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Vocabulary Builder Reference from...

Rishi Manchanda: What makes us get sick? Look upstream | TED Talk

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

Advanced Words Only

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Session 1: Word List

worsen

v. to become or make something worse

synonym: languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem

Unilateral import bans have **worsened** that country's terms of trade.

mold

n. a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

synonym: cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy

Mushrooms and **mold** are fungi.

cockroach

n. a flat, brown or black, chiefly nocturnal insects sometimes found in the home

synonym: roach

(1) **cockroach** killer, (2) have a **cockroach** phobia

Cockroaches sometimes cause allergic reactions in humans.

dignify

v. to make something worthy of respect or honor; to elevate or give importance to something that may

otherwise be considered insignificant

synonym: elevate, ennoble, honor

(1) **dignify** the role, (2) **dignify** the occasion

It's important to **dignify** other people's opinions and not dismiss them without consideration.

formidable

adj. causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration

synonym: daunting, intimidating, fearful

(1) **formidable** challenge, (2) **formidable** competitor

The mountain range was a **formidable** obstacle for the hikers.

throb

v. to beat with a strong, regular rhythm, as a pulse or a heart

synonym: pulse, beat, pound

(1) **throb** at the thought of the accident, (2) **throb** with excitement

The wound continued to **throb** with pain, despite the medication.

crease

n. a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding

synonym: fold, wrinkle, ridge

(1) **crease** in fabric, (2) deep **crease**

The shirt had a noticeable **crease** along the sleeve from being folded.

medicinal

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

synonym: curative, therapeutic, healing

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

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

salute

v. to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way

synonym : greet, acknowledge, acclaim

(1) **salute** to the flag, (2) **salute** him in military fashion

The soldiers stood at attention to **salute** their commanding officer.

telltale

adj. revealing or betraying information or evidence; serving as a sign or indicator of something

synonym : revealing, indicative, suggestive

(1) **telltale** evidence, (2) **telltale** heart

The **telltale** signs of a dishonest employee were missing files and constant delay.

migraine

n. a severe headache typically felt as a throbbing pain on one side of the head

synonym : headache, cephalalgia, hemicrania

(1) suffer from **migraine**, (2) **migraine** attack

She gets **migraines** whenever she's under a lot of stress.

sinus

n. a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

synonym : cavity, pocket, air space

(1) chronic **sinus** infections, (2) paranasal **sinus**

The **sinus** pressure was causing me a lot of pain.

congest

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

synonym : clog, choke, crowd

(1) **congest** in a vein, (2) **congest** a highway

The roads to the airport were heavily **congested**.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**
He created a beautiful piece of music using only **improvisation**.

coincident

adj. happening or operating in the same place or at the same time

synonym: concurrent, accompanying, coextensive

(1) **coincident** indicators, (2) a series of **coincident** events
Coincident with the negotiation, the bank was permitted to open a Beijing branch.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment
Children in an unstructured environment often feel **insecure**.

parable

n. a short allegorical story designed to illustrate a moral or spiritual lesson

synonym: allegory, fable, tale

(1) **parable** story, (2) biblical **parable**
Jesus quoted **parables** to teach important lessons to his disciples.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work
Floods have the potential to **drown** any subsurface animals easily.

waterfall

n. a point in a river or stream where water falls from a high place, for example, over a cliff or rock

synonym: cascade, falls, rapids

(1) scenic **waterfall**, (2) a **waterfall** with a fall of ten feet
Years of river erosion have formed the uniquely shaped

waterfall basin.

raft *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
synonym: flatboat, boat, barge
(1) a **raft** for carrying horses, (2) a life **raft**
The rubber **raft** was swept out to sea.

strait *n.* a narrow stretch of water or sea connecting two larger bodies of water or seas
synonym: narrows, channel, passage
(1) **strait** passage, (2) **strait** channel
The ship navigated through the **strait** with great care.

clinician *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
synonym: psychiatrist, therapist, doctor
(1) experienced **clinician**, (2) from a **clinician's** perspective
Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

checkup *n.* an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging
synonym: examination, diagnosis, consultation
(1) regular **checkup**, (2) health **checkup**
I am going to the doctor for my annual **checkup**.

mobilize *v.* to make something ready for action or use; to organize people or resources for a particular purpose
synonym: activate, rally, marshal
(1) **mobilize** cooperation, (2) **mobilize** a stiff joint
The military **mobilized** troops to the border.

weave *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

synonym : braid, unite, contrive

(1) **weave** on a loom, (2) **weave** a story

The girl **weaves** a garland for her friend.

epigenetic

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

synonym : environmental, hereditary, inherited

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

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

intricate

adj. having many different parts and small details that all work together

synonym : complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

conundrum

n. a confusing and difficult problem or question

synonym : puzzle, riddle, enigma

(1) **conundrum** of choice, (2) pose a **conundrum**

The group faced a **conundrum** when they couldn't decide whether to go hiking or to the beach.

simplistic

adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

synonym : basic, uncomplicated, elementary

(1) **simplistic** approach, (2) **simplistic** design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

worldview

n. a particular philosophy or cognitive orientation of life or conception of the world

synonym : perspective, position, viewpoint

(1) mainstream **worldview**, (2) the **worldview** of the ancient civilization

The war between the two countries was also a battle between competing **worldviews**.

freeway

n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

synonym: highway, expressway, motorway

(1) **freeway** exit, (2) expanded **freeway**

We got stuck in a traffic jam on the **freeway** for over an hour.

jog

v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

synonym: run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

Session 2: Spelling

- | | |
|---|---|
| 1. mainstream wo_____ew | <i>n.</i> a particular philosophy or cognitive orientation of life or conception of the world |
| 2. st___t passage | <i>n.</i> a narrow stretch of water or sea connecting two larger bodies of water or seas |
| 3. te_____le heart | <i>adj.</i> revealing or betraying information or evidence; serving as a sign or indicator of something |
| 4. me_____al chemistry | <i>adj.</i> of or relating to the treatment or cure of disease |
| 5. a life r__t | <i>n.</i> a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer |
| 6. health ch_____p | <i>n.</i> an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging |
| 7. wo___n the food problem | <i>v.</i> to become or make something worse |
| 8. co_____t in a vein | <i>v.</i> to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid |
| 9. th__b at the thought of the accident | <i>v.</i> to beat with a strong, regular rhythm, as a pulse or a heart |
| 10. wo___n a relation | <i>v.</i> to become or make something worse |

ANSWERS: 1. worldview, 2. strait, 3. telltale, 4. medicinal, 5. raft, 6. checkup, 7. worsen, 8. congest, 9. throb, 10. worsen

11. fr____y exit *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
12. mo____ze a stiff joint *v.* to make something ready for action or use; to organize people or resources for a particular purpose
13. suffer from mi____ne *n.* a severe headache typically felt as a throbbing pain on one side of the head
14. deep cr____e *n.* a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding
15. j_g in place *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
16. paranasal si__s *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
17. epi____ic inheritance *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
18. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
19. st____t channel *n.* a narrow stretch of water or sea connecting two larger bodies of water or seas

ANSWERS: 11. freeway, 12. mobilize, 13. migraine, 14. crease, 15. jog, 16. sinus, 17. epigenetic, 18. drown, 19. strait

20. epi_____ic markers *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
21. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
22. co_____t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
23. sim_____ic approach *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
24. we__e a story *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
25. di_____y the occasion *v.* to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant
26. sim_____ic design *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
27. have a co_____ch phobia *n.* a flat, brown or black, chiefly nocturnal insects sometimes found in the home

ANSWERS: 20. epigenetic, 21. improvisation, 22. congest, 23. simplistic, 24. weave, 25. dignify, 26. simplistic, 27. cockroach

28. mo____ze cooperation *v.* to make something ready for action or use; to organize people or resources for a particular purpose
29. cr____e in fabric *n.* a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding
30. scenic wa_____ll *n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
31. pose a co_____um *n.* a confusing and difficult problem or question
32. coi_____nt indicators *adj.* happening or operating in the same place or at the same time
33. chronic si__s infections *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
34. in_____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
35. mi_____ne attack *n.* a severe headache typically felt as a throbbing pain on one side of the head
36. sa____e to the flag *v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
37. th__b with excitement *v.* to beat with a strong, regular rhythm, as a pulse or a heart
38. regular ch_____p *n.* an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging

ANSWERS: 28. mobilize, 29. crease, 30. waterfall, 31. conundrum, 32. coincident, 33. sinus, 34. insecure, 35. migraine, 36. salute, 37. throb, 38. checkup

39. co_____um of choice *n.* a confusing and difficult problem or question
40. for_____le competitor *adj.* causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration
41. pa_____e story *n.* a short allegorical story designed to illustrate a moral or spiritual lesson
42. a casting m__d *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
43. co_____ch killer *n.* a flat, brown or black, chiefly nocturnal insects sometimes found in the home
44. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
45. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
46. we__e on a loom *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
47. j_g my memory *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

ANSWERS: 39. conundrum, 40. formidable, 41. parable, 42. mold, 43. cockroach, 44. clinician, 45. raft, 46. weave, 47. jog

48. in_____te lacework *adj.* having many different parts and small details that all work together
49. a series of coi_____nt events *adj.* happening or operating in the same place or at the same time
50. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
51. te_____le evidence *adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
52. sa_____e him in military fashion *v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
53. dr__n in a bath *v.* to die or cause to die by being unable to breathe underwater
54. for_____le challenge *adj.* causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration
55. biblical pa_____e *n.* a short allegorical story designed to illustrate a moral or spiritual lesson
56. the wo_____ew of the ancient civilization *n.* a particular philosophy or cognitive orientation of life or conception of the world
57. expanded fr_____y *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

ANSWERS: 48. intricate, 49. coincident, 50. clinician, 51. telltale, 52. salute, 53. drown, 54. formidable, 55. parable, 56. worldview, 57. freeway

58. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
59. a wa_____ll with a fall of ten feet *n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
60. di_____y the role *v.* to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant
61. traditional me_____al *adj.* of or relating to the treatment or cure of disease
62. in_____te details *adj.* having many different parts and small details that all work together
63. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
64. m__d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 58. insecure, 59. waterfall, 60. dignify, 61. medicinal, 62. intricate, 63. improvisation, 64. mold

Session 3: Fill in the Blanks

1. She gets _____ whenever she's under a lot of stress.
n. a severe headache typically felt as a throbbing pain on one side of the head
2. _____ with the negotiation, the bank was permitted to open a Beijing branch.
adj. happening or operating in the same place or at the same time
3. The ship navigated through the _____ with great care.
n. a narrow stretch of water or sea connecting two larger bodies of water or seas
4. The rubber _____ was swept out to sea.
n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
5. The girl _____ a garland for her friend.
v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
6. The _____ signs of a dishonest employee were missing files and constant delay.
adj. revealing or betraying information or evidence; serving as a sign or indicator of something
7. The mountain range was a _____ obstacle for the hikers.
adj. causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration

ANSWERS: 1. migraines, 2. Coincident, 3. strait, 4. raft, 5. weaves, 6. telltale, 7. formidable

8. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
9. The roads to the airport were heavily _____.
v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
10. The wound continued to _____ with pain, despite the medication.
v. to beat with a strong, regular rhythm, as a pulse or a heart
11. She decided to _____ around the park to clear her head.
v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
12. It's important to _____ other people's opinions and not dismiss them without consideration.
v. to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant
13. The group faced a _____ when they couldn't decide whether to go hiking or to the beach.
n. a confusing and difficult problem or question
14. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
15. Unilateral import bans have _____ that country's terms of trade.
v. to become or make something worse

ANSWERS: 8. medicinal, 9. congested, 10. throb, 11. jog, 12. dignify, 13. conundrum, 14. drown, 15. worsened

16. _____ sometimes cause allergic reactions in humans.
n. a flat, brown or black, chiefly nocturnal insects sometimes found in the home
17. Some _____ believe that psychological characteristics alone may cause mental disorders.
n. a practitioner, especially of medicine or psychology, who has direct contact with patients
18. The shirt had a noticeable _____ along the sleeve from being folded.
n. a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding
19. The war between the two countries was also a battle between competing _____.
n. a particular philosophy or cognitive orientation of life or conception of the world
20. The politician's solution to the problem was too _____ to solve the underlying issue.
adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
21. The military _____ troops to the border.
v. to make something ready for action or use; to organize people or resources for a particular purpose
22. The politician managed to deal with that _____ issue.
adj. having many different parts and small details that all work together
23. Jesus quoted _____ to teach important lessons to his disciples.
n. a short allegorical story designed to illustrate a moral or spiritual lesson

ANSWERS: 16. Cockroaches, 17. clinicians, 18. crease, 19. worldviews, 20. simplistic, 21. mobilized, 22. intricate, 23. parables

24. I am going to the doctor for my annual _____.
- n.* an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging
25. Years of river erosion have formed the uniquely shaped _____ basin.
- n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
26. Children in an unstructured environment often feel _____.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
27. We got stuck in a traffic jam on the _____ for over an hour.
- n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
28. The soldiers stood at attention to _____ their commanding officer.
- v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
29. The _____ pressure was causing me a lot of pain.
- n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
30. Mushrooms and _____ are fungi.
- n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 24. checkup, 25. waterfall, 26. insecure, 27. freeway, 28. salute, 29. sinus, 30. mold

31. _____ research has opened up new possibilities for the treatment of certain diseases.

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

32. He created a beautiful piece of music using only _____.

n. the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 31. Epigenetic, 32. improvisation