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Vocabulary Builder Reference from...

Peter Attia: Is the obesity crisis hiding a bigger problem? | TED Talk

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

Advanced Words Only

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Session 1: Word List

ulcer

n. a sore or erosion in the skin or mucous membrane, often caused by infection or inflammation; a persistent, painful cavity in the stomach or intestinal wall that can lead to digestive problems

synonym : lesion, sore, wound

(1) mouth **ulcer**, (2) gastric **ulcer**

The stress of the job caused him to develop an **ulcer** in his stomach.

rot

v. to decay, or cause something to decay, naturally and gradually

synonym : perish, decay, corrode

(1) begin to **rot**, (2) **rot** with age

Please refrigerate the meat, or it will **rot**.

amputation

n. the act of cutting off a part of the body surgically

(1) **amputation** of leg, (2) hand **amputation**

Amputation of the limb is a last resort for the patient.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym : compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

newlywed

n. a person who has recently married and is still in the early stages of their marriage

synonym: honeymooner

(1) congratulate the **newlyweds**, (2) **newlywed** bliss

The **newlywed** couple went on a romantic honeymoon in a tropical paradise.

pancreas

n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

synonym: gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the secretion of hormones such as insulin.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

amputate

v. to cut off a part of the body, especially by surgery

synonym: cut off, cut away

(1) **amputate** both legs, (2) **amputate** below the knee

Finally, they had to **amputate** his foot to free him from the wrecked car.

hubris

n. excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

synonym: arrogance, conceit, pride

(1) political **hubris**, (2) **hubris** in business

The athlete's **hubris** resulted in him underestimating his competition and losing the game.

melanoma

n. a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas

synonym: skin cancer, melanocarcinoma, pigmented tumor

(1) **melanoma** diagnosis, (2) **melanoma** treatment

Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of **melanoma**.

lingo

n. the special vocabulary or terminology used by a particular group or profession

synonym: language, jargon, slang

(1) computer **lingo**, (2) medical **lingo**

The language used in the article was technical **lingo**, making it difficult for non-experts to understand.

cascade

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

synonym: waterfall, watercourse, step

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

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

Alzheimer

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

synonym: dementia, memory loss, cognitive decline

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

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

subtract

v. to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole

synonym: deduct, take away, remove

(1) **subtract** numbers, (2) **subtract** one from the total

I need to **subtract** the cost of my expenses from my income to see how much money I have left.

maniacal

adj. characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness

synonym : crazed, frenzied, unhinged

(1) **maniacal** determination, (2) **maniacal** obsession

She let out a **maniacal** laugh as she plotted her revenge.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

proverb

n. a short saying that expresses a truth or gives advice based on practical experience

synonym : adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

iceberg

n. a large piece of ice floating in the sea, detached from a glacier

synonym : glacier, ice mass, floe

(1) hit an **iceberg**, (2) **iceberg** melting

The ship encountered a series of **icebergs** and had to change its course.

sinister

adj. giving the impression that something bad or evil is happening or will happen

synonym : ominous, foreboding, evil

(1) **sinister** look, (2) in **sinister** terms

The dark clouds in the sky gave off a **sinister** feeling.

benign

adj. kind and gentle; not harmful or malicious

synonym : kind, gentle, harmless

(1) **benign** tumor, (2) a **benign** smile

The lump was discovered to be **benign**, and no further treatment was needed.

allude

v. to suggest or make reference to something indirectly

synonym : imply, indicate, hint

(1) **allude** to his low origin, (2) **allude** to the planning

He **alluded** to the problem but did not mention it directly.

homeostasis

n. the maintenance of stability or balance within an organism or system through various physiological processes that regulate internal conditions, such as temperature and pH

synonym : balance, equilibrium, stability

(1) cellular **homeostasis**, (2) **homeostasis** imbalance

The body's ability to maintain **homeostasis** is essential for survival in harsh environments.

deviate

v. to depart from an established course or plan; to change direction or take a different route or approach

synonym : stray, diverge, veer

(1) **deviate** from the norm, (2) **deviate** from the plan

It's important not to **deviate** from the established safety procedures.

bruise

n. a mark caused by a blow, typically one that is purple or black on the skin

synonym : contusion, injury, wound

(1) livid **bruise**, (2) earlier emotional **bruise**

She had a **bruise** on her arm from where she fell on the playground.

shin

n. the front part of the leg below the knee

synonym : tibia, lower leg, front leg

(1) **shin** guard, (2) **shin** injury

The pain in his **shin** made it hard for him to walk.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym : unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

discolor

v. to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process

synonym : stain, tint

(1) **discolor** urine, (2) cause teeth to **discolor**

The sun had **discolored** the curtains, making them look faded.

salvage

n. the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation

synonym : rescue, recovery

(1) **salvage** operation, (2) **salvage** a sunken ship

The **salvage** yard was full of old cars waiting to be scrapped.

painkiller

n. medicine used to relieve physical pain

synonym : anesthetic, anodyne, analgesic

(1) a strong **painkiller**, (2) take a **painkiller** beforehand

Over-the-counter **painkillers** are less effective for patients who have taken many in the past.

industrious

adj. hardworking, diligent, and persistent in effort

synonym : diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work

late into the night.

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**.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym: overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

converse

v. to talk informally

synonym: discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who spoke her language.

arrogance

n. excessive self-confidence or self-importance

synonym: hubris, haughtiness, conceit

(1) brazen **arrogance**, (2) **arrogance** of power

He acted with **arrogance** and was not well-liked by his colleagues.

starch

n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

synonym: carbohydrate, glucose, dextrin

(1) **starch** granules, (2) potato **starch**

When heated, **starch** molecules absorb water and become

thick and gooey, making it a useful thickening agent in cooking.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

hypothesize

v. to form or present a theory or explanation without sufficient evidence; to speculate

synonym: speculate, theorize, conjecture

(1) **hypothesize** as to outcomes, (2) **hypothesize** what could have happened

Scientists **hypothesize** that the new fish species evolved to survive in deep-sea environments.

overexercising

n. engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm

synonym: overtraining, excessive exercise, obsessive exercise

(1) symptoms of **overexercising**, (2) **overexercising** leads to burnout

Some people with eating disorders may engage in **overexercising** to purge or compensate for food intake.

devote

v. to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose

synonym: commit, dedicate, apply

(1) **devote** all of my energies, (2) **devote** my own life

He **devoted** himself to studying the history of ancient civilizations.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**
His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

skeptical

adj. doubting that something is accurate or useful
synonym: doubtful, distrustful, suspicious

(1) a **skeptical** attitude, (2) **skeptical** scientists
His religious and philosophical beliefs were utterly **skeptical**.

exceedingly

adv. to an extreme degree
synonym: enormously, especially, exceptionally

(1) **exceedingly** common, (2) an **exceedingly** difficult book
Fear is **exceedingly** infectious, and children catch it from their elders.

tempting

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe
synonym: alluring, attractive, inviting

(1) **tempting** offer, (2) sound very **tempting**
The chocolate cake was too **tempting** for me to resist.

meta

adj. pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements

synonym: self-referential, introspective, recursive

(1) **meta-analysis**, (2) **meta-language**
The **meta** description of a website is an important element for search engine optimization.

nuanced

adj. characterized by subtle differences in appearance, meaning, sound, etc.

synonym: fine, subtle, slight

(1) **nuanced** view, (2) the common but **nuanced** opinion
The sommelier can distinguish **nuanced** variance in the

flavor of the wine.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym : joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

Session 2: Spelling

1. r_t with age *v.* to decay, or cause something to decay, naturally and gradually
2. begin to r_t *v.* to decay, or cause something to decay, naturally and gradually
3. m__a-language *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
4. livid br___e *n.* a mark caused by a blow, typically one that is purple or black on the skin
5. potato st___h *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
6. hyp_____ze as to outcomes *v.* to form or present a theory or explanation without sufficient evidence; to speculate
7. sound very te_____ng *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
8. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
9. hu___s in business *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

ANSWERS: 1. rot, 2. rot, 3. meta, 4. bruise, 5. starch, 6. hypothesize, 7. tempting, 8. obsess, 9. hubris

10. ma____al obsession *adj.* characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness
11. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
12. nu____d view *adj.* characterized by subtle differences in appearance, meaning, sound, etc.
13. a strong pai____er *n.* medicine used to relieve physical pain
14. ca____e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
15. ancient pr____b *n.* a short saying that expresses a truth or gives advice based on practical experience
16. si____er look *adj.* giving the impression that something bad or evil is happening or will happen
17. in si____er terms *adj.* giving the impression that something bad or evil is happening or will happen
18. congratulate the ne____eds *n.* a person who has recently married and is still in the early stages of their marriage
19. jazz imp____ion *n.* the act of making something up on the spot or creating or performing something without preparation
20. hyp____ze what could have happened *v.* to form or present a theory or explanation without sufficient evidence; to speculate

ANSWERS: 10. maniacal, 11. pun, 12. nuanced, 13. painkiller, 14. cascade, 15. proverb, 16. sinister, 17. sinister, 18. newlywed, 19. improvisation, 20. hypothesize

21. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
22. a hackneyed pr_____b *n.* a short saying that expresses a truth or gives advice based on practical experience
23. de___e my own life *v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
24. am_____te below the knee *v.* to cut off a part of the body, especially by surgery
25. the common but nu_____d opinion *adj.* characterized by subtle differences in appearance, meaning, sound, etc.
26. al___e to the planning *v.* to suggest or make reference to something indirectly
27. cause teeth to di_____or *v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
28. take a pai_____er beforehand *n.* medicine used to relieve physical pain
29. al___e to his low origin *v.* to suggest or make reference to something indirectly
30. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
31. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 21. pretension, 22. proverb, 23. devote, 24. amputate, 25. nuanced, 26. allude, 27. discolor, 28. painkiller, 29. allude, 30. improvisation, 31. elevate

32. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
33. ask a co_____se question *v.* to talk informally
34. s__n guard *n.* the front part of the leg below the knee
35. mouth ul__r *n.* a sore or erosion in the skin or mucous membrane, often caused by infection or inflammation; a persistent, painful cavity in the stomach or intestinal wall that can lead to digestive problems
36. ne_____ed bliss *n.* a person who has recently married and is still in the early stages of their marriage
37. sk_____al scientists *adj.* doubting that something is accurate or useful
38. sa_____e a sunken ship *n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
39. me_____ma diagnosis *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
40. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
41. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 32. industrious, 33. converse, 34. shin, 35. ulcer, 36. newlywed, 37. skeptical, 38. salvage, 39. melanoma, 40. inadvertently, 41. obese

42. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
43. ind_____us student *adj.* hardworking, diligent, and persistent in effort
44. su_____ct one from the total *v.* to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole
45. a sk_____al attitude *adj.* doubting that something is accurate or useful
46. de_____e from the norm *v.* to depart from an established course or plan; to change direction or take a different route or approach
47. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
48. a be____n smile *adj.* kind and gentle; not harmful or malicious
49. me_____ma treatment *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
50. ar_____ce of power *n.* excessive self-confidence or self-importance
51. sa_____e operation *n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation

ANSWERS: 42. empathy, 43. industrious, 44. subtract, 45. skeptical, 46. deviate, 47. determinant, 48. benign, 49. melanoma, 50. arrogance, 51. salvage

52. symptoms of ove_____ing *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
53. exc_____ly common *adv.* to an extreme degree
54. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
55. di_____or urine *v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
56. transistor ca_____e *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
57. hit an ic_____g *n.* a large piece of ice floating in the sea, detached from a glacier
58. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
59. brazen ar_____ce *n.* excessive self-confidence or self-importance
60. s__n injury *n.* the front part of the leg below the knee
61. m__a-analysis *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements

ANSWERS: 52. overexercising, 53. exceedingly, 54. pretension, 55. discolor, 56. cascade, 57. iceberg, 58. Alzheimer, 59. arrogance, 60. shin, 61. meta

62. el____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
63. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
64. de____e all of my energies *v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
65. hom____is imbalance *n.* the maintenance of stability or balance within an organism or system through various physiological processes that regulate internal conditions, such as temperature and pH
66. ma____al determination *adj.* characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness
67. ove____ing leads to burnout *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
68. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
69. cellular hom____is *n.* the maintenance of stability or balance within an organism or system through various physiological processes that regulate internal conditions, such as temperature and pH

ANSWERS: 62. elevate, 63. empathy, 64. devote, 65. homeostasis, 66. maniacal, 67. overexercising, 68. pun, 69. homeostasis

70. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
71. political hu___s *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
72. gastric ul__r *n.* a sore or erosion in the skin or mucous membrane, often caused by infection or inflammation; a persistent, painful cavity in the stomach or intestinal wall that can lead to digestive problems
73. co____se with an acquaintance *v.* to talk informally
74. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
75. computer li__o *n.* the special vocabulary or terminology used by a particular group or profession
76. te_____ng offer *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
77. earlier emotional br___e *n.* a mark caused by a blow, typically one that is purple or black on the skin
78. su_____ct numbers *v.* to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole
79. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
80. am_____te both legs *v.* to cut off a part of the body, especially by surgery

ANSWERS: 70. obsess, 71. hubris, 72. ulcer, 73. converse, 74. inadvertently, 75. lingo, 76. tempting, 77. bruise, 78. subtract, 79. determinant, 80. amputate

81. ic____g melting *n.* a large piece of ice floating in the sea, detached from a glacier
82. pa____as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
83. be____n tumor *adj.* kind and gentle; not harmful or malicious
84. an exc_____ly difficult book *adv.* to an extreme degree
85. st____h granules *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
86. pa____as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
87. hand amp_____on *n.* the act of cutting off a part of the body surgically
88. medical li__o *n.* the special vocabulary or terminology used by a particular group or profession
89. de____e from the plan *v.* to depart from an established course or plan; to change direction or take a different route or approach
90. amp_____on of leg *n.* the act of cutting off a part of the body surgically

ANSWERS: 81. iceberg, 82. pancreas, 83. benign, 84. exceedingly, 85. starch, 86. pancreas, 87. amputation, 88. lingo, 89. deviate, 90. amputation

91. Al_____er's risk factors

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

92. ob__e children

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 91. Alzheimer, 92. obese

Session 3: Fill in the Blanks

1. I _____ left my phone at home this morning and felt lost.
adv. unintentionally; accidentally; without purpose or deliberate intent
2. He _____ himself to studying the history of ancient civilizations.
v. to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
3. _____ of the limb is a last resort for the patient.
n. the act of cutting off a part of the body surgically
4. The endocrine function of the _____ involves the secretion of hormones such as insulin.
n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
5. The dark clouds in the sky gave off a _____ feeling.
adj. giving the impression that something bad or evil is happening or will happen
6. The _____ description of a website is an important element for search engine optimization.
adj. pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
7. One _____ of success is having a positive attitude and a strong work ethic.
n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 1. inadvertently, 2. devoted, 3. Amputation, 4. pancreas, 5. sinister, 6. meta, 7. determinant

8. Eating food in a hurry _____ blood glucose levels.
v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
9. The _____ couple went on a romantic honeymoon in a tropical paradise.
n. a person who has recently married and is still in the early stages of their marriage
10. She had a _____ on her arm from where she fell on the playground.
n. a mark caused by a blow, typically one that is purple or black on the skin
11. Some people with eating disorders may engage in _____ to purge or compensate for food intake.
n. engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
12. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
13. The athlete's _____ resulted in him underestimating his competition and losing the game.
n. excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
14. 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
15. He _____ to the problem but did not mention it directly.
v. to suggest or make reference to something indirectly

ANSWERS: 8. elevates, 9. newlywed, 10. bruise, 11. overexercising, 12. obsessed, 13. hubris, 14. improvisation, 15. alluded

16. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
17. The body's ability to maintain _____ is essential for survival in harsh environments.
- n.* the maintenance of stability or balance within an organism or system through various physiological processes that regulate internal conditions, such as temperature and pH
18. Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of _____.
- n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
19. The sun had _____ the curtains, making them look faded.
- v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
20. Please refrigerate the meat, or it will ____.
- v.* to decay, or cause something to decay, naturally and gradually
21. Over-the-counter _____ are less effective for patients who have taken many in the past.
- n.* medicine used to relieve physical pain
22. He was known to be very _____ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort

ANSWERS: 16. pretensions, 17. homeostasis, 18. melanoma, 19. discolored, 20. rot, 21. painkillers, 22. industrious

23. The _____ yard was full of old cars waiting to be scrapped.
n. the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
24. The pain in his _____ made it hard for him to walk.
n. the front part of the leg below the knee
25. The famous _____ "actions speak louder than words" reminds us to focus on deeds instead of words.
n. a short saying that expresses a truth or gives advice based on practical experience
26. The sommelier can distinguish _____ variance in the flavor of the wine.
adj. characterized by subtle differences in appearance, meaning, sound, etc.
27. His religious and philosophical beliefs were utterly _____.
adj. doubting that something is accurate or useful
28. Finally, they had to _____ his foot to free him from the wrecked car.
v. to cut off a part of the body, especially by surgery
29. The ship encountered a series of _____ and had to change its course.
n. a large piece of ice floating in the sea, detached from a glacier
30. The _____ of waterfalls in the national park was a breathtaking sight.
n. a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

ANSWERS: 23. salvage, 24. shin, 25. proverb, 26. nuanced, 27. skeptical, 28. amputate, 29. icebergs, 30. cascade

31. Fear is _____ infectious, and children catch it from their elders.
adv. to an extreme degree
32. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation
33. Scientists _____ that the new fish species evolved to survive in deep-sea environments.
v. to form or present a theory or explanation without sufficient evidence; to speculate
34. She enjoyed the opportunity to _____ with a person who spoke her language.
v. to talk informally
35. It's important not to _____ from the established safety procedures.
v. to depart from an established course or plan; to change direction or take a different route or approach
36. She let out a _____ laugh as she plotted her revenge.
adj. characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness
37. I need to _____ the cost of my expenses from my income to see how much money I have left.
v. to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole
38. The chocolate cake was too _____ for me to resist.
adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

ANSWERS: 31. exceedingly, 32. Empathy, 33. hypothesize, 34. converse, 35. deviate, 36. maniacal, 37. subtract, 38. tempting

39. He acted with _____ and was not well-liked by his colleagues.
n. excessive self-confidence or self-importance
40. The comedian's ____ had the audience laughing out loud.
n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
41. My grandmother has _____ disease requires special care and attention from her caregivers.
n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
42. The stress of the job caused him to develop an _____ in his stomach.
n. a sore or erosion in the skin or mucous membrane, often caused by infection or inflammation; a persistent, painful cavity in the stomach or intestinal wall that can lead to digestive problems
43. The lump was discovered to be _____ and no further treatment was needed.
adj. kind and gentle; not harmful or malicious
44. The doctor warned him that his _____ condition put him at risk for numerous health problems.
adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
45. The language used in the article was technical _____ making it difficult for non-experts to understand.
n. the special vocabulary or terminology used by a particular group or profession
46. When heated, _____ molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.
n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

ANSWERS: 39. arrogance, 40. pun, 41. Alzheimer's, 42. ulcer, 43. benign, 44. obese, 45. lingo, 46. starch

ANSWERS: