CROSSROADS Janguage 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. 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.

Net News

<u>NET LESSONS</u>: 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-whowent-on-extreme-diets-for-movie-roles



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!

Article by Mark

Some Thoughts for the Month



<u>Joshua Says</u>: 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.

<u>Junko Says</u>: 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!





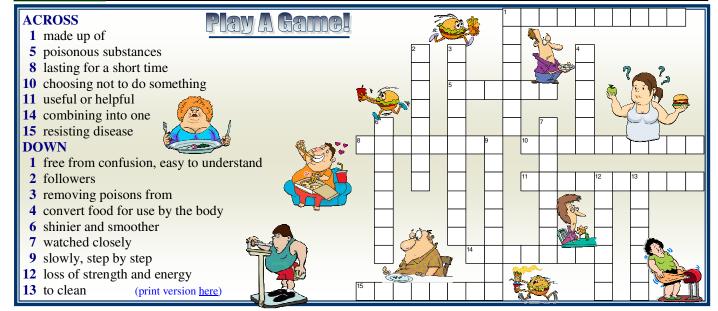
<u>Mark Says</u>: I've been amazed this month by the passion and dedication shown by the participants carrying the 'portable shrines' in the local festivals. Knowing Japanese people to be pacifist, calm and often conservative, I was very surprised to learn that carriers of the shrines could actually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

<u>Darrin Says</u>: 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.





Mandcy 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.



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S(A)3's Koki's hobby is horse racing. Here is what he has to say about it.....

Have you ever seen a horse race? One of my favorite

hobbies is horse racing. I enjoy watching the races on TV every weekend and sometimes I go to a racetrack. As you know, horse racing is associated with gambling and the impression, I guess, is generally not so good. If you think so, I'd like you to visit a horse racing track and see horses running at high speed. You don't have to bet (but betting adds spice to the experience). I hope it will change your mind about horse racing.

There are a lot of horse racing tracks in Japan operated by the Japan Racing Association (JRA) and municipal governments. I recommend you visit a JRA track. The Japanese Government established and finances the JRA. It is supervised by the Ministry of Agriculture, Forestry and Fisheries, therefore JRA's tracks are very well kept and clean. The facilities at these tracks include not only the racetrack, but a large building for spectators, a park for children, cafeterias and goods shops. A big monitor in the middle of the racetrack conveys the race situation, results, odds and other information we may want. Thanks to these amenities, we can enjoy staying there and watching the races in comfort. In addition, the entrance fee is so reasonable, only 100 or 200 yen (depending on venue)!

The real pleasure of visiting a racetrack is that we can see horses close up. I think the shape of a thoroughbred horse, its long legs, sturdy body and cute profile is the most beautiful among all animals, especially when it runs at high speed on green grass. The image is so splendid. And, as the horses run in front of us, we can hear their powerful gallop; something we can't experience in daily life. When horses are neck-to-neck right up to the line, many spectators cheer really loudly. I was surprised the first time I saw this, but I also felt a sense of unity with the other people there at that time.

If you have never experienced horse racing, it is better you go with people who have had some experience. They will teach you the racing system and how to look at the horses and the races. You can meet beautiful horses! Why don't you visit a horse racing track? (But, you have to be over 20 if you want to bet.)



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Last Month's Puzzle Solution

ACROSS

- 1 the act of entering
- 4 people who travel by foot
- 6 deadly
- 8 free of external control
- 11 the arrival of something, (usually expected)
- 13 relating to the making laws
- 14 confused
- 15 a large indefinite number
- 16 suppressing or depressing something

DOWN

- 2 consequences of some action
- 3 reached a final or climatic stage
- 5 made worse
- 7 severely or angrily criticized
- 9 clearly evident
- 10 moving restlessly (especially a child)
- 12 causing apprehension or fear

Don't forget... Our SPECIAL 1+1 Campaign offer! Up to 50% off!!

See our notice board, or ask Junko in our office, for the details.