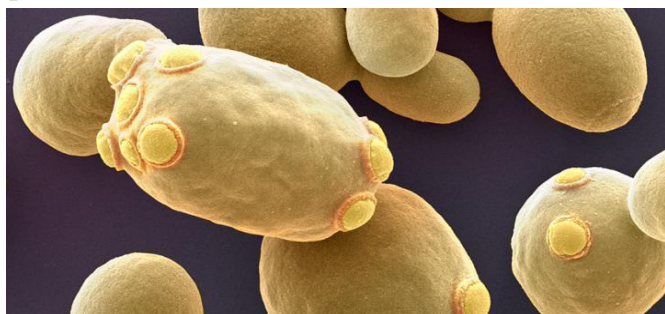


Crossroads

CROSSROADS Language Studio's Newsletter June, 2022

YEAST

The history of yeast dates back thousands of years with records showing ancient Egyptians using yeast, albeit unknowingly, to make flat bread tastier and rise more when baking. It wasn't, however, until the early 19th century when a French scientist found the connection between yeast and a fermentation process in beer and wine production.



In the mid-18th century, yeast liquid was sold by beer breweries for commercial baking purposes. Later on, compressed yeast was developed - a dry block of hops, rye and malt containing yeast cultures - and quickly became the main source of yeast for baking. Attempts to isolate and purify specific yeast culture from other unwanted microbes were quickly abandoned, as sterile yeast would yield less tasty products.

With such a long history and relationship with humans, yeast's benefits to our body are well understood.

Saccharomyces cerevisiae yeast is rich in high quality protein and B vitamins (B1, B2, B3, B5, B6, B7, B9), except B12, the lack of which leads to fatigue and anaemia. It also contains many important minerals, such as chromium, selenium, iron, zinc, potassium and magnesium. It's particularly rich in chromium, which helps maintain optimal blood sugar levels; good news for people with type-II diabetes.

It is a potent probiotic, helping with a balance of good bacteria in our stomach and intestines. It increases enzymes in the gut, helping to prevent or relieve diarrhoea and protects the body against viral infections such as the flu.



Our overall health highly depends on our diet but, more crucially, on the health of microflora in the digestive tract. Nutritional yeast (especially found in sourdough breads) helps to maintain this delicate balance.

Additionally, a number of independent researches have shown that having brewer's yeast in the diet promotes healthier skin, controlling bacterial flora in the skin, thus suppressing skin infections like acne, eczema and herpes. It improves nail health, preventing flaking and breaking. It also reduces hair loss, which is often caused by a lack of vitamins, aminoacids and "bad" bacteria living on the scalp.

Lastly, yeast suppresses production of "hunger" enzyme, ghrelin, and additionally reduces liver activity, which results in less fat being deposited in our body, directly leading to weight loss over time.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For more details, please visit:

<https://atlasbiomed.com/blog/saccharomyces-boulardii-probiotic-yeast-guide/>

Some Thoughts for the Month



Joshua Says: *"The mind that is not baffled is not employed"*. This is part of a quote from Wendell Berry, and American novelist, poet, environmental activist and cultural critic. Applied to a much smaller world than Berry had in mind when he said this, it seems to me, as I observe the struggles some of our students are having, that this is an apt description of both the confusion and the necessary effort required to master a second language!

Junko Says: These days, many more Japanese people are trying to maintain their physical health by eating healthy food and doing physical exercises. But, what about mental health? An American business psychologist says learning to "forget yourself" can lead to mental health. He says it's a paradox, but to "forget yourself" while focusing on problems, needs and solutions that lie beyond your personal concerns can help you gain mental health.



Marek Says: The war in Ukraine has a profound impact on the entire world, not only for its senseless violence and destruction, but also because it pushes prices of staple foods and commodities used in countries across the globe. The world economies that barely manage to recover from the pandemic are once again plunged into crisis. Today's local wars have global implications and even though the human loss is greatly reduced, the real damage is felt in trade and economic stability.

Mandcy dit: Tandis que la saison des pluies a commencé au Japon, une vague de chaleur s'est abbatu sur l'Europe. Il fait actuellement 40 degrés en Normandie ! En effet, les français n'ont pas de climatiseur, alors quand il fait chaud, ils boivent des boissons fraîches avec des glaçons, ils utilisent le parasol sur la terrasse et ils mangent froid : beaucoup de salade, des fruits, du taboulé ou une salade de pommes de terre. Et vous, que faites-vous quand il fait chaud ?



ACROSS

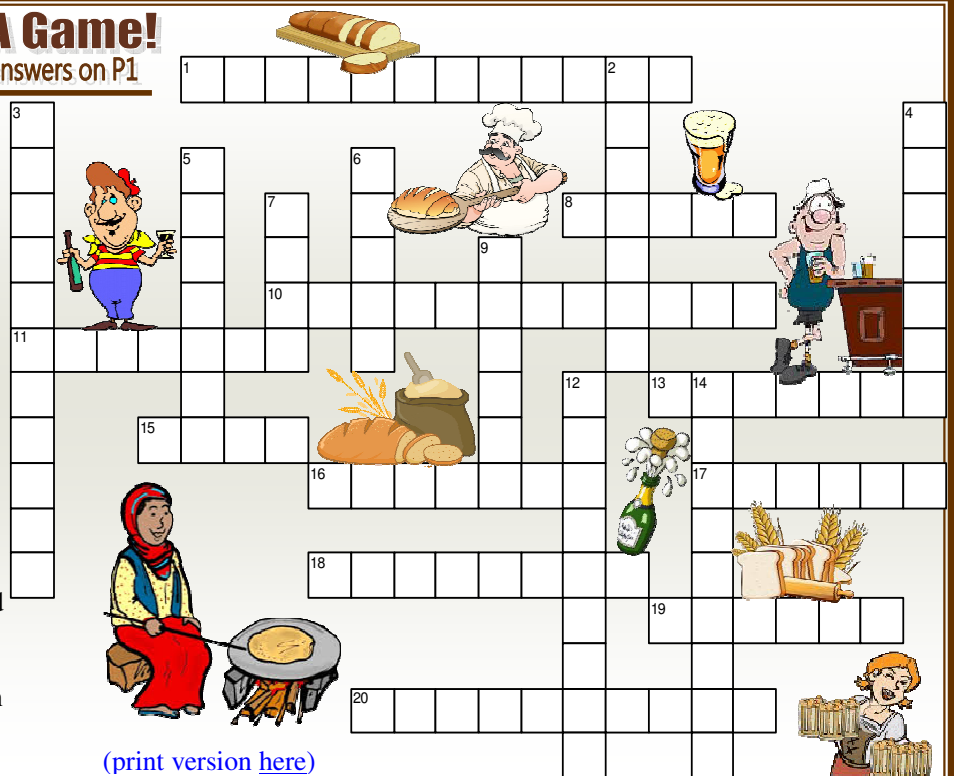
- 1 breakdown of sugar to alcohol
- 8 relating to, or caused by a virus
- 10 distinctly, uniquely different
- 11 proteins produced in body cells
- 13 loss of energy and strength
- 15 needing or missing something
- 16 separate
- 17 even though
- 18 tiny life forms
- 19 having a strong physical or chemical effect
- 20 pressed tightly together

DOWN

- 2 best, most favorable
- 3 bringing under control by force
- 4 incapable of reproducing
- 5 lack of red blood-cells in the blood
- 6 plant life
- 7 used in the production of beer
- 9 inflammatory condition of the skin
- 12 companies that produce beer
- 14 stopped, given up

Play A Game!

Find the answers on P1



([print version here](#))

Chose the best or most appropriate idiom or phrase to complete each of the sentences below:

John sleeps all day long. He only gets up when the sun goes down. He's a real _____. **1.** Jack of all trades, **2.** couch potato, **3.** night owl, **4.** dark horse.

My friend bought a second-hand car that stopped running only 2 weeks after he bought it. It was a real _____. **1.** elephant in the room, **2.** lemon, **3.** flash in the pan, **4.** cash cow.

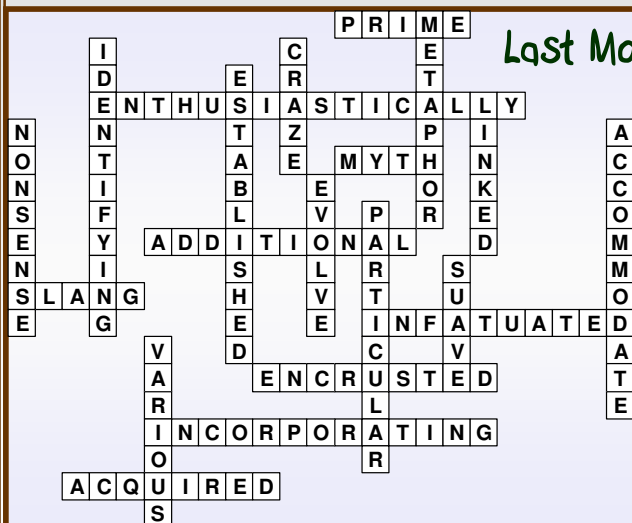
Fred spends at least an hour every day at the gym. He's _____. **1.** as gentle as a lamb, **2.** like a kid in a candy store, **3.** pushing up daisies, **4.** as fit as a fiddle.

My friend decided to invest his savings in the stock market. He was hoping to _____ quick. **1.** strike it rich, **2.** foot the bill, **3.** play it by ear, **4.** take the bull by the horns.

That company _____ as soon as they changed management. In fact they are now the market leaders. **1.** started from scratch, **2.** drove a hard bargain, **3.** grew by leaps and bounds, **4.** played it by ear.

There will be some new recruits joining the team tomorrow and I want you to _____ as soon as possible. **1.** spread yourself too thin, **2.** reinvent the wheel, **3.** sink or swim, **4.** show them the ropes.

Joan is really _____. She is now working on a dissertation for her PHD. **1.** squeaky clean, **2.** a smart cookie, **3.** blowing smoke, **4.** a copycat.



Last Month's puzzle Solution

ACROSS

- 1 first, important
- 6 in a greatly excited manner
- 10 an establish story lacking true facts
- 13 added to
- 15 informal language
- 16 exaggerated passion for
- 18 having a hard covering
- 19 bringing into, merging
- 20 gained

DOWN

- 2 words used to symbolize something else
- 3 recognizing
- 4 short term popular idea or activity
- 5 already existing
- 7 joined to
- 8 foolish, making no sense
- 9 fit in with
- 11 undergo development or change
- 12 unique or special
- 14 having a sophisticated charm
- 17 many different kinds



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