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Dean Ornish: Healing through diet | TED Talk

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Advanced Words Only

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Session 1: Word List

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

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.

faucet

n. a device for controlling the flow of liquid from a pipe

synonym: tap, spigot, valve

(1) a water **faucet**, (2) **faucet** handle

I turned on the **faucet** to wash my hands.

perennial

adj. lasting for an indefinitely long time; enduring

synonym: long-lasting, recurrent, persistent

(1) **perennial** battle, (2) **perennial** asthma

The **perennial** flowers returned yearly, providing a beautiful display in the garden.

rabbi

n. a Jewish religious leader or a Jewish scholar or teacher
synonym : clergyman, priest, teacher

(1) son of a **rabbi**, (2) the city's communal **rabbi**

The chief **rabbi** chanted a prayer.

monk

n. a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym : friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

nun

n. a woman who has taken religious vows and is a member of a monastic community

synonym : sister, religious, monastic

(1) **nun** habit, (2) meditating **nun**

The cloistered **nun** devoted her life to serving the poor and marginalized.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym : block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym : agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

innate

adj. existing naturally or from birth; inherent or inborn; not acquired or learned through experience

synonym : natural, inherent, inborn

(1) **innate** ability, (2) **innate** quality

The belief in **innate** human goodness is a common philosophical concept.

cessation

n. the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state

synonym: halt, stoppage, discontinuation

(1) **cessation** from work, (2) **cessation** of smoking

The government called for an immediate **cessation** of hostilities between the two countries.

positron

n. an antiparticle of the electron with a positive charge that has the same mass as the electron but an opposite charge

synonym: antielectron, antiparticle, positronium

(1) **positron** emission, (2) **positron** annihilation

Positron emission tomography, or PET, is a medical imaging technique.

tomography

n. a diagnostic imaging technique used to produce detailed images of structures inside the body, typically by using X-rays, CT scans, or ultrasound

synonym: imaging, scanning, x-ray

(1) acoustic **tomography**, (2) **tomography** image

The **tomography** scan showed a clear image of the patient's internal organs.

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**.

angioplasty

n. a medical procedure used to widen or unblock narrowed or obstructed blood vessels, especially arteries, typically involving the insertion of a thin tube (catheter) into the

affected area and the inflation of a balloon to reopen the vessel or the placement of a stent to keep the vessel open

synonym : stent placement, vascular intervention

(1) renal **angioplasty**, (2) successful **angioplasty**

The patient underwent an **angioplasty** to open up the blocked arteries in his heart.

medically

adv. in a way that relates to the practice of medicine and the treatment of illness and injury

(1) **medically** endorsed method, (2) in a **medically** effective manner

A decade ago, it was **medically** impossible to cure this disease completely.

smoker

n. a person who smokes tobacco regularly, or a device used for smoking

(1) **smoker** behavior, (2) an inveterate **smoker**

Many **smokers** are aware of the health risks associated with smoking but find it difficult to quit.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym : slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

loneliness

n. a state or feeling of being unhappy because you have no connection with other people

synonym : isolation, alienation, desolation

(1) a strong sense of **loneliness**, (2) remedy **loneliness**

I realize the **loneliness** of a single life.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym :

dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

emphysema

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

synonym : COPD, lung disease, respiratory disorder

(1) **emphysema** treatment, (2) chronic **emphysema**

The onset of **emphysema** can be gradual, with symptoms appearing over several years.

impotent

adj. lacking power or ability to change things or to influence a situation

synonym : helpless, worthless, powerless

(1) an **impotent** feeling, (2) sexually **impotent**

Modern medicine was largely **impotent** against the disease.

erectile

adj. characterized by the ability to become physically erect, particularly in sexual function

synonym : raised, standing, cavernous

(1) **erectile** dysfunction, (2) **erectile** tissues

The drug was found to have significant **erectile** side effects in clinical trials.

nicotine

n. a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system

synonym : tobacco, smoke

(1) **nicotine** patch, (2) **nicotine** replacement therapy

Smoking cigarettes exposes the body to high levels of **nicotine**, which can be addictive.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom
The snake's muscles began to **constrict** around its prey.

lethargic

adj. feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive

synonym : sluggish, drowsy, inactive

(1) **lethargic** performance, (2) **lethargic** response

The medication made him feel **lethargic** and drowsy.

thanksgiving

n. an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year

synonym : gratitude, appreciation, recognition

(1) **thanksgiving** traditions, (2) **thanksgiving** parade

My family gathers together every year for **thanksgiving** dinner.

afterward

adv. after the time mentioned

synonym : later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

paradox

n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

synonym : incongruity, dichotomy, contradiction

(1) French **paradox**, (2) the **paradox** of the heap

There are many theories to explain this **paradox**.

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.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism
Foods high in **carbohydrates** include bread, pasta, and rice.

satiety

n. the state of being completely satisfied, especially after having eaten enough food; the feeling of having had enough to eat or a sense of fullness

synonym: fullness, repletion, satisfaction

(1) **satiety** level, (2) **satiety** center

After eating a big meal, the feeling of **satiety** sets in, and you no longer feel hungry.

whammy

n. a powerful or devastating effect or influence; (double whammy) an adverse effect that is compounded by another negative effect

synonym: spell, hex, jinx

(1) **whammy** of bad news, (2) get the double **whammy**

The company's stock took a **whammy** after the scandal broke.

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.

rind

n. the tough outer layer of something, such as a fruit or cheese; a strip or ring of the outer skin, covering, or

layer on an object

synonym : peel, skin, husk

(1) orange **rind**, (2) cheese **rind**

The cheese had a thick **rind** that needed to be removed before eating.

sausage

n. a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

synonym : bratwurst, wurst, frankfurter

(1) beef **sausage**, (2) German **sausage**

The mother sliced off a piece of **sausage**.

amphetamine

n. a synthetic stimulant drug that affects the central nervous system, typically prescribed to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy, known to increase alertness, focus, and energy levels

synonym : stimulant, upper, speed

(1) **amphetamine** addiction, (2) **amphetamine-based** medication

The abuse of **amphetamine** can have serious and long-lasting health effects.

constipation

n. a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination

synonym : congestion, blockage, obstruction

(1) **constipation** relief, (2) chronic **constipation**

The patient complained of **constipation**, and the doctor recommended increasing their daily fiber intake.

excrete

v. to discharge waste matter, such as urine or feces, from the body or a cell or gland

synonym : eliminate, expel, secrete

(1) **excrete** a sticky liquid, (2) **excrete** waste products

The body **excretes** excess salt through urine to maintain proper electrolyte balance.

perspiration

n. the act or process of sweating; the sweat exuded from the sweat glands

synonym: sweat, moisture, dampness

(1) **perspiration** stain, (2) excessive **perspiration**

The intense workout left him drenched in **perspiration**.

deforestation

n. the act of cutting down or burning trees in a large area

synonym: clear-cutting, desertification

(1) **deforestation** of the tropics, (2) the lowest **deforestation** rate

Large-scale **deforestation** also has a significant impact on marine ecosystems in the area.

biopsy

n. the process of removing and examining tissue from the body of the sick person to determine the existence or cause of a disease

synonym: examination, autopsy

(1) **biopsy** of bone marrow, (2) liquid **biopsy**

The doctor performed an excisional breast **biopsy**.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

spectroscope

n. an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)

(1) infrared **spectroscope**, (2) Fourier **spectroscope**

An X-ray **spectroscope** can determine the composition of the elements in a sample.

recurrence

n. the act of happening again or recurring; the return of something, such as a disease or symptom, after a

period of abatement or remission

synonym: repetition, return, reappearance

(1) **recurrence** rate, (2) **recurrence** after chemotherapy

The **recurrence** of the flu every winter is a common occurrence.

apropos

adj. concerning a particular topic; fitting or appropriate in a given situation; (adverb) at the right time; incidentally or by the way

synonym: concerning, relevant, (adverb) timely

(1) **apropos** expression, (2) arrived **apropos**

His **apropos-of-nothing** comment about the weather caught everyone off guard during the business meeting.

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.

intimacy

n. close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

synonym: closeness, familiarity, nearness

(1) on terms of **intimacy**, (2) build **intimacy**

They were looking for **intimacy** in their relationship and wanted to be close to each other.

altruism

n. the belief or practice of disinterested and selfless concern for the well-being of others; unselfish devotion to the welfare of others often expressed as acts of kindness or charity

synonym: selflessness, philanthropy, generosity

(1) acts of **altruism**, (2) **altruism** in society

His act of volunteering at the homeless shelter was a clear example of practical **altruism**.

metastatic

adj. used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system

synonym : spreading, invasive, secondary

(1) **metastatic** disease, (2) **metastatic** spreading

Metastatic cancer has spread from its original site to other body parts.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym : boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

lancet

n. a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures

synonym : scalpel, blade, surgical instrument

(1) **lancet** device, (2) surgical **lancet**

The doctor used a **lancet** for a small incision on the patient's skin.

Sanskrit

n. an ancient language of India and an important sacred language in Hinduism, Buddhism, and Jainism; used as a scholarly and literary language in South Asia for thousands of years

(1) **Sanskrit** language, (2) **Sanskrit** literature

Some Indian classical dances and music are based on **Sanskrit** scriptures and texts.

yoke

n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one

synonym : bondage, tether, coupling

(1) **yoke** up a horse, (2) under the **yoke** of slavery

The plow was attached to the **yoke**, allowing the farmer to till

the soil.

oncology

n. the branch of medicine that deals with the study and treatment of tumors, especially malignancies

synonym: cancer treatment, study of tumors

(1) **oncology** center, (2) modern **oncology** treatment

The pharmaceutical company unveiled its latest breakthrough drug for the **oncology** market.

cardiologist

n. a medical doctor who specializes in the study and treatment of the heart and the circulatory system

synonym: heart doctor, heart specialist, cardiac specialist

(1) **cardiologist** appointment, (2) skilled **cardiologist**

My grandfather is seeing a **cardiologist** to monitor his heart condition.

shorthand

n. a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something

synonym: stenography, speedwriting, tachygraphy

(1) learn **shorthand**, (2) write in **shorthand**

The secretary's **shorthand** was so good that she could type up meeting minutes within minutes.

Session 2: Spelling

1. acts of al____sm
n. the belief or practice of disinterested and selfless concern for the well-being of others; unselfish devotion to the welfare of others often expressed as acts of kindness or charity
2. orange r__d
n. the tough outer layer of something, such as a fruit or cheese; a strip or ring of the outer skin, covering, or layer on an object
3. pe_____al asthma
adj. lasting for an indefinitely long time; enduring
4. a n__b mind
adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity
5. complex car_____ate
n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
6. in___e quality
adj. existing naturally or from birth; inherent or inborn; not acquired or learned through experience
7. under the y__e of slavery
n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one

ANSWERS: 1. altruism, 2. rind, 3. perennial, 4. numb, 5. carbohydrate, 6. innate, 7. yoke

8. bi___y of bone marrow *n.* the process of removing and examining tissue from the body of the sick person to determine the existence or cause of a disease
9. tha_____ing traditions *n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
10. chronic em_____ma *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
11. French pa_____x *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
12. a strong sense of lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people
13. ce_____on from work *n.* the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state
14. German sa_____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

ANSWERS: 8. biopsy, 9. thanksgiving, 10. emphysema, 11. paradox, 12. loneliness, 13. cessation, 14. sausage

15. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
16. y__e up a horse *n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
17. cheese r__d *n.* the tough outer layer of something, such as a fruit or cheese; a strip or ring of the outer skin, covering, or layer on an object
18. write in sh_____nd *n.* a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
19. fa___t handle *n.* a device for controlling the flow of liquid from a pipe
20. Fourier spe_____ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
21. po_____on annihilation *n.* an antiparticle of the electron with a positive charge that has the same mass as the electron but an opposite charge
22. in a me_____ly effective manner *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury

ANSWERS: 15. medicinal, 16. yoke, 17. rind, 18. shorthand, 19. faucet, 20. spectroscope, 21. positron, 22. medically

23. arrived ap____s *adj.* concerning a particular topic; fitting or appropriate in a given situation; (adverb) at the right time; incidentally or by the way
24. Sa____it literature *n.* an ancient language of India and an important sacred language in Hinduism, Buddhism, and Jainism; used as a scholarly and literary language in South Asia for thousands of years
25. renal ang____ty *n.* a medical procedure used to widen or unblock narrowed or obstructed blood vessels, especially arteries, typically involving the insertion of a thin tube (catheter) into the affected area and the inflation of a balloon to reopen the vessel or the placement of a stent to keep the vessel open
26. rec____ce rate *n.* the act of happening again or recurring; the return of something, such as a disease or symptom, after a period of abatement or remission
27. con____ion relief *n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
28. ni____ne patch *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
29. pe____al battle *adj.* lasting for an indefinitely long time; enduring

ANSWERS: 23. apropos, 24. Sanskrit, 25. angioplasty, 26. recurrence, 27. constipation, 28. nicotine, 29. perennial

30. Sa____it language *n.* an ancient language of India and an important sacred language in Hinduism, Buddhism, and Jainism; used as a scholarly and literary language in South Asia for thousands of years
31. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
32. meditating n_n *n.* a woman who has taken religious vows and is a member of a monastic community
33. learn sh_____nd *n.* a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
34. er_____le tissues *adj.* characterized by the ability to become physically erect, particularly in sexual function
35. the lowest def_____ion rate *n.* the act of cutting down or burning trees in a large area
36. per_____ion stain *n.* the act or process of sweating; the sweat exuded from the sweat glands
37. c__g artery *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
38. po_____on emission *n.* an antiparticle of the electron with a positive charge that has the same mass as the electron but an opposite charge

ANSWERS: 30. Sanskrit, 31. motto, 32. nun, 33. shorthand, 34. erectile, 35. deforestation, 36. perspiration, 37. clog, 38. positron

39. in___e ability *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
40. sexually im____nt *adj.* lacking power or ability to change things or to influence a situation
41. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
42. rec____ce after chemotherapy *n.* the act of happening again or recurring; the return of something, such as a disease or symptom, after a period of abatement or remission
43. 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
44. get the double wh___y *n.* a powerful or devastating effect or influence; (double whammy) an adverse effect that is compounded by another negative effect
45. beef sa____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices
46. n_n habit *n.* a woman who has taken religious vows and is a member of a monastic community
47. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager

ANSWERS: 39. innate, 40. impotent, 41. numb, 42. recurrence, 43. pancreas, 44. whammy, 45. sausage, 46. nun, 47. excite

48. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
49. ap_____s expression *adj.* concerning a particular topic; fitting or appropriate in a given situation; (adverb) at the right time; incidentally or by the way
50. m__k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
51. car_____ist appointment *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system
52. er_____le dysfunction *adj.* characterized by the ability to become physically erect, particularly in sexual function
53. surgical la____t *n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
54. met_____ic disease *adj.* used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
55. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
56. son of a ra__i *n.* a Jewish religious leader or a Jewish scholar or teacher
57. amp_____ne addiction *n.* a synthetic stimulant drug that affects the central nervous system, typically prescribed to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy, known to increase alertness, focus, and energy levels

ANSWERS: 48. nurture, 49. apropos, 50. monk, 51. cardiologist, 52. erectile, 53. lancet, 54. metastatic, 55. improvisation, 56. rabbi, 57. amphetamine

58. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
59. le_____ic performance *adj.* feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive
60. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
61. al_____sm in society *n.* the belief or practice of disinterested and selfless concern for the well-being of others; unselfish devotion to the welfare of others often expressed as acts of kindness or charity
62. a water fa____t *n.* a device for controlling the flow of liquid from a pipe
63. build in_____cy *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
64. acoustic tom_____hy *n.* a diagnostic imaging technique used to produce detailed images of structures inside the body, typically by using X-rays, CT scans, or ultrasound
65. 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

ANSWERS: 58. nurture, 59. lethargic, 60. improvisation, 61. altruism, 62. faucet, 63. intimacy, 64. tomography, 65. pancreas

66. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
67. sa_____y center *n.* the state of being completely satisfied, especially after having eaten enough food; the feeling of having had enough to eat or a sense of fullness
68. the pa_____x of the heap *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
69. skilled car_____ist *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system
70. co_____r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
71. tha_____ing parade *n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
72. the mo___o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
73. an im_____nt feeling *adj.* lacking power or ability to change things or to influence a situation
74. chronic con_____ion *n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination

ANSWERS: 66. constrict, 67. satiety, 68. paradox, 69. cardiologist, 70. confer, 71. thanksgiving, 72. motto, 73. impotent, 74. constipation

75. an inveterate sm____r
n. a person who smokes tobacco regularly, or a device used for smoking
76. met____ic spreading
adj. used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
77. me____ly endorsed method
adv. in a way that relates to the practice of medicine and the treatment of illness and injury
78. def____ion of the tropics
n. the act of cutting down or burning trees in a large area
79. co____ct blood vessels
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
80. ce____on of smoking
n. the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state
81. la____t device
n. a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
82. ex____e the crowd
v. to make someone feel suddenly enthusiastic or eager
83. traditional me____al
adj. of or relating to the treatment or cure of disease
84. go there af____rd
adv. after the time mentioned
85. ov____t snacks
v. to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

ANSWERS: 75. smoker, 76. metastatic, 77. medically, 78. deforestation, 79. constrict, 80. cessation, 81. lancet, 82. excite, 83. medicinal, 84. afterward, 85. overeat

86. ex____e waste products *v.* to discharge waste matter, such as urine or feces, from the body or a cell or gland
87. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
88. the city's communal ra__i *n.* a Jewish religious leader or a Jewish scholar or teacher
89. 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
90. sa____y level *n.* the state of being completely satisfied, especially after having eaten enough food; the feeling of having had enough to eat or a sense of fullness
91. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
92. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
93. successful ang_____ty *n.* a medical procedure used to widen or unblock narrowed or obstructed blood vessels, especially arteries, typically involving the insertion of a thin tube (catheter) into the affected area and the inflation of a balloon to reopen the vessel or the placement of a stent to keep the vessel open

ANSWERS: 86. excrete, 87. clog, 88. rabbi, 89. obese, 90. satiety, 91. confer, 92. obese, 93. angioplasty

94. cloistered m__k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
95. tom_____hy image *n.* a diagnostic imaging technique used to produce detailed images of structures inside the body, typically by using X-rays, CT scans, or ultrasound
96. amp_____ne-based medication *n.* a synthetic stimulant drug that affects the central nervous system, typically prescribed to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy, known to increase alertness, focus, and energy levels
97. di_____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
98. sm_____r behavior *n.* a person who smokes tobacco regularly, or a device used for smoking
99. 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
100. on_____gy center *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
101. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
102. modern on_____gy treatment *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies

ANSWERS: 94. monk, 95. tomography, 96. amphetamine, 97. disturb, 98. smoker, 99. overeat, 100. oncology, 101. carbohydrate, 102. oncology

103. ex_____e a sticky liquid *v.* to discharge waste matter, such as urine or feces, from the body or a cell or gland
104. di_____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
105. ni_____ne replacement therapy *n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
106. remedy lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people
107. a few years af_____rd *adv.* after the time mentioned
108. wh_____y of bad news *n.* a powerful or devastating effect or influence; (double whammy) an adverse effect that is compounded by another negative effect
109. excessive per_____ion *n.* the act or process of sweating; the sweat exuded from the sweat glands
110. liquid bi_____y *n.* the process of removing and examining tissue from the body of the sick person to determine the existence or cause of a disease
111. le_____ic response *adj.* feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive
112. infrared spe_____ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)

ANSWERS: 103. excrete, 104. disturb, 105. nicotine, 106. loneliness, 107. afterward, 108. whammy, 109. perspiration, 110. biopsy, 111. lethargic, 112. spectroscope

113. on terms of in____cy

n. close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

114. em_____ma treatment

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

ANSWERS: 113. intimacy, 114. emphysema

Session 3: Fill in the Blanks

1. The abuse of _____ can have serious and long-lasting health effects.
 - n.* a synthetic stimulant drug that affects the central nervous system, typically prescribed to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy, known to increase alertness, focus, and energy levels
2. The pharmaceutical company unveiled its latest breakthrough drug for the _____ market.
 - n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
3. The ascetic _____ spent his days in prayer and contemplation in the monastery.
 - n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
4. The snake's muscles began to _____ around its prey.
 - v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
5. The company's stock took a _____ after the scandal broke.
 - n.* a powerful or devastating effect or influence; (double whammy) an adverse effect that is compounded by another negative effect
6. The _____ of the flu every winter is a common occurrence.
 - n.* the act of happening again or recurring; the return of something, such as a disease or symptom, after a period of abatement or remission
7. Some Indian classical dances and music are based on _____ scriptures and texts.
 - n.* an ancient language of India and an important sacred language in Hinduism, Buddhism, and Jainism; used as a scholarly and literary language in South Asia for thousands of years

ANSWERS: 1. amphetamine, 2. oncology, 3. monk, 4. constrict, 5. whammy, 6. recurrence, 7. Sanskrit

8. There are many theories to explain this _____.
- n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
9. The intense workout left him drenched in _____.
- n.* the act or process of sweating; the sweat exuded from the sweat glands
10. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
11. _____ cancer has spread from its original site to other body parts.
- adj.* used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
12. His act of volunteering at the homeless shelter was a clear example of practical _____.
- n.* the belief or practice of disinterested and selfless concern for the well-being of others; unselfish devotion to the welfare of others often expressed as acts of kindness or charity
13. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
14. 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
15. Schools should _____ children's mutual interest spirit.
- v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 8. paradox, 9. perspiration, 10. medicinal, 11. Metastatic, 12. altruism, 13. motto, 14. overeat, 15. nurture

16. Foods high in _____ include bread, pasta, and rice.
n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
17. Tourists frequently _____ the island's delicate natural balance.
v. to interrupt someone who is trying to work, sleep, etc.
18. The patient underwent an _____ to open up the blocked arteries in his heart.
n. a medical procedure used to widen or unblock narrowed or obstructed blood vessels, especially arteries, typically involving the insertion of a thin tube (catheter) into the affected area and the inflation of a balloon to reopen the vessel or the placement of a stent to keep the vessel open
19. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
20. An X-ray _____ can determine the composition of the elements in a sample.
n. an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
21. My grandfather is seeing a _____ to monitor his heart condition.
n. a medical doctor who specializes in the study and treatment of the heart and the circulatory system
22. I turned on the _____ to wash my hands.
n. a device for controlling the flow of liquid from a pipe
23. The _____ flowers returned yearly, providing a beautiful display in the garden.
adj. lasting for an indefinitely long time; enduring

ANSWERS: 16. carbohydrates, 17. disturb, 18. angioplasty, 19. excited, 20. spectroscope, 21. cardiologist, 22. faucet, 23. perennial

24. 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
25. Many _____ are aware of the health risks associated with smoking but find it difficult to quit.
- n.* a person who smokes tobacco regularly, or a device used for smoking
26. The _____ scan showed a clear image of the patient's internal organs.
- n.* a diagnostic imaging technique used to produce detailed images of structures inside the body, typically by using X-rays, CT scans, or ultrasound
27. The government called for an immediate _____ of hostilities between the two countries.
- n.* the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state
28. The belief in _____ human goodness is a common philosophical concept.
- adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
29. His _____ comment about the weather caught everyone off guard during the business meeting.
- adj.* concerning a particular topic; fitting or appropriate in a given situation; (adverb) at the right time; incidentally or by the way
30. Modern medicine was largely _____ against the disease.
- adj.* lacking power or ability to change things or to influence a situation
31. The doctor performed an excisional breast _____.
- n.* the process of removing and examining tissue from the body of the sick person to determine the existence or cause of a disease

ANSWERS: 24. improvisation, 25. smokers, 26. tomography, 27. cessation, 28. innate, 29. apropos-of-nothing, 30. impotent, 31. biopsy

32. 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
33. They were looking for _____ in their relationship and wanted to be close to each other.
n. close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
34. The drug was found to have significant _____ side effects in clinical trials.
adj. characterized by the ability to become physically erect, particularly in sexual function
35. After eating a big meal, the feeling of _____ sets in, and you no longer feel hungry.
n. the state of being completely satisfied, especially after having eaten enough food; the feeling of having had enough to eat or a sense of fullness
36. The cloistered ____ devoted her life to serving the poor and marginalized.
n. a woman who has taken religious vows and is a member of a monastic community
37. My family gathers together every year for _____ dinner.
n. an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
38. The drain was _____ with hair and needed to be cleaned out.
v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

ANSWERS: 32. obese, 33. intimacy, 34. erectile, 35. satiety, 36. nun, 37. thanksgiving, 38. clogged

39. The body _____ excess salt through urine to maintain proper electrolyte balance.
- v.* to discharge waste matter, such as urine or feces, from the body or a cell or gland
40. The secretary's _____ was so good that she could type up meeting minutes within minutes.
- n.* a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
41. Large-scale _____ also has a significant impact on marine ecosystems in the area.
- n.* the act of cutting down or burning trees in a large area
42. Smoking cigarettes exposes the body to high levels of _____ which can be addictive.
- n.* a colorless, oily, poisonous chemical compound found in tobacco leaves, which is highly addictive and acts as a stimulant, affecting the nervous system
43. The leaders of the two countries met to _____ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
44. The plow was attached to the _____ allowing the farmer to till the soil.
- n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
45. I realize the _____ of a single life.
- n.* a state or feeling of being unhappy because you have no connection with other people

ANSWERS: 39. excretes, 40. shorthand, 41. deforestation, 42. nicotine, 43. confer, 44. yoke, 45. loneliness

46. A decade ago, it was _____ impossible to cure this disease completely.
adv. in a way that relates to the practice of medicine and the treatment of illness and injury
47. The medication made him feel _____ and drowsy.
adj. feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive
48. The cheese had a thick _____ that needed to be removed before eating.
n. the tough outer layer of something, such as a fruit or cheese; a strip or ring of the outer skin, covering, or layer on an object
49. The patient complained of _____ and the doctor recommended increasing their daily fiber intake.
n. a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
50. My left arm became _____.
adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity
51. 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
52. The mother sliced off a piece of _____.
n. a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

ANSWERS: 46. medically, 47. lethargic, 48. rind, 49. constipation, 50. numb, 51. pancreas, 52. sausage

53. The chief _____ chanted a prayer.

n. a Jewish religious leader or a Jewish scholar or teacher

54. The doctor used a _____ for a small incision on the patient's skin.

n. a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures

55. The onset of _____ can be gradual, with symptoms appearing over several years.

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

56. We will explain the countermeasure concerning this problem _____.

adv. after the time mentioned

57. _____ emission tomography, or PET, is a medical imaging technique.

n. an antiparticle of the electron with a positive charge that has the same mass as the electron but an opposite charge

ANSWERS: 53. rabbi, 54. lancet, 55. emphysema, 56. afterward, 57. Positron