

CrossTalk

CROSSROADS Language Studio's Newsletter October, 2025



Acupuncture is a form of traditional medicine that began in China over 2,000 years ago. It is based on the idea that the human body has energy, *Qi*, flowing through it along special paths called meridians. Along these meridians are points where *Qi* can be accessed or adjusted. The blockage of these paths manifests itself with pain. Acupuncturists insert very thin needles into these points to help balance the body's energy and re-establish the flow of *Qi* so the pain is reduced.

In modern times, scientists have tried to understand how acupuncture works from a medical point of view. Some studies suggest that when needles are placed in certain areas, they stimulate nerves under the skin. This nerve stimulation may cause the body to release chemicals like endorphins, which help reduce pain and create a feeling of relaxation.

Despite its long history and popularity, acupuncture remains a topic of debate in the western medical world. The National Institute for Health and Care Excellence (NICE), which gives health advice in the UK, does not officially recommend acupuncture for many conditions. However, many patients say they feel better after receiving treatment. They report less pain, better sleep, and a calmer mind. This disagreement between official guidelines and patient experience shows how opinions about acupuncture are divided.

Some health practitioners believe acupuncture is helpful, especially for certain problems. For example, it has shown some positive effects in treating neck pain after a stroke, tension headaches, and shoulder dysfunction. These conditions can be difficult to manage, and acupuncture may offer relief when other treatments do not work well. However, acupuncture is not suitable for everyone. It works best when used for the right patient.

According to NICE database, there is little to no effect on conditions affecting our muscles and skeleton, such as arthritis, osteoporosis, back and neck pain. On the other hand, people with long-lasting neck pain, for example, may benefit from acupuncture as part of a larger treatment plan. It is important to combine acupuncture with regular exercise. Movement and physical therapy help strengthen the body and improve long-term results.



Patients should also understand that acupuncture is not a quick fix. The effects usually become noticeable after three or four sessions. If there is no improvement after this point, continuing treatment may not be helpful. In fact, becoming over-dependent on acupuncture can be a problem. Some people may rely on it too much and avoid other important treatments or lifestyle changes.

One reason people enjoy acupuncture is the feeling of relaxation it provides. Many patients say they feel less stressed and more comfortable after a session. Pain often decreases, and the body feels lighter and more at ease. Frequently, patients merely discussing their ailments while waiting for their session in the clinic, benefit from psychological relief. This de-stressing effect is one of the reasons acupuncture remains popular, even among people who are unsure about its scientific basis.

Acupuncture is a practice with both supporters and critics, but is steadily gaining in popularity. Western medicine, in particular, questions its effectiveness, often dismissing solid evidence of its efficacy.

Like many therapies, acupuncture works best when used wisely and as part of a balanced approach to health.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

If you suffer from stiff neck from work, head to this link:

<https://www.spine-health.com/conditions/neck-pain/acupuncture-chronic-stiff-neck>

Some Thoughts for the Month



Joshua: Will “studying” a second, or a third, language guarantee you will be able to communicate in that new language? Will “learning” always lead to doing? Of course, being able to communicate across cultures is the purpose, whether it is for business, travel or otherwise, but how much “learning” is necessary before you are able to start using your new language? Everyone is different, but the sooner you start to practice actual communicating, the sooner you’ll progress. So, let’s talk!

Junko Says: Sanae Takaichi, the new leader of Japan’s LDP, and Japan’s new Prime Minister – one of only 12 current female national world leaders – was a trainee at the famous MIGM. The essence of MIGM’s training philosophy is centered on the idea that great, long-term ideas are not something that can be taught. Trainees need to realize their own visions and then create and follow their own learning paths.



Marek Says: About a month ago I gave up coffee, hoping to bring back more balance to my levels of concentration throughout the day. I love coffee but, increasingly, I noticed that when the caffeine effect wears out, I become lethargic and slow to think. Not something I want, while I am in the middle of a lesson. So far, I noticed only marginal improvement of concentration, but my sleep quality is so much better!

Mandcy dit: L'automne arrive tout doucement, et les températures baissent petit à petit. C'est le temps idéal pour voyager. En effet, durant les journées du patrimoine en France, les visiteurs ont découvert que Notre-Dame de Paris avait fini ses réparations et il est désormais possible de visiter la cathédrale. De plus, j'attends avec impatience de goûter les saveurs de l'automne comme les marrons glacés, la soupe de potiron, l'omelette aux champignons et le gratin de potimarron. Et vous, qu'est-ce que vous allez manger ?



ACROSS

- 1 a discussion for and against something
- 4 a conflict of opinions
- 7 happening often
- 9 express a good opinion
- 12 step-by-step
- 13 appears, comes into existence
- 14 rejecting, stop considering
- 15 keep away from
- 17 not excited or agitated
- 18 people who follow a profession
- 19 rules or strategies to proceed with

DOWN

- 2 taking care of
- 3 a lack of bone calcium
- 4 not working in the normal way
- 5 reached, obtained or gained
- 6 pain relieving natural chemical
- 8 simply, easily
- 10 strain or stress
- 11 arouse a feeling
- 16 people who point out faults

Play A Game!
Find the answers on P1



Here is a short passage about George and his kite. Fill in the missing words by entering its number from the list below.

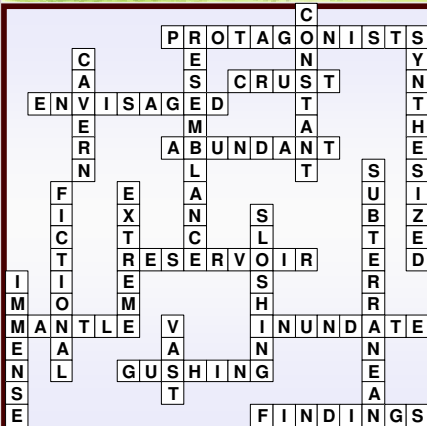
It was a sunny afternoon so George decided to go fly his (noun ____). He took it to a nearby park and set it on the ground. Then he began (verb ____) the string while taking a few steps to create some space for the "launch." He began to run. At first, the kite (verb ____) and dipped close to the ground, but George kept running faster and faster while letting out more string. Soon, the wind caught the kite and it (verb ____) high into the clear blue sky.

George felt (adjective ____) as he watched his kite dance above the trees. It (verb ____) smoothly, almost like a bird (verb ____) its freedom. Children playing (adverb ____) stopped to watch, and some of them cheered when the kite climbed or (verb ____) lower.

Flying the kite taught George patience and (noun ____). With each (noun ____) of wind, George realized how much fun it was to connect with (noun ____) in such a simple way. That day became one of his happiest memories.



1. gust
2. soared
3. kite
4. persistence
5. enjoying
6. swooped
7. glided
8. nature
9. unraveling
10. nearby
11. proud
12. wobbled



Last Month's puzzle Solution

ACROSS

- 2 main characters in a novel
- 6 outer layer of the earth
- 7 a mental image
- 8 a great quantity of something
- 13 a lake or large tank for storing water
- 16 a layer beneath the crust
- 18 covered with water
- 19 a rapid flow or spurt
- 20 results, answers

DOWN

- 1 unchanging
- 3 similar in appearance
- 4 made by combining different elements
- 5 a large cave
- 9 under the earth's surface
- 10 imagined, not real
- 11 far greater than normal
- 12 spilling, splashing
- 14 great in size
- 15 unable to see
- 17 great in size



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