

Crossroads

CROSSROADS Language Studio's Newsletter October, 2018

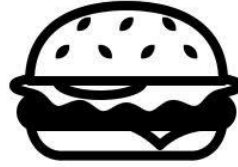
Fasting

Japanese diets, traditionally consisting of a high percentage of seafood, have started including more meat and dairy produce in recent times, and thus becoming more 'westernised'. A major problem with this is that meat, especially red meat, and the trans-fats used in junk food, are very difficult for our bodies to properly digest. The build-up of toxins, chemicals, 'bad fats' and undigested meat in the body can result in many health issues, such as heart disease, stroke, cancers and obesity. It is possible, though, to mitigate (reduce) their impact.

Fasting is one option. This is the process of limiting your diet to a certain drink or food – or abstaining from (stopping) eating – for a set time, to give your body the chance to cleanse itself. Some people use a juice fast, blending several raw foods, or just one type of fruit or vegetable. Apples, pineapples, berries, or tomatoes may be the easiest to stomach (swallow), but broccoli, spinach, cabbage, carrots, celery and wheatgrass are also very beneficial. At least 50% green is a good 'rule of thumb.' The juices sold in stores, laden with



(processed) refined sugars, are quite unhealthy - especially during a fast - so it's better to buy a juicing extractor and make your own fresh juices.



Another option is to completely abstain from in-taking everything except water (and oxygen!)

for your chosen time period, though some prefer to have a light tea – green or black. A common strategy is to build up the lengths of your fasts gradually, starting by only eating breakfast and an early brunch, then eating nothing until breaking the nightly fast, by eating *breakfast* the next day- as practiced by monks the world over. In fact some Buddhist monks and other religious devotees can abstain from eating for several months at a time but some people build up their fasting time to even more incredible lengths: In 1973 a 27 year-old was observed fasting for 382 days, starting at 207kg, and ending up at 82kg!

Reducing body fat is one advantage of fasting, along with increasing energy and cleansing the digestive system and detoxifying the body



– which clears the skin and eyes, gives glossier hair, stronger immunity against diseases, less fatigue and greater mental clarity etc. There are, though, some side effects to not eating, particularly for first-time fasters. Hunger pangs are only fleeting and will quickly go, but headaches are common as the toxins leave the body, and occasional dizziness may occur if you exert yourself too hard, or fast too long, too quickly. However, the benefits far outweigh any slight discomforts, and if you do a fast every month, and maintain a clean diet in between, you won't suffer much at all, but rather enjoy the cleansing experience!

Net News

NET LESSONS: Too busy to come to CROSSROADS?
.... Try our *lessons on the net!*

Here's a list of celebrities who have fasted:
<https://www.foxnews.com/health/10-celebs-who-went-on-extreme-diets-for-movie-roles>

Article by Mark

Some Thoughts for the Month



Joshua Says: If you've ever trained seriously for a sport or practiced a musical instrument for hours on end, you'll have developed a unique relationship with your own body. To command yourself to keep going past the pain, the fatigue, you, in a sense, have to leave your body and objectify your experience in order to command yourself to make an even greater effort to keep going. The supposed purpose may be to win a race, give a concert, but the silent benefits you gain are the changes you are creating in your general attitude. From a beginner's perspective, this is not so very different when you start learning a second language.

Junko Says: Have you heard about "Superfoods?" Although there is no official definition, it is generally accepted that they are nutritional and healthy. Japanese powered green-tea (Matcha) is one of these superfoods and is becoming popular in foreign countries. Here are seven of its health benefits, all based on scientific studies: 1. High in antioxidants; 2. Protects the liver; 3. Boots brain function; 4. Helps prevent cancer; 5. Protects the heart; 6. Helps lose weight; 7. very easy to prepare. Take approximately 3 teaspoons full a day. Give it a try!



Mark Says: I've been amazed this month by the passion and dedication shown by the participants carrying the 'portable shrines' in the local festivals. Knowing Japanese people to be pacifist, calm and often conservative, I was very surprised to learn that carriers of the shrines could actually come to blows and end up physically fighting people carrying 'rival' shrines! How religion can stir emotions and evoke fierce rivalry!

Darrin Says: At the end of last month, my mother and her husband came to visit us here in Matsuyama. While we often video chat through Skype, it was good to see them in the flesh. This was their third visit to Matsuyama, so it was a little difficult to think of new places to take them, but we managed to enjoy some quality time together and of course they were so happy to see their granddaughter.



Mandev dit: Saviez-vous qu'en France, il n'y a pas Halloween. En effet, c'est une manifestation commerciale et seulement aiment se costumer pour aller s'amuser avec leurs amis. Et oui. En France. C'est la Toussaint. Nous allons sur la pierre tombale de nos grands-parents et nous leurs offrons des fleurs. C'est beaucoup moins amusant.

ACROSS

- 1 made up of
- 5 poisonous substances
- 8 lasting for a short time
- 10 choosing not to do something
- 11 useful or helpful
- 14 combining into one
- 15 resisting disease

DOWN

- 1 free from confusion, easy to understand
- 2 followers
- 3 removing poisons from
- 4 convert food for use by the body
- 6 shinier and smoother
- 7 watched closely
- 9 slowly, step by step
- 12 loss of strength and energy
- 13 to clean

([print version here](#))

Play A Game!

