## Vocabulary Book

## THE OFFICIAL HOMO SAPIENS OPERATOR'S MANUAL



ARISE lessons become internal assets that create positive change. Order Toll-Free: 1-888-680-6100 © 1996-2011-2014 ARISE Foundation

ariselife-skills.org

**Abdomen** (*aeb-dow-mahn*): Part of the body between the thorax (part of trunk that contains the heart and lungs) and the pelvis (lower spine/thigh-bone area); abdominal.

**Abrasive** (*ah-brey-sihv*): Causing irritation.

**Acetic acid** (*ah-seh-tihk ae-sahd*): Colorless, liquid acid that is the main acid of vinegar and is used in the production of plastics.



**Acetylcholinesterase** (*ah-seet-ahl-ko-lah-nehs-tah-raes*): Enzyme in nerve endings and the blood needed for memory and reasoning power.

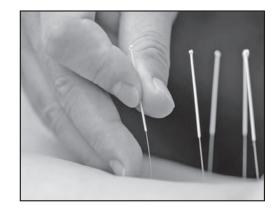
**Acids** (*ae-sahdz*): Various water-soluble chemical compounds that have a sour taste; react with a base to form salts.

**Acupuncture** (*aek-yuw-pahngk-cher*): Chinese practice of puncturing the body with small needles at specific points to help cure disease or relieve pain.

**Additives** (*aed-ah-tihvz*): Substances added to another in small amounts to preserve or improve it.

Adrenal glands (ah-driyn-ahl glaendz): A pair of endocrine organs near the kidney, producing adrenaline and hormones concerned with sex and metabolism.

**Adrenaline** (*ah-drehn-ahl-lahn*): Hormone that stimulates absorption of carbohydrates.



**Affirmation** (*ae-fer-mey-shahn*): A positive statement.

**Aggressive** (*ah-greh-sihv*): Marked by forceful energy; energetic in pursuing goals.

**Aldehydes** (*ael-dah-haydz*): Any of a family of colorless, volatile liquids used in production of a substance by joining chemical elements.

**Alienation** (*ey-liy-ah-ney-shahn*): Feeling hostility instead of friendship; alienate.

**Alimentary canal** (*ael-ah-mehn-ter-iy kah-nael*): Tube extending from the mouth to the anus.

**Alkalies** (*ael-kah-layz*): Soluble salts found in the ashes of plants; alkali, alkaline, alkaloid.

**Allergens** (*ae-ler-jahnz*): Substances that bring on allergies.

**Allergic** (ah-ler-jihk): Altered body reaction—as in inflammation—in response to exposure to an allergen; allergy.

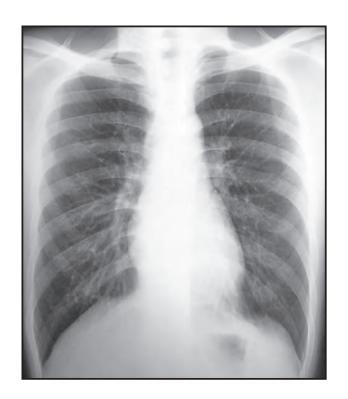


**Alveoli** (*ael-viy-ah-lay*): Gases travel through the walls in these tiny air sacs in the lungs, and in and out of blood.

**Alzheimer's** (*ael-zhay-merz*): Disease of the central nervous system, marked by premature mental decline.

**Amino acids** (*ah-miy-now aes-ahdz*): Main parts of proteins people get as important parts of their diets.

**Ammonia** (*ah-mow-nyah*): A compound of nitrogen and hydrogen easily condensed to a liquid.



**Amphetamine** (*aem-feht-ah-miyn*): Substance that stimulates the central nervous system.

**Ampulla** (*ahm-pyu-lah*): The bulge on the ear's semicircular canal that contains a receptor structure called the crista ampullaris.

**Ancestor** (*aen-seh-ster*): One from whom a person is descended.

**Anemia** (*ah-niy-miy-ah*): A condition in which the blood has low amounts of red blood cells.