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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

All Words

IMPORTANT

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Session 1: Word List

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

resident

n. a person who lives in a particular place or has their home in a place

synonym: dweller, inhabitant, inhabitant

(1) a **resident** of the city, (2) **resident** tax

Visa renewal for **resident** foreigners in this country is once every five years.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym: crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

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**.

flesh

n. the soft substance composing the body of a person or animal, as opposed to bones and other structures

synonym: meat, muscle, tissue

(1) grow in **flesh**, (2) **flesh** eating

The **flesh** of the fruit is sweet and juicy.

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.

desperately

adv. in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency

synonym: urgently, perilously, seriously

(1) **desperately** anxious, (2) **desperately** ill patient

The baby clung **desperately** to her mother.

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.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

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.

advance

v. to go or move forward; to develop in a positive way

synonym: progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

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.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym : tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

committed

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

synonym : devoted, faithful, attached

(1) in a **committed** relationship, (2) strong and **committed** sales staff

Our company is strongly **committed** to meeting customers' needs.

blanket

n. a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content

synonym : cover, coverlet, bedspread

(1) **blanket** authority, (2) **blanket** scarf

The electric **blanket** keeps me warm on cold nights.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym : conclusion, decision, determination

(1) an emotional **judgment** , (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

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.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym : client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

contempt

n. the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn

synonym : scorn, disdain, disrespect

(1) display **contempt**, (2) below **contempt**

The defendant's **contempt** for the court and its authority was evident in his behavior.

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.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym : arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

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.

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**.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

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**.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym : guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

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.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

conventional

adj. based on or following traditional rules, standards, customs, etc.

synonym : ancestral, customary, established

(1) a **conventional** style, (2) get a **conventional** loan

She is very **conventional** in her thoughts.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym : sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

pathology

n. the study of the nature and cause of diseases and disorders; the medical specialty that deals with the diagnosis and treatment of diseases and disorders

synonym : medical science, pathophysiology

(1) benign **pathology**, (2) clinical **pathology**

The **pathology** report showed no signs of cancer, giving her family a sense of relief.

sequence

n. a series of related events, actions, numbers, etc., which have a particular order

synonym: arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence**

We do move forward with those tasks in **sequence** next week.

settle

v. to reach an agreement of disagreement

synonym: inhabit, occupy, decide

(1) **settle** a dispute, (2) **settle** down in the town

I don't want to **settle** for second best.

pyramid

n. a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

synonym: monument, edifice, tomb

(1) **pyramid** architecture, (2) a truncated **pyramid**

The Egyptian **pyramids** consist of a vast number of blocks.

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.

metabolism

n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**
Better sleep leads to increased **metabolism**.

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**.

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.

resistant

adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
synonym: unsusceptible, immune, invulnerable

(1) penicillin- **resistant** bacteria, (2) **resistant** to persuasion
Insects in urban areas are becoming **resistant** to insecticides.

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.

fuel

n. a substance that is typically burned to generate heat or energy
synonym: energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**
The **fuel** scarcity most severely impacted the manufacturing sector

partition

n. a physical divider or barrier that divides a space or area into two or more separate parts; a separation or division of something into different parts or sections

synonym : divider, screen, panel

(1) **partition** wall, (2) hard drive **partition**

We must install a **partition** to separate the living room from the dining area.

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.

incompatible

adj. so different as to not be able to exist or work with another thing or person

synonym : inharmonious, conflicting, inconsistent

(1) **incompatible** personalities, (2) **incompatible** colors

It is a religion **incompatible** with the western country.

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.

increasingly

adv. more and more

synonym : more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

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.

spiral

n. a curve that coils around a central point and gets progressively farther away from it as it goes around

synonym : coil, helix, twist

(1) **spiral** staircase, (2) **spiral** design

The leaves of the fern were arranged in a **spiral** pattern.

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.

scare

v. to frighten a person or animal, or to become frightened

synonym : frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym : food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

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.

shocking

adj. extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust

synonym: startling, surprising, astounding

(1) **shocking** response, (2) **shocking** revelation

The news of the accident was **shocking** and left many in shock.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

weird

adj. extraordinary, unexpected, or difficult to explain

synonym: bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**

My computer has been acting **weird** recently.

overweight

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

synonym: heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

supposedly

adv. according to what is generally assumed or believed without actually knowing for sure

synonym: seemingly, allegedly, purportedly

(1) **supposedly** identical, (2) neckless **supposedly** made of pure gold

He is **supposedly** nominated for a Nobel Prize.

nutrition

n. the substances or the process that organisms take into their bodies as food for their growth and health

synonym : alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym : fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

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.

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or

greater.

synonym : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

logical

adj. characterized by clear and sound reasoning; following a rational and systematic approach; based on or in accordance with logic or reason

synonym : rational, reasonable, coherent

(1) **logical** conclusion, (2) **logical** reasoning

The mathematical equation had a **logical** solution that was easy to follow.

backward

adv. at, to, or toward the direction or place that is behind or rear

synonym : back, rearward, in reverse

(1) walk **backward**, (2) **backward** angle

She falls over **backward** when she sees her mother-in-law.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

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.

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.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

midst

n. the middle part of people or things

synonym : middle, core, bosom

(1) in the **midst** of the crowd, (2) in the **midst** of a scandal

He remained serene in the **midst** of turbulence.

epidemic

n. the widespread outbreak of a particular disease in a large number of people at the same time

synonym : outbreak, contagion, plague

(1) a worldwide **epidemic**, (2) health **epidemic**

The disease is now reaching **epidemic** proportions in our country.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical

reactions.

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.

underneath

adv. under or below something else

synonym: below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

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.

evil

adj. profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

synonym: malign, corruption, immorality

(1) **evil** ways, (2) a charm against **evil**

Corruption is an **evil** act for any reason.

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.

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.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym: fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

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.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

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.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to

complete it on time.

cellular

adj. of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires

synonym : organic, biological, nuclear

(1) **cellular** and molecular biology, (2) a **cellular** phone handset

This factory employs a **cellular** manufacturing system.

machinery

n. a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something

synonym : apparatus, appliance, equipment

(1) heavy **machinery**, (2) inactive **machinery**

The **machinery** of audit formally issued a business improvement order.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

subtle

adj. not readily apparent or visible

synonym : slight, nuanced, exquisite

(1) **subtle** changes, (2) a **subtle** poison

A famous artist painted the room in a **subtle** pink hue.

distinction

n. a difference or contrast between similar things or people

synonym : eminence, noteworthiness, excellence

(1) important **distinction**, (2) draw a **distinction**

I can't see any **distinction** between these two concepts.

implication

n. something that is inferred or indirectly stated; the act or fact of being involved in something

synonym : suggestion, association, conclusion

(1) the **implication** in a crime, (2) the **implication** of a word
His poem has a very significant **implication**.

profound

adj. extremely great; sensed or experienced very strongly;
displaying a high level of knowledge or comprehension

synonym : deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea
My mother's illness had a **profound** impact on us all.

analogy

n. a comparison between similar things that have similar
aspects, often used to help explain a principle or
concept

synonym : metaphor, comparison, parallel

(1) draw **analogy**, (2) historical **analogy**

Some kinds of machine learning models show an **analogy** to
how people learn.

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.

bang

v. to hit or cause to hit something in a way that makes a loud noise

synonym : crash, hit, smash

(1) **bang** his fist on a desk, (2) **bang** a phone down

My father tried to **bang** mathematics into my head since childhood.

hell

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

synonym : inferno, agony, misery

(1) run like **hell**, (2) **hell** broke loose

The battlefield became **hell** on earth.

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.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

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.

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.

debris

n. broken or torn fragments of something

synonym : remains, remnants, garbage

(1) space **debris**, (2) pile of **debris**

Marine **debris** is a major continuous global problem.

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**.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

giant

adj. enormous; much bigger or more important than similar items usually are

synonym : big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

mask

v. to conceal something; (noun) a covering that you wear over your face to hide it

synonym : disguise, camouflage, conceal

(1) **mask** body odor, (2) an oxygen **mask**

The politician tried to **mask** the corruption.

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.

ignore

v. to intentionally not listen or pay attention to

synonym : neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

pharmaceutical

adj. relating to the production and selling of the medical drugs

synonym : drug, medication, prescription

(1) major **pharmaceutical** companies, (2) commercial **pharmaceutical** products

She gave money to help set up a **pharmaceutical** laboratory.

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.

shareholder

n. a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company

synonym: stockholder, shareowner, investor

(1) the **shareholder's** meeting, (2) gain **shareholder** approval

Our company is committed to increasing **shareholder** value.

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**.

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.

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.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national

security

Various artificially induced causes are **threatening** our ecosystem.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better environmental performance.

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.

mention

v. to speak or write about something or someone briefly

synonym: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

counterpart

n. a person or thing that corresponds to or has the same function as another person or thing

synonym: equivalent, analogue, match

(1) **counterpart** agreement, (2) negotiating **counterpart**

His **counterpart** in the other company is responsible for marketing.

excess

n. an amount or quantity beyond what is acceptable, expected, or reasonable

synonym: exuberance, glut, surplus

(1) lose **excess** weight, (2) an **excess** of exports

The road of **excess** leads to the palace of wisdom.

proxy

n. a person or entity that is authorized to act on behalf of another person or entity

synonym: surrogate, representative, agent

(1) healthcare **proxy**, (2) **proxy** server

She voted by **proxy** because she was unable to attend in person.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

victim

n. a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

synonym: prey, target, sufferer

(1) **victim** support, (2) **victim** compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

afford

v. to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost

He cannot **afford** a holiday.

luxury

n. a state of great comfort or sophistication, mainly provided by expensive and beautiful things

synonym: extravagance, indulgence, opulence

(1) get into the **luxury** car market, (2) **luxury** hotel

His anti- **luxury** practices were quite strict.

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.

certainty

n. the state of being certain

synonym: inevitability, confidence, assurance

(1) scientific **certainty**, (2) reach **certainty** about the theory

Through investigation, his suspicions hardened into **certainty**.

hypothesis

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

synonym: assumption, conjecture, theory

(1) test my **hypothesis**, (2) a bold **hypothesis**

This evidence supports the big-bang **hypothesis**.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym: sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

refined

adj. made pure by having impurities or unwanted elements removed by processing

synonym: cultured, purified, tasteful

(1) adopt a **refined** attitude, (2) a lot of **refined** sugar

She was highly **refined** in her choice of apparel.

grain

n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance

synonym: seed, piece, cereal

(1) a **grain** of sand, (2) flour made from **grain**

Ordinary air purifiers cannot adequately remove pollen **grains**.

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.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

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.

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.

intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym : consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym : inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

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.

restrict

v. to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

synonym: limit, confine, hinder

(1) **restrict** an Internet access, (2) **restrict** the use of this parking lot

We **restrict** the number of students per course to twenty.

bias

n. a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment

synonym: inclination, partiality, predilection

(1) **bias** against a big company, (2) have a **bias** toward socialism

She researched gender **bias** in politics.

possibility

n. a chance that something may happen or be true

synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

bet

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

synonym: stake, wager, gamble

(1) **bet** on a race, (2) **bet** my future

I **bet** that you know it.

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.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

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.

humble

adj. having or showing a modest or low estimate of one's quality or importance

synonym: modest, unpretentious, abject

(1) a **humble** cottage, (2) **humble** opinion

The nobler, the more **humble**.

fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace

On three sides, mountains **surround** the settlement.

rival

n. a person, company, or thing competing with others for the same thing or in the same area

synonym: adversary, competitor, contender

(1) **rival** bidder, (2) merge with a **rival** company

He interfered with his **rivals** in various ways during the campaign.

recruit

v. to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.

synonym: raise, enroll, enlist

(1) **recruit** a good worker, (2) **recruit** a new hire

The colonial government **recruited** militia support when civil war broke out.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large amount of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

dietary

adj. relating to or affecting the way that a person eats or the specific foods that they consume

synonym: nutritional, alimentary

(1) **dietary** supplement, (2) **dietary** restrictions

The menu at the restaurant includes many **dietary** options for those with food restrictions.

disciplinary

adj. of or relating to the punishment of people who break the rules; of or relating to a specific field of academic study

synonym: corrective, punitive, instructive

(1) **disciplinary** action, (2) take **disciplinary** measures

The school's **disciplinary** committee met to discuss the student's behavior.

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.

talented

adj. having a natural ability or aptitude for something;
showing exceptional skill or ability in a particular area

synonym: gifted, able, skilled

(1) a very **talented** actor, (2) **talented** athlete
She is a **talented** musician, able to play several instruments.

experiment

n. the scientific test conducted to observe what happens
and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**
His **experiments** showed highly positive results.

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.

policy

n. a set of rules, guidelines, principles, or procedures that
govern decision-making or action, often used in the
context of business or government; a course of action or
plan of action adopted or followed by an organization or
individual to achieve a goal or objective

synonym: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**
The company's new **policy** on remote work has made it a
more inclusive workplace.

prescription

n. a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

synonym : directive, instruction, order

(1) **prescription** drugs, (2) fill the **prescription**

I need to refill my **prescription** for allergy medication at the pharmacy.

rigorous

adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate

synonym : severe, exact, strict

(1) **rigorous** standards, (2) have **rigorous** criticism

The way he manages his employees is extremely **rigorous**.

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.

theme

n. a subject or topic of discourse or artistic representation

synonym : subject, topic, motif

(1) **theme** park, (2) central **theme**

The **theme** of the novel is the corrupting influence of power.

enzyme

n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

synonym : catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

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.

molecular

adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

synonym : microscopic, atomic

(1) **molecular** structure, (2) **molecular** biology
Molecular weight is the sum of all the atoms.

insight

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym : wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**
We gained various **insights** by analyzing the vast amount of data owned by the company.

practical

adj. of or connected with actual use or real situation rather than with theory and ideas

synonym : applicable, functional, realistic

(1) **practical** English, (2) gain **practical** experience
Her concept is highly **practical** and helpful.

implement

v. to put a decision, plan, or system into effect

synonym : execute, enforce, put through

(1) **implement** a corporate strategy, (2) **implement** security measures

The government promised to **implement** a new system to control the financial crisis.

identify

v. to recognize someone or something and say or prove who or what they are

synonym : determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences
I will introduce you to how to **identify** the leading causes of the malfunction.

default

v. to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options

synonym: fail, neglect, omit

(1) **default** settings, (2) **default** on the mortgage
If you don't specify a different option, the computer will **default** to its original settings.

cue

n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

synonym: signal, sign, hint

(1) **cue** card, (2) visual **cue**
The director gave the actor a **cue** to begin the scene.

sufficient

adj. adequate; enough for a particular purpose or requirement

synonym: acceptable, ample, satisfactory

(1) **sufficient** time, (2) self- **sufficient** economy
That candidate does not have **sufficient** means to win an election with certainty.

courage

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

synonym: bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**
It takes a lot of **courage** to stand up for what you believe is right.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

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.

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym : dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

forgiveness

n. the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

synonym : pardon, amnesty, compassion

(1) **forgiveness** of liabilities, (2) beg for **forgiveness**

He gained debt **forgiveness**.

Session 2: Spelling

- | | |
|--|---|
| 1. sy_____me of dementia | <i>n.</i> a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder |
| 2. ad_____e a cooperative relationship | <i>v.</i> to go or move forward; to develop in a positive way |
| 3. res_____ce to insulin | <i>n.</i> the act of defending oneself from an aggressor or refusing to accept something |
| 4. symptoms of ove_____ing | <i>n.</i> engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm |
| 5. ne_____ed bliss | <i>n.</i> a person who has recently married and is still in the early stages of their marriage |
| 6. ev___e over the past decade | <i>v.</i> to develop gradually, or to cause the development of something or someone gradually |
| 7. the imp_____on of a word | <i>n.</i> something that is inferred or indirectly stated; the act or fact of being involved in something |
| 8. a charm against e__l | <i>adj.</i> profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people |
| 9. sp___l staircase | <i>n.</i> a curve that coils around a central point and gets progressively farther away from it as it goes around |

ANSWERS: 1. syndrome, 2. advance, 3. resistance, 4. overexercising, 5. newlywed, 6. evolve, 7. implication, 8. evil, 9. spiral

10. a l__n horse *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
11. 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
12. 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
13. im_____nt security measures *v.* to put a decision, plan, or system into effect
14. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
15. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
16. 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
17. an app_____te time *adj.* suitable or proper in the circumstances; fitting
18. ic_____g melting *n.* a large piece of ice floating in the sea, detached from a glacier
19. an emotional ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
20. fr_____nt use *adj.* happening constantly

ANSWERS: 10. lean, 11. obese, 12. devote, 13. implement, 14. inadvertently, 15. fundamental, 16. pretension, 17. appropriate, 18. iceberg, 19. judgment, 20. frequent

21. 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
22. 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
23. cou_____rt agreement *n.* a person or thing that corresponds to or has the same function as another person or thing
24. suf_____nt time *adj.* adequate; enough for a particular purpose or requirement
25. draw an_____y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
26. an exc_____ly difficult book *adv.* to an extreme degree
27. ba_____rd angle *adv.* at, to, or toward the direction or place that is behind or rear
28. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
29. begin to r_t *v.* to decay, or cause something to decay, naturally and gradually
30. sup_____ly identical *adv.* according to what is generally assumed or believed without actually knowing for sure
31. hu___e opinion *adj.* having or showing a modest or low estimate of one's quality or importance

ANSWERS: 21. subtract, 22. homeostasis, 23. counterpart, 24. sufficient, 25. analogy, 26. exceedingly, 27. backward, 28. amazing, 29. rot, 30. supposedly, 31. humble

32. historical an____y *n.* a comparison between similar things that have similar aspects, often used to help explain a principle or concept
33. af____d a high travel cost *v.* to have enough money or time to be able to buy or do something
34. not nec____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
35. al____e to his low origin *v.* to suggest or make reference to something indirectly
36. asset on the company's ba____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
37. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
38. a ce____ar phone handset *adj.* of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires
39. ind____us student *adj.* hardworking, diligent, and persistent in effort
40. as____e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
41. 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

ANSWERS: 32. analogy, 33. afford, 34. necessarily, 35. allude, 36. balance, 37. identify, 38. cellular, 39. industrious, 40. assume, 41. pun

42. 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
43. 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
44. pr__y server *n.* a person or entity that is authorized to act on behalf of another person or entity
45. inc_____ble personalities *adj.* so different as to not be able to exist or work with another thing or person
46. the sha_____er's meeting *n.* a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
47. ask a co_____se question *v.* to talk informally
48. hard drive pa_____on *n.* a physical divider or barrier that divides a space or area into two or more separate parts; a separation or division of something into different parts or sections
49. m__k body odor *v.* to conceal something; (noun) a covering that you wear over your face to hide it
50. the pr_____nd depths of the sea *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

ANSWERS: 42. homeostasis, 43. pancreas, 44. proxy, 45. incompatible, 46. shareholder, 47. converse, 48. partition, 49. mask, 50. profound

51. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
52. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
53. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
54. si_____er look *adj.* giving the impression that something bad or evil is happening or will happen
55. re_____t a good worker *v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.
56. ca_____e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
57. clinical pa_____gy *n.* the study of the nature and cause of diseases and disorders; the medical specialty that deals with the diagnosis and treatment of diseases and disorders
58. de_____e from the norm *v.* to depart from an established course or plan; to change direction or take a different route or approach
59. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 51. trauma, 52. surgery, 53. blame, 54. sinister, 55. recruit, 56. cascade, 57. pathology, 58. deviate, 59. diabetes

60. lose ex___s weight *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
61. ca___r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
62. dangerously ove_____ht *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
63. ancient pr____b *n.* a short saying that expresses a truth or gives advice based on practical experience
64. get into the lu___y car market *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
65. a bacterial in_____on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
66. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
67. re_____nt to persuasion *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
68. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 60. excess, 61. cancer, 62. overweight, 63. proverb, 64. luxury, 65. infection, 66. symptom, 67. resistant, 68. diet

69. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
70. major pha_____cal companies *adj.* relating to the production and selling of the medical drugs
71. a con_____nal style *adj.* based on or following traditional rules, standards, customs, etc.
72. important dis_____on *n.* a difference or contrast between similar things or people
73. 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
74. 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
75. ma_____al obsession *adj.* characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness
76. 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
77. mo_____ar structure *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

ANSWERS: 69. decide, 70. pharmaceutical, 71. conventional, 72. distinction, 73. discolor, 74. develop, 75. maniacal, 76. immune, 77. molecular

78. 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
79. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
80. gi__t trees *adj.* enormous; much bigger or more important than similar items usually are
81. a hackneyed pr____b *n.* a short saying that expresses a truth or gives advice based on practical experience
82. re_____t a new hire *v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.
83. pr____s improvement *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
84. b__s against a big company *n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment

ANSWERS: 78. process, 79. mechanism, 80. giant, 81. proverb, 82. recruit, 83. process, 84. bias

85. und_____th the laughter *adv.* under or below something else
86. 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
87. sh_____ng revelation *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
88. 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
89. amp_____on of leg *n.* the act of cutting off a part of the body surgically
90. acute sy_____me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
91. get a con_____nal loan *adj.* based on or following traditional rules, standards, customs, etc.
92. brazen ar_____ce *n.* excessive self-confidence or self-importance
93. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 85. underneath, 86. calorie, 87. shocking, 88. salvage, 89. amputation, 90. syndrome, 91. conventional, 92. arrogance, 93. balance

94. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
95. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
96. test my hyp_____is *n.* a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate
97. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
98. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
99. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
100. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
101. exc_____ly common *adv.* to an extreme degree
102. fl__h eating *n.* the soft substance composing the body of a person or animal, as opposed to bones and other structures
103. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

ANSWERS: 94. judge, 95. compassion, 96. hypothesis, 97. relation, 98. opposition, 99. injury, 100. patient, 101. exceedingly, 102. flesh, 103. compassion

104. inactive ma_____ry *n.* a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something
105. re_____ct the use of this parking lot *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
106. a pr_____nd book *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
107. af____d to buy a new car *v.* to have enough money or time to be able to buy or do something
108. gl_____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
109. below co_____pt *n.* the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn
110. a we__d dress *adj.* extraordinary, unexpected, or difficult to explain
111. wi____m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
112. lo_____l reasoning *adj.* characterized by clear and sound reasoning; following a rational and systematic approach; based on or in accordance with logic or reason
113. 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

ANSWERS: 104. machinery, 105. restrict, 106. profound, 107. afford, 108. glucose, 109. contempt, 110. weird, 111. wisdom, 112. logical, 113. disease

114. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
115. re____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
116. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
117. the professor of su____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
118. ig____e her advice *v.* to intentionally not listen or pay attention to
119. su____e changes *adj.* not readily apparent or visible
120. gain sha____er approval *n.* a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
121. s__n guard *n.* the front part of the leg below the knee
122. re____nt tax *n.* a person who lives in a particular place or has their home in a place
123. vi____m compensation *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

ANSWERS: 114. scare, 115. reverse, 116. blame, 117. surgery, 118. ignore, 119. subtle, 120. shareholder, 121. shin, 122. resident, 123. victim

124. neurotic sy____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
125. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
126. pre_____ion drugs *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
127. be___n tumor *adj.* kind and gentle; not harmful or malicious
128. sound very te____ng *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
129. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
130. acute em_____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
131. merge with a ri__l company *n.* a person, company, or thing competing with others for the same thing or in the same area
132. fr_____nt absence *adj.* happening constantly
133. c_e card *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

ANSWERS: 124. symptom, 125. emergency, 126. prescription, 127. benign, 128. tempting, 129. diet, 130. emergency, 131. rival, 132. frequent, 133. cue

134. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
135. space de___s *n.* broken or torn fragments of something
136. in the mi___t of the crowd *n.* the middle part of people or things
137. met_____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
138. reach ce_____ty about the theory *n.* the state of being certain
139. di_____y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
140. an oxygen m___k *v.* to conceal something; (noun) a covering that you wear over your face to hide it
141. th_____en national security *v.* to utter intentions of injury or punishment against someone
142. 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
143. 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
144. hu___s in business *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
145. lu___y hotel *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things

ANSWERS: 134. wisdom, 135. debris, 136. midst, 137. metabolism, 138. certainty, 139. dietary, 140. mask, 141. threaten, 142. immune, 143. obese, 144. hubris, 145. luxury

146. ar_____ce of power *n.* excessive self-confidence or self-importance
147. a hu___e cottage *adj.* having or showing a modest or low estimate of one's quality or importance
148. computer li__o *n.* the special vocabulary or terminology used by a particular group or profession
149. 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
150. res_____ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
151. foreign po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
152. se___e a dispute *v.* to reach an agreement of disagreement
153. scientific ce_____ty *n.* the state of being certain
154. ob_____s reasons *adj.* easy to see, discover or understand
155. political hu___s *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
156. self-suf_____nt economy *adj.* adequate; enough for a particular purpose or requirement

ANSWERS: 146. arrogance, 147. humble, 148. lingo, 149. Alzheimer, 150. resistance, 151. policy, 152. settle, 153. certainty, 154. obvious, 155. hubris, 156. sufficient

157. a worldwide ep____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
158. h__l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
159. al____e to the planning *v.* to suggest or make reference to something indirectly
160. com____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
161. s__n injury *n.* the front part of the leg below the knee
162. r_t with age *v.* to decay, or cause something to decay, naturally and gradually
163. mo____ar biology *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
164. 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
165. a stone wall su____nds the palace *v.* to be all around something or somebody
166. in the mi__t of a scandal *n.* the middle part of people or things
167. en____e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

ANSWERS: 157. epidemic, 158. hell, 159. allude, 160. complexity, 161. shin, 162. rot, 163. molecular, 164. ulcer, 165. surround, 166. midst, 167. enzyme

168. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
169. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
170. participate in cl_____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
171. ma_____al determination *adj.* characterized by excessive or uncontrollable excitement, enthusiasm, or irrational behavior; showing extreme obsession or madness
172. ove_____ing leads to burnout *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
173. a gr__n of sand *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
174. a strong pai_____er *n.* medicine used to relieve physical pain
175. a con_____ly innovative enterprise *adv.* all the time
176. me_____ma treatment *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
177. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
178. the common but nu_____d opinion *adj.* characterized by subtle differences in appearance, meaning, sound, etc.

ANSWERS: 168. determinant, 169. diabetes, 170. clinical, 171. maniacal, 172. overexercising, 173. grain, 174. painkiller, 175. constantly, 176. melanoma, 177. experiment, 178. nuanced

179. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
180. nu_____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
181. di_____or urine *v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
182. the imp_____on in a crime *n.* something that is inferred or indirectly stated; the act or fact of being involved in something
183. b_t on a race *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
184. b__g a phone down *v.* to hit or cause to hit something in a way that makes a loud noise
185. blood gl_____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
186. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
187. livid br____e *n.* a mark caused by a blow, typically one that is purple or black on the skin
188. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire

ANSWERS: 179. mechanism, 180. nutrition, 181. discolor, 182. implication, 183. bet, 184. bang, 185. glucose, 186. medical, 187. bruise, 188. amazing

189. a cr__y scheme *adj.* stupid or not sensible; very angry
190. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
191. gain pr_____al experience *adj.* of or connected with actual use or real situation rather than with theory and ideas
192. de_____t on the mortgage *v.* to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options
193. a very ta_____ed actor *adj.* having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area
194. face inc _____gly complicated challenges *adv.* more and more
195. ju__e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
196. me _____n in a report *v.* to speak or write about something or someone briefly
197. have ri_____us criticism *adj.* allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate

ANSWERS: 189. crazy, 190. specific, 191. practical, 192. default, 193. talented, 194. increasingly, 195. judge, 196. mention, 197. rigorous

198. hit an ic_____g *n.* a large piece of ice floating in the sea, detached from a glacier
199. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
200. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
201. in si_____er terms *adj.* giving the impression that something bad or evil is happening or will happen
202. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
203. 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
204. a sk_____al attitude *adj.* doubting that something is accurate or useful
205. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
206. a truncated py_____d *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
207. a lot of re_____d sugar *adj.* made pure by having impurities or unwanted elements removed by processing

ANSWERS: 198. iceberg, 199. complexity, 200. relation, 201. sinister, 202. pound, 203. starch, 204. skeptical, 205. associate, 206. pyramid, 207. refined

208. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
209. adopt a re_____d attitude *adj.* made pure by having impurities or unwanted elements removed by processing
210. b__g his fist on a desk *v.* to hit or cause to hit something in a way that makes a loud noise
211. the DNA se_____ce *n.* a series of related events, actions, numbers, etc., which have a particular order
212. 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
213. benign pa_____gy *n.* the study of the nature and cause of diseases and disorders; the medical specialty that deals with the diagnosis and treatment of diseases and disorders
214. ad_____e the technology *v.* to go or move forward; to develop in a positive way
215. fo_____te situation *adj.* having good luck or lucky
216. 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
217. share my in_____ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

ANSWERS: 208. fundamental, 209. refined, 210. bang, 211. sequence, 212. insulin, 213. pathology, 214. advance, 215. fortunate, 216. starch, 217. insight

218. health po___y
- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
219. 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
220. nu_____on condition
- n.* the substances or the process that organisms take into their bodies as food for their growth and health
221. official sta_____cs
- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
222. me_____ma diagnosis
- n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
223. de_____t settings
- v.* to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options

ANSWERS: 218. policy, 219. hormone, 220. nutrition, 221. statistics, 222. melanoma, 223. default

224. 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
225. an und_____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
226. em_____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
227. se___e down in the town *v.* to reach an agreement or disagreement
228. deliver a ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
229. an ex___s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
230. di_____y restrictions *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
231. the se_____ce of the seasons *n.* a series of related events, actions, numbers, etc., which have a particular order
232. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 224. meta, 225. underlying, 226. empathy, 227. settle, 228. judgment, 229. excess, 230. dietary, 231. sequence, 232. physiological

233. have a b__s toward socialism *n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment
234. ig___e a ban *v.* to intentionally not listen or pay attention to
235. l__n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
236. pr_____al English *adj.* of or connected with actual use or real situation rather than with theory and ideas
237. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
238. des_____ly anxious *adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency
239. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
240. 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
241. co_____se with an acquaintance *v.* to talk informally
242. 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

ANSWERS: 233. bias, 234. ignore, 235. lean, 236. practical, 237. threaten, 238. desperately, 239. pound, 240. tip, 241. converse, 242. Alzheimer

243. te_____ng offer *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
244. ob_____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
245. visual c_e *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
246. ri__l bidder *n.* a person, company, or thing competing with others for the same thing or in the same area
247. healthcare pr__y *n.* a person or entity that is authorized to act on behalf of another person or entity
248. hand amp_____on *n.* the act of cutting off a part of the body surgically
249. a re_____nt of the city *n.* a person who lives in a particular place or has their home in a place
250. bl_____t authority *n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
251. app_____te behavior *adj.* suitable or proper in the circumstances; fitting
252. 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

ANSWERS: 243. tempting, 244. obesity, 245. cue, 246. rival, 247. proxy, 248. amputation, 249. resident, 250. blanket, 251. appropriate, 252. pancreas

253. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
254. run like h__l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
255. des_____ly ill patient *adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency
256. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
257. b_t my future *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
258. take a pai_____er beforehand *n.* medicine used to relieve physical pain
259. fill the pre _____ion *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
260. gi__t tech company *adj.* enormous; much bigger or more important than similar items usually are
261. am_____te below the knee *v.* to cut off a part of the body, especially by surgery
262. commercial pha_____cal products *adj.* relating to the production and selling of the medical drugs

ANSWERS: 253. necessarily, 254. hell, 255. desperately, 256. improvisation, 257. bet, 258. painkiller, 259. prescription, 260. giant, 261. amputate, 262. pharmaceutical

263. e__l ways *adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people
264. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
265. congratulate the ne_____eds *n.* a person who has recently married and is still in the early stages of their marriage
266. ev___e *v.* to develop gradually, or to cause the development of something or someone gradually
267. hemoglobin met_____sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
268. grow in fl__h *n.* the soft substance composing the body of a person or animal, as opposed to bones and other structures
269. bl_____t scarf *n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
270. his conclusion was ob_____s *adj.* easy to see, discover or understand
271. 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
272. cr__y about cars and racing *adj.* stupid or not sensible; very angry

ANSWERS: 263. evil, 264. industrious, 265. newlywed, 266. evolve, 267. metabolism, 268. flesh, 269. blanket, 270. obvious, 271. pretension, 272. crazy

273. 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
274. 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
275. ob____s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
276. th__e park *n.* a subject or topic of discourse or artistic representation
277. an und_____ng cause of an accident *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
278. treat the in_____on with antibiotics *n.* a condition in which pathogenic microorganisms or viruses have entered the body
279. vi____m support *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
280. de____e my own life *v.* to commit or dedicate oneself or one's time, effort, or energy to a particular task or purpose
281. negotiating cou_____rt *n.* a person or thing that corresponds to or has the same function as another person or thing

ANSWERS: 273. elevate, 274. salvage, 275. obsess, 276. theme, 277. underlying, 278. infection, 279. victim, 280. devote, 281. counterpart

282. dis_____ary action *adj.* of or relating to the punishment of people who break the rules; of or relating to a specific field of academic study
283. a small in___e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
284. beg for for_____ss *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
285. 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
286. me_____n name *v.* to speak or write about something or someone briefly
287. re_____ct an Internet access *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
288. walk ba_____rd *adv.* at, to, or toward the direction or place that is behind or rear
289. earlier emotional br___e *n.* a mark caused by a blow, typically one that is purple or black on the skin
290. su_____nd a town *v.* to be all around something or somebody
291. in a co_____ed relationship *adj.* willing to put in a lot of effort, time, and energy into something; firmly believing in something

ANSWERS: 282. disciplinary, 283. intake, 284. forgiveness, 285. pun, 286. mention, 287. restrict, 288. backward, 289. bruise, 290. surround, 291. committed

292. lack of digestive en___es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
293. a su___e poison *adj.* not readily apparent or visible
294. central th___e *n.* a subject or topic of discourse or artistic representation
295. 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
296. ca___r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
297. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
298. medical li__o *n.* the special vocabulary or terminology used by a particular group or profession
299. health ep____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
300. id____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
301. for____ss of liabilities *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
302. 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

ANSWERS: 292. enzyme, 293. subtle, 294. theme, 295. hormone, 296. cancer, 297. therapy, 298. lingo, 299. epidemic, 300. identify, 301. forgiveness, 302. determinant

303. ri_____us standards *adj.* allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
304. pa_____on wall *n.* a physical divider or barrier that divides a space or area into two or more separate parts; a separation or division of something into different parts or sections
305. 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
306. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
307. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
308. inspire co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
309. 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
310. pile of de___s *n.* broken or torn fragments of something
311. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

ANSWERS: 303. rigorous, 304. partition, 305. tip, 306. possibility, 307. decide, 308. courage, 309. elevate, 310. debris, 311. specific

312. 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
313. 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
314. cl____al surgery
adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
315. an ove_____ht patient
adj. weighing more than is considered normal, desirable, or healthy for a particular height and build
316. take dis_____ary measures
adj. of or relating to the punishment of people who break the rules; of or relating to a specific field of academic study
317. mental co_____e
n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
318. 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: 312. subtract, 313. develop, 314. clinical, 315. overweight, 316. disciplinary, 317. courage, 318. meta

319. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
320. sk_____al scientists *adj.* doubting that something is accurate or useful
321. flour made from gr__n *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
322. a con_____ly varying mind *adv.* all the time
323. display co_____pt *n.* the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn
324. lo_____l conclusion *adj.* characterized by clear and sound reasoning; following a rational and systematic approach; based on or in accordance with logic or reason
325. 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
326. neckless sup_____ly made of pure gold *adv.* according to what is generally assumed or believed without actually knowing for sure
327. a bold hyp_____is *n.* a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate
328. a profound in_____t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

ANSWERS: 319. statistics, 320. skeptical, 321. grain, 322. constantly, 323. contempt, 324. logical, 325. insulin, 326. supposedly, 327. hypothesis, 328. insight

329. pa____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
330. tr____a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
331. py____d architecture *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
332. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
333. meet with opp____on *n.* the act of disagreeing or resisting; the state of strong disagreement
334. sh____ng response *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
335. jazz imp____ion *n.* the act of making something up on the spot or creating or performing something without preparation
336. sc__e the birds away *v.* to frighten a person or animal, or to become frightened
337. re____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

ANSWERS: 329. patient, 330. trauma, 331. pyramid, 332. fuel, 333. opposition, 334. shocking, 335. improvisation, 336. scare, 337. reverse

338. 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
339. a be___n smile *adj.* kind and gentle; not harmful or malicious
340. de____e from the plan *v.* to depart from an established course or plan; to change direction or take a different route or approach
341. inc_____gly become common *adv.* more and more
342. im_____nt a corporate strategy *v.* to put a decision, plan, or system into effect
343. draw a dis_____on *n.* a difference or contrast between similar things or people
344. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
345. inc_____ble colors *adj.* so different as to not be able to exist or work with another thing or person
346. less fo_____te person *adj.* having good luck or lucky
347. nu_____d view *adj.* characterized by subtle differences in appearance, meaning, sound, etc.
348. the state of being we__d *adj.* extraordinary, unexpected, or difficult to explain
349. penicillin-re_____nt bacteria *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
350. strong and co_____ed sales staff *adj.* willing to put in a lot of effort, time, and energy into something; firmly believing in something

ANSWERS: 338. ulcer, 339. benign, 340. deviate, 341. increasingly, 342. implement, 343. distinction, 344. consume, 345. incompatible, 346. fortunate, 347. nuanced, 348. weird, 349. resistant, 350. committed

351. hyp_____ze what could have happened
v. to form or present a theory or explanation without sufficient evidence; to speculate
352. a fatal in____y
n. harm done to a person's or an animal's body caused by an accident or an attack
353. und_____th the surface of the water
adv. under or below something else
354. transistor ca_____e
n. a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
355. sp____l design
n. a curve that coils around a central point and gets progressively farther away from it as it goes around
356. ce_____ar and molecular biology
adj. of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires
357. biomass f____l
n. a substance that is typically burned to generate heat or energy
358. suffer from ob_____y
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
359. phy_____cal response
adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 351. hypothesize, 352. injury, 353. underneath, 354. cascade, 355. spiral, 356. cellular, 357. fuel, 358. obesity, 359. physiological

360. pos_____ty for growth *n.* a chance that something may happen or be true
361. full of em_____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
362. he is ob____sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
363. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
364. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
365. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
366. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
367. as____e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
368. ta_____ed athlete *adj.* having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area
369. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
370. 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: 360. possibility, 361. empathy, 362. obsess, 363. associate, 364. therapy, 365. inadvertently, 366. medical, 367. assume, 368. talented, 369. consume, 370. calorie

371. series of exp_____nts
372. an in___e pipe
373. am_____te both legs
374. hyp_____ze as to outcomes
375. di_____e prevention
376. heavy ma_____ry
- n.* the scientific test conducted to observe what happens and gain new knowledge
- n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
- v.* to cut off a part of the body, especially by surgery
- v.* to form or present a theory or explanation without sufficient evidence; to speculate
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
- n.* a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something

ANSWERS: 371. experiment, 372. intake, 373. amputate, 374. hypothesize, 375. disease, 376. machinery

Session 3: Fill in the Blanks

1. _____ weight is the sum of all the atoms.
adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
2. 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
3. Our company found it _____ difficult to keep up with the competition.
adv. more and more
4. The _____ of getting the disease will drastically increase.
n. a chance that something may happen or be true
5. 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
6. The politician tried to _____ the corruption.
v. to conceal something; (noun) a covering that you wear over your face to hide it
7. 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
8. He discovered unique _____ for photochemical reactions.
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 1. Molecular, 2. tempting, 3. increasingly, 4. possibility, 5. cascade, 6. mask, 7. proverb, 8. mechanisms

9. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand
10. We must install a _____ to separate the living room from the dining area.
n. a physical divider or barrier that divides a space or area into two or more separate parts; a separation or division of something into different parts or sections
11. The prevalence of _____ has increased significantly in recent years.
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
12. The community greatly respected and sought after the older adult's _____.
n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
13. That candidate does not have _____ means to win an election with certainty.
adj. adequate; enough for a particular purpose or requirement
14. 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
15. Breast _____ is the most common type of cancer in women.
n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 9. complexity, 10. partition, 11. obesity, 12. wisdom, 13. sufficient, 14. hubris, 15. cancer

16. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
17. The doctor carefully examined the _____ medical history.
n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
18. We gained various _____ by analyzing the vast amount of data owned by the company.
n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
19. The menu at the restaurant includes many _____ options for those with food restrictions.
adj. relating to or affecting the way that a person eats or the specific foods that they consume
20. I ___ that you know it.
v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
21. The rain and thunder are _____ today.
adj. stupid or not sensible; very angry
22. The car's front bumper cost fifteen hundred _____.
n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

ANSWERS: 16. opposition, 17. patient's, 18. insights, 19. dietary, 20. bet, 21. crazy, 22. pounds

23. Since independence, the area has been completely _____.
- v.* to intentionally not listen or pay attention to
24. Many civilians have suffered _____ as a result of the war.
- n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
25. 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
26. The news of the accident was _____ and left many in shock.
- adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
27. I need to refill my _____ for allergy medication at the pharmacy.
- n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
28. 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
29. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 23. ignored, 24. trauma, 25. meta, 26. shocking, 27. prescription, 28. develop, 29. diet

30. My mother's illness had a _____ impact on us all.

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

31. I _____ to him that I had seen his sister at the grocery store earlier that day.

v. to speak or write about something or someone briefly

32. The _____ principle of every business was identical.

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

33. Through investigation, his suspicions hardened into _____.

n. the state of being certain

34. She is very _____ in her thoughts.

adj. based on or following traditional rules, standards, customs, etc.

35. We hit the ground to _____ out the rabbits.

v. to frighten a person or animal, or to become frightened

36. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

37. The mathematical equation had a _____ solution that was easy to follow.

adj. characterized by clear and sound reasoning; following a rational and systematic approach; based on or in accordance with logic or reason

ANSWERS: 30. profound, 31. mentioned, 32. underlying, 33. certainty, 34. conventional, 35. scare, 36. specific, 37. logical

38. 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
39. 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
40. 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
41. 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
42. We _____ our impeded progress on lack of money.
- v.* to think or say that someone or something did something wrong or is responsible for something bad
43. The president declared a state of _____.
- n.* a sudden unforeseen crisis usually involving danger that requires immediate action
44. 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
45. 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

ANSWERS: 38. subtract, 39. bruise, 40. immune, 41. maniacal, 42. blamed, 43. emergency, 44. hypothesize, 45. pretensions

46. Insects in urban areas are becoming _____ to insecticides.
adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
47. 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
48. She enjoyed the opportunity to _____ with a person who spoke her language.
v. to talk informally
49. The leaves of the fern were arranged in a _____ pattern.
n. a curve that coils around a central point and gets progressively farther away from it as it goes around
50. My father tried to _____ mathematics into my head since childhood.
v. to hit or cause to hit something in a way that makes a loud noise
51. The pain in his _____ made it hard for him to walk.
n. the front part of the leg below the knee
52. This food contains all the _____ your dog requires.
n. the substances or the process that organisms take into their bodies as food for their growth and health
53. The government promised to _____ a new system to control the financial crisis.
v. to put a decision, plan, or system into effect

ANSWERS: 46. resistant, 47. improvisation, 48. converse, 49. spiral, 50. bang, 51. shin, 52. nutrition, 53. implement

54. Visa renewal for _____ foreigners in this country is once every five years.
n. a person who lives in a particular place or has their home in a place
55. The dark clouds in the sky gave off a _____ feeling.
adj. giving the impression that something bad or evil is happening or will happen
56. 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
57. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
58. She was highly _____ in her choice of apparel.
adj. made pure by having impurities or unwanted elements removed by processing
59. The disease is now reaching _____ proportions in our country.
n. the widespread outbreak of a particular disease in a large number of people at the same time
60. 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
61. A deficiency in the _____ can lead to a medical condition.
n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

ANSWERS: 54. resident, 55. sinister, 56. devoted, 57. medical, 58. refined, 59. epidemic, 60. overexercising, 61. enzyme

62. 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
63. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
64. 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
65. Try to keep a _____ between work and off.
- n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
66. 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
67. His anti-_____ practices were quite strict.
- n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
68. It would be _____ to dress nicely for the wedding.
- adj.* suitable or proper in the circumstances; fitting
69. The electric _____ keeps me warm on cold nights.
- n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content

ANSWERS: 62. Alzheimer's, 63. associate, 64. disease, 65. balance, 66. lingo, 67. luxury, 68. appropriate, 69. blanket

70. Human behavior has _____ characteristics.

adj. forming an essential base or core from which everything else develops or is affected

71. I _____ left my phone at home this morning and felt lost.

adv. unintentionally; accidentally; without purpose or deliberate intent

72. She gave money to help set up a _____ laboratory.

adj. relating to the production and selling of the medical drugs

73. The _____ of the novel is the corrupting influence of power.

n. a subject or topic of discourse or artistic representation

74. Corruption is an _____ act for any reason.

adj. profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

75. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming _____.

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

76. I don't want to _____ for second best.

v. to reach an agreement of disagreement

77. 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

ANSWERS: 70. fundamental, 71. inadvertently, 72. pharmaceutical, 73. theme, 74. evil, 75. overweight, 76. settle, 77. obese

78. She received special _____ training at the hospital.

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

79. 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

80. Hospitals must meet various standards to prevent nosocomial _____.

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

81. Scientific knowledge will _____ significantly with the power of AI.

v. to go or move forward; to develop in a positive way

82. His _____ in the other company is responsible for marketing.

n. a person or thing that corresponds to or has the same function as another person or thing

83. 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

84. 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

85. It is a religion _____ with the western country.

adj. so different as to not be able to exist or work with another thing or person

ANSWERS: 78. clinical, 79. amputate, 80. infections, 81. advance, 82. counterpart, 83. process, 84. salvage, 85. incompatible

86. The sommelier can distinguish _____ variance in the flavor of the wine.
adj. characterized by subtle differences in appearance, meaning, sound, etc.
87. The _____ of the fruit is sweet and juicy.
n. the soft substance composing the body of a person or animal, as opposed to bones and other structures
88. His infinite love and _____ for everyone never weary.
n. a strong feeling of sympathy and sadness for another's suffering or bad luck
89. 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
90. The defendant's _____ for the court and its authority was evident in his behavior.
n. the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn
91. 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
92. He acted with _____ and was not well-liked by his colleagues.
n. excessive self-confidence or self-importance
93. 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

ANSWERS: 86. nuanced, 87. flesh, 88. compassion, 89. deviate, 90. contempt, 91. elevates, 92. arrogance, 93. newlywed

94. The mobile application industry is _____ changing.

adv. all the time

95. The lump was discovered to be _____ and no further treatment was needed.

adj. kind and gentle; not harmful or malicious

96. Better sleep leads to increased _____.

n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

97. It takes a lot of _____ to stand up for what you believe is right.

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

98. Our company is committed to increasing _____ value.

n. a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company

99. 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

100. He gained debt _____.

n. the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

101. She is a _____ musician, able to play several instruments.

adj. having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area

ANSWERS: 94. constantly, 95. benign, 96. metabolism, 97. courage, 98. shareholder, 99. resistance, 100. forgiveness, 101. talented

102. He cannot _____ a holiday.

v. to have enough money or time to be able to buy or do something

103. 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

104. We _____ the number of students per course to twenty.

v. to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

105. His poem has a very significant _____.

n. something that is inferred or indirectly stated; the act or fact of being involved in something

106. A famous artist painted the room in a _____ pink hue.

adj. not readily apparent or visible

107. 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

108. He is _____ nominated for a Nobel Prize.

adv. according to what is generally assumed or believed without actually knowing for sure

109. The _____ jets gradually dominate the world's airlines.

adj. enormous; much bigger or more important than similar items usually are

ANSWERS: 102. afford, 103. homeostasis, 104. restrict, 105. implication, 106. subtle, 107. insulin, 108. supposedly, 109. giant

110. The strict _____ ruled in favor of the plaintiff in the case.

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

111. The following example _____ that the capacity of each battery is the same.

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

112. The battlefield became _____ on earth.

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

113. Her concept is highly _____ and helpful.

adj. of or connected with actual use or real situation rather than with theory and ideas

114. 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

115. He was pretty _____ to pass the exam.

adj. having good luck or lucky

116. The _____ of the crime deserves justice and support to recover from the trauma.

n. a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

ANSWERS: 110. judge, 111. assumes, 112. hell, 113. practical, 114. hormone, 115. fortunate, 116. victim

117. He interfered with his _____ in various ways during the campaign.
- n.* a person, company, or thing competing with others for the same thing or in the same area
118. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
119. She researched gender _____ in politics.
- n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment
120. There are _____ differences between the two wine-producing regions.
- adj.* easy to see, discover or understand
121. 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
122. He was known to be very _____ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort
123. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
124. Eyeless fish _____ in dark caves.
- v.* to develop gradually, or to cause the development of something or someone gradually

ANSWERS: 117. rivals, 118. diabetes, 119. bias, 120. obvious, 121. determinant, 122. industrious, 123. decide, 124. evolved

125. He _____ to the problem but did not mention it directly.

v. to suggest or make reference to something indirectly

126. This factory employs a _____ manufacturing system.

adj. of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires

127. Various artificially induced causes are _____ our ecosystem.

v. to utter intentions of injury or punishment against someone

128. Some kinds of machine learning models show an _____ to how people learn.

n. a comparison between similar things that have similar aspects, often used to help explain a principle or concept

129. He has been advised to reduce his daily fat _____.

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

130. 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

131. I can't see any _____ between these two concepts.

n. a difference or contrast between similar things or people

132. The _____ scarcity most severely impacted the manufacturing sector

n. a substance that is typically burned to generate heat or energy

ANSWERS: 125. alluded, 126. cellular, 127. threatening, 128. analogy, 129. intake, 130. discolored, 131. distinction, 132. fuel

133. 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
134. The doctor injected _____ into his patient's veins.
n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
135. The restaurant _____ a ban on smoking.
v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
136. Over-the-counter _____ are less effective for patients who have taken many in the past.
n. medicine used to relieve physical pain
137. Marine _____ is a major continuous global problem.
n. broken or torn fragments of something
138. The director gave the actor a ____ to begin the scene.
n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
139. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
140. The school's _____ committee met to discuss the student's behavior.
adj. of or relating to the punishment of people who break the rules; of or relating to a specific field of academic study

ANSWERS: 133. ulcer, 134. glucose, 135. reversed, 136. painkillers, 137. debris, 138. cue, 139. obsessed, 140. disciplinary

141. 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
142. My computer has been acting _____ recently.
adj. extraordinary, unexpected, or difficult to explain
143. 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
144. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
145. The Egyptian _____ consist of a vast number of blocks.
n. a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
146. The road of _____ leads to the palace of wisdom.
n. an amount or quantity beyond what is acceptable, expected, or reasonable
147. Our company is strongly _____ to meeting customers' needs.
adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something
148. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 141. calories, 142. weird, 143. icebergs, 144. amazing, 145. pyramids, 146. excess, 147. committed, 148. symptom

149. The penny fell _____ the piano.

adv. under or below something else

150. If you don't specify a different option, the computer will _____ to its original settings.

v. to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options

151. 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

152. I underwent aversion _____ for my addiction to alcohol.

n. the act of caring for someone through medication, remedial training, etc.

153. His heartaches are less _____ now.

adj. happening constantly

154. 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

155. The doctor explained the various _____ changes that occur during pregnancy.

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 149. underneath, 150. default, 151. tips, 152. therapy, 153. frequent, 154. injury, 155. physiological

156. The way he manages his employees is extremely _____.

adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate

157. Please refrigerate the meat, or it will _____.

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

158. The colonial government _____ militia support when civil war broke out.

v. to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.

159. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

160. 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

161. The _____ of audit formally issued a business improvement order.

n. a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something

162. 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

163. This accident was something that happened _____.

adv. in an essential manner; in such a way as could not be otherwise

ANSWERS: 156. rigorous, 157. rot, 158. recruited, 159. surround, 160. pancreas, 161. machinery, 162. melanoma, 163. necessarily

164. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
165. Ordinary air purifiers cannot adequately remove pollen _____.
n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
166. His religious and philosophical beliefs were utterly _____.
adj. doubting that something is accurate or useful
167. She falls over _____ when she sees her mother-in-law.
adv. at, to, or toward the direction or place that is behind or rear
168. 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
169. The company's new _____ on remote work has made it a more inclusive workplace.
n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
170. 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
171. He had undergone heart _____ years before.
n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 164. experiments, 165. grains, 166. skeptical, 167. backward, 168. pun, 169. policy, 170. starch, 171. surgery

172. He remained serene in the _____ of turbulence.

n. the middle part of people or things

173. A smaller car will _____ less fuel.

v. to spend something, especially fuel, energy, or time, in a large amount

174. _____ operational improvements often lead to better environmental performance.

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

175. 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

176. She voted by _____ because she was unable to attend in person.

n. a person or entity that is authorized to act on behalf of another person or entity

177. The baby clung _____ to her mother.

adv. in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency

178. The nobler, the more _____.

adj. having or showing a modest or low estimate of one's quality or importance

179. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

180. This evidence supports the big-bang _____.

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

ANSWERS: 172. midst, 173. consume, 174. Lean, 175. syndrome, 176. proxy, 177. desperately, 178. humble, 179. relations, 180. hypothesis

181. Her _____ are consistently rational and sensible.

n. the ability to form valuable opinions and make reasonable decisions

182. The _____ demonstrate that poverty and unemployment are genuine problems.

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

183. I will introduce you to how to _____ the leading causes of the malfunction.

v. to recognize someone or something and say or prove who or what they are

184. We do move forward with those tasks in _____ next week.

n. a series of related events, actions, numbers, etc., which have a particular order

185. Fear is _____ infectious, and children catch it from their elders.

adv. to an extreme degree

186. _____ of the limb is a last resort for the patient.

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

187. The _____ report showed no signs of cancer, giving her family a sense of relief.

n. the study of the nature and cause of diseases and disorders; the medical specialty that deals with the diagnosis and treatment of diseases and disorders

188. _____ is also necessary to understand history.

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

ANSWERS: 181. judgments, 182. statistics, 183. identify, 184. sequence, 185. exceedingly, 186. Amputation, 187. pathology, 188. Empathy

ANSWERS: