

# Englist.me



## Vocabulary Builder Reference from...

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

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### All Words

#### 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.

### emotion

- n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

*synonym* : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

## 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**.

## primitive

*adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

*synonym* : elementary, naive, rudimentary

(1) **primitive** society, (2) artifact of a **primitive** humankind

The industry in this country is still **primitive**.

## flee

*v.* to leave by running away, especially out of fear or danger

*synonym* : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

## 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**.

## damage

*v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or

relationship; (noun) harm or injury that is caused to a person, thing, or entity

*synonym* : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

## 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.

## 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.

## release

*v.* to set free or allow to escape from confinement

*synonym* : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO<sub>2</sub> into the air

The animal rights group worked to **release** the dolphins back into the wild.

## 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.

## 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.

## stream

*n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

*synonym* : flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars

Jet **streams** are the common name for air currents that form high in the atmosphere.

## 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.

## hypertension

*n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health

problems

*synonym* : high blood pressure

(1) **hypertension** rate, (2) arterial **hypertension**

To lower **hypertension**, it is important to maintain a healthy diet and exercise regularly.

**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.

**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**.

**normally**

*adv.* usually; under normal conditions

*synonym* : commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

**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.

## 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**.

## cholesterol

*n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

*synonym* : fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

## plaque

*n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay

*synonym* : tablet, plate, medal

(1) arterial **plaque**, (2) commemorative **plaque**

The dentist removed the **plaque** from my teeth during my cleaning appointment.

## artery

*n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

*synonym* : blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

## stroke

*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

*synonym* : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

## 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.

## nervous

*adj.* worried and anxious about something; relating to the nerves

*synonym* : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

## communicate

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

*synonym* : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

## 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.

## intestinal

*adj.* relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel

*synonym*: enteric, gut, digestive

(1) **intestinal** blockage, (2) **intestinal** bacteria

The patient experienced severe abdominal pain due to an **intestinal** infection.

## butterfly

*n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

(1) **butterfly** effect, (2) the life cycle of a **butterfly**

He enjoys collecting **butterfly** specimens.

## stomach

*n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

*synonym*: belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

## gut

*n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

*synonym*: belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.



## 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.

## bowel

*n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine

*synonym*: intestine, gut, stomach

(1) **bowel** ailment, (2) whole- **bowel** irrigation

He had surgery to remove a portion of his small **bowel**.

## syndrome

*n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

*synonym*: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

## sensitivity

*n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

*synonym* : alertness, attentiveness, sympathy

(1) **sensitivity** analysis, (2) become full of **sensitivity**

The instrument has a high **sensitivity** to temperature changes.

## acid

*n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

*synonym* : sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

## 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.

## composition

*n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone

*synonym* : creating, formatting, arrangement

(1) age **composition** of the population, (2) the piano passages in the **composition**

Their innovative concepts were consistent across their bodies of **composition**.

## bacteria

*n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures

and plants, and are often a cause of disease

*synonym*: microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

**Bacteria** prevalent in hospitals are often resistant to antibiotics.

## 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**.

## chronic

*adj.* being long-lasting and recurrent or characterized by long suffering; habitual

*synonym*: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

**Chronic** hyperglycemia is a trigger for a variety of serious diseases.

## waist

*n.* the part of the human body between the ribs and hips or the corresponding part in other animals

*synonym*: midriff, torso, abdomen

(1) **waist** measurement, (2) a slim **waist**

She cinched her dress at the **waist** to accentuate her hourglass figure.

## appetite

*n.* a natural desire or craving for food or drink; a strong desire or liking for something

*synonym*: hunger, appetite, craving

(1) **appetite** suppression, (2) loss of **appetite**

After a long hike, I had a huge **appetite** and devoured my meal in minutes.

## 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.

## dense

*adj.* containing a large number of people or something with little space between them

*synonym*: heavy, thick, idiotic

(1) nutrient- **dense** foods, (2) **dense** forests

The entire mountain is covered in **dense** rainforest.

## 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.

## comfort

*n.* a state of physical ease and freedom from pain or constraint

*synonym*: ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

## calorie

*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## 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.

## belly

*n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

*synonym*: stomach, abdomen, gut

(1) the **belly** of the ship, (2) with an empty **belly**

She had a tattoo just above her **belly** button.

## pants

*n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

*synonym*: trousers, breeches, slacks

(1) woolly **pants**, (2) pajama **pants**

I always wear **pants** when I go outside, even in the summer.

## immune

*adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

*synonym*: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the

### **immune** system

The vaccination does not necessarily make you completely **immune**.

### **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.

### **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.

### **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.

### **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.

### **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.

## resistance

*n.* the act of defending oneself from an aggressor or refusing to accept something

*synonym*: opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

## initially

*adv.* at the beginning; at first

*synonym*: originally, primarily, firstly

(1) **initially** anticipated, (2) diagnosed **initially** as a tumor

This train departed later than **initially** scheduled.

## 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.

## heal

*v.* to make a wound or injury to become well again

*synonym*: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

## injury

*n.* harm done to a person's or an animal's body caused by an accident or an attack

*synonym*: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

## 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.

## susceptible

*adj.* easily influenced, harmed, or affected by something  
*synonym*: exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof  
Well-stretched muscles are less **susceptible** to injury.

## infection

*n.* a condition in which pathogenic microorganisms or viruses have entered the body

*synonym*: contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

## curb

*v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk

*synonym*: restrain, limit, control

(1) **curb** appetite, (2) **curb** anxiety

He tried to **curb** his anger during the argument with his friend.

## 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.

## 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.



## tip

*n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

*synonym*: edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

## chromosome

*n.* a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like

*synonym*: DNA

(1) a sex **chromosome**, (2) the end of **chromosome**

Human females normally have two X **chromosomes**.

## divide

*v.* to separate or cause to separate into parts or groups

*synonym*: separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

## dam

*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

*synonym*: barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

## genetic

*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

*synonym*: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

## division

*n.* the act or outcome of splitting into separate parts; a critical organizational unit or sector

*synonym*: branch, separator, section

(1) cellular **division**, (2) **division** chief

Which **division** of the company do you work in?

## 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.

## acne

*n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back

*synonym*: pimple, zit, spot

(1) **acne** breakout, (2) painful **acne**

Stress can contribute to **acne** development on the skin.

## dysfunction

*n.* a problem or fault in a system, organism, or part of the body or machine

*synonym*: malfunction, disorder, disfunction

(1) **dysfunction** of kidneys, (2) brain **dysfunction**

The **dysfunction** in the relationship was causing problems for both partners.

## headache

*n.* pain in the head; someone or something that causes anxiety or trouble

*synonym*: concern, difficulty, problem

(1) **headache** accompanied by fever, (2) bit of a **headache**

This pill will relieve your **headaches** immediately.

## difficulty

*n.* a condition or state that causes problems

*synonym*: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury

sustained in an accident.

## concentration

*n.* the ability to focus all your time and energy on one thing without thinking about anything else.

*synonym*: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

## 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.

## threat

*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

*synonym*: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

## 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. da\_\_\_e a relationship  
*v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
2. risk of ch\_\_\_\_c disease  
*adj.* being long-lasting and recurrent or characterized by long suffering; habitual
3. the life cycle of a bu\_\_\_\_\_ly  
*n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
4. a fatal in\_\_\_y  
*n.* harm done to a person's or an animal's body caused by an accident or an attack
5. in a rh\_\_\_\_ic pace  
*adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
6. 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
7. re\_\_\_\_\_sh my spirit  
*v.* to fill something that had previously been emptied
8. 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: 1. damage, 2. chronic, 3. butterfly, 4. injury, 5. rhythmic, 6. norepinephrine, 7. replenish, 8. function

9. the be\_\_y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
10. pajama pa\_\_s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
11. di\_\_\_\_\_ve juices *adj.* relating to or capable of causing or promoting digestion of food
12. tr\_\_\_\_\_r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
13. he\_\_\_\_\_rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
14. res\_\_\_\_\_ce to insulin *n.* the act of defending oneself from an aggressor or refusing to accept something
15. re\_\_\_\_\_e a prisoner *v.* to set free or allow to escape from confinement
16. 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
17. a ge\_\_\_\_\_c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 9. belly, 10. pants, 11. digestive, 12. trigger, 13. heartburn, 14. resistance, 15. release, 16. adrenaline, 17. genetic

18. a di\_\_\_\_\_ve enzyme      *adj.* relating to or capable of causing or promoting digestion of food
19. arterial hyp\_\_\_\_\_ion      *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
20. di\_\_\_\_\_on chief      *n.* the act or outcome of splitting into separate parts; a critical organizational unit or sector
21. c\_\_b anxiety      *v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
22. suffer st\_\_\_e      *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
23. cy\_\_\_\_\_ne receptor      *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
24. h\_\_l a broken bone      *v.* to make a wound or injury to become well again
25. reduce my ca\_\_\_\_\_e intake      *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 18. digestive, 19. hypertension, 20. division, 21. curb, 22. stroke, 23. cytokine, 24. heal, 25. calorie

26. not no\_\_\_\_\_ly drink much *adv.* usually; under normal conditions
27. low cho\_\_\_\_\_ol *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
28. diagnosed in\_\_\_\_\_ly as a tumor *adv.* at the beginning; at first
29. afraid to show em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
30. pr\_\_\_\_\_ve society *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
31. h\_\_l the hurt mind *v.* to make a wound or injury to become well again
32. 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
33. toxic ch\_\_\_\_\_als *adj.* relating to or connected with chemistry;
34. good source of essential amino a\_\_ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
35. 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

ANSWERS: 26. normally, 27. cholesterol, 28. initially, 29. emotion, 30. primitive, 31. heal, 32. norepinephrine, 33. chemical, 34. acid, 35. endothelium

36. words of co\_\_\_\_t *n.* a state of physical ease and freedom from pain or constraint
37. a ch\_\_\_\_al compound *adj.* relating to or connected with chemistry;
38. f\_\_e their homes *v.* to leave by running away, especially out of fear or danger
39. a st\_\_\_\_e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
40. chronic he\_\_\_\_rn *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
41. int\_\_\_\_al blockage *adj.* relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel
42. di\_\_\_\_b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
43. 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
44. brain dys\_\_\_\_on *n.* a problem or fault in a system, organism, or part of the body or machine
45. upset st\_\_\_\_h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 36. comfort, 37. chemical, 38. flee, 39. stroke, 40. heartburn, 41. intestinal, 42. disturb, 43. carbohydrate, 44. dysfunction, 45. stomach



46. st\_\_\_\_h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
47. naval ve\_\_\_\_ls *n.* a ship or large boat
48. he\_\_\_\_he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble
49. give the waiter a t\_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
50. sy\_\_\_\_me of dementia *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
51. ca\_\_\_\_e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
52. the st\_\_\_\_m of time *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
53. res\_\_\_\_ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
54. 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

ANSWERS: 46. stomach, 47. vessel, 48. headache, 49. tip, 50. syndrome, 51. calorie, 52. stream, 53. resistance, 54. irritable

55. g\_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
56. the t\_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
57. co\_\_\_\_\_t level *n.* a state of physical ease and freedom from pain or constraint
58. bo\_\_l ailment *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
59. age com\_\_\_\_\_on of the population *n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
60. 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
61. te\_\_\_\_\_re length *n.* a structure that protects the terminal regions of chromosome
62. di\_\_\_\_\_b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 55. gut, 56. tip, 57. comfort, 58. bowel, 59. composition, 60. sabotage, 61. telomere, 62. disturb

63. in\_\_\_e his privacy      *v.* to enter aggressively into another's territory by military force for conquest and occupation
64. 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
65. 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
66. get ne\_\_\_\_\_s      *adj.* worried and anxious about something; relating to the nerves
67. become full of sen\_\_\_\_\_ty      *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
68. a slim wa\_\_t      *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
69. 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
70. dys\_\_\_\_\_on of kidneys      *n.* a problem or fault in a system, organism, or part of the body or machine
71. risk of coronary ar\_\_\_y disease      *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

ANSWERS: 63. invade, 64. dampen, 65. autonomic, 66. nervous, 67. sensitivity, 68. waist, 69. adrenaline, 70. dysfunction, 71. artery



79. commemorative pl\_\_\_e *n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
80. 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
81. ar\_\_\_y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
82. development of the ne\_\_\_s system *adj.* worried and anxious about something; relating to the nerves
83. his research area of  
con\_\_\_\_\_ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
84. 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
85. a rh\_\_\_ic stroking *adj.* having a pattern of regular beats or a regular beat; characterized by rhythm

ANSWERS: 79. plaque, 80. develop, 81. artery, 82. nervous, 83. concentration, 84. atherosclerosis, 85. rhythmic

86. 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
87. sus\_\_\_\_\_le of proof *adj.* easily influenced, harmed, or affected by something
88. a\_\_e breakout *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
89. complete no\_\_\_\_\_ly *adv.* usually; under normal conditions
90. 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
91. 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
92. 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
93. a cy\_\_\_\_\_ne production *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
94. 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: 86. insulin, 87. susceptible, 88. acne, 89. normally, 90. hardwired, 91. visceral, 92. dampen, 93. cytokine, 94. sabotage

95. in\_\_\_e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
96. the degree of dif\_\_\_\_\_ty *n.* a condition or state that causes problems
97. im\_\_\_e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
98. the blind g\_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
99. whole-bo\_\_l irrigation *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
100. con\_\_\_\_\_on in the industry *n.* the act or process of becoming smaller or shorter in size, volume, or amount
101. 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
102. 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
103. 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

ANSWERS: 95. invade, 96. difficulty, 97. immune, 98. gut, 99. bowel, 100. contraction, 101. cram, 102. gland, 103. insulin

104. a sus\_\_\_\_\_le young woman      *adj.* easily influenced, harmed, or affected by something
105. de\_\_e forests      *adj.* containing a large number of people or something with little space between them
106. tr\_\_\_\_\_r inflation      *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
107. pathogenic ba\_\_\_\_\_ia      *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
108. have ge\_\_\_\_\_c testing      *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
109. 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
110. adv\_\_\_\_\_ous interest rate      *adj.* providing a benefit or advantage; favorable or beneficial
111. 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

ANSWERS: 104. susceptible, 105. dense, 106. trigger, 107. bacteria, 108. genetic, 109. develop, 110. advantageous, 111. enteric



112. 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
113. with an empty be\_\_y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
114. da\_\_\_e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
115. 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
116. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
117. an endless st\_\_\_m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

ANSWERS: 112. atherosclerosis, 113. belly, 114. damage, 115. function, 116. associate, 117. stream

118. 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
119. a sex chr\_\_\_\_\_me *n.* a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like
120. con\_\_\_\_\_ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
121. ad\_\_\_\_l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
122. bu\_\_\_\_\_ly effect *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
123. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
124. wa\_\_t measurement *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
125. in\_\_\_\_\_ly anticipated *adv.* at the beginning; at first
126. arterial pl\_\_\_e *n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay

ANSWERS: 118. hormone, 119. chromosome, 120. concentration, 121. adrenal, 122. butterfly, 123. brain, 124. waist, 125. initially, 126. plaque

127. acute sy\_\_\_\_me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
128. 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
129. ir\_\_\_\_\_le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
130. 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
131. 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
132. the cell of the im\_\_\_e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 127. syndrome, 128. digestion, 129. irritable, 130. hardwired, 131. enteric, 132. immune

133. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
134. com\_\_\_\_\_te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
135. as\_\_\_\_\_te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
136. 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
137. 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
138. dif\_\_\_\_\_ty in breathing *n.* a condition or state that causes problems
139. woolly pa\_\_s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
140. 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
141. con\_\_\_\_\_on of a disease *n.* the act or process of becoming smaller or shorter in size, volume, or amount

ANSWERS: 133. brain, 134. communicate, 135. associate, 136. cortisol, 137. hormone, 138. difficulty, 139. pants, 140. cram, 141. contraction

142. 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
143. 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
144. control my em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
145. ap\_\_\_\_\_te suppression *n.* a natural desire or craving for food or drink; a strong desire or liking for something
146. cellular di\_\_\_\_\_on *n.* the act or outcome of splitting into separate parts; a critical organizational unit or sector
147. 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
148. cr\_\_e chocolate *v.* to have a strong desire for something; to long for or want intensely
149. adv\_\_\_\_\_ous conditions *adj.* providing a benefit or advantage; favorable or beneficial

ANSWERS: 142. process, 143. overwhelm, 144. emotion, 145. appetite, 146. division, 147. digestion, 148. crave, 149. advantageous



disease, 156. cholesterol, 157. process

158. 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
159. sen\_\_\_\_\_ty analysis *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
160. d\_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
161. te\_\_\_\_\_re protein *n.* a structure that protects the terminal regions of chromosome
162. 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
163. a bacterial in\_\_\_\_\_on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
164. 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
165. ins\_\_\_\_\_ble odds *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
166. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement
167. artifact of a pr\_\_\_\_\_ve humankind *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

ANSWERS: 158. disease, 159. sensitivity, 160. dam, 161. telomere, 162. overwhelm, 163. infection, 164. endothelium, 165. insurmountable, 166. release, 167. primitive



168. without in\_\_\_y *n.* harm done to a person's or an animal's body caused by an accident or an attack
169. d\_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
170. ad\_\_\_\_l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
171. 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
172. 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
173. nutrient-de\_\_e foods *adj.* containing a large number of people or something with little space between them
174. f\_\_e abroad *v.* to leave by running away, especially out of fear or danger
175. blood ve\_\_\_ls *n.* a ship or large boat
176. ins\_\_\_\_\_ble disadvantage *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
177. 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

ANSWERS: 168. injury, 169. dam, 170. adrenal, 171. fatigue, 172. visceral, 173. dense, 174. flee, 175. vessel, 176. insurmountable, 177. carbohydrate

178. hyp\_\_\_\_\_ion rate *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
179. an a\_\_d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
180. 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
181. painful a\_\_e *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
182. com\_\_\_\_\_te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
183. 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
184. re\_\_\_\_\_sh a reserve fund *v.* to fill something that had previously been emptied
185. loss of ap\_\_\_\_\_te *n.* a natural desire or craving for food or drink; a strong desire or liking for something

ANSWERS: 178. hypertension, 179. acid, 180. fatigue, 181. acne, 182. communicate, 183. cortisol, 184. replenish, 185. appetite

186. di\_\_\_e money equally      *v.*    to separate or cause to separate into parts or groups
187. 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
188. di\_\_\_e the cake into two pieces      *v.*    to separate or cause to separate into parts or groups

ANSWERS: 186. divide, 187. gland, 188. divide

## Session 3: Fill in the Blanks

1. The entire mountain is covered in \_\_\_\_\_ rainforest.  
*adj.* containing a large number of people or something with little space between them
2. Well-stretched muscles are less \_\_\_\_\_ to injury.  
*adj.* easily influenced, harmed, or affected by something
3. I have a \_\_\_\_\_ ache after overeating junk food.  
*n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
4. The \_\_\_\_\_ in the relationship was causing problems for both partners.  
*n.* a problem or fault in a system, organism, or part of the body or machine
5. Understanding protein folding is a vital step in deciphering the \_\_\_\_\_ code.  
*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
6. The \_\_\_\_\_ sound of the drums was mesmerizing.  
*adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
7. The patient was diagnosed with a rare genetic \_\_\_\_\_.  
*n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
8. Some \_\_\_\_\_ are common across cultures and backgrounds.  
*n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 1. dense, 2. susceptible, 3. stomach, 4. dysfunction, 5. genetic, 6. rhythmic, 7. syndrome, 8. emotions

9. 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
10. \_\_\_\_\_ prevalent in hospitals are often resistant to antibiotics.
- n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
11. He found \_\_\_\_\_ in the warm embrace of his loved ones.
- n.* a state of physical ease and freedom from pain or constraint
12. 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
13. A nutritious diet improves \_\_\_\_\_ functions.
- adj.* relating to or capable of causing or promoting digestion of food
14. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
15. Continuous consumption of fatty foods leads to the hardening of the \_\_\_\_\_.
- n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
16. This train departed later than \_\_\_\_\_ scheduled.
- adv.* at the beginning; at first

ANSWERS: 9. hormone, 10. Bacteria, 11. comfort, 12. dampen, 13. digestive, 14. Chronic, 15. artery, 16. initially

17. 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
18. 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
19. The majority of consumers \_\_\_\_\_ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
20. 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
21. 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
22. This year's extreme heat has resulted in many heat \_\_\_\_\_ cases.
- n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
23. The firm has grown into a large \_\_\_\_\_ manufacturing.
- adj.* relating to or connected with chemistry;
24. The challenge seemed \_\_\_\_\_ but they overcame it with hard work and determination.
- adj.* impossible to overcome or conquer; too difficult or daunting to overcome

ANSWERS: 17. brain, 18. endothelium, 19. associate, 20. autonomic, 21. carbohydrates, 22. stroke, 23. chemical, 24. insurmountable,

25. During the surgery, the doctor had to be extremely cautious not to \_\_\_\_\_ a blood vessel.
- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
26. 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
27. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
28. The new job opportunity offered by the company is highly \_\_\_\_\_.
- adj.* providing a benefit or advantage; favorable or beneficial
29. I don't \_\_\_\_\_ take a vacation in the middle of summer.
- adv.* usually; under normal conditions
30. She had a tattoo just above her \_\_\_\_\_ button.
- n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
31. She cinched her dress at the \_\_\_\_\_ to accentuate her hourglass figure.
- n.* the part of the human body between the ribs and hips or the corresponding part in other animals

ANSWERS: 25. damage, 26. glands, 27. calories, 28. advantageous, 29. normally, 30. belly, 31. waist

32. 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
33. Can you \_\_\_\_\_ 123321 by eleven?
- v.* to separate or cause to separate into parts or groups
34. The dentist removed the \_\_\_\_\_ from my teeth during my cleaning appointment.
- n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
35. Their innovative concepts were consistent across their bodies of \_\_\_\_\_.
- n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
36. 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
37. The industry in this country is still \_\_\_\_\_.
- adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
38. 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
39. 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



ANSWERS: 32. heartburn, 33. divide, 34. plaque, 35. composition, 36. norepinephrine, 37. primitive, 38. insulin, 39. enteric

40. The \_\_\_\_\_ of severe weather prompted the city to issue an evacuation warning.  
*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
41. During pregnancy, the stomach generates less \_\_\_\_\_ than usual.  
*n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
42. 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
43. This pill will relieve your \_\_\_\_\_ immediately.  
*n.* pain in the head; someone or something that causes anxiety or trouble
44. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.  
*v.* to set free or allow to escape from confinement
45. I will introduce some \_\_\_\_\_ on learning English in this class.  
*n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
46. The \_\_\_\_\_ of the economy has led to job losses.  
*n.* the act or process of becoming smaller or shorter in size, volume, or amount
47. The vaccination does not necessarily make you completely \_\_\_\_\_.  
*adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 40. threat, 41. acid, 42. telomere, 43. headaches, 44. release, 45. tips, 46. contraction, 47. immune

48. She \_\_\_\_\_ success and is always pushing herself to do better.  
*v.* to have a strong desire for something; to long for or want intensely
49. 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
50. Human females normally have two X \_\_\_\_\_.  
*n.* a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like
51. High levels of \_\_\_\_\_ can increase the risk of heart disease.  
*n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
52. The \_\_\_\_\_ arrived in port the following day.  
*n.* a ship or large boat
53. 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
54. Please \_\_\_\_\_ my glass with some more wine.  
*v.* to fill something that had previously been emptied
55. He told me a \_\_\_\_\_ truth about my parent's death.  
*n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

ANSWERS: 48. craves, 49. fatigue, 50. chromosomes, 51. cholesterol, 52. vessel, 53. digestion, 54. replenish, 55. gut-wrenching

56. Which \_\_\_\_\_ of the company do you work in?

- n.* the act or outcome of splitting into separate parts; a critical organizational unit or sector

57. He enjoys collecting \_\_\_\_\_ specimens.

- n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

58. I always wear \_\_\_\_\_ when I go outside, even in the summer.

- n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

59. 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

60. 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

61. He tried to \_\_\_\_\_ his anger during the argument with his friend.

- v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk

62. 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

ANSWERS: 56. division, 57. butterfly, 58. pants, 59. visceral, 60. hardwired, 61. curb, 62. cram

63. 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
64. Dolphins use sound to \_\_\_\_\_ with each other.
- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
65. 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
66. The instrument has a high \_\_\_\_\_ to temperature changes.
- n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
67. Hospitals must meet various standards to prevent nosocomial \_\_\_\_\_.
- n.* a condition in which pathogenic microorganisms or viruses have entered the body
68. 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
69. 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

ANSWERS: 63. overwhelm, 64. communicate, 65. sabotage, 66. sensitivity, 67. infections, 68. atherosclerosis, 69. adrenaline-pumping

70. It will take time for her mental scars to \_\_\_\_\_.  
*v.* to make a wound or injury to become well again
71. He suffers from \_\_\_\_\_ breakdowns.  
*adj.* worried and anxious about something; relating to the nerves
72. He had surgery to remove a portion of his small \_\_\_\_\_.  
*n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
73. He has \_\_\_\_\_ exercising because of a back injury sustained in an accident.  
*n.* a condition or state that causes problems
74. 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
75. Tourists frequently \_\_\_\_\_ the island's delicate natural balance.  
*v.* to interrupt someone who is trying to work, sleep, etc.
76. It is a basic instinct to \_\_\_\_\_ from a dangerous situation.  
*v.* to leave by running away, especially out of fear or danger
77. This exam requires excellent \_\_\_\_\_ to pass.  
*n.* the ability to focus all your time and energy on one thing without thinking about anything else.
78. To lower \_\_\_\_\_ it is important to maintain a healthy diet and exercise regularly.  
*n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems

ANSWERS: 70. heal, 71. nervous, 72. bowel, 73. difficulty, 74. cytokine, 75. disturb, 76. flee, 77. concentration, 78. hypertension,

79. 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

80. Stress can contribute to \_\_\_\_ development on the skin.

- n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back

81. I have no intention to \_\_\_\_\_ your privacy.

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

82. The doctor ordered tests to check the patient's \_\_\_\_\_ function.

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

83. \_\_\_\_\_ 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

84. Jet \_\_\_\_\_ are the common name for air currents that form high in the atmosphere.

- n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

85. The break in the \_\_\_\_ threatened the valley.

- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 79. develop, 80. acne, 81. invade, 82. adrenal, 83. Cortisol, 84. streams, 85. dam

86. 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

87. The incident \_\_\_\_\_ a political controversy.

*v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

88. The bill to increase the consumption tax had passed despite much \_\_\_\_\_ from the public.

*n.* the act of defending oneself from an aggressor or refusing to accept something

89. My accidental \_\_\_\_\_ got better right away.

*n.* harm done to a person's or an animal's body caused by an accident or an attack

90. 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

91. The patient experienced severe abdominal pain due to an \_\_\_\_\_ infection.

*adj.* relating to the intestines (= the part of the alimentary canal between the stomach and the anus) or bowel; located or occurring within the intestines or bowel

92. 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: 86. irritable, 87. triggered, 88. resistance, 89. injury, 90. disease, 91. intestinal, 92. process



93. 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
94. After a long hike, I had a huge \_\_\_\_\_ and devoured my meal in minutes.
- n.* a natural desire or craving for food or drink; a strong desire or liking for something

ANSWERS: 93. function, 94. appetite