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# Spanish Woman, 111, Reveals Secret Drink for Longevity

## Description

In the enchanting city of Barcelona, a fascinating woman named Angelina Torres Vallbona has captivated Spain and beyond. At an extraordinary 111 years old, she holds the title of Spain's oldest living resident, exuding a youthful enthusiasm that belies her years. Angelina attributes her remarkable longevity to a simple yet potent morning ritual: a glass of water with a splash of lemon juice and a teaspoon of sugar. This humble concoction is the bedrock of her daily routine.

The ingredients of this elixir are believed to pack a punch. Water is crucial for hydration, lemon juice is rich in vitamin C and antioxidants, and sugar provides a quick energy boost. Although the mixture might seem unconventional, it aligns with habits of highly intelligent individuals who maintain mental sharpness through hydration and vitamin C intake.

Angelina's century-spanning life reflects resilience and adaptability. Born on March 18, 1913, she has witnessed history unfold, from Spain's Civil War to global conflicts. Longevity appears to run in her family, with her mother and sister living into their nineties.

Central to Angelina's enduring vitality are her social bonds. She revels in friendships and family, believing that "laughter and love" are key components of a fulfilling life. Research supports her claim, suggesting that strong relationships and positive social interactions significantly impact health and longevity.

Additionally, Angelina's deep connection to Barcelona and its iconic sites, like the Sagrada Familia, has contributed to her contentment. Her balanced lifestyle emphasizes moderation and appreciation for beauty, akin to avoiding excessive household chores.

While Angelina's morning drink isn't a magic potion, her story highlights the profound impact of modest daily habits. Her life encourages us to reflect on our routines, suggesting that by adopting her wisdom and nurturing our social ties, we too can aspire to a life brimming with vitality.

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## Vocabulary List:

1. **Enchantment** /ɪn'tʃæntmənt/ (noun): A magical quality or charm.
2. **Vitality** /vaɪ'tæləti/ (noun): The state of being strong and active; energy.
3. **Resilience** /rɪ'zɪljəns/ (noun): The ability to recover quickly from difficulties; toughness.
4. **Concoction** /kən'kɒkʃən/ (noun): A mixture of various ingredients or elements.
5. **Antioxidants** /,æn.ti'ɒk.sɪ.dənt/ (noun): Molecules that inhibit the oxidation of other molecules.
6. **Moderation** /,mɒdə'reɪʃən/ (noun): The avoidance of excess or extremes especially in behavior.



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## Vocabulary quizzes

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

1. Which term refers to the height of an object or point in relation to a specified reference level usually above sea level?  
Option: Altitude  
Option: Hypoxia  
Option: Resilience  
Option: Adaptation
2. Which term relates to the heart or blood vessels?  
Option: Distribution  
Option: Cardiac  
Option: Seizure  
Option: Revived
3. Which term means to make less severe serious or painful?  
Option: Exhaustive  
Option: Burdened  
Option: Mitigate  
Option: Compounds
4. What are substances that can prevent or slow damage to cells caused by free radicals?  
Option: Concoction  
Option: Antioxidants  
Option: Moderation  
Option: Efficacy
5. Which term refers to a meeting with an expert or professional in order to seek advice?  
Option: Revived  
Option: Consultation  
Option: Oxidative  
Option: Detrimental
6. Which term means to give in to a desire especially one that is considered excessive or unwise?  
Option: Indulges  
Option: Habits  
Option: Incite  
Option: Adverse



7. Which term refers to the state of being completely soaked with a liquid?  
Option: Enchantment  
Option: Saturation  
Option: Vitality  
Option: Resilience
8. Which term refers to the ability to produce a desired or intended result?  
Option: Resilience  
Option: Efficacy  
Option: Compounds  
Option: Oxidative
9. Which term means to make a problem bad situation or negative feeling worse?  
Option: Rejuvenating  
Option: Detrimental  
Option: Exacerbated  
Option: Enchantment
10. Which term means to give strength or energy to?  
Option: Invigorate  
Option: Mitigate  
Option: Compounds  
Option: Resilience

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

11. \_\_\_\_\_ is the capacity to recover quickly from difficulties; toughness.
12. \_\_\_\_\_ is a condition in which the body or a region of the body is deprived of adequate oxygen supply at the tissue level.
13. The spa offers a range of \_\_\_\_\_ treatments aimed at refreshing and revitalizing the body and mind.
14. The company's products have a wide \_\_\_\_\_ across various regions of the country.
15. Chemical \_\_\_\_\_ are formed when atoms of different elements are chemically bonded



together.

16. The medication may have \_\_\_\_\_ effects if not taken according to the prescribed dosage.

17. The beauty of the landscape held a certain \_\_\_\_\_ that captivated all who beheld it.

18. Regular exercise and a balanced diet contribute to maintaining good levels of \_\_\_\_\_ and health.

19. It is important to consume alcohol in \_\_\_\_\_ to avoid negative health impacts.

20. \_\_\_\_\_ stress occurs when there is an imbalance between free radicals and antioxidants in the body.

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

21. After a long hike the hiker's clothes were completely wet as they reached a point of with sweat.
22. The fresh mountain air can even the weariest of travelers providing them with renewed energy.
23. Excessive consumption of sugary drinks can be to one's dental health over time.
24. During the holidays it is easy to in rich calorie-laden foods without considering the consequences.
25. The weight of unresolved issues can leave a person feeling emotionally and overwhelmed.
26. The community showed great in rebuilding after the devastating tornado tore through the town.
27. It is advisable to seek medical before starting any new exercise regimen especially for individuals with underlying health conditions.
28. Regular exercise is beneficial for maintaining a healthy system and reducing the risk of heart disease.
29. The chef's secret of herbs and spices gave the dish its unique and unforgettable flavor.
30. The clinical trial demonstrated the high of the new drug in treating the rare disease.



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## Answer

**Multiple Choice:** 1. Altitude 2. Cardiac 3. Mitigate 4. Antioxidants 5. Consultation 6. Indulges 7. Saturation  
8. Efficacy 9. Exacerbated 10. Invigorate

**Gap-Fill:** 11. Resilience 12. Hypoxia 13. Rejuvenating 14. Distribution 15. Compounds 16. Adverse  
17. Enchantment 18. Vitality 19. Moderation 20. Oxidative

**Matching sentence:** 1. Saturation 2. Invigorate 3. Detrimental 4. Indulges 5. Burdened 6. Resilience  
7. Consultation 8. Cardiac 9. Concoction 10. Efficacy

## CATEGORY

1. Health - LEVEL4

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