



Daisy Ridley's Shocking Graves' Disease Revelation.

Description

Daisy Ridley has recently disclosed details about her health, sharing that she received a diagnosis of Graves' disease in the year 2023. The renowned actress, famous for her portrayal of Rey in the Star Wars saga, delved into her encounter with the autoimmune condition during an interview with Women's Health. She recounted how she initially attributed the symptoms to the stress of filming the psychological thriller *Magpie*; however, as the symptoms persisted, she sought the counsel of an endocrinologist to discuss her escalating issues, including an accelerated heart rate, weight loss, fatigue, and hand tremors.

The medical professional informed Ridley that Graves' disease is commonly described as feeling "tired and wired," a sensation she related to while navigating the early stages of the illness. Ridley candidly expressed, "I thought I was simply irritated with the world, but it appears that my body was operating at an accelerated pace, leaving me unable to relax."

Preceding her diagnosis, Ridley adhered to a vegan diet and maintained an inclination towards health-conscious practices. Following the revelation of her condition, she has taken a further interest in her well-being, incorporating various treatments into her self-care regimen. These include indulging in infrared saunas, cryotherapy, massages, acupuncture sessions, as well as embracing holistic rituals and physical exercise routines. Although she attempted to eliminate gluten from her diet, she admits to not strictly adhering to this adjustment, emphasizing that it is one of several alterations that have contributed to her enhanced sense of well-being.

Reflecting on her journey, Ridley acknowledged the transformative impact of the lifestyle modifications she has embraced. She expressed astonishment at the realization of her prior state, remarking, "I had not comprehended the extent of my discomfort until now." The actress's commitment to prioritize her health serves as a testament to her resilience and dedication to maintaining a balanced and harmonious lifestyle.

Vocabulary List:

1. **Autoimmune** /ˌɔː.tə.ɪ'mjun/ (adjective): Relating to diseases caused by the immune system attacking the body's own tissues.
2. **Endocrinologist** /ˌɛn.dəʊ.krɪ'nɒl.ə.dʒɪst/ (noun): A doctor specializing in the glands and hormones of the body.
3. **Candidly** /'kændɪdli/ (adverb): In an honest and straightforward way.
4. **Accelerated** /ək'sɛl.ə.reɪ.tɪd/ (adjective): Increased in speed or rate.
5. **Holistic** /həʊ'lɪs.tɪk/ (adjective): Considering a person or situation as a whole rather than as separate parts.
6. **Transformative** /træns'fɔː.mə.tɪv/ (adjective): Causing a marked change in someone or something.



Comprehension Questions

Multiple Choice

1. What autoimmune condition did Daisy Ridley receive a diagnosis of in 2023?
Option: Graves' disease
Option: Type 2 diabetes
Option: Rheumatoid arthritis
Option: Multiple sclerosis
2. In which movie did Daisy Ridley portray the character Rey?
Option: Magpie
Option: Star Trek
Option: Star Wars
Option: Hunger Games
3. What did the medical professional describe Graves' disease as?
Option: Sleepy and lethargic
Option: Tired and wired
Option: Energetic and relaxed
Option: Anxious and calm
4. Which of the following was NOT a symptom that Daisy Ridley experienced?
Option: Accelerated heart rate
Option: Weight gain
Option: Fatigue
Option: Hand tremors
5. What lifestyle change did Daisy Ridley attempt regarding her diet?
Option: Eliminating gluten
Option: Increasing sugar intake
Option: Reducing protein consumption
Option: Introducing dairy products
6. What has Daisy Ridley incorporated into her self-care regimen?
Option: Infrared saunas
Option: Deep-fried foods



- Option: Sedentary lifestyle
Option: Excessive caffeine intake

Answer

Multiple Choice: 1. Graves' disease 2. Star Wars 3. Tired and wired 4. Weight gain 5. Eliminating gluten 6. Infrared saunas

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the meaning of thwarted?
Option: A. Hindered or stopped
Option: B. Supportive or encouraging
Option: C. Easy or straightforward
Option: D. Bright or sunny
2. Which term refers to holding extreme political or religious views?
Option: A. Solidarity
Option: B. Extremism
Option: C. Holistic
Option: D. Apology
3. What do complexities refer to?
Option: A. Simple problems
Option: B. Complicated issues
Option: C. One-dimensional challenges
Option: D. Straightforward tasks
4. Autoimmune is related to disorders in which the body attacks its own _____.
Option: A. Bones
Option: B. Organs
Option: C. Skin
Option: D. Neurons
5. What does the term "regret" generally mean?
Option: A. Happiness
Option: B. Sorrow or remorse
Option: C. Acceptance



Option: D. Pride

6. What does "revolutionize" indicate?

Option: A. Maintain status quo

Option: B. Implement small changes

Option: C. Completely change and transform

Option: D. Follow established norms

7. Decoherence is a phenomenon in physics related to the loss of _____ in quantum systems.

Option: A. Momentum

Option: B. Energy

Option: C. Entanglement

Option: D. Stability

8. What does "methodology" primarily refer to?

Option: A. No specific approach

Option: B. A systematic way of doing things

Option: C. Random procedures

Option: D. One-time experiment

9. What field of study combines astronomy and physics?

Option: A. Quantum mechanics

Option: B. Geology

Option: C. Astrophysics

Option: D. Psychology

10. What does "advocacy" involve?

Option: A. Opposing opinions

Option: B. Promoting a cause or idea

Option: C. Remaining silent

Option: D. Indecisiveness

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The suspect was finally _____ by the authorities after weeks of investigation.

12. Macroscopic objects are visible to the naked _____.

13. He offered a sincere _____ for his mistake.

14. The company _____ its efforts to meet the deadline.



15. An _____ is a doctor who specializes in hormone-related disorders.
16. The controversial decision led to a severe _____ from the public.
17. The earthquake was a _____ causing widespread destruction.
18. The artist was known for his _____ paintings that left viewers puzzled.
19. The dancers moved in perfect _____ to the music.
20. In the study the scientists found that smoking was _____ with a higher risk of lung cancer.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. After the natural disaster the community came together in to support those affected.
22. The team experienced _____ when they realized they had lost the championship.
23. The holistic approach to healthcare considers the entire person including their physical mental and emotional well-being.
24. The coach implemented a training program that significantly improved the team's performance.
25. A genuine _____ can help repair relationships and rebuild trust.
26. The discovery of the new species had significant _____ for biodiversity conservation.
27. The plot of the movie centered around a plan to overthrow the government.
28. Quantum physics explores the mysterious phenomenon of _____ between particles.
29. According to Einstein's theory of relativity massive objects create a pull in space-time.
30. He expressed deep _____ for his actions and its consequences.

Answer

Multiple Choice: 1. A. Hindered or stopped 2. B. Extremism 3. B. Complicated issues 4. B. Organs 5. B. Sorrow or remorse 6. C. Completely change and transform 7. C. Entanglement 8. B. A systematic way of doing things



9. C. Astrophysics 10. B. Promoting a cause or idea

Gap-Fill: 11. apprehended 12. eye 13. apology 14. accelerated 15. endocrinologist 16. backlash 17. catastrophe 18. enigmatic 19. synchronized 20. correlated

Matching sentence: 1. Solidarity 2. Dismay 3. Holistic 4. Transformative 5. Apology 6. Implication 7. Nefarious 8. Entanglement 9. Gravitational 10. Regret

CATEGORY

1. Entertainment - LEVEL6

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