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Vocabulary Builder Reference from...

Sharon Horesh Bergquist: How stress affects your body | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

cram

- v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

synonym : stuff, pack, jam

(1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

overwhelm

- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

hardwired

- adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym : innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many

animal species.

advantageous

adj. providing a benefit or advantage; favorable or beneficial
synonym : beneficial, favorable, profitable

(1) **advantageous** conditions, (2) **advantageous** interest rate

The new job opportunity offered by the company is highly **advantageous**.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym : epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

norepinephrine

n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

synonym : noradrenaline

(1) **norepinephrine** receptor, (2) enhance **norepinephrine**

release

Some medications used to treat depression work by increasing the levels of **norepinephrine** in the brain.

endothelium

n. the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting

(1) **endothelium** layer, (2) **endothelium** function

The **endothelium** damage caused by smoking can lead to several health complications.

atherosclerosis

n. a disease in which plaque builds up in the arterial walls, leading to a narrowing and hardening of the arteries, potentially causing reduced blood flow and an increased risk of heart disease and stroke

synonym: hardening of the arteries, arterial plaque

(1) coronary **atherosclerosis**, (2) vascular **atherosclerosis**

Regular exercise and a healthy diet can help prevent the progression of **atherosclerosis**.

autonomic

n. relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion

synonym: involuntary, automatic, self-regulating

(1) **autonomic** imbalance, (2) **autonomic** response

The **autonomic** nervous system controls involuntary bodily functions.

enteric

adj. relating to or affecting the intestines (= long, continuous tubes running from the stomach to the anus), particularly the small intestine, often used to describe medications or drugs designed to dissolve or disintegrate in the intestines rather than the stomach for targeted delivery

synonym: intestinal, digestive, gut

(1) **enteric** bacteria, (2) **enteric** nervous system

The **enteric** coating of the medication ensures that it dissolves in the intestines rather than in the stomach.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym: agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

rhythmic

adj. having a pattern of regular beats or a regular beat; characterized by rhythm

synonym: measured, metrical, cadenced

(1) a **rhythmic** stroking, (2) in a **rhythmic** pace

The **rhythmic** sound of the drums was mesmerizing.

contraction

n. the act or process of becoming smaller or shorter in size, volume, or amount

synonym: shrinking, compression, reduction

(1) **contraction** of a disease, (2) **contraction** in the industry

The **contraction** of the economy has led to job losses.

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.

heartburn

n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

synonym: acid reflux, pyrosis, indigestion

(1) **heartburn** relief, (2) chronic **heartburn**

After eating that spicy meal, she suffered from **heartburn** all night long.

digestive

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

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

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**.

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.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

crave

v. to have a strong desire for something; to long for or want intensely

synonym: desire, yearn, long for

(1) **crave** chocolate, (2) **crave** advice from others

She **craves** success and is always pushing herself to do better.

visceral

adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

synonym: instinctive, intuitive, gut

(1) **visceral** organ, (2) **visceral** fear

After watching the horror movie, she had a **visceral** reaction and couldn't sleep all night.

cytokine

n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

(1) a **cytokine** production, (2) **cytokine** receptor

Abnormal **cytokine** response may cause atopic dermatitis.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym: intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

dampen

v. to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

synonym: drench, moisten, saturate

(1) **dampen** the sound, (2) **dampen** the enthusiasm

The rain helped **dampen** the flames of the campfire.

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.

sabotage

n. the deliberate and malicious damage, destruction, or disruption of equipment, machinery, or other property, often by someone with a particular agenda or motive; the subversion of an organization or institution by secret agents or spies

synonym: sabotage, subversion, destruction

(1) act of **sabotage**, (2) **sabotage** mission

The **sabotage** of the factory's equipment caused significant damage.

insurmountable

adj. impossible to overcome or conquer; too difficult or daunting to overcome

synonym:

invincible, hopeless, overwhelming

(1) **insurmountable** odds, (2) **insurmountable**
disadvantage

The challenge seemed **insurmountable**, but they overcame
it with hard work and determination.

Session 2: Spelling

- | | | |
|-----------------------------|------|---|
| 1. re_____sh a reserve fund | v. | to fill something that had previously been emptied |
| 2. in___e his privacy | v. | to enter aggressively into another's territory by military force for conquest and occupation |
| 3. cy_____ne receptor | n. | any of various protein molecules produced by cells of the immune system that serve to regulate the immune system |
| 4. ins_____ble disadvantage | adj. | impossible to overcome or conquer; too difficult or daunting to overcome |
| 5. nor_____ine receptor | n. | (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure |
| 6. end_____um layer | n. | the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting |
| 7. di_____b the peace | v. | to interrupt someone who is trying to work, sleep, etc. |
| 8. coronary ath_____sis | n. | a disease in which plaque builds up in the arterial walls, leading to a narrowing and hardening of the arteries, potentially causing reduced blood flow and an increased risk of heart disease and stroke |

ANSWERS: 1. replenish, 2. invade, 3. cytokine, 4. insurmountable, 5. norepinephrine, 6. endothelium, 7. disturb, 8. atherosclerosis

9. he_____rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
10. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
11. 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
12. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
13. di_____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
14. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
15. re_____sh my spirit *v.* to fill something that had previously been emptied
16. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
17. enhance nor_____ine release *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

ANSWERS: 9. heartburn, 10. overwhelm, 11. irritable, 12. digestive, 13. disturb, 14. carbohydrate, 15. replenish, 16. irritable, 17. norepinephrine

18. 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
19. adv_____ous conditions *adj.* providing a benefit or advantage; favorable or beneficial
20. c__m five people into a car *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
21. in___e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
22. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
23. 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
24. cr__e chocolate *v.* to have a strong desire for something; to long for or want intensely

ANSWERS: 18. digestion, 19. advantageous, 20. cram, 21. invade, 22. cortisol, 23. digestion, 24. crave

25. a cy_____ne production *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
26. a rh_____ic stroking *adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
27. ins_____ble odds *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
28. da___n the enthusiasm *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
29. cr___e advice from others *v.* to have a strong desire for something; to long for or want intensely
30. au_____ic response *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
31. vascular ath_____sis *n.* a disease in which plaque builds up in the arterial walls, leading to a narrowing and hardening of the arteries, potentially causing reduced blood flow and an increased risk of heart disease and stroke
32. adv_____ous interest rate *adj.* providing a benefit or advantage; favorable or beneficial
33. in a rh_____ic pace *adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
34. da___n the sound *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

ANSWERS: 25. cytokine, 26. rhythmic, 27. insurmountable, 28. dampen, 29. crave, 30. autonomic, 31. atherosclerosis, 32. advantageous, 33. rhythmic, 34. dampen

35. ad____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
36. en____c bacteria *adj.* relating to or affecting the intestines (= long, continuous tubes running from the stomach to the anus), particularly the small intestine, often used to describe medications or drugs designed to dissolve or disintegrate in the intestines rather than the stomach for targeted delivery
37. end_____um function *n.* the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting
38. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
39. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
40. sa_____ge mission *n.* the deliberate and malicious damage, destruction, or disruption of equipment, machinery, or other property, often by someone with a particular agenda or motive; the subversion of an organization or institution by secret agents or spies
41. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

ANSWERS: 35. adrenal, 36. enteric, 37. endothelium, 38. overwhelm, 39. digestive, 40. sabotage, 41. hardwired

42. con_____on of a disease *n.* the act or process of becoming smaller or shorter in size, volume, or amount
43. te_____re length *n.* a structure that protects the terminal regions of chromosome
44. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
45. con_____on in the industry *n.* the act or process of becoming smaller or shorter in size, volume, or amount
46. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
47. en_____c nervous system *adj.* relating to or affecting the intestines (= long, continuous tubes running from the stomach to the anus), particularly the small intestine, often used to describe medications or drugs designed to dissolve or disintegrate in the intestines rather than the stomach for targeted delivery
48. act of sa_____ge *n.* the deliberate and malicious damage, destruction, or disruption of equipment, machinery, or other property, often by someone with a particular agenda or motive; the subversion of an organization or institution by secret agents or spies

ANSWERS: 42. contraction, 43. telomere, 44. cortisol, 45. contraction, 46. adrenaline, 47. enteric, 48. sabotage

49. ad____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
50. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
51. vi_____al fear *adj.* relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses
52. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
53. au_____ic imbalance *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
54. te_____re protein *n.* a structure that protects the terminal regions of chromosome
55. chronic he_____rn *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
56. ha_____ed behavior *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

ANSWERS: 49. adrenal, 50. adrenaline, 51. visceral, 52. carbohydrate, 53. autonomic, 54. telomere, 55. heartburn, 56. hardwired

57. vi____al organ

adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

58. c__m more circuits into chips

v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

ANSWERS: 57. visceral, 58. cram

Session 3: Fill in the Blanks

1. After eating that spicy meal, she suffered from _____ all night long.
n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
2. The doctor ordered tests to check the patient's _____ function.
adj. relating to two glands situated above the kidneys, called the adrenal gland
3. The rain helped _____ the flames of the campfire.
v. to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
4. She _____ success and is always pushing herself to do better.
v. to have a strong desire for something; to long for or want intensely
5. The instinct to protect one's offspring is _____ into many animal species.
adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
6. 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
7. After watching the horror movie, she had a _____ reaction and couldn't sleep all night.
adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

ANSWERS: 1. heartburn, 2. adrenal, 3. dampen, 4. craves, 5. hardwired, 6. irritable, 7. visceral

8. The new job opportunity offered by the company is highly _____.
adj. providing a benefit or advantage; favorable or beneficial
9. Tourists frequently _____ the island's delicate natural balance.
v. to interrupt someone who is trying to work, sleep, etc.
10. The _____ of the factory's equipment caused significant damage.
n. the deliberate and malicious damage, destruction, or disruption of equipment, machinery, or other property, often by someone with a particular agenda or motive; the subversion of an organization or institution by secret agents or spies
11. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
12. She had to _____ for the final exam and stayed up all night studying.
v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
13. Please _____ my glass with some more wine.
v. to fill something that had previously been emptied
14. The _____ sound of the drums was mesmerizing.
adj. having a pattern of regular beats or a regular beat; characterized by rhythm
15. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food

ANSWERS: 8. advantageous, 9. disturb, 10. sabotage, 11. Cortisol, 12. cram, 13. replenish, 14. rhythmic, 15. digestive

16. I have no intention to _____ your privacy.
- v.* to enter aggressively into another's territory by military force for conquest and occupation
17. 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
18. 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
19. Too much variety may _____ and confuse viewers.
- v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
20. Some medications used to treat depression work by increasing the levels of _____ in the brain.
- n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
21. The _____ nervous system controls involuntary bodily functions.
- n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
22. Regular exercise and a healthy diet can help prevent the progression of _____.
- n.* a disease in which plaque builds up in the arterial walls, leading to a narrowing and hardening of the arteries, potentially causing reduced blood flow and an increased risk of heart disease and stroke

ANSWERS: 16. invade, 17. telomere, 18. digestion, 19. overwhelm, 20. norepinephrine, 21. autonomic, 22. atherosclerosis

23. The challenge seemed _____ but they overcame it with hard work and determination.
adj. impossible to overcome or conquer; too difficult or daunting to overcome
24. Foods high in _____ include bread, pasta, and rice.
n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
25. The _____ coating of the medication ensures that it dissolves in the intestines rather than in the stomach.
adj. relating to or affecting the intestines (= long, continuous tubes running from the stomach to the anus), particularly the small intestine, often used to describe medications or drugs designed to dissolve or disintegrate in the intestines rather than the stomach for targeted delivery
26. Abnormal _____ response may cause atopic dermatitis.
n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
27. The _____ of the economy has led to job losses.
n. the act or process of becoming smaller or shorter in size, volume, or amount
28. The band has released a lot of _____ rock music.
n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
29. The _____ damage caused by smoking can lead to several health complications.
n. the thin layer of cells that lines the interior surface of blood vessels and plays a critical role in regulating blood flow and blood clotting

ANSWERS: 23. insurmountable, 24. carbohydrates, 25. enteric, 26. cytokine, 27. contraction, 28. adrenaline-pumping, 29. endothelium

ANSWERS: