

CROSSROADS

CROSSROADS Language Studio's Newsletter March 2020

Three powers - diet

"You are what you eat." This old saying is still just as valid as when it was first coined in the early 19th century. The type of diet we follow, greatly influences our mood and mental health, and directly translates into our physical strength and health.

A new field of genetic science – epigenetics – tells us that everything we eat, think, and do, has a knock-on effect on our genes in some way. Depending on environmental stimuli, our genes change constantly, working differently from minute to minute. Various research tests now prove that WE control our genes. The air pollution or work stress can badly affect the performance of our genes, and we cannot – for the most part – control these. What we *can* control, however, is perhaps the most important factor: diet.

No matter what genes we were born with, by eating the right food we can reprogram them, thus immunizing our body against, cancers, premature aging, dementia and much more.

There is a plethora of diet regimes and all kinds of advice available, published online and in other forms, but we can generally narrow the choices down to a few rules.

One such rule is to eat whole foods, as opposed to processed products; things we can see and recognize. So instead of mashed potatoes in a powder form, in a packet, we should eat potatoes fresh, skin included. Ready-made easy-cook foods often contain preservatives, artificial additives and coloring, and these additives may lead to various undesired consequences for our organs' health and function.

Eating "brown" instead of "white" foods (brown rice, buckwheat noodles, etc.) is another way of *upgrading* our diet, as these foods will often contain much higher levels of nutrition, vitamins and essential minerals that our bodies cannot function properly without.

We should also opt for steaming our veggies, and avoid boiling them, to keep as many vitamins locked inside the food from escaping into the water.

The right oil that we use for frying or garnishing our food with also makes a tremendous difference to our overall health. Butter, Coconut oil and olive oil are some of the healthiest and safest oils to cook with.

GOOD FATS AND BAD	
Good Fats These traditional fats can handle the heat involved in processing or cooking.	Bad Fats These industrial-era fats cannot handle the heat involved in processing or cooking.
<ul style="list-style-type: none">■ Olive oil■ Peanut oil■ Butter (Yes, butter!)■ Macadamia nut oil■ Coconut oil■ Animal fats (lard, tallow)■ Palm oil■ Any artisanally produced unrefined oil	<ul style="list-style-type: none">■ Canola oil■ Soy oil■ Sunflower oil■ Cottonseed oil■ Corn oil■ Grapeseed oil■ Safflower oil■ Non-butter spreads (including margarine) and the so-called trans-free spreads

Processed sugar in the diet is now widely recognized as a major cause of serious illnesses, and thus it should be kept down to a minimum.

The right amount and type of nutrition is important to our health and wellbeing, but we must also make sure to utilize the energy efficiently, so staying active and keeping our body in good physical condition is essential and is our 3rd *power* we will look at. So, until next time!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

The basics of a healthy diet:

<https://www.nhs.uk/live-well/eat-well/>

Some Thoughts for the Month



Joshua Says: I believe intelligence can be expressed in the questions you ask, not in the answer you give. Newton had all the answers, then he didn't, Einstein had all the answers, then he didn't. Any answer is incomplete or even wrong so long as someone else is willing to ask another question. Questions push us towards change and growth. Ironically, answers sometimes have the opposite effect. Perhaps then an intelligent answer to any question might be, "I don't know!"

Junko Says: Recently, I came across a device called a "PC stick." Believe it or not, it is a computer in a small stick. Introduced in 2003, it can change your TV into a Windows desktop computer by just inserting it into a HDMI slot in your TV. With this device, you can watch movies, Ted Talks, documentaries and other English programs that can help you keep up with your studies at home, on TV! We are going to try it out with our TV in the Open House.



Marek Says: With the coronavirus putting everyone's personal hygiene on high alert, a handshake – a widely used form of greeting – may give way to other ways of greetings, permanently too. The crisis led people to come up with inventive ways to say hello, introducing an "elbow bump" and "feet bump" amongst others. A non-physical Japanese bow or an Indian *namaste* quickly become the most preferred gestures around the world.

Darrin Says: While I fully acknowledge the seriousness of the coronavirus problem, I think there are four points that we need to remember. 1. Don't inflate the risk. Yes, Corona virus is serious, but more people will die from automobile accidents this year than from this flu. 2. Take normal, healthy precautions. Regularly wash your hands, gargle and blow your nose. 3. Avoid over consumption of media. The coronavirus is a great opportunity for companies to scare you into believing that this outbreak is something you need to worry about constantly. It's not. 4. Remember your humanity.



Mandey dit: Mardi dernier, le président Emmanuel Macron a interdit aux français de se faire la bise. Se faire la bise, c'est faire des bisous sur la joue, pour dire bonjour. C'est une tradition très profonde en France. Les français adorent ça, même si c'est fatigant. Toutefois, malgré l'interdiction de se faire la bise et l'épidémie de coronavirus, 70% des français continuent de se faire la bise ou bien de se serrer la main. Par conséquent, le président a ordonné le confinement de la population. Les français vont-ils l'accepter ?????

ACROSS

- 5 vitamins and energy in food
- 7 to arouse action
- 8 being effective without waste
- 9 use for a particular purpose
- 11 without variation
- 12 extraordinarily good, great or large
- 13 not natural
- 14 select in preference to
- 15 a type of grain

DOWN

- 1 protecting from disease
- 2 results or effects from actions
- 3 a state of being happy, healthy
- 4 a phrase made up
- 6 therapies to improve health
- 8 absolutely necessary
- 10 extreme excess

Play A Game!

Find the answers on P1



(print version [here](#))

For even more confusion....

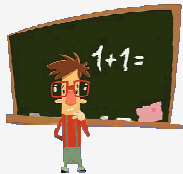
Last month we looked at 'contronym', this month we'll look at 'homophones'!

Homophones are words that have the same sound, but have a very different meaning. They're usually spelt differently which helps clear up the confusion.

* The boar wrote on the board, "I'm bored."



* She blew up the blue balloon.



* He had *some* trouble working out the *sum* on the blackboard.



* Mr. Bean has *been* to the greengrocers' to buy a *bean*.

* Which *witch* is the good witch?



* She carried a *pale* pail of milk from the farm.



* Speaking *aloud* is not *allowed* in the library.

* He tripped because there was a *flaw* in the *floor*.



* The *herd* ran when they *heard* the wolf howl.



* He was the *fourth* person to go *forth* into those woods and never return.

* Don't you think *we'd* better *weed* the garden?



* *Would* you mind passing me another piece of *wood*.



* He *threw* the ball *through* the window!



Last Month's puzzle Solution

ACROSS

- 1 retained without any loss
- 5 become young, energetic again
- 6 having many different components
- 10 enough to fill a need
- 13 against best interests
- 15 unvarying procedure or habit
- 16 poisonous substances
- 17 collecting on one place and growing

DOWN

- 2 being formed or shaped newly
- 3 producing the desired result
- 4 arousing interest or action
- 7 involved with basic facts
- 8 feel ill, uncomfortable or in pain
- 9 controlling
- 11 fall victim to an illness
- 12 resistant to disease
- 14 taking a chance



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.