

# Englist.me



## Vocabulary Builder Reference from...

Dean Ornish: Healing through diet | TED Talk

[https://www.ted.com/talks/dean\\_ornish\\_healing\\_throu\\_gh\\_diet](https://www.ted.com/talks/dean_ornish_healing_throu_gh_diet)

### All Words

#### IMPORTANT

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## Session 1: Word List

### session

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

*synonym*: conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

### 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.

### pursue

*v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

*synonym*: seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

### combine

*v.* to join or merge to form a single thing or group

*synonym*: coalesce, cohere, blend

(1) **combine** chemically with another substance,

(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

## healing

*n.* the process of becoming or making somebody or something well again

*synonym*: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

## ultimate

*adj.* furthest or highest in degree or order

*synonym*: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

## remarkable

*adj.* worthy of attention because unusual or special

*synonym*: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

## 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.

## diet

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

*synonym*: food, dietary

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

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

## spiritual

*adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

*synonym*: otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

## tradition

*n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

*synonym*: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

## 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.

## wisdom

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

*synonym*: sagacity, discernment, insight

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

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

## ritual

*n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies

*synonym*: tradition, ceremony, routine

(1) a **ritual** dance, (2) morning **ritual**

The woman of the house does the holy **ritual** of lighting two

candles.

## divide

*v.* to separate or cause to separate into parts or groups  
*synonym* : separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

## peaceful

*adj.* not involving violence, conflict, or war  
*synonym* : friendly, pacific, amicable

(1) **peaceful** country, (2) **peaceful** coexistence

Plutonium has limited **peaceful** applications.

## ancient

*adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

*synonym* : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

## 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.

## priest

*n.* a person who performs religious duties and ceremonies, especially in the Christian faith

*synonym* : clergyman, minister, pastor

(1) **priest** in clerical garb, (2) faithful **priest**

He was ordained as a **priest** in the Catholic Church.

## 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.

**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.

**technique** *n.* a particular way or art of doing something that needs skill  
*synonym*: approach, procedure, strategy  
(1) a **technique** in martial arts, (2) the **technique** applied to construction  
Jockey's superior **technique** brought him victory.

**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.

**artery** *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

*synonym*: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

## transformation

*n.* a complete change in form, nature, or appearance of someone or something

*synonym*: change, conversion, renewal

(1) the **transformation** of a tadpole into a frog, (2) cast a **transformation** spell

Understanding unitary **transformations** of a normal matrix require considerable mathematical sophistication.

## 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.

## studied

*adj.* deliberately considered or scrutinized; carefully thought out or planned

*synonym*: thoughtful, deliberate, calculated

(1) **studied** analysis, (2) well- **studied** decision

His speech was carefully crafted and delivered with **studied** confidence.

## 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.

## undo

*v.* to reverse the effect of an action or event, typically one that is recent or specific

*synonym*: reverse, retract, revoke

(1) **undo** changes, (2) **undo** a belt

I accidentally deleted the file, so can you **undo** that action?

## identify

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

*synonym*: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

## 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.

## context

*n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

*synonym*: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

## moderate

*adj.* being within reasonable limits; not excessive or extreme

*synonym*: average, middle-of-the-road, tempered

(1) **moderate** growth, (2) **moderate** risk

He had a **moderate** understanding of the topic but needed further research.

## 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.

## communal

*adj.* belonging to or used by a group rather than individuals; for common use

*synonym*: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

**Communal** elections were held in several European countries.

## vitamin

*n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

*synonym*: nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

**Vitamin** C is important for immune system function and skin health.

## supplement

*n.* something that is added to something else to make it better or complete it

*synonym*: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

## recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## strict

*adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

*synonym*: rigorous, inflexible, relentless

(1) **strict** compliance regime, (2) in **strict** secrecy



Too **strict** a regulation for the private sector will stifle innovation.

## reverse

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

*synonym* : overturn, shift, switch

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

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

## disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym* : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## spectrum

*n.* an ordered array of colors into which a light beam can be split

*synonym* : range, scale, spread

(1) a broad **spectrum** of opinion, (2) infrared **spectrum**

This device displayed the speech **spectrum** spectrographically.

## degree

*n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

*synonym* : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

## technological

*adj.* based on scientific and industrial progress

*synonym* : specialized, technical

(1) **technological** advancement, (2) **technological** policy

**Technological** advances have disrupted many industries.

## state-of-the-art

*adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge

*synonym*: advanced, cutting-edge, innovative

(1) **state-of-the-art** technology, (2) **state-of-the-art** software

The hospital has **state-of-the-art** equipment and facilities to ensure the best healthcare for its patients.

## intervention

*n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

*synonym*: interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

## representative

*n.* someone who speaks or acts officially on behalf of another person or group of people

*synonym*: spokesperson, agent, delegate

(1) an official **representative**, (2) sales **representative**

The media **representatives** had special passes.

## 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.

## bypass

*n.* an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round

(1) gastric **bypass** operation, (2) **bypass** circuit

This patient must undergo **bypass** surgery.

## 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.

## quantitative

*adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data

*synonym* : numerical, measurable

(1) **quantitative** tightening, (2) **quantitative** analysis  
The **quantitative** research provided statistical evidence to support the hypothesis.

## fee

*n.* a sum of money charged for a particular service

*synonym* : charge, cost, expense

(1) **fee** calculation, (2) service **fee**  
The lawyer's **fee** for the case was \$10,000.

## normally

*adv.* usually; under normal conditions

*synonym* : commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much  
I don't **normally** take a vacation in the middle of summer.

## improve

*v.* to make or become better

*synonym* : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score  
We want to **improve** ties between our two countries.

## cardiac

*adj.* of or relating to the heart or heart disease

(1) **cardiac** arrest, (2) **cardiac** disease

The **cardiac** output of a resting adult is around three quarts per minute.

## 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.

## emission

*n.* the act of production or sending out gas, heat, light, etc.

*synonym*: emanation, radiation, discharge

(1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

## 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.

## pet

*n.* an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

## scan

*v.* to examine something hastily, with the eyes or with a machine, to get information

*synonym*: look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

## maxim

*n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

*synonym*: adage, proverb, aphorism

(1) old **maxim**, (2) act upon a **maxim**

A good **maxim** is never out of season.

## differ

*v.* to be not like someone or something in some way

*synonym* : vary, diverge, disagree

(1) **differ** from the majority, (2) **differ** according to species

The two products **differed** in their quality and price.

## surgery

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

*synonym* : operation, (medical) procedure

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

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

## clinical

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

*synonym* : dispassionate, analytic, scientific

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

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

## 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.

## maintain

*v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

*synonym* : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

## comparison

*n.* the consideration or examination of the similarities between two or more people or things

*synonym* : equivalence, analogy, contrast

(1) ease of **comparison**, (2) **comparison** of foods on a caloric basis

I've included the two designs for a **comparison**.

## function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym* : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

## 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**.

## flexible

*adj.* able to change or be changed to suit new conditions or situations; able to bend easily

*synonym* : adaptable, elastic, pliable

(1) **flexible** schedules, (2) a **flexible** wire

You can be more **flexible** and creative in your approach.

## progression

*n.* the act or process of changing to the next stage or phase or moving forward

*synonym* : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

## 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.

## naive

*adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment

*synonym* : innocent, unsophisticated, gullible

(1) **naive** belief, (2) **naive** mistake

The con artist's lies quickly took in the **naive** young man.

## insure

*v.* to provide coverage in the event of loss or damage

*synonym* : protect, guard, safeguard

(1) **insure** my house against fire, (2) **insure** domestic tranquility

I will **insure** my car before I go on a road trip.

## 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.

## nonprofit

*adj.* not established for commercial profit

*synonym* : charitable

(1) a **nonprofit** organization, (2) **nonprofit** agency

Our law firm also focuses on **nonprofit** activities.

## institute

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

*synonym* : academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

## 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.

## doll

*n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

*synonym*: puppet, dolly, toy

(1) plastic **doll**, (2) rag **doll**

The antique **doll** was worth thousands of dollars.

## demonstration

*n.* a display or show, often of a particular skill or product, intended to convince or persuade others

*synonym*: manifestation, presentation, show

(1) **demonstration** project, (2) a campus **demonstration**

Thousands of people attended the protest **demonstration** against the proposed policy.

## fortune

*n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

*synonym*: wealth, affluence, assets

(1) ill **fortune**, (2) bit of good **fortune**

Capitalism guarantees the right of ownership of personal **fortune**.

## 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.



## discount

*n.* a reduction in the original price of an item, product, or service; a deduction from the usual cost or value of something; (verb) to disregard or minimize the importance of something; to offer a lower price for a product or service than its original price

*synonym* : sale, reduction, (verb) lower

(1) **discount** a draft, (2) **discount** store

I got a massive **discount** on my new laptop during the Black Friday sale.

## slide

*v.* to move or cause to move smoothly along a surface without interruption

*synonym* : glide, drift, drop

(1) **slide** a card across the table, (2) **slide** a glance

If necessary, you can **slide** the front seats forward.

## 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.

## epidemic

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

*synonym* : outbreak, contagion, plague

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

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

## obesity

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

*synonym* : overweight, corpulence, fattiness

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

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

## 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.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym* : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## cigarette

*n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

*synonym* : smoke, cigar, tobacco

(1) a mild **cigarette**, (2) a **cigarette** case

He lit a **cigarette** and leaned against the wall.

## depressed

*adj.* sad and without any hope

*synonym* : despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

## alcohol

*n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

*synonym* : booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

## 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**.

## symptom

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

*synonym* : sign, manifestation, syndrome

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

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

## scary

*adj.* causing fear or fright; frightening; intimidating

*synonym* : terrifying, frightening, alarming

(1) **scary** dream, (2) **scary** story

The horror movie was so **scary** that I couldn't watch it alone.

## 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.

## limp

*adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot

*synonym* : unsteady, weak, faltering

(1) **limp** handshake, (2) **limp** hair

The steak was so undercooked that it was almost raw and had a **limp** texture.

## headline

*n.* a heading at the top of a newspaper or magazine story or page

*synonym* : title, caption

(1) **headline** article, (2) banner **headline**

The engagement of the two golf players became **headline** news.

## 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.

## introduction

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

*synonym* : initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

## 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.

## dysfunction

*n.* a problem or fault in a system, organism, or part of the body or machine

*synonym* : malfunction, disorder, disfunction

(1) **dysfunction** of kidneys, (2) brain **dysfunction**

The **dysfunction** in the relationship was causing problems for both partners.

## 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.

## psychology

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd  
She had a master's degree in **psychology**.

## vascular

*adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body

*synonym*: circulatory, cardiovascular, arterial

(1) **vascular** disease, (2) **vascular** surgery

The doctor detected a blockage in the patient's **vascular** system.

## 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.

## cocaine

*n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor

*synonym*: narcotic, coke, snow

(1) powder **cocaine**, (2) **cocaine** overdose

The drug dealer was arrested for possession of **cocaine**.

## 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.

## 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.

## 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**.

## 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.

## fatty

*adj.* containing a lot of fat

*synonym*: greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

## 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**.

## overweight

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

*synonym* : heavy, obese, fat

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

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

## 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.

## diabetes

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

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

My father was tested for **diabetes**.

## elect

*v.* to choose someone for a specific position by voting for them; to decide or choose to do something

*synonym* : select, choose, prefer

(1) **elect** the school board, (2) **elect** death

Every five years, the provincial governors are **elected**.

## percentage

*n.* the number, amount, or rate of something, which is usually the amount per hundred

*synonym* : rate, ratio, portion

(1) the **percentage** of the gold content, (2) a high **percentage**

What is the **percentage** of the consumption tax in the United States?

## mystery

*n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

*synonym*: enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

## calorie

*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## restrict

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

*synonym*: limit, confine, hinder

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

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

## gram

*n.* a metric unit of weight equal to one-thousandth of a kilogram

(1) centimeter- **gram-second** system, (2) **gram** amount

How much is it per one hundred **grams**?

## protein

*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and



repair tissues.

## 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.

## dense

*adj.* containing a large number of people or something with little space between them

*synonym*: heavy, thick, idiotic

(1) nutrient- **dense** foods, (2) **dense** forests  
The entire mountain is covered in **dense** rainforest.

## volume

*n.* the amount of space occupied by an object or substance; the magnitude of sound

*synonym*: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**  
This container has a **volume** of 10 cubic meters.

## 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.

## myth

*n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people

*synonym*: fable, legend, lore

(1) the **myth** of an old religion, (2) perpetuate a **myth**  
With the financial bubble bursting, the **myth** of economic growth in investment banking collapsed.

## debate

*n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

*synonym*: argument, discussion, dispute

(1) **debate** topic, (2) **debate** competition

The **debate** over climate change continues to be a hot topic in politics.

## 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.

## fiber

*n.* thread or filament used to make a vegetable tissue, mineral material, or textile

*synonym*: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

## absorb

*v.* to take in a fluid or other substance gradually

*synonym*: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

## zoom

*v.* to move along very quickly; (noun) the act of rising upward into the air

*synonym*: move quickly, dive, buzz

(1) **zoom** in on a photo, (2) **zoom** lens

He **zoomed** back in time to the soccer game.

## 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.

## insulin

*n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

## accelerate

*v.* to make something faster or earlier; to cause to develop or progress more quickly

*synonym* : speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car

The government tried to **accelerate** the commercialization of this development.

## conversion

*n.* the act or process of changing something from one thing to another; the state of being changed

*synonym* : transformation, change, metamorphosis

(1) **conversion** rate, (2) **conversion** therapy

The developer's **conversion** of the old factory into a modern loft apartment complex was a major success.

## 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.

## bacon

*n.* a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig

*synonym* : ham, pork belly, gammon

(1) **bacon** and eggs, (2) **bacon** sandwich

I love the smell of **bacon** sizzling in the morning.

## 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**.

## refined

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

*synonym* : cultured, purified, tasteful

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

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

## wheat

*n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

*synonym* : grain, cereal

(1) harvesting **wheat**, (2) **wheat** crop

The farmer grew **wheat** on his land.

## absorption

*n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

*synonym* : consumption, digestion, soaking up

(1) the **absorption** of photons, (2) **absorption** energy

Vitamin D is essential to assist the **absorption** of calcium from food.

## protective

*adj.* serving to protect or shield from harm or danger; designed to prevent damage or injury

*synonym* : defensive, safeguarding, shielding

(1) **protective** coating, (2) **protective** measures  
Wearing **protective** gear is crucial for athletes to prevent injuries.

## substance

*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

*synonym* : essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem  
The **substance** of the argument was well-presented.

## exclude

*v.* to deny someone or something enter to a place or taking part in an activity

*synonym* : expel, ban, bar

(1) **exclude** a newcomer, (2) **exclude** all other possibilities  
The cost for the trip **excludes** food and beverages.

## predominantly

*adv.* mainly, mostly, or primarily; having the greatest influence or power in a particular situation or group

*synonym* : mostly, chiefly, largely

(1) **predominantly** rural, (2) **predominantly** Christian  
The neighborhood is **predominantly** made up of young families with children.

## acid

*n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

*synonym* : SOUR

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

## 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.

## saturated

*adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

*synonym* : soaked, drenched, soaked through

(1) **saturated** fat, (2) **saturated** colors

The company decided not to enter the smartphone market because it was already **saturated** with numerous established players.

## capsule

*n.* a small, enclosed container often used for holding medicines or supplements or for transporting payloads in spacecraft; a small, elongated structure within the body, such as a joint or a gland

(1) space **capsule**, (2) medical **capsule**

The **capsule** hotel room may be small but it has all the necessary amenities.

## cancer

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

*synonym* : tumor, carcinoma, malignancy

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

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

## breast

*n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

*synonym* : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

## prostate

*n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen

*synonym* : gland, bladder

(1) **prostate** surgery, (2) enlarged **prostate**

Men over the age of 50 are at a higher risk for **prostate** cancer.

## colon

*n.* the punctuation mark ( : ) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

(1) **colon** examination, (2) the **colon** at the end of the sentence

Consumption of vegetables may aid in the prevention of **colon** cancer.

## 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.

## enhance

*v.* to increase or improve the quality, amount, or strength of someone or something

*synonym* : improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

## cholesterol

*n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but

can also contribute to heart disease and stroke when levels are too high

*synonym* : fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

## peer

*n.* a person who has the same age, status, or ability

*synonym* : fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

## journal

*n.* a newspaper or magazine specialized in a specific topic or profession

*synonym* : periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

## 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.

## breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

*synonym* : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

## headache

*n.* pain in the head; someone or something that causes anxiety or trouble

*synonym* : concern, difficulty, problem



(1) **headache** accompanied by fever, (2) bit of a **headache**  
This pill will relieve your **headaches** immediately.

## attract

*v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones  
*synonym* : lure, entice, draw in

(1) **attract** attention, (2) **attract** customers

The government is eager to **attract** international investment.

## kidney

*n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

## 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.

## bowel

*n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine

*synonym* : intestine, gut, stomach

(1) **bowel** ailment, (2) whole- **bowel** irrigation

He had surgery to remove a portion of his small **bowel**.

## 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**.

## optimal

*adj.* the best; most likely to be successful or advantageous

*synonym* : optimum, desirable, favorable

(1) achieve **optimal** health, (2) **optimal** for intellectual growth

Wild animals need to go forward with the **optimal** action to survive.

## ecology

*n.* the study of the relationships between living organisms, including humans, and their physical environment

(1) science of **ecology**, (2) the **ecology** of the island

Many companies are now enthusiastically embracing the knowledge of **ecology** for sustainable development.

## chain

*n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle

*synonym*: series, string, link

(1) **chain** reaction, (2) supply **chain**

The **chain** on my bike broke, leaving me stranded.

## 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.

## mention

*v.* to speak or write about something or someone briefly

*synonym*: reference, allude, cite

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

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

## ethical

*adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these

*synonym*: honorable, moral, virtuous

(1) an **ethical** doctrine, (2) shoulder **ethical** responsibility

The president must have the highest **ethical** standards.

## collaboration

*n.* the act or situation of working together to create or produce something

*synonym*: affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

## 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**.

## unrelated

*adj.* having no connection; not belonging to the kinship

*synonym*: irrelevant, unconnected, independent

(1) statistically **unrelated**, (2) an **unrelated** position

Excuse me if my question is **unrelated** to the topic.

## random

*adj.* made, done, or happening without method, conscious decision, or any regular pattern

*synonym*: incidental, arbitrary, unanticipated

(1) a **random** choice, (2) bombs fell at **random**

To find drunk drivers, police conduct **random** tests.

## experimental

*adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

*synonym*: empirical, exploratory, observed

(1) **experimental** data, (2) **experimental** design

The product is still in the **experimental** stage.

## treatment

*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

*synonym*: remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet  
The primary purpose of the **treatment** is pain relief.

## radiation

*n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health

*synonym*: dissemination, emission, irradiation

(1) exposure to **radiation**, (2) electromagnetic **radiation**  
He tried every possible treatment, including chemotherapy and **radiation** therapy.

## significance

*n.* the importance or value attached to something; the quality of being significant or noteworthy

*synonym*: importance, value, worth

(1) **significance** level, (2) mystical **significance**  
The **significance** of his discovery cannot be overstated.

## relation

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

*synonym*: association, linkage, connection

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

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

## dose

*n.* a quantity or amount of medicine or a drug that is taken or administered at one time, typically measured out in specific units; a similar measure of exposure to a harmful substance or radiation

*synonym*: portion, amount, measure

(1) **dose** adjustment, (2) daily **dose**

She took the recommended **dose** of medication to treat her headache.

## tumor

*n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

*synonym*: neoplasm, mass, lump

(1) **tumor** growth, (2) **tumor** at remote sites

The patient was diagnosed with a **tumor** in her lung.

## serum

*n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.

(1) a **serum** injection, (2) examine **serum**

**Serum** therapy often involves injecting detoxified toxins to acquire antibodies.

## 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.

## inhibit

*v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

*synonym*: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

## 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.

## affected

*adj.* influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere

*synonym*: artificial, pretentious, stilted

(1) **affected** way of walking, (2) the **affected** part

Her **affected** accent made it difficult to take her seriously.

- fin** *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance  
*synonym*: flipper, appendage, stabilizer  
(1) back **fin**, (2) a **fin** of a plane  
The shark's powerful **fins** allowed it to swim at high speeds.
- 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.
- conventional** *adj.* based on or following traditional rules, standards, customs, etc.  
*synonym*: ancestral, customary, established  
(1) a **conventional** style, (2) get a **conventional** loan  
She is very **conventional** in her thoughts.
- addition** *n.* the act or process of adding something to something else; the process of adding numbers  
*synonym*: accumulation, expansion, addendum  
(1) chemical **addition**, (2) **addition** of vectors  
In **addition**, private corporations provide healthcare services.
- 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.

## lone

*adj.* solitary or single

*synonym*: solitary, single, alone

(1) a **lone** flight, (2) a **lone** house in the field

The **lone** traveler walked along the deserted road.

## premature

*adj.* occurring or done too early; happening before the appropriate time; born before the end of a full-term pregnancy

*synonym*: prematurely born, untimely, early

(1) **premature** birth, (2) **premature** death

The **premature** baby was small but healthy.

## 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.

## mechanism

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

*synonym*: means, method, system

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

He discovered unique **mechanisms** for photochemical reactions.

## promote

*v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

*synonym*: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

## 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.

## erotic

*adj.* relating to or arousing sexual desire or excitement; considered taboo or provocative

*synonym* : sensual, arousing, sexy

(1) **erotic** novel, (2) **erotic** dance

The painting contained subtle **erotic** undertones.

## 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**.

## compassion

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

*synonym* : pity, empathy, understanding

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

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

## religion

*n.* a deep conviction in a supernatural power that controls human destiny

*synonym* : faith, creed, belief

(1) **religion** sociology, (2) freedom of **religion**



Their **religion** strictly prohibits them from drinking or gambling.

**cult** *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

*synonym* : sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

**self-interest** *n.* the fact or action of only considering their own interests and of not caring about others

*synonym* : selfishness, selfhood, egocentricity

(1) unaffected by **self-interest**, (2) material **self-interest**

The company's donation was undoubtedly motivated by **self-interest**.

**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.

**selfish** *adj.* concerned primarily with one's profit or pleasure without regard for others; forming or arising from a person's self or interest

*synonym* : egocentric, self-centered, narcissistic

(1) **selfish** motive, (2) **selfish** desire

His **selfish** ambition caused him to step on others to climb the corporate ladder.

**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.

## environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

*synonym* : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym* : facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

## defend

v. to protect someone or something from attack, criticism, danger, etc.

*synonym* : protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

## awful

*adj.* causing fear, dread, or terror; very bad or unpleasant

*synonym* : terrible, appalling, horrible

(1) an **awful** error, (2) do **awful** damage

I regretted making an **awful** mistake in my final exam.

## **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.

## **union**

*n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together

*synonym* : alliance, coalition, confederation

(1) bank and credit **unions**, (2) a craft **union**

The trade **union** remained adamant about its demands.

## **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.

## grand

*adj.* important and large in size, scope, or extent

*synonym*: impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

## 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. stress pr\_\_\_\_n  
*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
2. sa\_\_\_\_\_ed colors  
*adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
3. im\_\_\_\_\_e the test score  
*v.* to make or become better
4. sp\_\_\_\_\_al leader  
*adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
5. 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
6. juvenile di\_\_\_\_\_es  
*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
7. ex\_\_\_\_\_e all other possibilities  
*v.* to deny someone or something enter to a place or taking part in an activity
8. pro\_\_\_\_\_ve coating  
*adj.* serving to protect or shield from harm or danger; designed to prevent damage or injury

ANSWERS: 1. protein, 2. saturated, 3. improve, 4. spiritual, 5. satiety, 6. diabetes, 7. exclude, 8. protective

9. ease of com\_\_\_\_\_on *n.* the consideration or examination of the similarities between two or more people or things
10. unaffected by sel\_\_\_\_\_est *n.* the fact or action of only considering their own interests and of not caring about others
11. de\_\_e forests *adj.* containing a large number of people or something with little space between them
12. pr\_\_\_\_\_te surgery *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
13. bo\_\_l ailment *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
14. the abs\_\_\_\_\_on of photons *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
15. in\_\_\_\_\_t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
16. ca\_\_\_\_\_c disease *adj.* of or relating to the heart or heart disease
17. in\_\_\_e quality *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
18. old ma\_\_m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

ANSWERS: 9. comparison, 10. self-interest, 11. dense, 12. prostate, 13. bowel, 14. absorption, 15. inhibit, 16. cardiac, 17. innate, 18. maxim

19. ar\_\_\_y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
20. 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
21. re\_\_\_\_\_nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
22. 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
23. di\_\_\_\_\_b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
24. de\_\_\_d my country *v.* to protect someone or something from attack, criticism, danger, etc.
25. powder co\_\_\_\_\_e *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
26. qua\_\_\_\_\_ive tightening *adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data
27. ca\_\_\_\_\_e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 19. artery, 20. positron, 21. recommend, 22. constipation, 23. disturb, 24. defend, 25. cocaine, 26. quantitative, 27. calorie

28. a lot of re\_\_\_\_d sugar      *adj.* made pure by having impurities or unwanted elements removed by processing
29. nu\_\_\_\_\_e his talents      *v.* to take care of, feed, and protect someone or something while they are growing and developing
30. in\_\_\_\_\_t tumor growth      *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
31. excessive pers\_\_\_\_\_ion      *n.* the act or process of sweating; the sweat exuded from the sweat glands
32. in\_\_\_\_\_te a lawsuit      *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
33. p\_\_r review      *n.* a person who has the same age, status, or ability
34. ad\_\_\_\_\_on of vectors      *n.* the act or process of adding something to something else; the process of adding numbers
35. 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

ANSWERS: 28. refined, 29. nurture, 30. inhibit, 31. perspiration, 32. institute, 33. peer, 34. addition, 35. thanksgiving



36. the lowest def\_\_\_\_\_ion rate      *n.* the act of cutting down or burning trees in a large area
37. 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
38. l\_\_p handshake      *adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
39. on terms of in\_\_\_\_\_cy      *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
40. an un\_\_\_\_\_ed position      *adj.* having no connection; not belonging to the kinship
41. the rem\_\_\_\_\_le breadth of knowledge      *adj.* worthy of attention because unusual or special
42. 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
43. ill fo\_\_\_\_\_e      *n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
44. pr\_\_\_\_\_n synthesis      *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 36. deforestation, 37. patient, 38. limp, 39. intimacy, 40. unrelated, 41. remarkable, 42. clog, 43. fortune, 44. protein

45. nu\_\_\_\_\_e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
46. dem\_\_\_\_\_ion project *n.* a display or show, often of a particular skill or product, intended to convince or persuade others
47. col\_\_\_\_\_ion platform *n.* the act or situation of working together to create or produce something
48. infrared sp\_\_\_\_\_um *n.* an ordered array of colors into which a light beam can be split
49. complete no\_\_\_\_\_ly *adv.* usually; under normal conditions
50. Fourier spe\_\_\_\_\_ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
51. the per\_\_\_\_\_ge of the gold content *n.* the number, amount, or rate of something, which is usually the amount per hundred
52. 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
53. the me\_\_\_\_\_sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
54. id\_\_\_\_\_fy gene sequences *v.* to recognize someone or something and say or prove who or what they are

ANSWERS: 45. nurture, 46. demonstration, 47. collaboration, 48. spectrum, 49. normally, 50. spectroscope, 51. percentage, 52. biopsy, 53. mechanism, 54. identify

55. tec\_\_\_\_\_cal advancement *adj.* based on scientific and industrial progress
56. st\_\_\_\_\_d analysis *adj.* deliberately considered or scrutinized; carefully thought out or planned
57. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
58. vi\_\_\_\_\_n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
59. ab\_\_\_b a shock *v.* to take in a fluid or other substance gradually
60. em\_\_\_\_\_al health *adj.* relating to people's feelings
61. use of dietary sup\_\_\_\_\_nts *n.* something that is added to something else to make it better or complete it
62. immune fu\_\_\_\_\_on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
63. mo\_\_\_\_\_te growth *adj.* being within reasonable limits; not excessive or extreme
64. constant sp\_\_\_\_\_al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

ANSWERS: 55. technological, 56. studied, 57. brain, 58. vitamin, 59. absorb, 60. emotional, 61. supplement, 62. function, 63. moderate, 64. spiritual

65. low cho\_\_\_\_\_ol                    *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
66. el\_\_t the school board                *v.* to choose someone for a specific position by voting for them; to decide or choose to do something
67. a worldwide ep\_\_\_\_\_ic              *n.* the widespread outbreak of a particular disease in a large number of people at the same time
68. re\_\_\_\_\_e the trend                    *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
69. in a me\_\_\_\_\_ly effective manner    *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
70. rag d\_\_l                                    *n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
71. de\_\_\_e centigrade                        *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
72. el\_\_t death                                *v.* to choose someone for a specific position by voting for them; to decide or choose to do something
73. the ul\_\_\_\_\_te luxury                    *adj.* furthest or highest in degree or order

ANSWERS: 65. cholesterol, 66. elect, 67. epidemic, 68. reverse, 69. medically, 70. doll, 71. degree, 72. elect, 73. ultimate

74. 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
75. on\_\_\_\_gy center *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
76. 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
77. faithful pr\_\_\_\_t *n.* a person who performs religious duties and ceremonies, especially in the Christian faith
78. di\_\_\_\_nt a draft *n.* a reduction in the original price of an item, product, or service; a deduction from the usual cost or value of something; (verb) to disregard or minimize the importance of something; to offer a lower price for a product or service than its original price
79. medical ca\_\_\_\_e *n.* a small, enclosed container often used for holding medicines or supplements or for transporting payloads in spacecraft; a small, elongated structure within the body, such as a joint or a gland
80. sm\_\_\_\_r behavior *n.* a person who smokes tobacco regularly, or a device used for smoking

ANSWERS: 74. develop, 75. oncology, 76. yoga, 77. priest, 78. discount, 79. capsule, 80. smoker

81. co\_\_n examination *n.* the punctuation mark ( : ) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system
82. a mild ci\_\_\_\_\_te *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
83. su\_\_\_r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
84. act upon a ma\_\_m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
85. a ra\_\_\_m choice *adj.* made, done, or happening without method, conscious decision, or any regular pattern
86. def\_\_\_\_\_ion of the tropics *n.* the act of cutting down or burning trees in a large area
87. er\_\_\_c novel *adj.* relating to or arousing sexual desire or excitement; considered taboo or provocative
88. co\_\_\_r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
89. well-st\_\_\_\_d decision *adj.* deliberately considered or scrutinized; carefully thought out or planned
90. modern on\_\_\_\_\_gy treatment *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies

ANSWERS: 81. colon, 82. cigarette, 83. suffer, 84. maxim, 85. random, 86. deforestation, 87. erotic, 88. confer, 89. studied, 90. oncology

91. the professor of su\_\_\_\_y                    *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
92. en\_\_\_\_\_ge antisocial behavior                    *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
93. psy\_\_\_\_\_gy of crowd                    *n.* the scientific study of mind and behavior
94. s\_\_n the face of the man                    *v.* to examine something hastily, with the eyes or with a machine, to get information
95. 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
96. 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;
97. service f\_e                    *n.* a sum of money charged for a particular service
98. op\_\_\_\_\_l for intellectual growth                    *adj.* the best; most likely to be successful or advantageous
99. meditating n\_n                    *n.* a woman who has taken religious vows and is a member of a monastic community

ANSWERS: 91. surgery, 92. encourage, 93. psychology, 94. scan, 95. nicotine, 96. paradox, 97. fee, 98. optimal, 99. nun

100. 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;
101. 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
102. re\_\_\_\_\_ct the use of this parking lot *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
103. ex\_\_\_\_\_e a newcomer *v.* to deny someone or something enter to a place or taking part in an activity
104. tu\_\_r growth *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
105. in\_\_\_e my house against fire *v.* to provide coverage in the event of loss or damage
106. fu\_\_\_\_\_on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
107. 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: 100. paradox, 101. tomography, 102. restrict, 103. exclude, 104. tumor, 105. insure, 106. function, 107. sausage



108. cl\_\_\_\_al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
109. sig\_\_\_\_\_nce level *n.* the importance or value attached to something; the quality of being significant or noteworthy
110. ob\_\_\_\_\_y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
111. he\_\_\_\_\_ne article *n.* a heading at the top of a newspaper or magazine story or page
112. er\_\_\_c dance *adj.* relating to or arousing sexual desire or excitement; considered taboo or provocative
113. ca\_\_\_r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
114. 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
115. an official rep\_\_\_\_\_ive *n.* someone who speaks or acts officially on behalf of another person or group of people
116. scientific jo\_\_\_\_\_l *n.* a newspaper or magazine specialized in a specific topic or profession

ANSWERS: 108. clinical, 109. significance, 110. obesity, 111. headline, 112. erotic, 113. cancer, 114. sausage, 115. representative, 116. journal

117. centimeter-g\_\_m-second system      *n.* a metric unit of weight equal to one-thousandth of a kilogram
118. 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
119. D\_\_t approval      *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
120. a fl\_\_\_\_\_le wire      *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
121. jo\_\_\_\_\_l articles      *n.* a newspaper or magazine specialized in a specific topic or profession
122. a se\_\_m injection      *n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.
123. pr\_\_\_\_\_re birth      *adj.* occurring or done too early; happening before the appropriate time; born before the end of a full-term pregnancy
124. banner he\_\_\_\_\_ne      *n.* a heading at the top of a newspaper or magazine story or page
125. science of ec\_\_\_\_\_y      *n.* the study of the relationships between living organisms, including humans, and their physical environment

ANSWERS: 117. gram, 118. emphysema, 119. diet, 120. flexible, 121. journal, 122. serum, 123. premature, 124. headline, 125. ecology

126. a facial ti\_\_\_e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
127. a ri\_\_\_l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
128. sexually im\_\_\_\_\_nt *adj.* lacking power or ability to change things or to influence a situation
129. 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
130. unsolved my\_\_\_\_\_y *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
131. 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
132. co\_\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
133. an aw\_\_\_l error *adj.* causing fear, dread, or terror; very bad or unpleasant
134. 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

ANSWERS: 126. tissue, 127. ritual, 128. impotent, 129. apropos, 130. mystery, 131. altruism, 132. communal, 133. awful, 134. metastatic

135. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
136. less fa\_\_y meat *adj.* containing a lot of fat
137. wage sup\_\_\_\_\_nt *n.* something that is added to something else to make it better or complete it
138. pro\_\_\_\_\_on of disease *n.* the act or process of changing to the next stage or phase or moving forward
139. se\_\_\_\_\_h desire *adj.* concerned primarily with one's profit or pleasure without regard for others; forming or arising from a person's self or interest
140. a no\_\_\_\_\_it organization *adj.* not established for commercial profit
141. ex\_\_\_\_\_e waste products *v.* to discharge waste matter, such as urine or feces, from the body or a cell or gland
142. ca\_\_\_\_\_c arrest *adj.* of or relating to the heart or heart disease
143. va\_\_\_\_\_ar surgery *adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body
144. ce\_\_\_\_\_on from work *n.* the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state
145. development of in\_\_\_\_\_n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

ANSWERS: 135. environment, 136. fatty, 137. supplement, 138. progression, 139. selfish, 140. nonprofit, 141. excrete, 142. cardiac, 143. vascular, 144. cessation, 145. insulin

146. com\_\_\_\_\_on of foods on a caloric basis      *n.* the consideration or examination of the similarities between two or more people or things
147. 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
148. not no\_\_\_\_\_ly drink much      *adv.* usually; under normal conditions
149. statistically un\_\_\_\_\_ed      *adj.* having no connection; not belonging to the kinship
150. z\_\_m lens      *v.* to move along very quickly; (noun) the act of rising upward into the air
151. the co\_\_n at the end of the sentence      *n.* the punctuation mark ( : ) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system
152. remedy lon\_\_\_\_\_ss      *n.* a state or feeling of being unhappy because you have no connection with other people
153. 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

ANSWERS: 146. comparison, 147. shorthand, 148. normally, 149. unrelated, 150. zoom, 151. colon, 152. loneliness, 153. amphetamine

154. hold your br\_\_\_h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
155. pu\_\_\_e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
156. di\_\_\_\_\_nt store *n.* a reduction in the original price of an item, product, or service; a deduction from the usual cost or value of something; (verb) to disregard or minimize the importance of something; to offer a lower price for a product or service than its original price
157. 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
158. pr\_\_\_\_\_s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
159. co\_\_\_\_\_e chemically with another substance *v.* to join or merge to form a single thing or group

ANSWERS: 154. breath, 155. pursue, 156. discount, 157. angioplasty, 158. process, 159. combine

160. a few years af\_\_\_\_\_rd *adv.* after the time mentioned
161. co\_\_\_\_\_ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
162. a te\_\_\_\_\_ue in martial arts *n.* a particular way or art of doing something that needs skill
163. by\_\_\_s circuit *n.* an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
164. a se\_\_\_e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
165. skilled car\_\_\_\_\_ist *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system
166. pre\_\_\_\_\_ion drugs *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
167. 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
168. dangerously ove\_\_\_\_\_ht *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build

ANSWERS: 160. afterward, 161. constrict, 162. technique, 163. bypass, 164. severe, 165. cardiologist, 166. prescription, 167. pancreas, 168. overweight

169. ma\_\_\_\_\_in good health      *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
170. sta\_\_\_\_\_art technology      *adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge
171. nutrient-de\_\_e foods      *adj.* containing a large number of people or something with little space between them
172. ex\_\_\_\_\_e a sticky liquid      *v.* to discharge waste matter, such as urine or feces, from the body or a cell or gland
173. a craft un\_\_n      *n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
174. bank and credit un\_\_ns      *n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
175. son of a ra\_\_i      *n.* a Jewish religious leader or a Jewish scholar or teacher
176. 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
177. high vo\_\_\_e      *n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 169. maintain, 170. state-of-the-art, 171. dense, 172. excrete, 173. union, 174. union, 175. rabbi, 176. constipation, 177. volume



178. ba\_\_n and eggs *n.* a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig
179. morning ri\_\_\_l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
180. 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
181. re\_\_\_\_on sociology *n.* a deep conviction in a supernatural power that controls human destiny
182. chronic ki\_\_\_y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
183. whole-bo\_\_l irrigation *n.* the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
184. an\_\_\_\_t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
185. bombs fell at ra\_\_\_m *adj.* made, done, or happening without method, conscious decision, or any regular pattern
186. en\_\_\_\_e value *v.* to increase or improve the quality, amount, or strength of someone or something
187. examine se\_\_m *n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.

ANSWERS: 178. bacon, 179. ritual, 180. apropos, 181. religion, 182. kidney, 183. bowel, 184. ancient, 185. random, 186. enhance, 187. serum

188. an artificial ki\_\_\_y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
189. re\_\_\_\_\_ct an Internet access *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
190. bachelor's de\_\_\_e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
191. di\_\_\_r from the majority *v.* to be not like someone or something in some way
192. brain dys\_\_\_\_\_on *n.* a problem or fault in a system, organism, or part of the body or machine
193. company mo\_\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal
194. ov\_\_\_\_\_t snacks *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
195. infrared spe\_\_\_\_\_ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
196. 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

ANSWERS: 188. kidney, 189. restrict, 190. degree, 191. differ, 192. dysfunction, 193. motto, 194. overeat, 195. spectroscope, 196. decide

197. material sel\_\_\_\_\_est                    *n.*    the fact or action of only considering their own interests and of not caring about others
198. 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
199. sl\_\_e a glance                                *v.*    to move or cause to move smoothly along a surface without interruption
200. abs\_\_\_\_\_on energy                      *n.*    a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
201. basic br\_\_n function                      *n.*    the organ inside the head that is responsible for one's movement, thought, memory, and feeling
202. enlarged pr\_\_\_\_\_te                      *n.*    a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
203. the morning se\_\_\_\_\_n                    *n.*    a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
204. ba\_\_n sandwich                              *n.*    a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig
205. na\_\_e mistake                                *adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment
206. bit of a he\_\_\_\_\_he                      *n.*    pain in the head; someone or something that causes anxiety or trouble

ANSWERS: 197. self-interest, 198. carbohydrate, 199. slide, 200. absorption, 201. brain, 202. prostate, 203. session, 204. bacon, 205. naive, 206. headache

207. mystical sig_____nce	<i>n.</i> the importance or value attached to something; the quality of being significant or noteworthy
208. fill the pre _____ion	<i>n.</i> a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
209. chaotic env_____nt	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
210. br____t cancer	<i>n.</i> either of the two round soft parts of a woman's chest which secrete milk after childbirth
211. de_____ed feeling	<i>adj.</i> sad and without any hope
212. co____r degree	<i>v.</i> to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
213. pe____ul coexistence	<i>adj.</i> not involving violence, conflict, or war
214. le_____ic performance	<i>adj.</i> feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive
215. no_____it agency	<i>adj.</i> not established for commercial profit
216. wi____m literature	<i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
217. a teacher's p_t	<i>n.</i> an animal that you have at home as a companion and treated kindly
218. im_____e a process	<i>v.</i> to make or become better

ANSWERS: 207. significance, 208. prescription, 209. environment, 210. breast, 211. depressed, 212. confer, 213. peaceful, 214. lethargic, 215. nonprofit, 216. wisdom, 217. pet, 218. improve

219. de\_\_\_d against a threat      *v.* to protect someone or something from attack, criticism, danger, etc.
220. a me\_\_\_\_l opinion      *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
221. fl\_\_\_\_le schedules      *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
222. the em\_\_\_\_on of light      *n.* the act of production or sending out gas, heat, light, etc.
223. 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
224. fa\_\_y acid      *adj.* containing a lot of fat
225. acc\_\_\_\_te the car      *v.* to make something faster or earlier; to cause to develop or progress more quickly
226. temporary me\_\_\_\_l treatment      *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
227. di\_\_\_\_e prevention      *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 219. defend, 220. medical, 221. flexible, 222. emission, 223. process, 224. fatty, 225. accelerate, 226. medical, 227. disease

228. space ca\_\_\_\_e *n.* a small, enclosed container often used for holding medicines or supplements or for transporting payloads in spacecraft; a small, elongated structure within the body, such as a joint or a gland
229. an et\_\_\_\_l doctrine *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
230. a campus dem\_\_\_\_\_ion *n.* a display or show, often of a particular skill or product, intended to convince or persuade others
231. dys\_\_\_\_\_on of kidneys *n.* a problem or fault in a system, organism, or part of the body or machine
232. a con\_\_\_\_\_nal style *adj.* based on or following traditional rules, standards, customs, etc.
233. de\_\_\_e topic *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
234. a strong sense of lon\_\_\_\_\_ss *n.* a state or feeling of being unhappy because you have no connection with other people
235. re\_\_\_\_\_nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
236. shoulder et\_\_\_\_l responsibility *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these

ANSWERS: 228. capsule, 229. ethical, 230. demonstration, 231. dysfunction, 232. conventional, 233. debate, 234. loneliness, 235. recommend, 236. ethical

237. harvesting wh\_\_t *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
238. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
239. re\_\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another
240. su\_\_\_\_r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
241. pr\_\_\_\_\_re death *adj.* occurring or done too early; happening before the appropriate time; born before the end of a full-term pregnancy
242. pe\_\_\_\_\_ul country *adj.* not involving violence, conflict, or war
243. m\_\_k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
244. me\_\_\_\_\_n name *v.* to speak or write about something or someone briefly
245. pre-Christian an\_\_\_\_\_t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
246. surgical int\_\_\_\_\_ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
247. part of the he\_\_\_\_\_g process *n.* the process of becoming or making somebody or something well again

ANSWERS: 237. wheat, 238. depression, 239. relation, 240. suffer, 241. premature, 242. peaceful, 243. monk, 244. mention, 245. ancient, 246. intervention, 247. healing

248. pu\_\_\_e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
249. the mountain's br\_\_\_t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
250. a p\_t bird *n.* an animal that you have at home as a companion and treated kindly
251. a ci\_\_\_\_\_te case *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
252. sl\_\_e a card across the table *v.* to move or cause to move smoothly along a surface without interruption
253. co\_\_\_\_\_e overdose *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
254. 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
255. z\_\_m in on a photo *v.* to move along very quickly; (noun) the act of rising upward into the air
256. p\_\_r group *n.* a person who has the same age, status, or ability

ANSWERS: 248. pursue, 249. breast, 250. pet, 251. cigarette, 252. slide, 253. cocaine, 254. yoke, 255. zoom, 256. peer



257. ma\_\_\_\_\_in order                    *v.*    to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
258. health ep\_\_\_\_\_ic                    *n.*    the widespread outbreak of a particular disease in a large number of people at the same time
259. acc\_\_\_\_\_te a chemical reaction                    *v.*    to make something faster or earlier; to cause to develop or progress more quickly
260. the te\_\_\_\_\_ue applied to construction                    *n.*    a particular way or art of doing something that needs skill
261. reduce my ca\_\_\_\_\_e intake                    *n.*    unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
262. em\_\_\_\_\_al distress                    *adj.* relating to people's feelings
263. pe\_\_\_\_\_al battle                    *adj.* lasting for an indefinitely long time; enduring
264. 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
265. br\_\_\_\_h of wind                    *n.*    the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
266. tec\_\_\_\_\_cal policy                    *adj.* based on scientific and industrial progress

ANSWERS: 257. maintain, 258. epidemic, 259. accelerate, 260. technique, 261. calorie, 262. emotional, 263. perennial, 264. recurrence, 265. breath, 266. technological

267. an inveterate sm\_\_\_\_r *n.* a person who smokes tobacco regularly, or a device used for smoking
268. pr\_\_\_\_\_e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
269. an a\_\_d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
270. exposure to ra\_\_\_\_\_on *n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health
271. adopt a re\_\_\_\_\_d attitude *adj.* made pure by having impurities or unwanted elements removed by processing
272. s\_\_n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
273. do aw\_\_l damage *adj.* causing fear, dread, or terror; very bad or unpleasant
274. against tr\_\_\_\_\_on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
275. 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

ANSWERS: 267. smoker, 268. promote, 269. acid, 270. radiation, 271. refined, 272. scan, 273. awful, 274. tradition, 275. recurrence

276. di\_\_\_\_es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
277. id\_\_\_\_fy handwriting *v.* to recognize someone or something and say or prove who or what they are
278. perpetuate a m\_\_h *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
279. the mo\_\_o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
280. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
281. build in\_\_\_\_cy *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
282. psy\_\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
283. af\_\_\_\_ed way of walking *adj.* influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere
284. a fountain of wi\_\_\_\_m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
285. ch\_\_n reaction *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
286. d\_\_e adjustment *n.* a quantity or amount of medicine or a drug that is taken or administered at one time, typically measured out in specific units; a similar measure of exposure to a harmful substance or radiation

ANSWERS: 276. diabetes, 277. identify, 278. myth, 279. motto, 280. improvisation, 281. intimacy, 282. psychology, 283. affected, 284. wisdom, 285. chain, 286. dose

287. na\_\_e belief *adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment
288. 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
289. the ec\_\_\_\_\_y of the island *n.* the study of the relationships between living organisms, including humans, and their physical environment
290. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
291. sy\_\_\_\_\_ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
292. have com\_\_\_\_\_on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
293. di\_\_\_\_r according to species *v.* to be not like someone or something in some way
294. 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
295. the m\_\_h of an old religion *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people

ANSWERS: 287. naive, 288. amphetamine, 289. ecology, 290. medicinal, 291. symptom, 292. compassion, 293. differ, 294. positron, 295. myth

296. 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
297. research in\_\_\_\_\_tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
298. 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
299. risk of coronary ar\_\_\_y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
300. c\_\_t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
301. pr\_\_\_\_\_e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
302. n\_n habit *n.* a woman who has taken religious vows and is a member of a monastic community

ANSWERS: 296. rind, 297. institute, 298. develop, 299. artery, 300. cult, 301. promote, 302. nun

303. chemical ad\_\_\_\_on *n.* the act or process of adding something to something else; the process of adding numbers
304. 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
305. 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
306. participate in cl\_\_\_\_al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
307. pe\_\_\_\_\_al asthma *adj.* lasting for an indefinitely long time; enduring
308. a high per\_\_\_\_ge *n.* the number, amount, or rate of something, which is usually the amount per hundred
309. an ove\_\_\_\_\_ht patient *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
310. se\_\_\_e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
311. rich in vi\_\_\_\_n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

ANSWERS: 303. addition, 304. yoke, 305. whammy, 306. clinical, 307. perennial, 308. percentage, 309. overweight, 310. severe, 311. vitamin

312. sales rep\_\_\_\_\_ive *n.* someone who speaks or acts officially on behalf of another person or group of people
313. gr\_\_d bargain *adj.* important and large in size, scope, or extent
314. traditional me\_\_\_\_\_al *adj.* of or relating to the treatment or cure of disease
315. 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
316. sta\_\_\_\_\_art software *adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge
317. va\_\_\_\_\_ar disease *adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body
318. defense me\_\_\_\_\_sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
319. surgical la\_\_\_\_t *n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
320. car\_\_\_\_\_ist appointment *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system
321. ex\_\_\_\_e the crowd *v.* to make someone feel suddenly enthusiastic or eager

ANSWERS: 312. representative, 313. grand, 314. medicinal, 315. Sanskrit, 316. state-of-the-art, 317. vascular, 318. mechanism, 319. lancet, 320. cardiologist, 321. excite

322. c\_\_t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
323. sc\_\_y story *adj.* causing fear or fright; frightening; intimidating
324. supply ch\_\_n *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
325. a l\_\_e house in the field *adj.* solitary or single
326. 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
327. get a con\_\_\_\_\_nal loan *adj.* based on or following traditional rules, standards, customs, etc.
328. ce\_\_\_\_\_on of smoking *n.* the act of stopping or coming to an end; a temporary or permanent discontinuance of an activity or state
329. qua\_\_\_\_\_ive analysis *adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data
330. gastric by\_\_\_s operation *n.* an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
331. exp\_\_\_\_\_tal data *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

ANSWERS: 322. cult, 323. scary, 324. chain, 325. lone, 326. overeat, 327. conventional, 328. cessation, 329. quantitative, 330. bypass, 331. experimental



332. u\_\_o a belt v. to reverse the effect of an action or event, typically one that is recent or specific
333. good source of essential amino  
a\_\_ds n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
334. neurotic sy\_\_\_\_ms n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
335. 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
336. su\_\_\_\_ce abuse problem n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
337. de\_\_\_e competition n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
338. co\_\_\_\_e augmented reality v. to join or merge to form a single thing or group
339. go there af\_\_\_\_rd adv. after the time mentioned

ANSWERS: 332. undo, 333. acid, 334. symptom, 335. obese, 336. substance, 337. debate, 338. combine, 339. afterward

340. an im\_\_\_\_nt feeling *adj.* lacking power or ability to change things or to influence a situation
341. first-aid tr\_\_\_\_\_nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
342. daily in\_\_\_\_\_n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
343. plastic d\_\_l *n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
344. historical co\_\_\_\_\_t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
345. 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
346. the Great Dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
347. achieve op\_\_\_\_\_l health *adj.* the best; most likely to be successful or advantageous
348. n\_\_b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 340. impotent, 341. treatment, 342. insulin, 343. doll, 344. context, 345. satiety, 346. depression, 347. optimal, 348. numb

349. a l\_\_e flight *adj.* solitary or single
350. ex\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
351. ca\_\_\_r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
352. en\_\_\_\_\_ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
353. st\_\_\_t compliance regime *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
354. 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
355. my\_\_\_\_\_y novel *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
356. er\_\_\_\_\_le tissues *adj.* characterized by the ability to become physically erect, particularly in sexual function

ANSWERS: 349. lone, 350. excite, 351. cancer, 352. encourage, 353. strict, 354. emphysema, 355. mystery, 356. erectile

357. er\_\_\_\_le dysfunction *adj.* characterized by the ability to become physically erect, particularly in sexual function
358. the city's communal ra\_\_i *n.* a Jewish religious leader or a Jewish scholar or teacher
359. cho\_\_\_\_\_ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
360. synthetic fi\_\_r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
361. u\_\_o changes *v.* to reverse the effect of an action or event, typically one that is recent or specific
362. a tr\_\_\_\_\_on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
363. con\_\_\_\_\_on rate *n.* the act or process of changing something from one thing to another; the state of being changed
364. 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
365. 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

ANSWERS: 357. erectile, 358. rabbi, 359. cholesterol, 360. fiber, 361. undo, 362. tradition, 363. conversion, 364. Sanskrit, 365. metastatic

366. bit of good fo\_\_\_\_e *n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
367. a gr\_\_d meal *adj.* important and large in size, scope, or extent
368. natural he\_\_\_\_g ability *n.* the process of becoming or making somebody or something well again
369. 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
370. 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
371. int\_\_\_\_ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
372. mo\_\_\_\_te risk *adj.* being within reasonable limits; not excessive or extreme
373. the court se\_\_\_\_n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
374. in\_\_\_\_e domestic tranquility *v.* to provide coverage in the event of loss or damage
375. stop drinking al\_\_\_\_l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 366. fortune, 367. grand, 368. healing, 369. pancreas, 370. obese, 371. intervention, 372. moderate, 373. session, 374. insure, 375. alcohol

376. per\_\_\_\_\_ion stain *n.* the act or process of sweating; the sweat exuded from the sweat glands
377. diluted al\_\_\_\_\_l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
378. re\_\_\_\_\_e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
379. in st\_\_\_\_t secrecy *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
380. an explosive su\_\_\_\_\_ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
381. 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
382. f\_e calculation *n.* a sum of money charged for a particular service
383. cloistered m\_\_k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
384. carbon fi\_\_r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile

ANSWERS: 376. perspiration, 377. alcohol, 378. reverse, 379. strict, 380. substance, 381. patient, 382. fee, 383. monk, 384. fiber

385. pre\_\_\_\_\_tly rural *adv.* mainly, mostly, or primarily; having the greatest influence or power in a particular situation or group
386. vo\_\_\_e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
387. loss of muscle ti\_\_\_e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
388. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
389. di\_\_\_e the cake into two pieces *v.* to separate or cause to separate into parts or groups
390. col\_\_\_\_\_ion between companies *n.* the act or situation of working together to create or produce something
391. co\_\_\_\_\_ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
392. 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
393. electromagnetic ra\_\_\_\_\_on *n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health
394. cardiac su\_\_\_\_\_y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 385. predominantly, 386. volume, 387. tissue, 388. progression, 389. divide, 390. collaboration, 391. constrict, 392. altruism, 393. radiation, 394. surgery

395. eat a vegetarian d\_\_t                    *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
396. a water fa\_\_\_t                            *n.* a device for controlling the flow of liquid from a pipe
397. the ul\_\_\_\_\_te goal in life            *adj.* furthest or highest in degree or order
398. a broad sp\_\_\_\_\_um of opinion        *n.* an ordered array of colors into which a light beam can be split
399. wh\_\_t crop                                *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
400. rem\_\_\_\_\_le achievement            *adj.* worthy of attention because unusual or special
401. con\_\_\_\_\_on therapy                    *n.* the act or process of changing something from one thing to another; the state of being changed
402. int\_\_\_\_\_ion education                *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
403. exp\_\_\_\_\_tal design                    *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
404. 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

ANSWERS: 395. diet, 396. faucet, 397. ultimate, 398. spectrum, 399. wheat, 400. remarkable, 401. conversion, 402. introduction, 403. experimental, 404. clog



405. cast a tra\_\_\_\_\_ion spell *n.* a complete change in form, nature, or appearance of someone or something
406. co\_\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
407. at\_\_\_\_\_t customers *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
408. en\_\_\_\_\_e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
409. me\_\_\_\_\_ly endorsed method *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
410. 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
411. 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
412. in\_\_\_\_\_e ability *adj.* existing naturally or from birth; inherent or inborn; not acquired or learned through experience
413. 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

ANSWERS: 405. transformation, 406. communal, 407. attract, 408. enhance, 409. medically, 410. biopsy, 411. yoga, 412. innate, 413. thanksgiving

414. re\_\_\_\_\_on between cause and effect    *n.*    the way two persons or groups of people feel and act toward one another
415. 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
416. the tra\_\_\_\_\_ion of a tadpole into a frog    *n.*    a complete change in form, nature, or appearance of someone or something
417. legal co\_\_\_\_\_t    *n.*    the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
418. sc\_\_\_y dream    *adj.*    causing fear or fright; frightening; intimidating
419. back f\_n    *n.*    a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
420. tu\_\_r at remote sites    *n.*    a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
421. sa\_\_\_\_\_ed fat    *adj.*    (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
422. fa\_\_\_t handle    *n.*    a device for controlling the flow of liquid from a pipe

ANSWERS: 414. relation, 415. nicotine, 416. transformation, 417. context, 418. scary, 419. fin, 420. tumor, 421. saturated, 422. faucet

423. pre\_\_\_\_\_tly Christian *adv.* mainly, mostly, or primarily; having the greatest influence or power in a particular situation or group
424. di\_\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
425. 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
426. pr\_\_\_\_\_t in clerical garb *n.* a person who performs religious duties and ceremonies, especially in the Christian faith
427. 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
428. di\_\_\_\_\_b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
429. tr\_\_\_\_\_nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
430. 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

ANSWERS: 423. predominantly, 424. disease, 425. whammy, 426. priest, 427. tomography, 428. disturb, 429. treatment, 430. angioplasty

431. se\_\_\_\_h motive *adj.* concerned primarily with one's profit or pleasure without regard for others; forming or arising from a person's self or interest
432. 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
433. ab\_\_\_b energy *v.* to take in a fluid or other substance gradually
434. de\_\_\_e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
435. suffer from ob\_\_\_\_y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
436. me\_\_\_\_\_n in a report *v.* to speak or write about something or someone briefly
437. daily d\_\_e *n.* a quantity or amount of medicine or a drug that is taken or administered at one time, typically measured out in specific units; a similar measure of exposure to a harmful substance or radiation
438. a n\_\_b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
439. g\_\_m amount *n.* a metric unit of weight equal to one-thousandth of a kilogram

ANSWERS: 431. selfish, 432. rind, 433. absorb, 434. decide, 435. obesity, 436. mention, 437. dose, 438. numb, 439. gram

440. self-int\_\_\_\_\_ion *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
441. pro\_\_\_\_\_ve measures *adj.* serving to protect or shield from harm or danger; designed to prevent damage or injury
442. freedom of re\_\_\_\_\_on *n.* a deep conviction in a supernatural power that controls human destiny
443. a f\_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
444. feel com\_\_\_\_\_on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
445. le\_\_\_\_\_ic response *adj.* feeling sluggish or drowsy; lacking energy or enthusiasm; apathetic; inactive
446. di\_\_\_e money equally *v.* to separate or cause to separate into parts or groups
447. the market is de\_\_\_\_\_ed *adj.* sad and without any hope
448. global em\_\_\_\_\_ons of greenhouse gases *n.* the act of production or sending out gas, heat, light, etc.
449. he\_\_\_\_\_he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble

ANSWERS: 440. introduction, 441. protective, 442. religion, 443. fin, 444. compassion, 445. lethargic, 446. divide, 447. depressed, 448. emission, 449. headache

450. the af\_\_\_\_ed part *adj.* influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere
451. l\_\_p hair *adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
452. 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
453. la\_\_\_\_t device *n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
454. 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
455. at\_\_\_\_t attention *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
456. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 450. affected, 451. limp, 452. shorthand, 453. lancet, 454. carbohydrate, 455. attract, 456. improvisation

## Session 3: Fill in the Blanks

1. The neighborhood is \_\_\_\_\_ made up of young families with children.  
*adv.* mainly, mostly, or primarily; having the greatest influence or power in a particular situation or group
2. I will introduce you to how to \_\_\_\_\_ the leading causes of the malfunction.  
*v.* to recognize someone or something and say or prove who or what they are
3. International law allows each nation to \_\_\_\_\_ itself when its rights and interests are illegally violated.  
*v.* to protect someone or something from attack, criticism, danger, etc.
4. Management must take \_\_\_\_\_ responsibility for the accident.  
*adj.* furthest or highest in degree or order
5. He tried every possible treatment, including chemotherapy and \_\_\_\_\_ therapy.  
*n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health
6. The farmer grew \_\_\_\_\_ on his land.  
*n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
7. We want to \_\_\_\_\_ ties between our two countries.  
*v.* to make or become better
8. I've included the two designs for a \_\_\_\_\_.  
*n.* the consideration or examination of the similarities between two or more people or things

ANSWERS: 1. predominantly, 2. identify, 3. defend, 4. ultimate, 5. radiation, 6. wheat, 7. improve, 8. comparison

9. The government tried to \_\_\_\_\_ the commercialization of this development.
- v. to make something faster or earlier; to cause to develop or progress more quickly
10. He had surgery to remove a portion of his small \_\_\_\_\_.
- n. the part of the alimentary canal below the stomach; the intestine, especially the lower intestine
11. 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
12. This patient must undergo \_\_\_\_\_ surgery.
- n. an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
13. Their \_\_\_\_\_ strictly prohibits them from drinking or gambling.
- n. a deep conviction in a supernatural power that controls human destiny
14. The industrial \_\_\_\_\_ laws were passed with little to no alteration.
- n. the way two persons or groups of people feel and act toward one another
15. She received her \_\_\_\_\_ in psychology from the university.
- n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
16. Many companies are now enthusiastically embracing the knowledge of \_\_\_\_\_ for sustainable development.
- n. the study of the relationships between living organisms, including humans, and their physical environment

ANSWERS: 9. accelerate, 10. bowel, 11. develop, 12. bypass, 13. religion, 14. relations, 15. degree, 16. ecology



17. 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
18. I don't \_\_\_\_\_ take a vacation in the middle of summer.
- adv.* usually; under normal conditions
19. The new strategy will \_\_\_\_\_ the profitability of our company.
- v.* to increase or improve the quality, amount, or strength of someone or something
20. If necessary, you can \_\_\_\_\_ the front seats forward.
- v.* to move or cause to move smoothly along a surface without interruption
21. The president must have the highest \_\_\_\_\_ standards.
- adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
22. The government should do more to \_\_\_\_\_ sustainable agribusiness.
- v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
23. My left arm became \_\_\_\_\_.
- adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
24. 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)

ANSWERS: 17. satiety, 18. normally, 19. enhance, 20. slide, 21. ethical, 22. promote, 23. numb, 24. spectroscope

25. I realize the \_\_\_\_\_ of a single life.  
*n.* a state or feeling of being unhappy because you have no connection with other people
26. 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
27. \_\_\_\_\_ advances have disrupted many industries.  
*adj.* based on scientific and industrial progress
28. 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
29. Vitamin D is essential to assist the \_\_\_\_\_ of calcium from food.  
*n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
30. 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
31. Tourists frequently \_\_\_\_\_ the island's delicate natural balance.  
*v.* to interrupt someone who is trying to work, sleep, etc.
32. She took the recommended \_\_\_\_\_ of medication to treat her headache.  
*n.* a quantity or amount of medicine or a drug that is taken or administered at one time, typically measured out in specific units; a similar measure of exposure to a harmful substance or radiation

ANSWERS: 25. loneliness, 26. suffers, 27. Technological, 28. apropos-of-nothing, 29. absorption, 30. brain, 31. disturb, 32. dose

33. His speech was carefully crafted and delivered with \_\_\_\_\_ confidence.

*adj.* deliberately considered or scrutinized; carefully thought out or planned

34. The painting contained subtle \_\_\_\_\_ undertones.

*adj.* relating to or arousing sexual desire or excitement; considered taboo or provocative

35. 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

36. She stood on the podium and \_\_\_\_\_ an audience.

*v.* to examine something hastily, with the eyes or with a machine, to get information

37. Human \_\_\_\_\_ responses vary widely depending on the society to which they belong.

*adj.* relating to people's feelings

38. The \_\_\_\_\_ flowers returned yearly, providing a beautiful display in the garden.

*adj.* lasting for an indefinitely long time; enduring

39. 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

40. Each ancient tribe has its \_\_\_\_\_ traditions.

*n.* the process of becoming or making somebody or something well again

ANSWERS: 33. studied, 34. erotic, 35. whammy, 36. scanned, 37. emotional, 38. perennial, 39. confer, 40. healing

41. The \_\_\_\_\_ surrounding the disappearance of the traveler has yet to be solved by authorities.
- n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
42. She had a master's degree in \_\_\_\_\_.
- n.* the scientific study of mind and behavior
43. Continuous consumption of fatty foods leads to the hardening of the \_\_\_\_\_.
- n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
44. Jockey's superior \_\_\_\_\_ brought him victory.
- n.* a particular way or art of doing something that needs skill
45. Can you \_\_\_\_\_ 123321 by eleven?
- v.* to separate or cause to separate into parts or groups
46. I need to \_\_\_\_\_ my car regularly to prevent any major mechanical issues.
- v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
47. The developer's \_\_\_\_\_ of the old factory into a modern loft apartment complex was a major success.
- n.* the act or process of changing something from one thing to another; the state of being changed
48. The disease is now reaching \_\_\_\_\_ proportions in our country.
- n.* the widespread outbreak of a particular disease in a large number of people at the same time

ANSWERS: 41. mystery, 42. psychology, 43. artery, 44. technique, 45. divide, 46. maintain, 47. conversion, 48. epidemic

49. The company has made great strides in its \_\_\_\_\_ toward sustainability.  
*n.* the act or process of changing to the next stage or phase or moving forward
50. Every human is responsible for taking care of the Earth's \_\_\_\_\_.  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
51. The antique \_\_\_\_\_ was worth thousands of dollars.  
*n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
52. She received special \_\_\_\_\_ training at the hospital.  
*adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
53. The steak was so undercooked that it was almost raw and had a \_\_\_\_\_ texture.  
*adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
54. We must consume dietary \_\_\_\_\_ to maintain good health.  
*n.* thread or filament used to make a vegetable tissue, mineral material, or textile
55. This container has a \_\_\_\_\_ of 10 cubic meters.  
*n.* the amount of space occupied by an object or substance; the magnitude of sound
56. Too \_\_\_\_\_ a regulation for the private sector will stifle innovation.  
*adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

ANSWERS: 49. progression, 50. environment, 51. doll, 52. clinical, 53. limp, 54. fiber, 55. volume, 56. strict

57. In \_\_\_\_\_ private corporations provide healthcare services.  
*n.* the act or process of adding something to something else; the process of adding numbers
58. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming \_\_\_\_\_.  
*adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
59. You should keep away from \_\_\_\_\_ foods.  
*adj.* containing a lot of fat
60. 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
61. He \_\_\_\_\_ back in time to the soccer game.  
*v.* to move along very quickly; (noun) the act of rising upward into the air
62. Our law firm also focuses on \_\_\_\_\_ activities.  
*adj.* not established for commercial profit
63. The sponge \_\_\_\_\_ water well.  
*v.* to take in a fluid or other substance gradually
64. During pregnancy, the stomach generates less \_\_\_\_\_ than usual.  
*n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

ANSWERS: 57. addition, 58. overweight, 59. fatty, 60. oncology, 61. zoomed, 62. nonprofit, 63. absorbs, 64. acid

65. We will explain the countermeasure concerning this problem \_\_\_\_\_.

*adv.* after the time mentioned

66. The \_\_\_\_\_ hotel room may be small but it has all the necessary amenities.

*n.* a small, enclosed container often used for holding medicines or supplements or for transporting payloads in spacecraft; a small, elongated structure within the body, such as a joint or a gland

67. I regretted making an \_\_\_\_\_ mistake in my final exam.

*adj.* causing fear, dread, or terror; very bad or unpleasant

68. Every five years, the provincial governors are \_\_\_\_\_.

*v.* to choose someone for a specific position by voting for them; to decide or choose to do something

69. 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

70. \_\_\_\_\_ C is important for immune system function and skin health.

*n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

71. This \_\_\_\_\_ does not require the patient's consent.

*n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

72. 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: 65. afterward, 66. capsule, 67. awful, 68. elected, 69. excretes, 70.

Vitamin, 71. intervention, 72. Sanskrit



73. He bated his \_\_\_\_\_ when talking about this affair.

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

74. The \_\_\_\_\_ baby was small but healthy.

*adj.* occurring or done too early; happening before the appropriate time; born before the end of a full-term pregnancy

75. 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

76. There are five distinct \_\_\_\_\_ at five unique wavelengths.

*n.* the act of production or sending out gas, heat, light, etc.

77. The senator received \_\_\_\_\_ criticism from his opponent.

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

78. He lit a \_\_\_\_\_ and leaned against the wall.

*n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

79. 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

80. The medication made him feel \_\_\_\_\_ and drowsy.

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

ANSWERS: 73. breath, 74. premature, 75. improvisation, 76. emissions, 77. severe, 78. cigarette, 79. medically, 80. lethargic

81. The government is eager to \_\_\_\_\_ international investment.  
*v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
82. Men over the age of 50 are at a higher risk for \_\_\_\_\_ cancer.  
*n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
83. His \_\_\_\_\_ ambition caused him to step on others to climb the corporate ladder.  
*adj.* concerned primarily with one's profit or pleasure without regard for others; forming or arising from a person's self or interest
84. 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
85. Certain \_\_\_\_\_ may promote tumor growth.  
*n.* something that is added to something else to make it better or complete it
86. Wild animals need to go forward with the \_\_\_\_\_ action to survive.  
*adj.* the best; most likely to be successful or advantageous
87. The company decided not to enter the smartphone market because it was already \_\_\_\_\_ with numerous established players.  
*adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

ANSWERS: 81. attract, 82. prostate, 83. selfish, 84. clogged, 85. supplements, 86. optimal, 87. saturated

88. Understanding unitary \_\_\_\_\_ of a normal matrix require considerable mathematical sophistication.
- n.* a complete change in form, nature, or appearance of someone or something
89. The community greatly respected and sought after the older adult's \_\_\_\_\_.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
90. His infinite love and \_\_\_\_\_ for everyone never weary.
- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
91. The trade \_\_\_\_\_ remained adamant about its demands.
- n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
92. It is a \_\_\_\_\_ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
93. I \_\_\_\_\_ to him that I had seen his sister at the grocery store earlier that day.
- v.* to speak or write about something or someone briefly
94. This year's \_\_\_\_\_ gathering will be held in Canada.
- adj.* important and large in size, scope, or extent
95. To find drunk drivers, police conduct \_\_\_\_\_ tests.
- adj.* made, done, or happening without method, conscious decision, or any regular pattern

ANSWERS: 88. transformations, 89. wisdom, 90. compassion, 91. union, 92. tradition, 93. mentioned, 94. grand, 95. random

96. Excuse me if my question is \_\_\_\_\_ to the topic.

*adj.* having no connection; not belonging to the kinship

97. Schools should \_\_\_\_\_ children's mutual interest spirit.

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

98. The \_\_\_\_\_ traveler walked along the deserted road.

*adj.* solitary or single

99. I accidentally deleted the file, so can you \_\_\_\_\_ that action?

*v.* to reverse the effect of an action or event, typically one that is recent or specific

100. 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

101. 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

102. He had a \_\_\_\_\_ understanding of the topic but needed further research.

*adj.* being within reasonable limits; not excessive or extreme

103. The \_\_\_\_\_ in the relationship was causing problems for both partners.

*n.* a problem or fault in a system, organism, or part of the body or machine

104. The woman of the house does the holy \_\_\_\_\_ of lighting two candles.

*n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies

ANSWERS: 96. unrelated, 97. nurture, 98. lone, 99. undo, 100. motto, 101. decide, 102. moderate, 103. dysfunction, 104. ritual

105. I love the smell of \_\_\_\_\_ sizzling in the morning.

- n.* a type of salt-cured pork that is usually sliced and fried; a meat product that is derived from the back or sides of a pig

106. 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

107. 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

108. He had an \_\_\_\_\_ shock after drinking large quantities of fruit juices.

- n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

109. Her \_\_\_\_\_ accent made it difficult to take her seriously.

- adj.* influenced; feeling or showing emotion, especially exaggerated emotion; not natural or sincere

110. 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

111. There is a clear association between \_\_\_\_\_ consumption and cognitive decline.

- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

112. 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

ANSWERS: 105. bacon, 106. medical, 107. sausage, 108. insulin, 109. affected, 110. yoke, 111. alcohol, 112. constrict

113. He grilled the \_\_\_\_\_ meat of a chicken.

- n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

114. The patient displays a \_\_\_\_\_ of a side effect.

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

115. Capitalism guarantees the right of ownership of personal \_\_\_\_\_.

- n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

116. He discovered unique \_\_\_\_\_ for photochemical reactions.

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

117. Wearing \_\_\_\_\_ gear is crucial for athletes to prevent injuries.

- adj.* serving to protect or shield from harm or danger; designed to prevent damage or injury

118. Modern medicine was largely \_\_\_\_\_ against the disease.

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

119. Breast \_\_\_\_\_ is the most common type of cancer in women.

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

120. A good \_\_\_\_\_ is never out of season.

- n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

ANSWERS: 113. breast, 114. symptom, 115. fortune, 116. mechanisms, 117. protective, 118. impotent, 119. cancer, 120. maxim

121. After his mother died, he got \_\_\_\_\_.

*adj.* sad and without any hope

122. The \_\_\_\_\_ of the argument was well-presented.

*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

123. 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

124. 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

125. I turned on the \_\_\_\_\_ to wash my hands.

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

126. The \_\_\_\_\_ research provided statistical evidence to support the hypothesis.

*adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data

127. The \_\_\_\_\_ leader promised his followers that they would achieve enlightenment if they followed his teachings.

*n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

ANSWERS: 121. depressed, 122. substance, 123. tissue, 124. patient's, 125. faucet, 126. quantitative, 127. cult

128. The prevalence of \_\_\_\_\_ has increased significantly in recent years.  
*n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
129. 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
130. A balanced \_\_\_\_\_ is more important for health than supplements.  
*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
131. The company's donation was undoubtedly motivated by \_\_\_\_\_.  
*n.* the fact or action of only considering their own interests and of not caring about others
132. The physician is reading the \_\_\_\_\_ related to medicine  
*n.* a newspaper or magazine specialized in a specific topic or profession
133. With the financial bubble bursting, the \_\_\_\_\_ of economic growth in investment banking collapsed.  
*n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
134. Hydrogen and oxygen \_\_\_\_\_ to form water.  
*v.* to join or merge to form a single thing or group
135. She is very \_\_\_\_\_ in her thoughts.  
*adj.* based on or following traditional rules, standards, customs, etc.

ANSWERS: 128. obesity, 129. cessation, 130. diet, 131. self-interest, 132. journals, 133. myth, 134. combine, 135. conventional



136. 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

137. Parliament is now in \_\_\_\_\_.

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

138. 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

139. The \_\_\_\_\_ to the new class was informative and engaging.

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

140. The restaurant \_\_\_\_\_ a ban on smoking.

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

141. The drug dealer was arrested for possession of \_\_\_\_\_.

*n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor

142. She was highly \_\_\_\_\_ in her choice of apparel.

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

143. 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

ANSWERS: 136. innate, 137. session, 138. prescription, 139. introduction, 140. reversed, 141. cocaine, 142. refined, 143. smokers

144. I got a massive \_\_\_\_\_ on my new laptop during the Black Friday sale.

- n.* a reduction in the original price of an item, product, or service; a deduction from the usual cost or value of something; (verb) to disregard or minimize the importance of something; to offer a lower price for a product or service than its original price

145. This region has many \_\_\_\_\_ offering higher education.

- n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

146. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.

- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

147. 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

148. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.

- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

149. 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

ANSWERS: 144. discount, 145. institutes, 146. calories, 147. pancreas, 148. function, 149. deforestation

150. 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

151. 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

152. I have a parrot as a \_\_\_\_\_.

- n.* an animal that you have at home as a companion and treated kindly

153. The news of her promotion \_\_\_\_\_ her.

- v.* to make someone feel suddenly enthusiastic or eager

154. They have been living near water since \_\_\_\_\_ times.

- adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

155. The meditation class was focused on finding inner peace and cultivating a more \_\_\_\_\_ connection with the universe.

- adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

156. 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;

157. The \_\_\_\_\_ over climate change continues to be a hot topic in politics.

- n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

ANSWERS: 150. biopsy, 151. process, 152. pet, 153. excited, 154. ancient, 155. spiritual, 156. paradox, 157. debate

158. The chief \_\_\_\_\_ chanted a prayer.

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

159. We \_\_\_\_\_ the number of students per course to twenty.

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

160. The entire mountain is covered in \_\_\_\_\_ rainforest.

*adj.* containing a large number of people or something with little space between them

161. It's important to understand the \_\_\_\_\_ of a situation before making a decision.

*n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

162. I will \_\_\_\_\_ my car before I go on a road trip.

*v.* to provide coverage in the event of loss or damage

163. The hospital has \_\_\_\_\_ equipment and facilities to ensure the best healthcare for its patients.

*adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge

164. Thousands of people attended the protest \_\_\_\_\_ against the proposed policy.

*n.* a display or show, often of a particular skill or product, intended to convince or persuade others

165. We \_\_\_\_\_ taking media training every six months.

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

ANSWERS: 158. rabbi, 159. restrict, 160. dense, 161. context, 162. insure, 163. state-of-the-art, 164. demonstration, 165. recommend

166. What is the \_\_\_\_\_ of the consumption tax in the United States?

*n.* the number, amount, or rate of something, which is usually the amount per hundred

167. The election was a \_\_\_\_\_ success for the Whigs.

*adj.* worthy of attention because unusual or special

168. The con artist's lies quickly took in the \_\_\_\_\_ young man.

*adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment

169. They \_\_\_\_\_ customers with a premium for loyal patronage.

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

170. 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

171. 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

172. The patient was diagnosed with a \_\_\_\_\_ in her lung.

*n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

173. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 166. percentage, 167. remarkable, 168. naive, 169. encouraged, 170. altruism, 171. monk, 172. tumor, 173. Depression

174. The shark's powerful \_\_\_\_\_ allowed it to swim at high speeds.

- n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

175. My father was tested for \_\_\_\_\_.

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

176. 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

177. 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

178. 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

179. The surgeon removed the healthy \_\_\_\_\_ from the donor.

- n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

180. \_\_\_\_\_ elections were held in several European countries.

- adj.* belonging to or used by a group rather than individuals; for common use

181. 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

ANSWERS: 174. fins, 175. diabetes, 176. recurrence, 177. carbohydrates, 178. overeat, 179. kidney, 180. Communal, 181. angioplasty

182. The media \_\_\_\_\_ had special passes.

*n.* someone who speaks or acts officially on behalf of another person or group of people

183. This device displayed the speech \_\_\_\_\_ spectrographically.

*n.* an ordered array of colors into which a light beam can be split

184. 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

185. 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

186. The \_\_\_\_\_ output of a resting adult is around three quarts per minute.

*adj.* of or relating to the heart or heart disease

187. The primary purpose of the \_\_\_\_\_ is pain relief.

*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

188. Plutonium has limited \_\_\_\_\_ applications.

*adj.* not involving violence, conflict, or war

189. How much is it per one hundred \_\_\_\_\_

*n.* a metric unit of weight equal to one-thousandth of a kilogram

ANSWERS: 182. representatives, 183. spectrum, 184. emphysema, 185. obese, 186. cardiac, 187. treatment, 188. peaceful, 189. grams?

190. The \_\_\_\_\_ on my bike broke, leaving me stranded.

- n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle

191. 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

192. 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

193. The \_\_\_\_\_ of his discovery cannot be overstated.

- n.* the importance or value attached to something; the quality of being significant or noteworthy

194. 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

195. \_\_\_\_\_ 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

196. The engagement of the two golf players became \_\_\_\_\_ news.

- n.* a heading at the top of a newspaper or magazine story or page

ANSWERS: 190. chain, 191. thanksgiving, 192. cardiologist, 193. significance, 194. yoga, 195. Metastatic, 196. headline



197. The two products \_\_\_\_\_ in their quality and price.

*v.* to be not like someone or something in some way

198. The lawyer's \_\_\_\_ for the case was \$10,000.

*n.* a sum of money charged for a particular service

199. 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

200. High levels of \_\_\_\_\_ can increase the risk of heart disease.

*n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

201. 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

202. 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

203. \_\_\_\_\_ therapy often involves injecting detoxified toxins to acquire antibodies.

*n.* the thin yellowish liquid that is a component of blood from which the clotting proteins have been removed, usually used to protect people or animals from disease, poison, etc.

204. Consumption of vegetables may aid in the prevention of \_\_\_\_\_ cancer.

*n.* the punctuation mark ( : ) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

ANSWERS: 197. differed, 198. fee, 199. intimacy, 200. cholesterol, 201. nun, 202. rind, 203. Serum, 204. colon

205. 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
206. The cost for the trip \_\_\_\_\_ food and beverages.
- v.* to deny someone or something enter to a place or taking part in an activity
207. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
208. The product is still in the \_\_\_\_\_ stage.
- adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
209. 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
210. 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
211. He had undergone heart \_\_\_\_\_ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 205. nicotine, 206. excludes, 207. medicinal, 208. experimental, 209. constipation, 210. tomography, 211. surgery

212. He was ordained as a \_\_\_\_\_ in the Catholic Church.

*n.* a person who performs religious duties and ceremonies, especially in the Christian faith

213. 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

214. 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

215. The partnership program requires a mutual \_\_\_\_\_ between both agencies.

*n.* the act or situation of working together to create or produce something

216. The intense workout left him drenched in \_\_\_\_\_.

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

217. Among young people, \_\_\_\_\_ pressure can be pretty influential.

*n.* a person who has the same age, status, or ability

218. This pill will relieve your \_\_\_\_\_ immediately.

*n.* pain in the head; someone or something that causes anxiety or trouble

219. The horror movie was so \_\_\_\_\_ that I couldn't watch it alone.

*adj.* causing fear or fright; frightening; intimidating

ANSWERS: 212. priest, 213. amphetamine, 214. erectile, 215. collaboration, 216. perspiration, 217. peer, 218. headaches, 219. scary

220. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
221. You can be more \_\_\_\_\_ and creative in your approach.
- adj.* able to change or be changed to suit new conditions or situations; able to bend easily
222. The body needs a certain amount of \_\_\_\_\_ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
223. 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
224. 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
225. Excessive parental interference may \_\_\_\_\_ children's eagerness to learn.
- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
226. She intends to \_\_\_\_\_ a political career.
- v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 220. disease, 221. flexible, 222. protein, 223. lancet, 224. shorthand, 225. inhibit, 226. pursue

227. The doctor detected a blockage in the patient's \_\_\_\_\_ system.

*adj.* of or relating to blood vessels, especially the veins and arteries that carry blood throughout the body

228. \_\_\_\_\_ 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: 227. vascular, 228. Positron