. revolve, 37. astound, 38. medicinal, 39. replenish, 40. telomere

41. brain le\_\_\_n

*n.* a damaged or abnormal area of tissue in the body, usually caused by injury or disease

42. det\_\_\_\_\_te condition

*v.* to become worse in quality; to decline or degenerate

ANSWERS: 41. lesion, 42. deteriorate

## Session 3: Fill in the Blanks

1. Our body's immune system produces antibodies to \_\_\_\_\_ disease.  
*v.* to act against something to reduce its bad or harmful effects or neutralize it
2. \_\_\_\_\_ DNA is used to trace human lineage and migration footprints.  
*n.* (singular: mitochondrion) an organelle (= a specialized part of a cell) found in large numbers in most cells that produce energy for the cell by breaking down food
3. \_\_\_\_\_ 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
4. The doctor examined the \_\_\_\_\_ on the patient's skin to determine if it was cancerous.  
*n.* a damaged or abnormal area of tissue in the body, usually caused by injury or disease
5. He broke his arm at the \_\_\_\_\_ of the bone.  
*n.* the farthest or most remote point or the greatest or the highest degree
6. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.  
*adj.* of or relating to the treatment or cure of disease
7. Please \_\_\_\_\_ my glass with some more wine.  
*v.* to fill something that had previously been emptied

ANSWERS: 1. counteract, 2. Mitochondria, 3. Epigenetic, 4. lesion, 5. extremity, 6. medicinal, 7. replenish

8. The negotiations between the two countries were proceeding in a \_\_\_\_\_ manner.
- adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently
9. \_\_\_\_\_ receptors are found in various parts of the body and are involved in a variety of functions.
- n.* a compound that is found in all living cells and that is involved in various biological processes, including energy production and regulation of sleep-wake cycles
10. Mold exposure can release dangerous \_\_\_\_\_ into the air.
- n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
11. The once-thriving city has \_\_\_\_\_ into a crime-ridden slum.
- v.* (of a person, animal, or plant) to become worse in health or physical condition
12. Cancer cells are thought to be able to proliferate indefinitely because of the activation of \_\_\_\_\_ synthase.
- n.* a structure that protects the terminal regions of chromosome
13. Multiple genes may influence behavioral \_\_\_\_\_ concurrently.
- n.* a particular feature of your nature
14. The Internet \_\_\_\_\_ was captivated by the artist's paintings.
- n.* a person who has material wealth that is valued at more than a million dollars, pounds, euros, etc.

ANSWERS: 8. halting, 9. Adenosine, 10. toxins, 11. degenerated, 12. telomere, 13. traits, 14. millionaire

15. The study aimed to investigate the molecular mechanisms involved in cellular \_\_\_\_\_.

- n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age

16. The final result was nothing short of \_\_\_\_\_.

- v.* to surprise or shock someone with wonder very much

17. The patient's health \_\_\_\_\_ rapidly after being diagnosed with the disease.

- v.* to become worse in quality; to decline or degenerate

18. Membranes bind these \_\_\_\_\_ together.

- n.* a specialized subunit, usually within a cell, that has a specific function

19. The number of COVID cases continued to \_\_\_\_\_ in many countries worldwide.

- v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

20. The Earth \_\_\_\_\_ around the Sun in an elliptical orbit.

- v.* to rotate around a central point

21. My grandmother has \_\_\_\_\_ disease requires special care and attention from her caregivers.

- n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

ANSWERS: 15. senescence, 16. astounding, 17. deteriorated, 18. organelles, 19. proliferate, 20. revolves, 21. Alzheimer's