

cardiovascular system 心血管系统

Need I go on? 需要我继续吗?

high-level adj. 高水平

intellectual adj. 智力的

get into 进入 (e.g. But before we get into that, I need to talk a little bit about neurogenesis.)

fetal adj. 胎的, 胎儿的

tissue n. 组织

paradigm n. 模式, 范式

proliferation n. 增殖, 扩散

neuron n. 神经元

dose n. 剂量 (e.g. In one important rat study, brain signals and responsiveness to those signals were enhanced within just seconds after rats were administered doses of BDNF.)

sheer adj. 纯粹的, 陡峭的 (e.g. The sheer numbers of studies that indicate a connection in animals say a lot.)

branch n. 分支

clinical study 临床研究

crossword puzzle 填字游戏

acquire new skills 获取新技能

in response to sth. 作为某事的结果 (e.g. There's a particular stress hormone that's elevated in response to all methods of exercise, but more so with more intense regimens.)

regimen n. 疗法

implicate v. 使卷入, 涉及, 暗指, 影响 (e.g. Stress hormones have been implicated in reducing BDNF levels and can also create a cascade of other problems in the human body.)

a cascade of 一连串

innate adj. 内在的, 天生的, 固有的

at a glance 一瞥

bush n. 灌木

berry n. 浆果

symbolic adj. 符号的

manipulation n. 处理, 操纵

proficient adj. 熟练的, 精通的

slide n. 幻灯片

flash v. 突然显露 (e.g. The slide would flash just for a fraction of a second.)

jump out at sb. 一下子吸引住某人 (e.g. The first thing that jumped out at the researchers when they looked at the results of the experiment was, the between individuals there were big differences in ANS proficiency.)

rapid adj. 快速的

fascinating adj. 极具吸引力的

sketch n. 草图

in a minute 马上

wedge n. 楔

mud n. 泥浆

crack v. 裂开

slump v. 骤降, 惨败

garbage n. 垃圾

deposit v. 使沉淀，存放(e.g. Yesterday, we were discussing landfills and the hundreds of millions of tons of everyday garbage which are deposited into them each year in the United States.)

It's a growing problem! 这个问题越来越严重了!

run out of 耗尽

food scraps 残羹冷饭

recycle n. 循环

widespread adj. 广泛的 (e.g. We have government recycling programs for materials like plastics, glass and metal, yet widespread solutions for organic waste materials haven't really been addressed in the United States.)

anaerobic adj. 厌氧的

in the absence of sth. 在没有某物的情况下

break down 分解

waste water treatment 废水处理

sludge n. 污泥

soupy adj. 像汤汁一样的

cost-effective adj. 省钱的，经济的

hydrogen n. 氢气

methane n. 甲烷

petroleum n. 石油

coal n. 煤炭

versatile adj. 多元的，多才多艺的

demonstration project 示范项目

facility n. 仪器，设备

commercial adj. 商业的