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A.J. Jacobs: How healthy living nearly killed me | TED Talk

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

Advanced Words Only

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Session 1: Word List

downside

n. the negative aspects or consequences of something; the potential for loss or failure

synonym: drawback, negative, disadvantage

(1) major **downside**, (2) **downside** of globalization

The **downside** of the new policy was that it would be more expensive for customers.

Jewish

adj. of or relating to people whose traditional religion is Judaism

synonym: Judaic

(1) **Jewish** history, (2) **Jewish** culture

My friend is a **Jewish** woman who celebrates Hanukkah every year.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

commandment

n. a divine rule, especially one of the Ten Commandments; an order or law given by authority

synonym: law, edict, precept

(1) violate a **commandment**, (2) a religious **commandment**
He was punished because he contravened a **commandment** of God.

beard

n. hair that grows on a man's face, often around the mouth and chin

synonym: facial hair, whiskers, stubble

(1) a black **beard**, (2) shave my **beard**
He grew a thick **beard** to change his appearance.

shave

v. to remove body hair with a razor; to cut the price of something

synonym: trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese
That supermarket tried to **shave** certain costs by saving electricity.

trilogy

n. a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

synonym: triple, triptych

(1) **trilogy** series, (2) **trilogy** format
The Lord of the Rings **trilogy** is a classic in the fantasy genre.

mind-boggling

adj. extremely surprising or overwhelming and, therefore, difficult to understand or imagine

synonym: overwhelming, amazing, astonishing

(1) a **mind-boggling** puzzle, (2) a **mind-boggling** display
Educating hundreds of thousands of recruits is a **mind-boggling** task.

treadmill

n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a

monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

synonym: exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym: sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

dermatology

n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

synonym: skin care, skin medicine, skin science

(1) pediatric **dermatology**, (2) **dermatology** research

She visited a **dermatology** clinic to get treatment for her skin condition.

glazed

adj. having a shiny surface or coating, as if covered in glass; having a dull, blank expression

synonym: shiny, glossy, glassy

(1) **glazed** roofing tile, (2) **glazed** finish

He looked at her with a **glazed** expression, not quite comprehending what she was saying.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

germ

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym : bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment

The **germ** of his idea came from watching birds flying in flocks.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

overboard

adv. to an extreme or excessive degree; to a point where something becomes unreasonable or irrational

synonym : recklessly, excessively

(1) fell **overboard**, (2) dumped **overboard**

He went **overboard** with his criticism, and it hurt her feelings.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym : pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children

She **indulged** in a warm bath after a long day at work.

overeat

v. to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

synonym : overindulge, binge, pig out

(1) **overeat** snacks, (2) **overeat** in response to pressures

I always seem to **overeat** when I eat at a restaurant.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym : brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels
The raising of interest rates **stabilizes** the inflation rate.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

cognition

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

synonym: awareness, understanding, comprehension

(1) social **cognition**, (2) **cognition** disorder

The professor focused on the research of infant **cognition**.

cobble

n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

synonym: pebble, boulder, stone

(1) **cobble** driveway, (2) **cobble** up a policy accord

The town is known for its historic **cobble** streets, which were laid by hand in the 19th century.

patriot

n. a person who loves their nation and would fight for it if required

synonym: nationalist, loyalist

(1) blind **patriot**, (2) zealous **patriot**

He is more of a hypocrite than a **patriot**, to be honest.

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**.

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.

pleasurable

adj. giving satisfaction or pleasure; enjoyable

synonym: comforting, enjoyable, gratifying

(1) a **pleasurable** experience, (2) have a very **pleasurable** time

Our marital life was full of happiness and **pleasurable** excitement.

crunch

n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

synonym: crushing, snapping, crisis

(1) financial **crunch**, (2) a gas **crunch**

The **crunch** of the leaves underfoot was heard as they walked through the park.

mouthfeel

n. the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics

synonym: texture, consistency

(1) smooth **mouthfeel**, (2) crispy **mouthfeel**

The creamy **mouthfeel** of the ice cream was due to the high-fat content.

sunflower

n. a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes

synonym : helianthus

(1) **sunflower** oil, (2) **sunflower** field

The **sunflower** seeds can be roasted and eaten as a snack.

Session 2: Spelling

1. financial cr___h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
2. gl___d roofing tile *adj.* having a shiny surface or coating, as if covered in glass; having a dull, blank expression
3. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
4. der_____gy research *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
5. tr_____ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
6. su_____en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
7. crispy mo_____el *n.* the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
8. sh__e my head *v.* to remove body hair with a razor; to cut the price of something

ANSWERS: 1. crunch, 2. glazed, 3. improvisation, 4. dermatology, 5. treadmill, 6. sunscreen, 7. mouthfeel, 8. shave

9. zealous pa____t *n.* a person who loves their nation and would fight for it if required
10. Je____h culture *adj.* of or relating to people whose traditional religion is Judaism
11. und____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
12. imp____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
13. ind____us worker *adj.* hardworking, diligent, and persistent in effort
14. un____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
15. a gas cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
16. un____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
17. nonstop tr____ll *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
18. a ple____le experience *adj.* giving satisfaction or pleasure; enjoyable
19. tr____y series *n.* a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

ANSWERS: 9. patriot, 10. Jewish, 11. underestimate, 12. improvisation, 13. industrious, 14. unhealthy, 15. crunch, 16. unhealthy, 17. treadmill, 18. pleasurable, 19. trilogy

20. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
21. shave my be__d *n.* hair that grows on a man's face, often around the mouth and chin
22. natural su_____en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
23. im___r my health *v.* to damage something or make it weaker or worse
24. have a very ple_____le time *adj.* giving satisfaction or pleasure; enjoyable
25. major do_____de *n.* the negative aspects or consequences of something; the potential for loss or failure
26. violate a com_____nt *n.* a divine rule, especially one of the Ten Commandments; an order or law given by authority
27. in_____e children *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
28. pediatric der_____gy *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
29. ov_____t snacks *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
30. tr_____y format *n.* a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

ANSWERS: 20. smartphone, 21. beard, 22. sunscreen, 23. impair, 24. pleasurable, 25. downside, 26. commandment, 27. indulge, 28. dermatology, 29. overeat, 30. trilogy

31. co_____on disorder *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
32. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
33. gl___d finish *adj.* having a shiny surface or coating, as if covered in glass; having a dull, blank expression
34. co___e driveway *n.* a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
35. blind pa_____t *n.* a person who loves their nation and would fight for it if required
36. social co_____on *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
37. sh___e cheese *v.* to remove body hair with a razor; to cut the price of something
38. in_____e in debauchery *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
39. a min_____ing puzzle *adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine

ANSWERS: 31. cognition, 32. underestimate, 33. glazed, 34. cobble, 35. patriot, 36. cognition, 37. shave, 38. indulge, 39. mind-boggling

40. Je___h history *adj.* of or relating to people whose traditional religion is Judaism
41. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
42. do_____de of globalization *n.* the negative aspects or consequences of something; the potential for loss or failure
43. a min_____ing display *adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
44. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
45. fell ov_____rd *adv.* to an extreme or excessive degree; to a point where something becomes unreasonable or irrational
46. a black be__d *n.* hair that grows on a man's face, often around the mouth and chin
47. su_____er oil *n.* a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes
48. ov_____t in response to pressures *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
49. im_____e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

ANSWERS: 40. Jewish, 41. stabilize, 42. downside, 43. mind-boggling, 44. stabilize, 45. overboard, 46. beard, 47. sunflower, 48. overeat, 49. immerse

50. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
51. antibiotic-resistant g__m *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
52. dumped ov_____rd *adv.* to an extreme or excessive degree; to a point where something becomes unreasonable or irrational
53. ind_____us student *adj.* hardworking, diligent, and persistent in effort
54. a religious com_____nt *n.* a divine rule, especially one of the Ten Commandments; an order or law given by authority
55. completely im_____e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
56. smooth mo_____el *n.* the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
57. a g__m-free environment *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
58. co___e up a policy accord *n.* a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

ANSWERS: 50. impair, 51. germ, 52. overboard, 53. industrious, 54. commandment, 55. immerse, 56. mouthfeel, 57. germ, 58. cobble

59. sma_____ne app developer

n. a mobile phone that functions as a computer and connects to the Internet

60. su_____er field

n. a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes

ANSWERS: 59. smartphone, 60. sunflower

Session 3: Fill in the Blanks

1. He was punished because he contravened a _____ of God.
n. a divine rule, especially one of the Ten Commandments; an order or law given by authority
2. The _____ of his idea came from watching birds flying in flocks.
n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
3. The town is known for its historic _____ streets, which were laid by hand in the 19th century.
n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
4. He grew a thick _____ to change his appearance.
n. hair that grows on a man's face, often around the mouth and chin
5. He is more of a hypocrite than a _____ to be honest.
n. a person who loves their nation and would fight for it if required
6. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
7. Educating hundreds of thousands of recruits is a _____ task.
adj. extremely surprising or overwhelming and, therefore, difficult to understand or imagine
8. She _____ in a warm bath after a long day at work.
v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

ANSWERS: 1. commandment, 2. germ, 3. cobble, 4. beard, 5. patriot, 6. industrious, 7. mind-boggling, 8. indulged

9. The raising of interest rates _____ the inflation rate.
v. to become or cause to become steady or unlikely to give way
10. The creamy _____ of the ice cream was due to the high-fat content.
n. the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
11. He looked at her with a _____ expression, not quite comprehending what she was saying.
adj. having a shiny surface or coating, as if covered in glass; having a dull, blank expression
12. Wearing _____ to protect your skin from harmful UV rays is important.
n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
13. He _____ himself in his research.
v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
14. Our marital life was full of happiness and _____ excitement.
adj. giving satisfaction or pleasure; enjoyable
15. My friend is a _____ woman who celebrates Hanukkah every year.
adj. of or relating to people whose traditional religion is Judaism
16. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 9. stabilizes, 10. mouthfeel, 11. glazed, 12. sunscreen, 13. immersed, 14. pleasurable, 15. Jewish, 16. improvisation

17. She visited a _____ clinic to get treatment for her skin condition.
n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
18. The _____ seeds can be roasted and eaten as a snack.
n. a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes
19. The accident made his vision _____.
v. to damage something or make it weaker or worse
20. The _____ of the leaves underfoot was heard as they walked through the park.
n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
21. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
22. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
23. Internet traffic volumes have increased significantly with the advent of _____.
n. a mobile phone that functions as a computer and connects to the Internet
24. The Lord of the Rings _____ is a classic in the fantasy genre.
n. a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

ANSWERS: 17. dermatology, 18. sunflower, 19. impaired, 20. crunch, 21. underestimated, 22. unhealthy, 23. smartphones, 24. trilogy

25. I always seem to _____ when I eat at a restaurant.

- v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

26. He went _____ with his criticism, and it hurt her feelings.

- adv.* to an extreme or excessive degree; to a point where something becomes unreasonable or irrational

27. The professor focused on the research of infant _____.

- n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

28. The _____ of the new policy was that it would be more expensive for customers.

- n.* the negative aspects or consequences of something; the potential for loss or failure

29. That supermarket tried to _____ certain costs by saving electricity.

- v.* to remove body hair with a razor; to cut the price of something

30. I like to watch TV while running on the _____ to pass the time.

- n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

ANSWERS: 25. overeat, 26. overboard, 27. cognition, 28. downside, 29. shave, 30. treadmill