

Crossroads

CROSSROADS Language Studio's Newsletter April, 2024

Cinnamon



Cinnamon is one of the world's most recognizable spices and, much like vanilla, it had a long journey to become a staple addition to our diets.

Trading in cinnamon spice goes back thousands of years. It was incredibly highly prized and its origins were a carefully guarded secret. It was the main ingredient used in the mummification of rulers of empires, and was offered as a gift to monarchs and spiritual deities.

The spice comes from a cinnamon tree bark, which, when cut into strips and dried, curls into a familiar shape, and that's why it is referred to as a "cinnamon stick". These sticks are sold whole or, more commonly, grounded into a powder.



Several varieties of the plant are widely cultivated but, generally, two distinct varieties are the most popular: *Cinnamomum cassia* (Chinese cinnamon) – this variety is the most popular, since it's the easiest to grow. However, it contains large amount of coumarin,

which is toxic when consumed in large doses (avoid eating more than half a teaspoon a day); and *Cinnamomum veri* (Ceylon or Sri Lanka cinnamon) – it is of higher quality than Cassia, is a little sweeter and has a much lower coumarin content (5g/day is a safe limit for consumption).



Cinnamon has a whole range of applications that benefit our health.

It contains powerful antioxidants. Antioxidants protect your body from oxidative damage caused by free radicals. In fact, the antioxidant effects of cinnamon are so powerful that it can even be used as a natural food preservative.

Cinnamon contains cinnamaldehyde that has antifungal and antibacterial properties, which may reduce infections, as well as tooth decay and bad breath.

The latter is often a result of our sugar-rich diet, and here cinnamon also comes to the rescue!

It has been shown to decrease the amount of sugar that enters your bloodstream after a meal. It does this by interfering with numerous digestive enzymes, which slows the breakdown of carbohydrates in your digestive system. Additionally, a compound found in cinnamon acts in a very similar way to insulin, improving the uptake of sugar into the cells. The effective dose is 1–2 teaspoons a day.

Cinnamon has been linked to a reduced risk of heart disease, which is the leading cause of death around the globe. Cinnamon has also been shown to reduce blood pressure when consumed consistently for at least 8 weeks.

Here are more benefits worth mentioning:

1. Cure headache
2. Treats dental problems
3. Curing common cold problems
4. Good for diabetes patients
5. Treats Skin infections/Cuts/Wounds
6. Cure swelling with pain
7. Removes the foul smell
8. Helps in arthritis
9. Protection from fungal infection
10. Lowers risk of heart diseases



Enjoy the cinnamon taste in your coffee!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

Want to cook with cinnamon? check out this link:

<https://www.cookingchanneltv.com/devour/2014/01/what-to-do-with-cinnamon>

Some Thoughts for the Month



Joshua Says: Recently, one of our students from way back in the 1980's emailed us from her present location in New York City! She now makes NY her home, but she can still remember her "Crossroads days" and wants us to help her hook-up with some of her old classmates. I feel very grateful that a past student of ours has such fond memories of us, but can we help locate her friends from about 35 years ago!?

Junko Says: Recently, I came across the "Last Words of Buddha." Among those quoted I noted the following: "everything is imperfect;" "strive onward diligently;" "be a light unto yourself"; "your ultimate refuge is none other than yourself." Yes, I know everyone understands these sentiments differently, but I also felt that these words can be of great support for people in today's confusing world.



Marek Says: Around this time of the year, we are likely to experience yellow sand, a dust cloud carried by the winds from China's deserts. The dust obscures the sky and, with rain, settles on the cars and our clothes we dry out in the sun. Nuisance as it is, it is also beneficial to nature, as it actually contains large amounts of nutrients and minerals sustaining various flora in the South Pacific region.

Mandcy dit: À moins de 100 jours des Jeux Olympiques, la France n'a pas tenu sa promesse de nettoyer la Seine. Il n'est donc pas possible d'accueillir les compétitions de Kayak et de nage libre. Toutefois. Comme je suis de la génération MTV, j'ai hâte de découvrir les compétitions de Break dance, skateboard et BMX. Ça me rappelle ma jeunesse. Et vous, vous allez regarder quoi?



ACROSS

- 1 prevent reactions to oxygen
- 5 combining more than one
- 10 functioning well
- 11 helps prevent food decaying
- 12 taking food into the body
- 14 leaders of nations
- 15 a type of tree or shrub
- 17 reduced to small particles
- 18 two or more atoms joined together
- 19 measured portions (medicine)

DOWN

- 2 stay clear of
- 3 surprisingly, unlikely
- 4 poisonous
- 5 unchanging
- 6 god-like supernatural beings
- 7 destroying bacterial growth
- 8 different types of
- 9 usages
- 13 the second of two
- 16 unchanging

Play A Game!

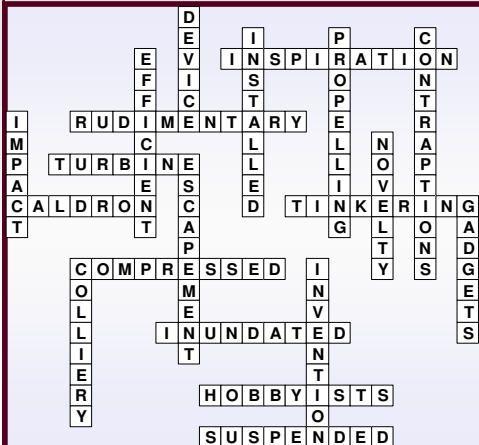
Find the answers on P1

(print version here)

Draw lines between the words on the left to their correct definitions on the right, then place them into the spaces made available in the passage below:

- | | | | |
|-------------------|--|---|--|
| 1. due to |  | land on which something is located |  |
| 2. in turn | | look after the young until they become adults | |
| 3. Migrating | | near or within the Arctic or Antarctic Circle | |
| 4. availability | | as a result of |  |
| 5. raise | | move from one region or country to another | |
| 6. polar | | more than what is necessary | |
| 7. sites | | in proper order or sequence | |
| 8. tend to | | easily obtainable |  |
| 9. superabundance |  | behave in a particular way |  |

_____ birds travel during the year between their breeding and wintering grounds. With temperatures dropping in winter, they _____ travel away from _____ zones _____ the cold weather and little food _____, towards warmer areas. However, they return to their breeding _____ in spring as the days become longer and there is a _____ of food, which _____ allows them to _____ more young.



Last Month's puzzle Solution

ACROSS

- 6 the result of creative thinking
- 8 in the earliest stages of development
- 10 a rotating engine
- 12 a very large pot
- 13 doing unpaid, idle, random work
- 15 pressed tightly together
- 17 covered with water
- 18 people pursuing pleasure activities
- 19 hang freely

DOWN

- 1 machine or tool used for a particular purpose
- 2 set in place for use
- 3 causing to move forward
- 4 useful machines, devices
- 5 skillful, avoiding waste
- 7 striking one body against another
- 9 something original, new and surprising
- 11 mechanical device to regulate movement
- 14 useful tools
- 15 a coal mine and connected buildings
- 16 the creation of a new device or process



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