

CROSSROADS

CROSSROADS Language Studio's Newsletter February, 2015

DIETING AND THE GREAT FAD DIET SCAM

It's an irrefutable fact that the world is getting fatter (particularly Western developed countries).

Our lives have changed dramatically over the past fifty years or so and we have become far more sedentary than we used to be. This, coupled with a huge increase in the consumption of convenience foods due to our busy work/life schedules has seen our waistlines expanding to never before seen dimensions.

Marketers have recognised and opportunity here and tapped into consumers' desire to lose weight the fastest and easiest way possible. The most prevalent of all the weight loss solutions they have had success with is the *fad diet*.

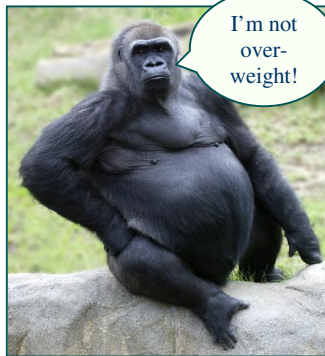
So what exactly is a *fad diet*?

A fad diet is a weight loss plan or aid that promises dramatic results. They become extremely popular, usually due to extensive marketing budgets and the obligatory Hollywood A-list celebrity endorsement. These diets typically don't result in long-term weight loss and they are usually not very healthy. In fact, some of these diets can actually be dangerous to your health.

Some of the more recently popular fad diets include;

The Atkins diet: A diet that focuses on reducing carbohydrate-intake in favour of consuming more protein rich foods such as meat and dairy products. People on the Atkins Diet usually avoid foods such as breads, starches (rice, potatoes etc) and sugars. Vegetables should be restricted to 20 grams a day or less.

The Gluten Free Diet: A diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley and rye. Participants in this diet avoid all foods that contain wheat flour such as breads, pasta, cakes, cookies etc.



The Paleo Diet: This diet is sometimes referred to as "The Caveman Diet" because it focuses on eating only those foods that were available during the Palaeolithic era (a prehistoric period approx 2.6 million years ago).

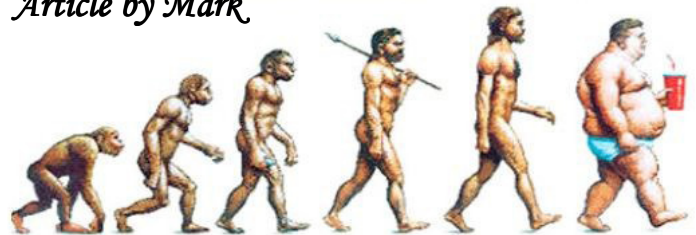
There is absolutely no reputable evidence that participating in one of these diets will provide controlled, long term weight loss or better health. In fact, the Atkins diet has been

shown to increase blood cholesterol to dangerously high levels while the Paleo diet results in a nutritional intake deficiency. The Gluten Free diet is a little different as it is designed for people who have a medical condition known as Coeliac disease. However, for some reason, marketers have been able to convince consumers that this diet is suitable for almost anyone when in fact it can have a negative impact on a person's overall health.

Most reputable nutritionists and dieticians still advise that the best choice for weight control is regular exercise coupled with a healthy balanced diet, eating a variety of foods including whole grains, vegetables and fruit while limiting your intake of saturated fats and sugar.

When considering weight loss solutions we should probably all follow the old adage that, if something seems to good to be true, then it probably is.

Article by Mark



Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

SITE OF THE MONTH: Lose weight without dieting:

<http://www.webmd.com/diet/ss/slideshow-no-diet-weight-loss>

Some Thoughts for the Month



Joshua Says: It seems that almost every day I hear about the Japanese government's commitment to upgrading Japan's "international" or "global" status. The reasons are many and the government's efforts are serious. But it remains a hard sell if people don't support this premise. It seems to me that the process towards acceptance falls into three phases: first, people have to want to be internationals; second, people must accept English as the international language; and finally, people need to realize that if English is the international language, by definition, everyone who speaks it is a "native speaker"!

Junko Says: In Northern Japan, it is still snowing heavily though signs of spring are already here. The days are becoming longer day-by-day and cherry blossoms are starting to flower even in the Kanto area. And in about 2 weeks we will be right at the beginning of spring where many things start their new life cycle. Let me wish everyone, "good luck for your new cycle of growth"!



Mark Says: While Feb 11 is Japan's National Foundation Day, my home country of New Zealand also has its national day (Waitangi Day) on Feb 6 each year. Waitangi Day is a celebration of the birth of NZ as a nation but has recently become a day of protest for the native Maori people to highlight past injustices inflicted upon them by the colonial British Crown almost 200 years ago. Despite this, most people still very much enjoy a relaxing mid-summer's day off from work - perhaps at the beach.

Aaron Says: Since I have moved to Ehime, I have wanted to study more about the history of this region and learn exactly how modern Ehime came to be. The rich history of the Iyo area I have found to be very fascinating, but I have not had time to really get into the specifics of the history. If you have any book suggestions, please let me know.



Danielle dit: Cette Année l' hiver canadien est très froid! Les Canadiens doivent affronter des températures de -30 degrés presque à chaque jour. De plus, il y a eu beaucoup de tempêtes de neige. Pour les gens qui aiment skier, patiner et faire de la luge, c'est merveilleux. Par contre, pour les gens âgés l'hiver est très rude et très long. C'est dangereux de conduire sur les rues enneigées et de marcher sur les trottoirs glacés. Vivement le printemps!

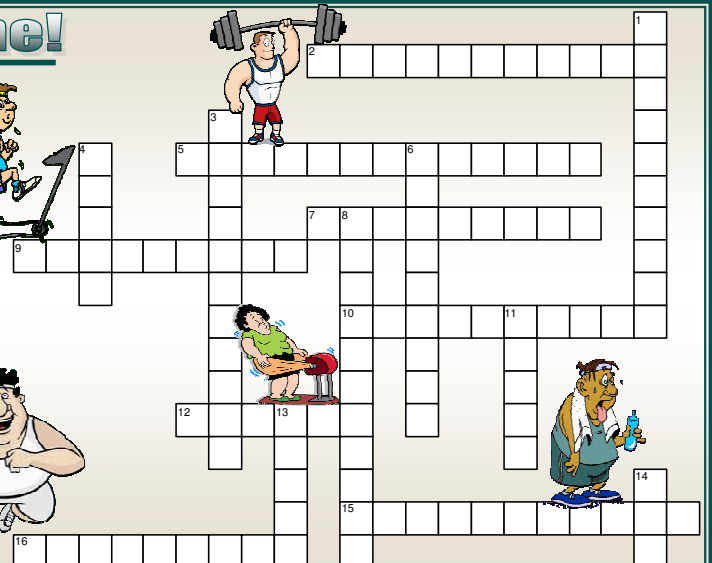
ACROSS

- 2 impossible to disprove
- 5 taking part in an activity
- 7 requiring little activity
- 9 a specialist in the study of nutrition
- 10 required by convention
- 12 take in
- 15 relating to a healthy diet
- 16 having a good reputation

DOWN

- 1 lacking or needing something
- 3 someone who takes part in something
- 4 prehistoric, primitive
- 6 most frequent or very common
- 8 promotional statement
- 11 stay clear or keep away from
- 13 a short, memorable saying believed to be true
- 14 the latest superficial trend

Play A Game!



([print version here](#))

NOTICE BOARD

Here's another anecdote from soccer crazy, world traveler, Taro from S(A)3. This time it's from Germany!

English helps us communicate with each other in any country. Today, many airports and hotels employ staff who can speak English well. However, you can't depend too much on your English in some cases. I realized this anew through my travels in Germany last year.



I stepped into a restaurant near a soccer stadium on my first night in Munich. The restaurant's menus were in English as well as German. Skimming the English version, I ordered a veal cutlet, one of the popular dishes there. Within a few minutes, the waiter brought me a cutlet and a mug of beer. Perplexed by the unexpected beer, I supposed he must have thought I had ordered "a beer, cutlet", a mistake possibly due to my poor pronunciation. I justified my error by taking the opportunity to enjoy a golden combination of local beer and veal. (In fact, German beer was very tasty, even for a teetotaler like me.)

On another day, I visited Nuremberg to find some presents for my family. At a small shop downtown, the owner asked me what I wanted. "I'm looking for gifts for my parents", I said. Hearing this, the owner looked confused and stared at me dubiously. Then, I repeated, "I want some souvenirs for my parents". He started to smile and showed me some postcards and cookies. Later, when I was flipping through my pocket dictionary in a café, I was shocked to learn that "gift" means "poison" in German! (I also found that "souvenir" has the same meaning in German as in English.) I understood why the shop owner was confused. I might have been accused of plotting to assassinate my parents!

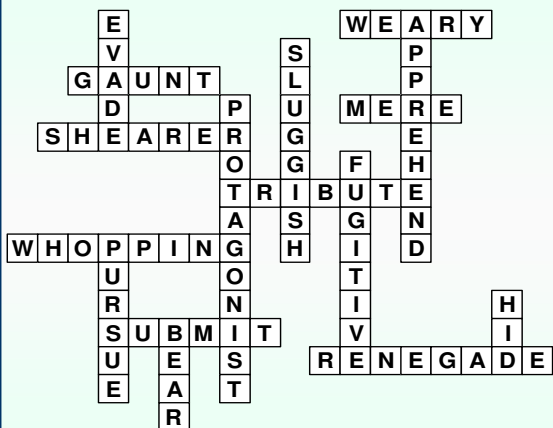
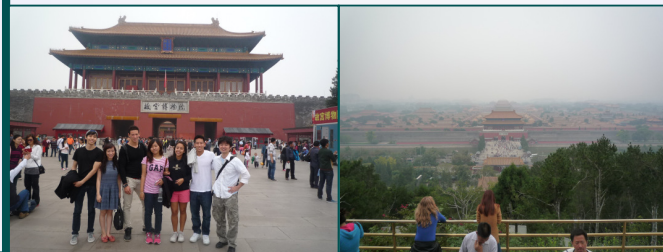
I still believe we should speak English without worrying too much about our mistakes. At the same time, we shouldn't neglect our efforts to improve our English skills including improving our vocabulary and pronunciation. What is most important in my opinion, is to laugh at your failures and to learn from them.

Last year Ren sent us a few articles from China and we featured them here on P3. He had been posted to China by his company. He has now returned after about a year there and has more to tell us about his experiences. Here is the first installment in a new series:

China has a mid-length holiday from the end of September to the beginning of October. I went to some parks in Beijing with my friends, who were German, Korean, American, Colombian, and Indonesian. We went to a famous park that is located in the middle of Beijing, just behind Tiananmen Square. The name of the park is "The Forbidden City". Unfortunately, the air pollution on that day was relatively bad. In China, the air pollution levels change so drastically in as short a time as 3 or 4 hours. But you can't forecast what the condition will be on the day. You can see the air pollution in the picture below, right. That is the view of the Forbidden City from the top of a small mountain next to the city. It looks foggy. Still the scenery looked amazing, even though we couldn't figure out how bad the day's air pollution level was. On other days during the holiday, I stayed in my dormitory to study because the air was quite bad. But it became better from October 1st, so I decided, on a whim, to travel out of Beijing by train to Tianjin City.

Although the city is near Beijing, it takes about 40 minutes to get there. I reserved a hotel on the day. I stayed in Tianjin for 2 nights and 3 days. Actually, I could not find any hotels in Tianjin, so I stayed in Tanggu, a city next to Tianjin. I went to Tianjin in the day time and went back to Tanggu in the evening..... (To be continued)

With my friends in the park Forbidden City from a mountain



Last Month's puzzle Solution

ACROSS

- 2 physically and/or mentally tired
- 5 very thin
- 7 being nothing more than
- 8 a person who cuts the wool off sheep
- 10 something given as an expression of esteem
- 11 very large
- 14 give in to the will of another person or thing
- 16 someone who become an outlaw

DOWN

- 1 escape from
- 3 take into custody, arrest
- 4 moving slowly
- 6 the main character in a work of fiction
- 9 someone running from the law
- 12 go in search of or hunt for
- 13 prevent from being seen
- 15 support or carry

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.

