

Word list Glossary

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Remittances = payments	To Assault = to attack suddenly	Graced = blessed by
To exceed = to surpass	To erode = to destroy	Proponents = Advocates
up to date = until now = so far	Trendy = modern = new	Critics = Opponents
Hence = so	Disregard = Ignore	A dietician = A Nutrition expert
Carry out = Conduct = perform	To seek = to look for	Dairy products = Milk / Milk Products / eggs
Carry on = Continue = go on	Alien = foreigner	Readiness = susceptibility
Smart = intelligent	Accurately (adj.) = Exactly	Satiation = The state of Wanting no more of something
Abandoned = stopped	Controversial = Debatable = contentious	Stigmatized = considered As disgraceful or shameful
Re-knotted = re-constructed	Peril (N.) = damage = dangerous	Pace = Speed
To crush = to destroy = to smash	To champion = to defend = to fight for something	Particularly = Especially
Unemployment = Joblessness	Daunting = worrying = frightening	Exodus = Migration
Worldwide = Universal = global	Retarded = made slowly	Economic crises = Slump (leads to depression)

An antidote = a way of Preventing or acting Against something bad	Upheaval = Great change Involving much difficulty or trouble	To exceed = to surpass = to be higher
Slump = crises = recession	Dramatically = clearly	To abandon = to stop