

Word	Definition	First appearance
Amygdala	The part of your brain that is responsible for memory, decision-making, and emotional reactions	Verbal Fluency part 1
ATP	Adenosine triphosphate, the energy generated by mitochondria that is for powering your body and the bodies of all living creatures	NSAIDS part 2
Antibody	a large Y shaped protein that is produced by the cells in your immune system to destroy any germs in your body	SIGA part 1
Antigen	molecules that induce an immune response in the body. They can be viruses, cancer, or foods that give people certain people an allergic reaction (for example, if you're allergic to shellfish, then your body will treat shrimp molecules as antigens)	SIGA part 2
Beta-Endorphins	One of many endorphin hormones produced by the body. B-endorphins are primarily used by the body to maintain stress.	The Sun part 2
Biofilm	A group of microorganisms whose cells stick to each other and to another surface. For example, plaque on your teeth is an example of biofilm.	Blue Light part 2
Biomarker	a naturally occurring molecule, gene, or characteristic by which a particular pathological or physiological process, disease, etc. can be identified.	SIGA part 3

Biopsychosocial etiology	A theory that diseases are caused by biologically, psychological, and social sources combined	BGA part 2
Brain fog	Feeling and perception of forgetfulness, impaired thinking, difficulty focusing, cloudiness, and mental fatigue.	Estrogen part 2
Brain derived neurotrophic factor	the genes that help you learn and remember things more effectively (BDNF)	The sun part 2
Circadian Rhythm	The natural sleep schedule	Blue Light part 2
Circulatory System	Also called the Vascular System or cardiovascular system, the organ system that moves blood around the body	NSAIDS part 2
Cirrhosis	Liver scarring	PPIs part 2
Cyclooxygenase (COX)	Chemical catalyst in your body that speeds up the production of other chemicals in your body that cause inflammation and pain	NSAIDs part 3
Cytokines	Chemical signals produced by the immune system that turn off or on systems.	BGA part 2
Dopamine	A neurotransmitter in the brain that has a number of functions such as making you feel good and sending messages from the brain to organs.	Blue Light part 2
Dysbiosis	An imbalance in the microbiota	BGA part 1
Enteric Nervous System	The part of the parasympathetic nervous system that controls the GI system	BGA part 1

Esophagus	The muscular tube in throat that connects the mouth and the stomach	PPIs part 3
Estrogen	The primary female sex hormone	Estrogen part 1
Feedback loop	An action that feeds back into itself which causes it to continue to occur	NSAIDs part 1
Gastroesophageal Reflux Disease (GERD)	A condition in which the acid in your stomach that you need for digestion and preventing diseases, leaves the stomach and goes into your esophagus Also known as acid reflux	PPIs part 3
Gastrointestinal (GI) Tract	An organ system within humans and other animals which takes in food, digests it to extract and absorb energy and nutrients, and expels the remaining waste as feces and urine.	BGA part 1
Ghrelin	The hormone your body releases to make you feel hungry	Blue Light part 2
Gut	The entirety of the human digestive system or just the gastrointestinal tract by itself	BGA part 1
Homeostasis	The normal, healthy function of the body	BGA part 2
Horemesis	biological phenomenon in which a beneficial effect (improved health, stress tolerance, growth or longevity) results from exposure to low doses of an agent that is otherwise toxic or lethal when given at higher doses.	The Sun part 1
Leptin	The hormone your body produces to counteract ghrelin and make you feel full	Blue Light part 2

Melatonin	The hormone that regulates sleep and wakefulness	Blue Light part 2
Microbiota	The microorganisms living in our body	BGA part 1
Mitochondria	An organelle that generates energy for the cell and by extension for your body	NSAIDS part 2
Mucous membrane	Also known as mucosa, the part of the stomach lining that protects the stomach from being damaged by its own acids	SIGA part 1
Myopia	The scientific name for nearsightedness	The Sun part 2
NSAIDs	Non-steroidal anti-inflammatory drugs A type of pain-killer drug that targets inflammation	NSAIDs part 1
Nucleic Acid	Molecules that create and store the information in DNA, consisting of A, C T, and G.	BGA part 1
Neurocognitive disorders	when a person has trouble understanding and processing their surroundings due to old age, genetics, or a traumatic brain injury	The sun part 2
Neurogenesis	The creation of new brain cells	BGA part 2
Neurotoxin	Toxins that are poisonous or destructive to nerve tissue	Estrogen Part 2
Neurotrophic Factors	Molecules that help your brain cells grow and become stronger	Blue Light Part 2
Organelle	The miniature “organs” that comprise the parts of the cell	NSAIDS part 2
Osteoporosis	A condition in the bones become brittle and	PPIs part 2

	porous	
Parasympathetic Nervous System	The part of the involuntary nervous system that serves to slow the heart rate, increase intestinal and glandular activity, and relax the sphincter muscles	PPIs part 3
Pathway	The way that chemical reactions link together	NSAIDS part 3
Photoreceptor	The parts of the body that take in light. These can be the cells in your eyes that convert light into images or proteins in your cells that react to light.	Blue Light part 2
Prebiotics	Food for the bacteria in the gut.	BGA part 3
Probiotics	Bacteria (usually taken as a supplement or in food)	BGA part 3
Proton Pump	A protein in within a cell that moves protons in order to generate energy	PPIs part 1
Proton Pump Inhibitors (PPIs)	Acid-suppression medicine that works by stopping your stomach cells from producing energy	PPIs part 1
Reactive Oxygen Species (ROSs)	Chemical molecules containing oxygen-based free radicals	NSAIDS part 2
SIgA	Secretory Immunoglobulin A: an antibody produced by the stomach cells that protects the stomach lining tissue itself and acts as the first line of defense for the rest of your gut against disease	SIGA part 1
Short Chain Fatty Acids (SCFAs)	Acids produced by bacteria in the gut. They are required for metabolism and energy.	BGA part 2
Solar Noon	The time of day in which the sun is highest in the sky	The Sun part 3
Temporal Lobe	One of four major lobes in the brain, it is responsible for interpreting the signals you get from your five senses and changing them into memories, emotions, and speech	Verbal Fluency part 1

Thyroid	A gland in the neck that secrete hormones that regulates growth and development	PPIs part 2
Transient Lower Esophageal Sphincter Relaxations (TLESRs)	When the esophagus fails to keep out stomach acid	PPIs part 3
Traumatic Brain Injury (TBI)	an external head injury is that is severe enough to affect the brain	Verbal Fluency Part 2
Vagus Nerve	A nerve that stretches throughout the body and is responsible for controlling the parasympathetic nervous system	PPIs part 3
Vascular system	See "Circulatory System" above	NSAIDs Part 2
Visible Spectrum	The colors that are visible to the human eye	Blue Light part 1
White blood cells	Part of your immune system, these are the cells in your bloodstream that attack pathogens and germs	The sun part 2