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Vocabulary Builder Reference from...

Karen D. Davis: How does your brain respond to pain? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

synonym : plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

constant

adj. happening repeatedly or all the time

synonym : ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym : amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

distract

v. to draw someone's attention away from what they are trying to do

synonym : divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

handle

v. to deal with a situation, problem, or strong emotion

synonym : control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym : preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

wander

v. to walk around slowly or to a place, often without any clear purpose or direction

synonym : ramble, roam, stroll

(1) **wander** alone in a strange country, (2) **wander** far from home

I often **wander** around the park for half an hour.

stimulus

n. something that causes growth or arouses action

synonym : incitement, inspiration, motivation

(1) a response to a **stimulus**, (2) economic **stimulus**

This book provides children with ideas and a **stimulus** for outside recreation.

unpleasant

adj. not enjoyable or comfortable

synonym : disagreeable, displeasing, distasteful

(1) **unpleasant** behavior, (2) with **unpleasant** body odor

It is **unpleasant** to see criminal behavior even though it is minor.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

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.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

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

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

intensify

v. to increase or make something increase in extent or strength

synonym : amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

imaginable

adj. capable of being imagined

synonym : conceivable, plausible, possible

(1) easily **imaginable**, (2) worst **imaginable** case

This is the only **imaginable** strategy.

dull

adj. not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp

synonym : insensitive, unintelligent, boring

(1) a **dull** pain, (2) **dull** sight

The trade is **dull** right now due to the collapse of the prominent investment bank.

ache

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

synonym : hurt, throb, smart

(1) **ache** abominably, (2) **ache** all the time

I **ache** all over after running a marathon yesterday.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym : understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

nervous

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

synonym : neural, anxious, uneasy

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

He suffers from **nervous** breakdowns.

nociceptor

n. a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain

(1) thermal **nociceptor**, (2) **nociceptor** fiber

The **nociceptors** in the skin are activated by heat, cold, and

pressure.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

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.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

glia *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity

synonym : astrocyte, microglia, oligodendrocyte

(1) neural **glia**, (2) **glia** function

The human brain contains both neurons and **glia** cells.

superhighway *n.* a large, wide road designed for high-speed traffic

synonym : expressway, motorway, artery

(1) six-lane **superhighway**, (2) a tollgate of a **superhighway**

The University provides a wireless Internet **superhighway** to its students.

electrical *adj.* relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

impulse *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

synonym : stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**

Nerve **impulses** cross a synapse through the action of neurotransmitters.

pathway *n.* a track that constitutes or serves as a path; an approach or a way of doing something

synonym : route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

cortex *n.* the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

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.

interconnect

v. to connect similar things

synonym: interlink, connect, annex

(1) directly **interconnect** with those systems, (2) human activities **interconnect** with the environment

Our system can now **interconnect** with other databases.

salience

n. the quality of being prominent, significant, or relevant; the degree to which something stands out or is noticeable

synonym: prominence, importance, significance

(1) the **salience** of the topic, (2) emotional **salience**

The **salience** of the issue was highlighted in the national news.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

immediately

adv. now or without delay

synonym: directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

motor

n. a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
synonym : actuator, engine, machine

(1) a **motor** mechanic, (2) DC **motor** control

Energy-efficient **motors** are needed to maximize the cruising distance of electric vehicles.

stove

n. a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
synonym : range, cooker, hotplate

(1) **stove** top, (2) hot **stove**

I made dinner on the **stove** using a pot and a pan.

modulate

v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
synonym : regulate, inflect, adjust

(1) **modulate** the function, (2) **modulate** from one key to another

These chemicals **modulate** the effect of metabolism.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
synonym : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

enkephalin

n. a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
synonym : endorphin, endomorphin

(1) **enkephalin** receptor, (2) opioid **enkephalin**

The level of **enkephalin** in the brain can be affected by certain drugs.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

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

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

sensitivity

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

synonym : alertness, attentiveness, sympathy

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

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

circuit

n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area

synonym : route, course, rotation

(1) **circuit** breaker, (2) federal **circuit** courts

An intelligent battery has a voltage monitoring **circuit**.

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.

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.

chronic

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

synonym: established, regular, constant

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

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

variability

n. the fact or quality of something being likely to vary

synonym: variance, unevenness, inconstancy

(1) natural **variability**, (2) climate **variability**

There is considerable **variability** in all the test scores.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

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.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

medicinal

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

synonym: curative, therapeutic, healing

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

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

anesthetic

n. a substance that is administered to a person or an animal to produce a loss of sensation or consciousness so that medical or surgical procedures can be performed without causing pain

synonym: sedative, anesthesia, painkiller

(1) **anesthetic** injection, (2) local **anesthetic**

The dentist administered an **anesthetic** to numb the patient's mouth before the procedure.

boost

v. to improve, raise, or increase something

synonym: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

relaxation

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym: rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce stress.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

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.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym : harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

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.

heal

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

synonym : recover, bring around, mend

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

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

traditionally

adv. in accordance with tradition; typically or commonly done in a particular way

synonym :

conventionally, commonly, generally

(1) **traditionally** accepted concept, (2) **traditionally** sung at a banquet

Traditionally, the ceremony was held outdoors.

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.

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.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

magnetic

adj. having the properties of attracting or repelling certain materials containing iron or steel

synonym: attractive, drawing, hypnotic

(1) **magnetic** field, (2) a **magnetic** tape

The **magnetic** force of the earth keeps our planet spinning.

resonance

n. a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things

synonym: echo, vibration, reverberation

(1) **resonance** frequency, (2) harmonic **resonance**

The singer's voice filled the auditorium with beautiful **resonance**.

fig

n. a sweet and soft edible fruit with many seeds or a tree on which these grow

(1) **fig** marigold, (2) **fig** tree

He ate the dried **figs** he had preserved.

Session 2: Spelling

- | | |
|-----------------------------------|---|
| 1. natural var_____ty | <i>n.</i> the fact or quality of something being likely to vary |
| 2. write him an answer imm_____ly | <i>adv.</i> now or without delay |
| 3. a co_____nt wind | <i>adj.</i> happening repeatedly or all the time |
| 4. st_____te the nervous system | <i>v.</i> to encourage something to develop or become more active; to stir the feelings or emotions |
| 5. pr_____s improvement | <i>n.</i> 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 |
| 6. en_____in rush | <i>n.</i> a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being |
| 7. a fatal in_____y | <i>n.</i> harm done to a person's or an animal's body caused by an accident or an attack |
| 8. military st_____gy | <i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal. |
| 9. mathematical pu_____e | <i>n.</i> a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand |

ANSWERS: 1. variability, 2. immediately, 3. constant, 4. stimulate, 5. process, 6. endorphin, 7. injury, 8. strategy, 9. puzzle

10. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
11. a co_____nt temperature *adj.* happening repeatedly or all the time
12. a private ind_____al *n.* a single person or thing, as distinct from a group
13. opioid enk_____in *n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
14. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
15. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
16. 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
17. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
18. cellular signaling pa_____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
19. 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

ANSWERS: 10. intensify, 11. constant, 12. individual, 13. enkephalin, 14. distract, 15. involve, 16. patient, 17. shock, 18. pathway, 19. develop

20. ane_____ic injection *n.* a substance that is administered to a person or an animal to produce a loss of sensation or consciousness so that medical or surgical procedures can be performed without causing pain
21. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
22. with unp_____nt body odor *adj.* not enjoyable or comfortable
23. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
24. enk_____in receptor *n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
25. human activities int_____ect with the environment *v.* to connect similar things
26. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
27. hot st__e *n.* a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
28. unp_____nt behavior *adj.* not enjoyable or comfortable
29. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
30. ex_____e sports *adj.* very great in amount or degree

ANSWERS: 20. anesthetic, 21. suffer, 22. unpleasant, 23. strategy, 24. enkephalin, 25. interconnect, 26. associate, 27. stove, 28. unpleasant, 29. medication, 30. extreme

31. re_____e CO2 into the air *v.* to set free or allow to escape from confinement
32. degree in ele_____al engineering *adj.* relating to electricity
33. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
34. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
35. a facial ti_____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
36. ha____ed the incident *v.* to deal with a situation, problem, or strong emotion
37. a mo__r mechanic *n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
38. ci_____t breaker *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
39. local ane_____ic *n.* a substance that is administered to a person or an animal to produce a loss of sensation or consciousness so that medical or surgical procedures can be performed without causing pain
40. thermal noc_____or *n.* a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain

ANSWERS: 31. release, 32. electrical, 33. nervous, 34. meditation, 35. tissue, 36. handle, 37. motor, 38. circuit, 39. anesthetic, 40. nociceptor

41. ex_____e weather events *adj.* very great in amount or degree
42. 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
43. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
44. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
45. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
46. sen_____ty analysis *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
47. imm_____ly recall a product *adv.* now or without delay
48. rel_____on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

ANSWERS: 41. extreme, 42. process, 43. perception, 44. yoga, 45. therapy, 46. sensitivity, 47. immediately, 48. relaxation

49. ch____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
50. wa____r far from home *v.* to walk around slowly or to a place, often without any clear purpose or direction
51. ha____e a precious object *v.* to deal with a situation, problem, or strong emotion
52. research on co____ve psychology *adj.* of or relating to mental processes of understanding
53. 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
54. become full of sen____ty *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
55. dis____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
56. field of gene th____y *n.* the act of caring for someone through medication, remedial training, etc.
57. a tollgate of a sup____way *n.* a large, wide road designed for high-speed traffic
58. religious med____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

ANSWERS: 49. chronic, 50. wander, 51. handle, 52. cognitive, 53. patient, 54. sensitivity, 55. distracted, 56. therapy, 57. superhighway, 58. meditation

59. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
60. visual co___x neuron *n.* the outermost layer of an organ, especially the brain
61. sp___l injury *adj.* of or relating to the spine (= the long bone in the body's back)
62. re_____e a prisoner *v.* to set free or allow to escape from confinement
63. neural g__a *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
64. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
65. mo_____te from one key to another *v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
66. get ne_____s *adj.* worried and anxious about something; relating to the nerves
67. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 59. yoga, 60. cortex, 61. spinal, 62. release, 63. glia, 64. medical, 65. modulate, 66. nervous, 67. damage

68. DC mo__r control *n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
69. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
70. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
71. f_g marigold *n.* a sweet and soft edible fruit with many seeds or a tree on which these grow
72. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
73. rel_____on music *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
74. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
75. easily ima_____le *adj.* capable of being imagined
76. six-lane sup_____way *n.* a large, wide road designed for high-speed traffic
77. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
78. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual

ANSWERS: 68. motor, 69. brain, 70. consequence, 71. fig, 72. distract, 73. relaxation, 74. stimulate, 75. imaginable, 76. superhighway, 77. medicinal, 78. consequence

79. harmonic re_____ce *n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things
80. noc_____or fiber *n.* a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain
81. f_g tree *n.* a sweet and soft edible fruit with many seeds or a tree on which these grow
82. the sa_____ce of the topic *n.* the quality of being prominent, significant, or relevant; the degree to which something stands out or is noticeable
83. directly int_____ect with those systems *v.* to connect similar things
84. bo__t the economy *v.* to improve, raise, or increase something
85. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
86. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
87. traditional me_____al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 79. resonance, 80. nociceptor, 81. fig, 82. salience, 83. interconnect, 84. boost, 85. distracted, 86. endorphin, 87. medicinal

88. a ma____ic tape *adj.* having the properties of attracting or repelling certain materials containing iron or steel
89. a combative im____e *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
90. 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
91. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
92. re____ce frequency *n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things
93. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
94. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
95. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 88. magnetic, 89. impulse, 90. prescription, 91. brain, 92. resonance, 93. cord, 94. roll, 95. suffer

96. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
97. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
98. 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
99. toxic ch_____als *adj.* relating to or connected with chemistry;
100. h__l a broken bone *v.* to make a wound or injury to become well again
101. federal ci_____t courts *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
102. a ch_____al compound *adj.* relating to or connected with chemistry;
103. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
104. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
105. tra_____lly accepted concept *adv.* in accordance with tradition; typically or commonly done in a particular way

ANSWERS: 96. medication, 97. ache, 98. decide, 99. chemical, 100. heal, 101. circuit, 102. chemical, 103. determinant, 104. damage, 105. traditionally

106. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
107. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
108. climate var_____ty *n.* the fact or quality of something being likely to vary
109. g__a function *n.* a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity
110. brain and sp___l cord *adj.* of or relating to the spine (= the long bone in the body's back)
111. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
112. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
113. co___x cells *n.* the outermost layer of an organ, especially the brain
114. a response to a st____us *n.* something that causes growth or arouses action
115. 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

ANSWERS: 106. intensify, 107. decide, 108. variability, 109. glia, 110. spinal, 111. neuron, 112. perception, 113. cortex, 114. stimulus, 115. develop

116. ind_____al freedom *n.* a single person or thing, as distinct from a group
117. emotional sa_____ce *n.* the quality of being prominent, significant, or relevant; the degree to which something stands out or is noticeable
118. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
119. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
120. em_____al distress *adj.* relating to people's feelings
121. a__e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
122. st__e top *n.* a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
123. tra_____lly sung at a banquet *adv.* in accordance with tradition; typically or commonly done in a particular way
124. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
125. em_____al health *adj.* relating to people's feelings
126. bo__t flexibility *v.* to improve, raise, or increase something
127. h__l the hurt mind *v.* to make a wound or injury to become well again

ANSWERS: 116. individual, 117. salience, 118. cord, 119. associate, 120. emotional, 121. ache, 122. stove, 123. traditionally, 124. severe, 125. emotional, 126. boost, 127. heal

128. worst ima_____le case *adj.* capable of being imagined
129. an ele_____al storm *adj.* relating to electricity
130. pa_____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something
131. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
132. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
133. wa___r alone in a strange country *v.* to walk around slowly or to a place, often without any clear purpose or direction
134. pre_____ion drugs *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
135. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
136. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
137. ma_____ic field *adj.* having the properties of attracting or repelling certain materials containing iron or steel
138. economic st_____us *n.* something that causes growth or arouses action

ANSWERS: 128. imaginable, 129. electrical, 130. pathway, 131. roll, 132. tissue, 133. wander, 134. prescription, 135. severe, 136. involve, 137. magnetic, 138. stimulus

139. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
140. risk of ch____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
141. d__l sight *adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp
142. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
143. improve co_____ve function *adj.* of or relating to mental processes of understanding
144. profound religious im_____es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
145. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
146. a d__l pain *adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp
147. crossword pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
148. mo_____te the function *v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something

ANSWERS: 139. shock, 140. chronic, 141. dull, 142. injury, 143. cognitive, 144. impulse, 145. medical, 146. dull, 147. puzzle, 148. modulate

149. excite the ne___ns

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

150. 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: 149. neuron, 150. determinant

Session 3: Fill in the Blanks

1. I _____ all over after running a marathon yesterday.
v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

2. There is considerable _____ in all the test scores.
n. the fact or quality of something being likely to vary

3. This is the only _____ strategy.
adj. capable of being imagined

4. 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

5. Your spinal _____ is located deep within your body.
n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

6. 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

7. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again

8. I was so _____ by my phone that I nearly walked into a lamppost.
adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 1. ache, 2. variability, 3. imaginable, 4. determinant, 5. cord, 6. prescription, 7. heal, 8. distracted

9. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
10. The _____ force of the earth keeps our planet spinning.
- adj.* having the properties of attracting or repelling certain materials containing iron or steel
11. The researcher separated the nervous _____ for microscopic examinations.
- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
12. The University provides a wireless Internet _____ to its students.
- n.* a large, wide road designed for high-speed traffic
13. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.
- adj.* of or relating to the spine (= the long bone in the body's back)
14. The new service helped _____ net income by 10%.
- v.* to improve, raise, or increase something
15. 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
16. The dentist administered an _____ to numb the patient's mouth before the procedure.
- n.* a substance that is administered to a person or an animal to produce a loss of sensation or consciousness so that medical or surgical procedures can be performed without causing pain

ANSWERS: 9. medication, 10. magnetic, 11. tissue, 12. superhighway, 13. spinal, 14. boost, 15. patient's, 16. anesthetic

17. We all should learn how to _____ stress.

v. to deal with a situation, problem, or strong emotion

18. The singer's voice filled the auditorium with beautiful _____.

n. a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things

19. The instrument has a high _____ to temperature changes.

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

20. Many people find that regular _____ practice can help reduce stress and anxiety.

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

21. These chemicals _____ the effect of metabolism.

v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something

22. The _____ of the issue was highlighted in the national news.

n. the quality of being prominent, significant, or relevant; the degree to which something stands out or is noticeable

23. He suffers from _____ breakdowns.

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

24. 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

ANSWERS: 17. handle, 18. resonance, 19. sensitivity, 20. yoga, 21. modulate, 22. salience, 23. nervous, 24. injury

25. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
- v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
26. The investigation _____ several government agencies and is expected to take several months.
- v. to include or affect someone or something as a necessary part of something else
27. Yoga is a great way to promote _____ and reduce stress.
- n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
28. X-rays revealed a small tumor in his _____.
- n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
29. Our body transfers information along each _____ using an electrical impulse.
- n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
30. The majority of consumers _____ this brand with quality.
- v. to mentally connect someone or something with someone or something else
31. He got an electric _____ at work.
- n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

ANSWERS: 25. damage, 26. involves, 27. relaxation, 28. brain, 29. neuron, 30. associate, 31. shock

32. Our system can now _____ with other databases.
v. to connect similar things
33. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree
34. The _____ in the skin are activated by heat, cold, and pressure.
n. a sensory nerve ending that is capable of detecting harmful stimuli, such as heat, cold, pressure, or tissue damage, and transmitting this information to the brain
35. 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
36. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
37. I made dinner on the _____ using a pot and a pan.
n. a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
38. Nerve _____ cross a synapse through the action of neurotransmitters.
n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
39. The human brain contains both neurons and _____ cells.
n. a type of brain cell that supports and insulates neurons, provides nutrients to them, and helps to regulate their activity

ANSWERS: 32. interconnect, 33. extreme, 34. nociceptors, 35. process, 36. intensify, 37. stove, 38. impulses, 39. glia

40. An intelligent battery has a voltage monitoring _____.
- n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
41. Please don't _____ me while I'm studying.
- v.* to draw someone's attention away from what they are trying to do
42. When the first molecule in the _____ receives a signal, it activates other molecules.
- n.* a track that constitutes or serves as a path; an approach or a way of doing something
43. 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
44. He is a man admired for the depth of his _____.
- n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
45. The senator received _____ criticism from his opponent.
- adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
46. The level of _____ in the brain can be affected by certain drugs.
- n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes

ANSWERS: 40. circuit, 41. distract, 42. pathway, 43. develop, 44. perception, 45. severe, 46. enkephalin

47. This jigsaw _____ is challenging because there are no pictures.
n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
48. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
49. It is _____ to see criminal behavior even though it is minor.
adj. not enjoyable or comfortable
50. This book provides children with ideas and a _____ for outside recreation.
n. something that causes growth or arouses action
51. A suspension order from the court is effective _____.
adv. now or without delay
52. The cerebral _____ consists of six layers.
n. the outermost layer of an organ, especially the brain
53. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
54. _____ the ceremony was held outdoors.
adv. in accordance with tradition; typically or commonly done in a particular way
55. He was exhausted and _____ into bed as soon as he got home.
v. to move in a particular direction by turning over and over or from side to side

ANSWERS: 47. puzzle, 48. suffers, 49. unpleasant, 50. stimulus, 51. immediately, 52. cortex, 53. emotional, 54. Traditionally, 55. rolled

56. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

57. Actuators convert _____ pulses into motion.

adj. relating to electricity

58. His _____ faculties were getting worse because of a lack of sleep.

adj. of or relating to mental processes of understanding

59. As an _____ he had the right to make his own decisions and live his life as he saw fit.

n. a single person or thing, as distinct from a group

60. These economic activities had disastrous environmental _____.

n. the outcome of a particular action or event, especially relative to an individual

61. _____ hyperglycemia is a trigger for a variety of serious diseases.

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

62. 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

63. Energy-efficient _____ are needed to maximize the cruising distance of electric vehicles.

n. a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work

64. Our plan includes a comprehensive marketing _____.

n. a detailed plan of action designed to achieve a long-term or overall goal.

ANSWERS: 56. Constant, 57. electrical, 58. cognitive, 59. individual, 60. consequences, 61. Chronic, 62. medical, 63. motors, 64. strategy

65. The trade is _____ right now due to the collapse of the prominent investment bank.

adj. not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp

66. The release of _____ during exercise can provide a natural high and help to relieve stress.

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

67. The _____ properties of this herb have been known to help with various ailments.

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

68. He ate the dried _____ he had preserved.

n. a sweet and soft edible fruit with many seeds or a tree on which these grow

69. The book _____ my imagination.

v. to encourage something to develop or become more active; to stir the feelings or emotions

70. The firm has grown into a large _____ manufacturing.

adj. relating to or connected with chemistry;

71. The animal rights group worked to _____ the dolphins back into the wild.

v. to set free or allow to escape from confinement

72. I often _____ around the park for half an hour.

v. to walk around slowly or to a place, often without any clear purpose or direction

ANSWERS: 65. dull, 66. endorphins, 67. medicinal, 68. figs, 69. stimulated, 70. chemical, 71. release, 72. wander

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

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

74. The _____ instructor guided the group through the relaxation and breathing exercises.

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

75. 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

ANSWERS: 73. therapy, 74. meditation, 75. decide