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Vocabulary Builder Reference from...

Dean Ornish: Your genes are not your fate | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

ventral

adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

synonym: abdominal, ventricose, stomachal

(1) **ventral** fin, (2) **ventral** hernia

The **ventral** side of the fish was beautifully colored.

robin

n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

synonym: thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest

I love listening to the cheerful song of the **robin** in my garden.

cannabinoid

n. a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

synonym: cannabis compound, CBD, THC

(1) **cannabinoid** receptor, (2) **cannabinoid** extracts

Some researchers believe manipulating **cannabinoid** levels in the body could offer therapeutic benefits.

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.

opiate

n. a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts

synonym : drug, narcotic, sedative

(1) **opiate** analgesics, (2) addictive **opiate**

The doctor prescribed a mild **opiate** painkiller to help manage his post-surgery discomfort.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym : crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

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.

vitro

n. (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish

synonym : glass, container, vessel

(1) in **vitro** fermentation, (2) in **vitro** diagnostics

The lab technician used in **vitro** fertilization to help the couple conceive.

potency

n. the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect

synonym : strength, power, dominance

(1) sexual **potency**, (2) nutritional **potency**

The **potency** of the medicine was evident in how quickly it relieved her pain.

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.

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.

predisposition

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

synonym : tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**

Smoking can increase a person's **predisposition** to lung cancer.

Session 2: Spelling

1. op___e analgesics *n.* a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts
2. in vi__o diagnostics *n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish
3. ve_____l fin *adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal
4. 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
5. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
6. 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
7. genetic pre_____ion *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
8. 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

ANSWERS: 1. opiate, 2. vitro, 3. ventral, 4. nicotine, 5. wrinkle, 6. nicotine, 7. predisposition, 8. clog

9. ve____l hernia *adj.* relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal
10. in vi__o fermentation *n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish
11. an im____nt feeling *adj.* lacking power or ability to change things or to influence a situation
12. co____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
13. can____id extracts *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
14. can____id receptor *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
15. nutritional po____y *n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
16. addictive op____e *n.* a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts

ANSWERS: 9. ventral, 10. vitro, 11. impotent, 12. constrict, 13. cannabinoid, 14. cannabinoid, 15. potency, 16. opiate

17. sexually im____nt *adj.* lacking power or ability to change things or to influence a situation
18. 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
19. sexual po____y *n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
20. pre_____ion to anxiety *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
21. ro__n's nest *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
22. a facial wr____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
23. ro__n eggs *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
24. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

ANSWERS: 17. impotent, 18. clog, 19. potency, 20. predisposition, 21. robin, 22. wrinkle, 23. robin, 24. constrict

Session 3: Fill in the Blanks

1. 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

2. I love listening to the cheerful song of the _____ in my garden.
 - n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

3. 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

4. Modern medicine was largely _____ against the disease.
 - adj. lacking power or ability to change things or to influence a situation

5. 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

6. This suit is made of _____ material.
 - n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

7. The _____ side of the fish was beautifully colored.
 - adj. relating to or situated on or toward the belly or underside of an animal or organ; opposite of dorsal

ANSWERS: 1. clogged, 2. robin, 3. constrict, 4. impotent, 5. nicotine, 6. wrinkle-proof, 7. ventral

8. The _____ of the medicine was evident in how quickly it relieved her pain.
- n.* the strength, power, or intensity of a substance, typically referring to its effectiveness, concentration, or ability to produce a desired effect
9. The lab technician used in _____ fertilization to help the couple conceive.
- n.* (used as "in vitro") a scientific experiment or procedure that takes place outside of a living organism, usually in a test tube or petri dish
10. Some researchers believe manipulating _____ levels in the body could offer therapeutic benefits.
- n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
11. The doctor prescribed a mild _____ painkiller to help manage his post-surgery discomfort.
- n.* a drug or substance derived from opium or having similar effects, often used for pain relief or to induce sleep; something that dulls or lulls the senses, emotions, or thoughts
12. Smoking can increase a person's _____ to lung cancer.
- n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

ANSWERS: 8. potency, 9. vitro, 10. cannabinoid, 11. opiate, 12. predisposition