

CrossTalk

CROSSROADS Language Studio's Newsletter June, 2024

Turmeric



There is a saying in the culinary world, “you eat with your eyes”, as much as you do with your mouth. The final presentation of the food on the plate is essential to how we generally perceive the cuisine’s culinary quality and overall experience at the table.

We like warm earthy colours in our food; yellows, greens and reds dominate in many cultures and household kitchens. To spice up the dishes – pun intended – we like to inject a little colour variation to staple foods, such as rice and potatoes or meat sauces and soups. And there isn’t a better ingredient, to achieve just such results, as turmeric.



A plant member of ginger family, grows globular roots – rhizomes – that contain curcumin, a substance with several different medicinal applications, as well as giving a strong and deep yellow colour. These rhizomes have been used around the world for millennia as a food spice and a dye for just about anything that needs to be yellow: Indian curries, monk robes, cheese, cosmetics, to name few.

And speaking of India, the country produces almost all of the turmeric for the world market, while at the same time, it’s the main consumer, going through 80% of what it supplies.

Turmeric is widely recognised as a herbal medicine.

Its application is so broad that it would be easier to enlist what it is *not* used for but, generally it has an overwhelmingly positive impact on the health and condition of our skin, individual organs, digestive system and immune system, only falling short of curing laziness and bad driving skills.

In order to benefit from all of turmeric’s effects, one has to consume it regularly, often as a food supplement (in the forms of concentrated oil, pills or capsules). However, it is worth incorporating the spice into our diet, whenever possible, as turmeric has much to offer to our body.

It protects our skin from cancer, but also acts as an antiseptic for cuts and burns and skin infections, promoting faster wound healing.

It has powerful anti-inflammatory properties, protecting our intestines, bowels and colon, thus protecting and improving digestion and excretion.

Turmeric is also effective in alleviating seasonal allergies, asthma, runny nose, and other respiratory conditions. As a remedy, it’s best taken in a form of an oil.



Turmeric is one of the few dietary substances that is perfectly safe for humans, even in large doses, while offering a sheer array of health benefits.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

To learn more about turmeric oil, head on to:

<https://www.hollandandbarrett.com/the-health-hub/natural-beauty/aromatherapy/benefits-uses/>

Some Thoughts for the Month



Joshua Says The tourists are back! Have you noticed the daily line of visitors in front of Mitsukoshi? I have to negotiate my way through, around, between, sometimes under them to get to work every day. Statistics has the number of visitors to Japan now at 80% of the 2019 figure (prior the Epidemic) and this figure is expected to continue to rise. Japan has been a tourist destination for many years, and the weak yen is only making it an even more attractive holiday destination for many.

Junko Says: Various studies have identified how learning a foreign language can benefit the brain. Here are three main benefits: 1. Maintaining and enhancing memory; 2. Preventing age-related brain deterioration; 3. Development of vocabulary and thinking skills. The studies also suggest that learning a foreign language stimulate the brain regardless of age. Learning a foreign language also helps you to learn about the history and culture of the country the language comes from.



Marek Says: Summer has come a little earlier this year, with its hot days and high humidity, bringing typhoons and a rainy season earlier than usual. This shift in the change of seasonal climate affects crops and life cycles of many animals and insects. Just a few days ago in Scotland it snowed quite heavily in the Highlands, seriously disrupting wildlife that hasn't had a chance to even enjoy Spring, let alone Summer! Snow in mid-June!

Mandcy dit Ça y est, c'est déjà juin ! Encore quelques jours avant les J.O. c'est aussi en France, le temps de la floraison de la lavande. Les champs de lavandes de Provence à perte de vue me manquent vraiment beaucoup. Juin aussi est la période du passage du Bac, c'est l'examen final du lycée. Ça me rappelle des souvenirs. Tout cela a un goût d'avant-été. Je me languis déjà des feux d'artifices, de la plage et du marché du samedi. Vivement la fin de la saison des pluies.



ACROSS

- 4 complete, without restriction
- 7 1,000 years
- 9 most important
- 11 provide relief from
- 12 loose flowing garments
- 15 part of the large intestine
- 17 adding, joining to
- 18 cannot be resisted
- 19 something that can destroy germs
- 20 usages



DOWN

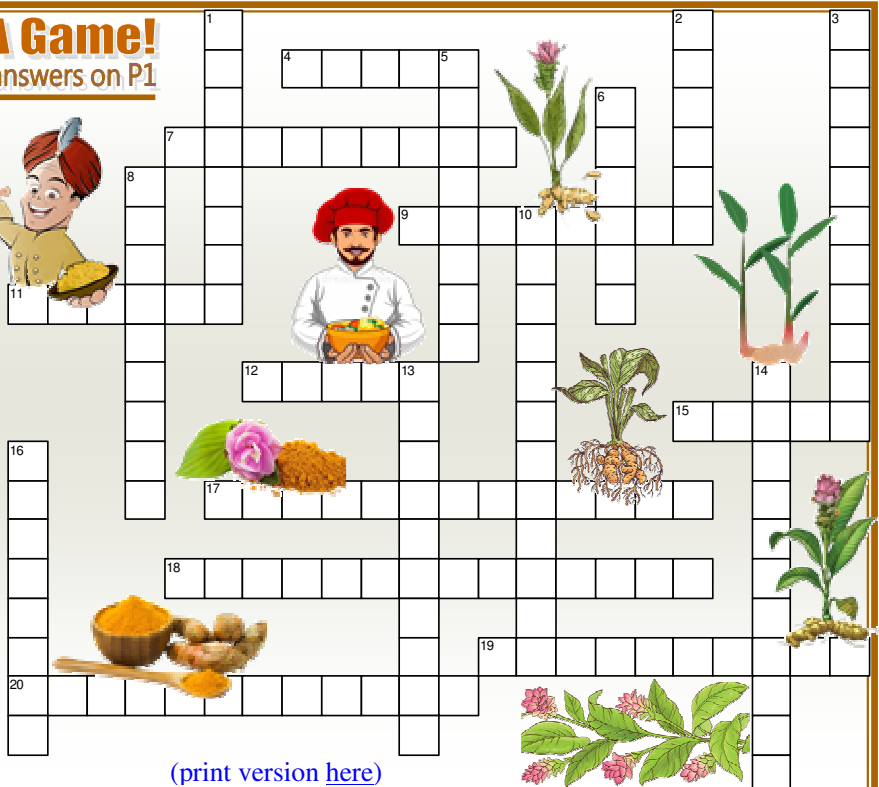
- 1 relating to cooking
- 2 safe, protected against
- 3 breathing
- 5 a type of plant reproduction system
- 6 forceful, strong effect
- 8 absolutely necessary
- 10 body pain, swelling, redness, heat
- 13 something added to
- 14 giving relief, making easier
- 16 spherical or round shaped

Play A Game!

Find the answers on P1



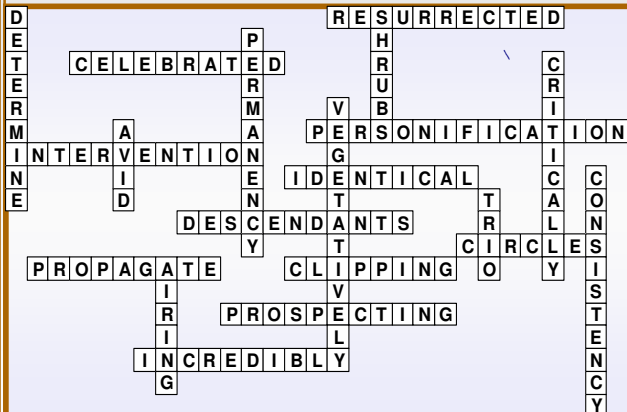
(print version [here](#))



Blend Words combine the meaning of two or more words by merging them to create a new word. Find the words in the list on the right that make up the Blend Words on the left:

A few clues to help.

Brunch	=	_11_	+	_4_	(nothing to eat this morning?)	1.enemy	21.binary
Motel	=	_____	+	_____	(take your car with you)	2.log	22.enormous
Smog	=	_____	+	_____	(both are hard to see through)	3.electronic	23.chill
blog	=	_____	+	_____	(nothing to do with spiders)	4.lunch	24.comedy
Email	=	_____	+	_____	(sometimes a shock)	5.cocktail	25.international
Workaholic	=	_____	+	_____	(you never were, right?)	6.alpha	26.exit
Mocktail	=	_____	+	_____	(a no-alcohol drink)	7.picture	27.fog
Bit	=	_____	+	_____	(computer talk)	8.Bombay	28.beta
Internet	=	_____	+	_____	(global link-up)	9.guess	29.hotel
Brexit	=	_____	+	_____	(they left the EU)	10.network	30.alcoholic
Alphabet	=	_____	+	_____	(combines two Latin words)	11.breakfast	31.digit
Vitamin	=	_____	+	_____	(essential chemical compound)	12.motor	32.amino acid
Sitcom	=	_____	+	_____	(for a good laugh)	13.smoke	33.situation
Pixel	=	_____	+	_____	(it's hard to see just one?)	14.web	34.cell
Malware	=	_____	+	_____	(harmful in your computer)	15.mail	35.software
Guesstimate	=	_____	+	_____	(if you're not really sure,...)	16.vital	35.estimate
Chillax	=	_____	+	_____	(take it easy)	17.work	37.relax
Bollywood	=	_____	+	_____	(India's version)	18.malicious	38.Hollywood
Frenemy	=	_____	+	_____	(love and/or hate them)	19.mock	39.friend
Genormous	=	_____	+	_____	(really BIG)	20.Britain	40.gigantic



Last Month's puzzle Solution

ACROSS

- 2 brought back to life
- 5 widely known
- 9 giving human qualities to an idea
- 10 to get involved and cause an effect
- 11 exactly alike
- 14 an ancestor's offspring
- 15 an unofficial association of people
- 16 reproduce offspring
- 18 a small piece of a plant
- 19 searching for something
- 20 very surprisingly

DOWN

- 1 decide conclusively
- 3 like bushes
- 4 everlasting
- 6 seriously
- 7 reproduced asexually
- 8 very keen, enthusiastic
- 12 stability, uniformity
- 13 a set of three similar things
- 17 exposure to public viewing



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

Ask Junko in our office, for the details.