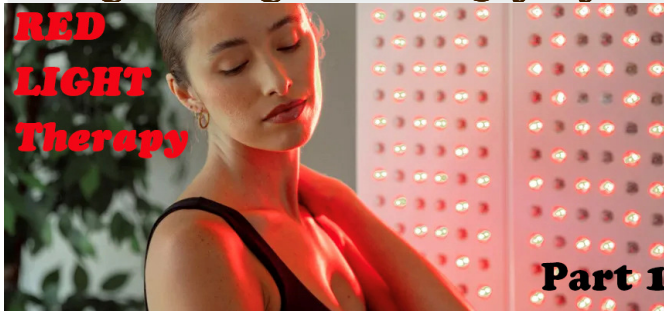


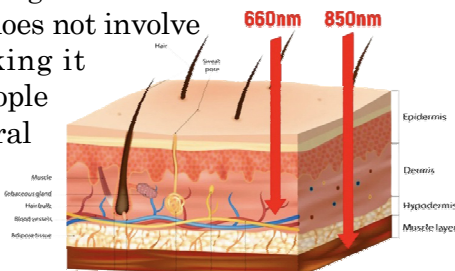
CrossTalk

CROSSROADS Language Studio's Newsletter December, 2025



Red light therapy, often called low-level light therapy or photo biomodulation, is a modern treatment that uses specific wavelengths of light to stimulate healing and improve cellular function. Unlike ultraviolet light, which can damage the skin, red and near-infrared light are considered safe and non-invasive. The therapy typically uses LEDs or low-level lasers that produce light in the range of 600 to 1000 nanometers. These wavelengths penetrate the skin and underlying tissues without causing heat damage, and they interact directly with mitochondria inside our cells. Mitochondria, in turn, produce ATP, a molecule that helps cells repair themselves, reduce inflammation, and restore normal function.

One of the most widely recognized uses of red light therapy is in skin care. The skin is the largest organ of the body, and it is constantly exposed to environmental stress, aging, and injury. As we age, collagen production decreases, leading to wrinkles, sagging, and slower wound healing. Red light therapy stimulates cells responsible for producing collagen and elastin. This results in firmer, smoother skin and a reduction in fine lines. Studies have shown that regular sessions of red light therapy can improve skin tone, reduce redness, and accelerate the healing of scars and burns. It is also used to treat chronic skin conditions such as acne and eczema. An important thing to note is that the treatment is painless and does not involve chemicals, making it attractive for people who prefer natural or non-invasive approaches to skin health.



The eyes represent another area where red light therapy has shown promise. Vision depends on the health of cells at the back of the eye that are highly sensitive to light. With age or from disease, these cells can lose their ability to produce enough energy, leading to conditions such as age-related macular degeneration (AMD). Early studies on red light suggest that it can improve visual acuity, contrast sensitivity, and colour perception.



Hair care is another field where red light therapy has gained attention. Hair growth depends on the activity of follicles, which are small structures in the skin that produce hair. When follicles become weak or inactive, hair thins or falls out. This can happen due to aging, hormonal changes, or autoimmune conditions. Red light stimulates blood flow to the scalp and revitalises follicle cells, helping them to grow thicker and healthier hair. Research has shown that consistent use of red light devices can increase hair density and reduce hair loss in both men and women. For people experiencing early stages of hair thinning, red light therapy can be a practical option to support natural regrowth. It is often used in combination with other treatments, such as nutritional support or topical medications, to enhance results. Beyond hair growth, the therapy may improve scalp health by reducing inflammation and supporting the skin's natural balance.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For examples of testimonials from patients, check this site:
<https://maysama.com/blogs/news/red-light-therapy-for-face-before-and-after>

Some Thoughts for the Month



Joshua: The word “trump,” seems to have entered the English language in the 14th century, meaning to “blow on a horn.” Later, in Old French during the early 16th century, “trump” took on the meaning “to deceive” or “to cheat” - “tromper.” When people started to play card games seriously in the late 16th century, “trump” began to refer to “surpassing” or “beating or winning.” Does any of this seem to reflect the world we are living in today?

Junko Says: With the advancement of AI, many of us are shifting away from standard dictionaries to instantly accessing grammar checks, translations and definitions for English. Because access to English is now faster and more efficient, we think the number of English users will eventually increase. To keep pace, Crossroads is offering a *“Special 1+1 Campaign” until the end of March 2026*. You and the person you introduce to us can both get 50% OFF lesson fees for 3 months! Check it out in our office.



Marek Says: This year, December is shaping up to be a mild and pleasant month for riding a motorbike in the mountains, without frostbite ruining the fun of enjoying the outdoors. It’s nonetheless a shame that autumn has never manifested itself in its usual way, painting mountains and valleys in beautiful shades of yellow, red and gold for at least a few weeks. Lets hope of a better autumn of 2026.

Mandcy dit: Cela fait 14 ans que j’habite au Japon, et ce fût de très belles années. Le Japon est un pays magnifique, les gens sont très gentils et merveilleux. La sécurité et la propreté sont incroyables. Maintenant que je dois rentrer en France, je suis très inquiète du choc culturel. Personnellement, j’ai adoré travailler à Crossroads et j’espère que vous avez aimé étudier avec moi. Vous allez tous me manquer. Je vous dis au revoir, mais ce n’est pas un adieu, nous nous reverrons au Japon, et n’hésitez pas à venir en France, nous nous baladerons ensemble sur les Champs-Élysées. Je vous adore et je vous dis à très bientôt !!! Votre adorable professeur, Mandcy Rosa



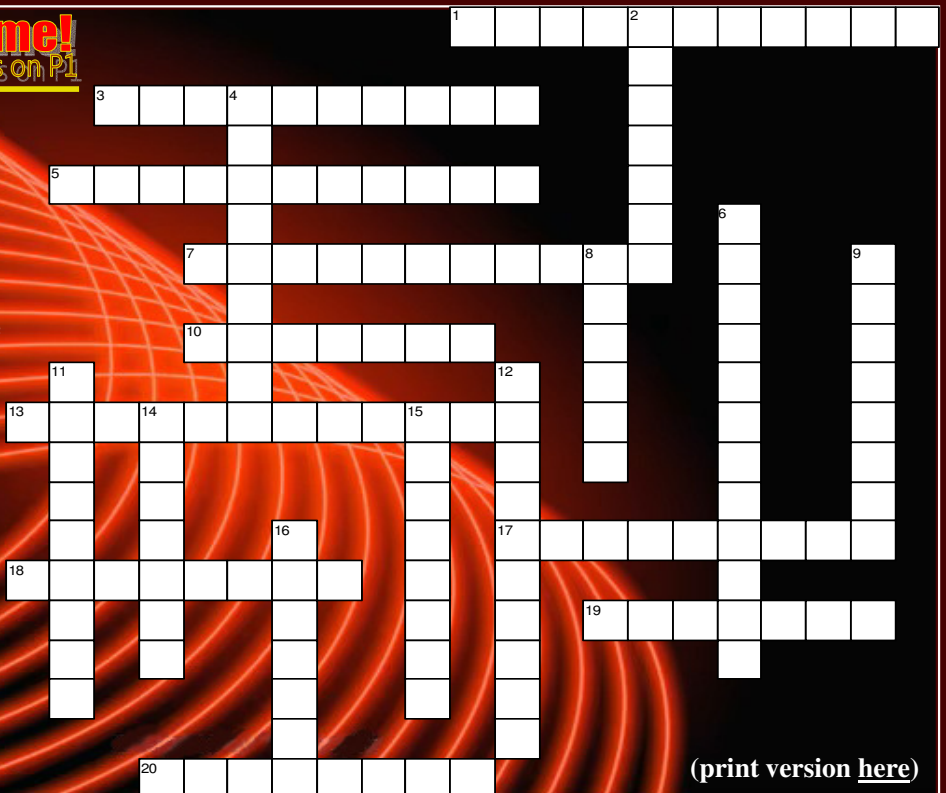
ACROSS

- 1 giving new life or vigor
- 3 regular, continuous
- 5 joining together
- 7 a health diet is
- 10 hanging down
- 13 lowering of effectiveness
- 17 decrease
- 18 creases, folds in a smooth surface
- 19 long-lasting, recurring
- 20 a tiny piece of something

DOWN

- 2 the surface of the body (medical)
- 4 arouse, excite
- 6 irritation, swelling, redness
- 8 sharpness of vision
- 9 found in bones and tendons
- 11 pass through
- 12 beneath or below
- 14 make better
- 15 unwanted intrusion
- 16 return to original condition

Play A Game!
Find the answers on Pi



(print version [here](#))



Having the same opinion or interests as you.



Ready and prepared to do something



To have financial difficulties, not enough money



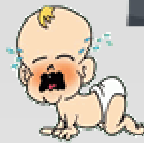
To have a really good, enjoyable time



Feel sorry or regret about something you did



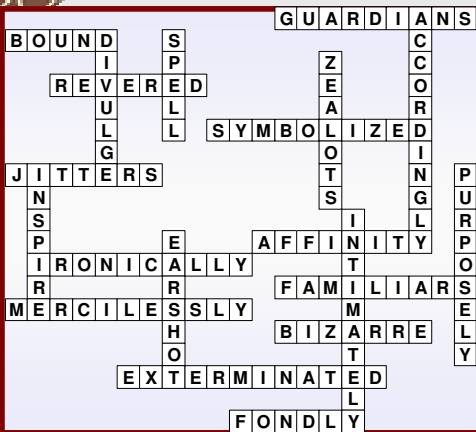
Someone who complains too much for little reason



To look unhappy and sad



Having a friendly relationship with someone



ACROSS

- 1 protectors
3 most likely to unavoidable
7 greatly honored
8 represented by image or model
9 feeling very nervous
14 natural connection, attraction
15 contrary to expectation
16 spirits that assist witches
17 without pity
18 very unusual,
19 destroyed completely
20 displaying warmth and affection

DOWN

- 2 as a result
4 make known
5 a period of time
6 fanatic believers
10 motivate, encourage
11 intentionally
12 in a close, personal manner
13 within the range of hearing



Ask Junko in our office, for the details.