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Vocabulary Builder Reference from...

David Blaine: How I held my breath for 17 minutes |
TED Talk

https://www.ted.com/talks/david_blaine_how_i_held_my_breath_for_17_minutes

Advanced Words Only

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Session 1: Word List

magician

n. a person who performs magic tricks or illusions to entertain an audience; typically involves sleight of hand or deception to create seemingly impossible or supernatural effects

synonym: illusionist, conjurer, wizard

(1) **magician's** hat, (2) street **magician**

The children were delighted with the **magician's** clever tricks.

bury

v. to place a dead body in the ground, grave, or tomb

synonym: entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

coffin

n. a box or container used to bury a dead body; a case or structure resembling a coffin

synonym: casket, box, chest

(1) **coffin** lid, (2) wooden **coffin**

The priest prayed over the **coffin** before it was lowered into the ground.

pillar

n. a tall, vertical column or support structure that helps to hold up other parts of a building or structure; a person or thing regarded as providing essential support or core

strength to something

synonym : column, post, support

(1) **pillar** of society, (2) **pillar** decoration

The **pillar** of smoke rising from the building signaled a massive fire.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

skeptic

n. a person who doubts or questions the truth of specific claims, beliefs, or doctrines, especially those in religion or the supernatural

synonym : doubter, disbeliever, questioner

(1) an ingrained **skeptic**, (2) climate **skeptic**

He was a **skeptic** who doubted the existence of supernatural phenomena.

tempt

v. to make someone want to do or have something, especially something that is unnecessary or wrong

synonym : entice, lure, attract

(1) **tempt** young people, (2) **tempt** the taste buds

Though he was evil, he never **tempted** his friends into wrongdoing.

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.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym :

torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

resuscitate

v. to make someone or something active or vigorous again;

synonym: reawaken, resurrect, rejuvenate

(1) **resuscitate** economy, (2) **resuscitate** the man drown

He experienced cardiac arrest but was **resuscitated** yesterday.

neurosurgeon

n. a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

synonym: brain surgeon, neurologist, surgical specialist

(1) skilled **neurosurgeon**, (2) leading **neurosurgeon**

The hospital recruited experienced **neurosurgeons** worldwide to treat complex neurological disorders comprehensively.

hypoxic

adj. relating to or characterized by a deficiency of oxygen, particularly in the body's tissues or organs

synonym: oxygen-deprived, anoxic

(1) **hypoxic** environment, (2) **hypoxic** injury

The high altitude caused a **hypoxic** condition, making it difficult to breathe.

shiver

v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly

synonym: quiver, tremble, shake

(1) **shiver** with delight, (2) **shiver** in fear

I **shiver** in the cold winter air as I wait for the train.

scrub

v. to clean something thoroughly, typically with a brush and soap or detergent

synonym:

clean, wash, sanitize

(1) **scrub** off graffiti, (2) **scrub** dirt from potatoes

She decided to **scrub** the kitchen floor to remove all the dirt and grime.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

diver

n. a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

synonym: plunger, frogman, loon

(1) professional **diver**, (2) deep-sea **diver**

The search and rescue team sent a team of **divers** to search for the missing plane wreckage.

apnea

n. a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

synonym: breathing interruption, suspension of breath

(1) **apnea** treatment, (2) epileptic **apnea**

Sleep **apnea** is a severe condition that causes a person to stop breathing while asleep.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

purge

v. to remove or get rid of something, especially that is unwanted or impure

synonym: cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the bureaucracy.

hyperventilation

n. a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

synonym: over-breathing, rapid breathing

(1) **hyperventilation** syndrome, (2) **hyperventilation** treatment

Anxiety is a common cause of **hyperventilation**, as the body responds to perceived threats with rapid, shallow breathing.

lightheaded

adj. feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

synonym: dizzy, giddy, faint

(1) become **lightheaded**, (2) **lightheaded** from dehydration

After the rollercoaster ride, I felt **lightheaded** and needed to sit down.

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

daze

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

synonym: stupor, confusion, (verb) stun

(1) walk around in a **daze**, (2) **daze** of sleep

He was in a **daze** from the sudden news and couldn't process it properly.

olympiad

n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

(1) the modern **olympiad**, (2) summer **olympiad**

She won a gold medal in the physics **olympiad** and was praised by her teachers and peers.

situ

adj. short for "situated," meaning located or placed in a particular position or circumstance

synonym: situational, contextual, circumstantial

(1) ex- **situ** conservation, (2) in- **situ** control

Melanoma in **situ** is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

duress

n. the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way

synonym: coercion, compulsion, pressure

(1) compelled by **duress**, (2) act of **duress**

The hostage made a false confession under **duress**.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

handcuff

n. a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the

movement of a person by applying handcuffs, typically as part of an arrest or other security-related process

synonym : shackle, bind, restraint

(1) **handcuff** his wrists, (2) break free from **handcuffs**

The police officer put **handcuffs** on the suspect before placing them in the squad car.

convulsion

n. a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval

synonym : paroxysm, seizure, turmoil

(1) clonic **convulsion**, (2) economic **convulsion**

The patient's **convulsions** were a side effect of their medication.

slump

v. to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality

synonym : drop, sink, sag

(1) **slump** against pillows, (2) economic **slump**

Sales of the product **slumped** after the negative reviews were published.

ante

n. a mandatory bet or contribution made by all players in a game of cards or gambling as a prerequisite for participation; any initial or essential action or investment required for a particular endeavor

synonym : bet, wager, stake

(1) up the **ante**, (2) penny- **ante** trade

We need to raise the **ante** to win this poker game.

sift

v. to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

synonym : filter, go through, sieve

(1) **sift** the candidates, (2) **sift** sand
The search engine helps **sift** information.

lure *v.* to tempt or persuade someone to do something
synonym: tempt, entice, attract
(1) **lure** prey, (2) **lure** foreign investment
The salesperson used a special offer to **lure** customers into buying the product.

caiman *n.* a type of predatory reptile that belongs to the crocodylian family which resembles alligators and crocodiles but are smaller in size, typically found in Central and South America
synonym: alligator, crocodile, reptile
(1) **caiman** conservation, (2) **caiman** population
The **caiman's** diet mainly consists of fish and small mammals.

buoyant *adj.* lighthearted and cheerful; tending to float; having a positive attitude or outlook
synonym: optimistic, lighthearted, floating
(1) **buoyant** force, (2) **buoyant** market
His **buoyant** personality helped lift the spirits of everyone in the room.

beep *v.* to make a short, high-pitched sound, typically as a signal or warning
synonym: bleep, honk, buzz
(1) **beep** out a warning, (2) **beep** the horn
The timer **beeped**, reminding me that the cake was ready to come out of the oven.

downfall *n.* a sudden or catastrophic decline or failure
synonym: demise, collapse, ruin
(1) a **downfall** earthquake, (2) **downfall** government
The company's financial mismanagement was the **downfall**

of the once-successful business.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

shunt

v. to redirect or transfer something, often a flow of liquid or gas, to an alternative path or conduit; to move someone or something aside or out of the way; (noun) a device used to divert or redirect the flow of something, usually electrical current or fluid

synonym: redirect, divert, reroute

(1) **shunt** surgery, (2) **shunt** the output wavelength

The railway workers had to **shunt** the train to a different track to clear the tracks.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

throb

v. to beat with a strong, regular rhythm, as a pulse or a heart

synonym: pulse, beat, pound

(1) **throb** at the thought of the accident, (2) **throb** with excitement

The wound continued to **throb** with pain, despite the medication.

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**.

hypochondriac

adj. pertaining to or suffering from hypochondria, a condition marked by excessive anxiety about one's health and an abnormal concern that one has a serious disease, despite the absence of any physical evidence

synonym : worried, anxious, neurotic

(1) **hypochondriac** fears, (2) chronic **hypochondriac**
He always had a **hypochondriac** tendency, constantly worrying about his health.

paranoid

adj. unreasonably or obsessively believing that other people do not like you or want to harm you

(1) **paranoid** about issues, (2) **paranoid** disorder
A **paranoid** person may have delusions that people want to harm.

contraction

n. the act or process of becoming smaller or shorter in size, volume, or amount

synonym : shrinking, compression, reduction

(1) **contraction** of a disease, (2) **contraction** in the industry
The **contraction** of the economy has led to job losses.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym : poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty
Losing him is great **deprivation** to our team.

ischemic

adj. relating to or caused by an inadequate supply of blood to an organ or tissue, leading to reduced oxygen and nutrient levels

synonym : blocked, restricted, reduced blood flow

(1) **ischemic** stroke, (2) **ischemic** optic neuropathy
The patient was diagnosed with **ischemic** heart disease requiring immediate medical attention.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym : beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

Session 2: Spelling

1. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
2. epileptic ap__a *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
3. s__t the candidates *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
4. ap__a treatment *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
5. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
6. ca___n population *n.* a type of predatory reptile that belongs to the crocodylian family which resembles alligators and crocodiles but are smaller in size, typically found in Central and South America
7. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
8. penny-a__e trade *n.* a mandatory bet or contribution made by all players in a game of cards or gambling as a prerequisite for participation; any initial or essential action or investment required for a particular endeavor

ANSWERS: 1. numb, 2. apnea, 3. sift, 4. apnea, 5. deprivation, 6. caiman, 7. deprivation, 8. ante

9. pa____id disorder *adj.* unreasonably or obsessively believing that other people do not like you or want to harm you
10. climate sk____c *n.* a person who doubts or questions the truth of specific claims, beliefs, or doctrines, especially those in religion or the supernatural
11. te__t young people *v.* to make someone want to do or have something, especially something that is unnecessary or wrong
12. summer ol____ad *n.* a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
13. te__t the taste buds *v.* to make someone want to do or have something, especially something that is unnecessary or wrong
14. hyp____iac fears *adj.* pertaining to or suffering from hypochondria, a condition marked by excessive anxiety about one's health and an abnormal concern that one has a serious disease, despite the absence of any physical evidence
15. ha____ff his wrists *n.* a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process

ANSWERS: 9. paranoid, 10. skeptic, 11. tempt, 12. olympiad, 13. tempt, 14. hypochondriac, 15. handcuff

16. sl__p against pillows *v.* to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality
17. res_____te economy *v.* to make someone or something active or vigorous again;
18. de_____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
19. th__b at the thought of the accident *v.* to beat with a strong, regular rhythm, as a pulse or a heart
20. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
21. sh___r with delight *v.* to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
22. s__t sand *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
23. the modern ol_____ad *n.* a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
24. an ingrained sk_____c *n.* a person who doubts or questions the truth of specific claims, beliefs, or doctrines, especially those in religion or the supernatural

ANSWERS: 16. slump, 17. resuscitate, 18. deplete, 19. throb, 20. medicinal, 21. shiver, 22. sift, 23. olympiad, 24. skeptic

32. ci_____te an agenda before the meeting
v. to move continuously or freely around a place or closed system
33. bu_____t force
adj. lighthearted and cheerful; tending to float; having a positive attitude or outlook
34. compelled by du_____s
n. the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way
35. dr__n in a bath
v. to die or cause to die by being unable to breathe underwater
36. ex-s__u conservation
adj. short for "situated," meaning located or placed in a particular position or circumstance
37. b__y emotion
v. to place a dead body in the ground, grave, or tomb
38. ti___e up my spine
v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
39. ob___s over her weight
v. to fill the mind of someone continually so that one can't think of anything else
40. street ma_____an
n. a person who performs magic tricks or illusions to entertain an audience; typically involves sleight of hand or deception to create seemingly impossible or supernatural effects

ANSWERS: 32. circulate, 33. buoyant, 34. duress, 35. drown, 36. situ, 37. bury, 38. tingle, 39. obsess, 40. magician

41. b__p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
42. ca___n conservation *n.* a type of predatory reptile that belongs to the crocodylian family which resembles alligators and crocodiles but are smaller in size, typically found in Central and South America
43. hyp_____ion syndrome *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
44. hy_____c injury *adj.* relating to or characterized by a deficiency of oxygen, particularly in the body's tissues or organs
45. hyp_____ion treatment *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
46. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
47. pa_____id about issues *adj.* unreasonably or obsessively believing that other people do not like you or want to harm you
48. pu__e his sins *v.* to remove or get rid of something, especially that is unwanted or impure
49. is_____ic stroke *adj.* relating to or caused by an inadequate supply of blood to an organ or tissue, leading to reduced oxygen and nutrient levels

ANSWERS: 41. beep, 42. caiman, 43. hyperventilation, 44. hypoxic, 45. hyperventilation, 46. drown, 47. paranoid, 48. purge, 49. ischemic

50. economic con_____on *n.* a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
51. clonic con_____on *n.* a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
52. l__e foreign investment *v.* to tempt or persuade someone to do something
53. ci_____te a rumor *v.* to move continuously or freely around a place or closed system
54. deep-sea di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey
55. res_____te the man drown *v.* to make someone or something active or vigorous again;
56. up the a__e *n.* a mandatory bet or contribution made by all players in a game of cards or gambling as a prerequisite for participation; any initial or essential action or investment required for a particular endeavor
57. become lig_____ed *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

ANSWERS: 50. convulsion, 51. convulsion, 52. lure, 53. circulate, 54. diver, 55. resuscitate, 56. ante, 57. lightheaded

58. professional di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey
59. ex_____ty injury *n.* the farthest or most remote point or the greatest or the highest degree
60. pi___r decoration *n.* a tall, vertical column or support structure that helps to hold up other parts of a building or structure; a person or thing regarded as providing essential support or core strength to something
61. co___n lid *n.* a box or container used to bury a dead body; a case or structure resembling a coffin
62. he_____at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
63. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb
64. con_____on of a disease *n.* the act or process of becoming smaller or shorter in size, volume, or amount
65. skilled neu_____eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves
66. sc__b dirt from potatoes *v.* to clean something thoroughly, typically with a brush and soap or detergent

ANSWERS: 58. diver, 59. extremity, 60. pillar, 61. coffin, 62. heartbeat, 63. bury, 64. contraction, 65. neurosurgeon, 66. scrub

67. pu__e the system *v.* to remove or get rid of something, especially that is unwanted or impure
68. chronic hyp_____iac *adj.* pertaining to or suffering from hypochondria, a condition marked by excessive anxiety about one's health and an abnormal concern that one has a serious disease, despite the absence of any physical evidence
69. sh___r in fear *v.* to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
70. b__p the horn *v.* to make a short, high-pitched sound, typically as a signal or warning
71. walk around in a d__e *n.* the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
72. traditional me_____al *adj.* of or relating to the treatment or cure of disease
73. bu_____t market *adj.* lighthearted and cheerful; tending to float; having a positive attitude or outlook
74. sh__t the output wavelength *v.* to redirect or transfer something, often a flow of liquid or gas, to an alternative path or conduit; to move someone or something aside or out of the way; (noun) a device used to divert or redirect the flow of something, usually electrical current or fluid
75. th__b with excitement *v.* to beat with a strong, regular rhythm, as a pulse or a heart

ANSWERS: 67. purge, 68. hypochondriac, 69. shiver, 70. beep, 71. daze, 72. medicinal, 73. buoyant, 74. shunt, 75. throb

76. de____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
77. a pounding he_____at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
78. leading neu_____eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves
79. lig_____ed from dehydration *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
80. act of du____s *n.* the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way
81. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
82. ma_____an's hat *n.* a person who performs magic tricks or illusions to entertain an audience; typically involves sleight of hand or deception to create seemingly impossible or supernatural effects

ANSWERS: 76. dedicate, 77. heartbeat, 78. neurosurgeon, 79. lightheaded, 80. duress, 81. numb, 82. magician

83. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
84. sc__b off graffiti *v.* to clean something thoroughly, typically with a brush and soap or detergent
85. hy____c environment *adj.* relating to or characterized by a deficiency of oxygen, particularly in the body's tissues or organs
86. de____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
87. wooden co____n *n.* a box or container used to bury a dead body; a case or structure resembling a coffin
88. l__e prey *v.* to tempt or persuade someone to do something
89. is____ic optic neuropathy *adj.* relating to or caused by an inadequate supply of blood to an organ or tissue, leading to reduced oxygen and nutrient levels
90. pi____r of society *n.* a tall, vertical column or support structure that helps to hold up other parts of a building or structure; a person or thing regarded as providing essential support or core strength to something
91. in-s__u control *adj.* short for "situated," meaning located or placed in a particular position or circumstance
92. d__e of sleep *n.* the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

ANSWERS: 83. obsess, 84. scrub, 85. hypoxic, 86. dedicate, 87. coffin, 88. lure, 89. ischemic, 90. pillar, 91. situ, 92. daze

93. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
94. do_____ll government *n.* a sudden or catastrophic decline or failure
95. de_____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
96. con_____on in the industry *n.* the act or process of becoming smaller or shorter in size, volume, or amount

ANSWERS: 93. hallucinate, 94. downfall, 95. deplete, 96. contraction

Session 3: Fill in the Blanks

1. The police officer put _____ on the suspect before placing them in the squad car.
 - n.* a pair of metal restraints that are designed to lock around a person's wrists and prevent them from moving their hands freely; (verb) to restrain or restrict the movement of a person by applying handcuffs, typically as part of an arrest or other security-related process

2. My nerves began to _____ before the show started.
 - v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

3. Sleep-deprived people gradually lose their concentration and may _____.
 - v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

4. The timer _____ reminding me that the cake was ready to come out of the oven.
 - v.* to make a short, high-pitched sound, typically as a signal or warning

5. The government tried to _____ corrupt officials from the bureaucracy.
 - v.* to remove or get rid of something, especially that is unwanted or impure

6. A _____ person may have delusions that people want to harm.
 - adj.* unreasonably or obsessively believing that other people do not like you or want to harm you

7. He broke his arm at the _____ of the bone.
 - n.* the farthest or most remote point or the greatest or the highest degree

ANSWERS: 1. handcuffs, 2. tingle, 3. hallucinate, 4. beeped, 5. purge, 6. paranoid, 7. extremity

8. The wound continued to _____ with pain, despite the medication.
- v. to beat with a strong, regular rhythm, as a pulse or a heart
9. She won a gold medal in the physics _____ and was praised by her teachers and peers.
- n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
10. We need to raise the _____ to win this poker game.
- n. a mandatory bet or contribution made by all players in a game of cards or gambling as a prerequisite for participation; any initial or essential action or investment required for a particular endeavor
11. The patient's _____ were a side effect of their medication.
- n. a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
12. He _____ his life to helping others.
- v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
13. I _____ in the cold winter air as I wait for the train.
- v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
14. The search engine helps _____ information.
- v. to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
15. Losing him is great _____ to our team.
- n. a state of not having something, such as food or money, that you need for a pleasant life

ANSWERS: 8. throb, 9. olympiad, 10. ante, 11. convulsions, 12. dedicated, 13. shiver, 14. sift, 15. deprivation

16. Melanoma in _____ is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

adj. short for "situated," meaning located or placed in a particular position or circumstance

17. The hospital recruited experienced _____ worldwide to treat complex neurological disorders comprehensively.

n. a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

18. The high altitude caused a _____ condition, making it difficult to breathe.

adj. relating to or characterized by a deficiency of oxygen, particularly in the body's tissues or organs

19. He always had a _____ tendency, constantly worrying about his health.

adj. pertaining to or suffering from hypochondria, a condition marked by excessive anxiety about one's health and an abnormal concern that one has a serious disease, despite the absence of any physical evidence

20. New York is the commercial _____ of America.

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

21. He was in a _____ from the sudden news and couldn't process it properly.

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

ANSWERS: 16. situ, 17. neurosurgeons, 18. hypoxic, 19. hypochondriac, 20. heartbeat, 21. daze

22. The fan _____ the air in the room quickly.
- v.* to move continuously or freely around a place or closed system
23. Anxiety is a common cause of _____ as the body responds to perceived threats with rapid, shallow breathing.
- n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
24. She decided to _____ the kitchen floor to remove all the dirt and grime.
- v.* to clean something thoroughly, typically with a brush and soap or detergent
25. The patient was diagnosed with _____ heart disease requiring immediate medical attention.
- adj.* relating to or caused by an inadequate supply of blood to an organ or tissue, leading to reduced oxygen and nutrient levels
26. Sales of the product _____ after the negative reviews were published.
- v.* to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality
27. The salesperson used a special offer to _____ customers into buying the product.
- v.* to tempt or persuade someone to do something
28. Floods have the potential to _____ any subsurface animals easily.
- v.* to die or cause to die by being unable to breathe underwater
29. The search and rescue team sent a team of _____ to search for the missing plane wreckage.
- n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

ANSWERS: 22. circulates, 23. hyperventilation, 24. scrub, 25. ischemic, 26. slumped, 27. lure, 28. drown, 29. divers

30. His _____ personality helped lift the spirits of everyone in the room.
adj. lighthearted and cheerful; tending to float; having a positive attitude or outlook
31. Sleep _____ is a severe condition that causes a person to stop breathing while asleep.
n. a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
32. There is plenty of space to _____ everyone.
v. to place a dead body in the ground, grave, or tomb
33. The _____ diet mainly consists of fish and small mammals.
n. a type of predatory reptile that belongs to the crocodylian family which resembles alligators and crocodiles but are smaller in size, typically found in Central and South America
34. The children were delighted with the _____ clever tricks.
n. a person who performs magic tricks or illusions to entertain an audience; typically involves sleight of hand or deception to create seemingly impossible or supernatural effects
35. Though he was evil, he never _____ his friends into wrongdoing.
v. to make someone want to do or have something, especially something that is unnecessary or wrong
36. He experienced cardiac arrest but was _____ yesterday.
v. to make someone or something active or vigorous again;
37. The _____ of the economy has led to job losses.
n. the act or process of becoming smaller or shorter in size, volume, or amount

ANSWERS: 30. buoyant, 31. apnea, 32. bury, 33. caiman's, 34. magician's, 35. tempted, 36. resuscitated, 37. contraction

38. The _____ of smoke rising from the building signaled a massive fire.
- n.* a tall, vertical column or support structure that helps to hold up other parts of a building or structure; a person or thing regarded as providing essential support or core strength to something
39. After the rollercoaster ride, I felt _____ and needed to sit down.
- adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
40. The railway workers had to _____ the train to a different track to clear the tracks.
- v.* to redirect or transfer something, often a flow of liquid or gas, to an alternative path or conduit; to move someone or something aside or out of the way; (noun) a device used to divert or redirect the flow of something, usually electrical current or fluid
41. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.
- v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
42. The company's financial mismanagement was the _____ of the once-successful business.
- n.* a sudden or catastrophic decline or failure
43. He was a _____ who doubted the existence of supernatural phenomena.
- n.* a person who doubts or questions the truth of specific claims, beliefs, or doctrines, especially those in religion or the supernatural
44. He's utterly _____ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 38. pillar, 39. lightheaded, 40. shunt, 41. deplete, 42. downfall, 43. skeptic, 44. obsessed

45. My left arm became _____.

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

46. The priest prayed over the _____ before it was lowered into the ground.

n. a box or container used to bury a dead body; a case or structure resembling a coffin

47. The hostage made a false confession under _____.

n. the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way

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

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

ANSWERS: 45. numb, 46. coffin, 47. duress, 48. medicinal