

CROSSROADS

CROSSROADS Language Studio's Newsletter February, 2026



Red light therapy does not only benefit the skin, eyes, and hair. Its influence extends deeper into the body, where it interacts with tissues, muscles, and even the immune system. By stimulating mitochondria, the effects of this therapy are felt wherever cells require energy to repair and function correctly. This makes it a versatile tool in modern health care, with uses ranging from cognitive improvement to muscle recovery and autoimmune balance.

The human brain consumes a large amount of energy, and when mitochondria cannot keep up with demand, problems such as memory loss, poor attention span, and slower decision-making can occur. Red light therapy, in the near-infrared range, penetrates through the skull and reaches brain tissue.

Studies have shown that this can improve blood flow, reduce inflammation, and enhance the activity of neurons. Healthy adults who undergo therapy often report sharper memory, better focus, and improved mood. In patients with conditions such as dementia, stroke, or Parkinson's disease, red light therapy has been linked to significant improvements in cognitive function. This shows that light can act as a powerful support for the brain, helping it to recover from injury and resist decline.

The immune system is another area where red light therapy shows promise. Autoimmune conditions occur when the body's defense system mistakenly attacks its own tissues, leading to chronic inflammation and damage. By calming overactive immune cells, red light therapy may help restore balance. For example, patients with overactive thyroid gland have reported reduced inflammation and improved gland function after regular sessions. The therapy does not replace medical treatment, but it can serve as a supportive means to reduce the impact of inflammation and allows the body to heal more effectively.

Muscle recovery is a more practical and widely used application. Athletes and patients recovering from injury often struggle with soreness, stiffness, and slow healing. Red light therapy penetrates deep into muscle tissue, increasing circulation and delivering more oxygen and nutrients to the cells. This accelerates repair and reduces pain, thus muscles recover faster and with less fatigue. Many sports teams and rehabilitation clinics now include red light therapy as part of their recovery programs, since it is safe, non-invasive, and effective.



Joint health is closely related to muscle recovery, and here too red light therapy has proven useful. Conditions such as arthritis cause pain, swelling, and reduced mobility. By improving circulation and reducing inflammation, red light therapy can ease discomfort and support the repair of cartilage and tendons. Patients often report less stiffness and greater flexibility after regular use. For people with chronic joint pain, this therapy offers a way to manage symptoms without relying entirely on medication.

Red light therapy is more than a cosmetic treatment. It is a scientific approach to supporting the body's natural healing processes. From cognition and autoimmune health to muscle recovery and joint care, the therapy demonstrates how light can be used to improve energy production and reduce inflammation. It is a rapidly evolving technology and its uses extend to many aspects of our health, and the evidence so far suggests that red light therapy can hold a huge potential in safe and accessible form of maintaining health and vitality at any stage of our life.

Article by Marek

NET NEWS

NET LESSONS: Too busy to come to CROSSROADS?

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

For a more extensive take on this therapy, head to:

<https://platinumtherapylights.com/blogs/news/near-infrared-light-therapy>

Some Thoughts for the Month



Joshua: Matsuyama's business community and our local manufacturers have started to earnestly listen to the national government's advice about expanding markets by exporting overseas. This is obviously necessary considering the "shrinking" domestic market due to the population decline, and other factors. But the focus for exports from local business is somewhat limited, i.e., in the Asian area. Is this enough?

Junko Says: Katrina, "Cat", is now two and a half years old! Yes, time does fly, and, as she gets older, it seems she is recognizing more and more details in her surroundings here at Crossroads. Her reactions, responses and desires show us that she is really starting to understand us. And I'm happy to also notice that she is becoming friendly with some of our students – those she has begun to recognize and trust, that is.



Marek Says: For the past few months, I've been craving lasagna and, when I finally got round to buying ingredients, I discovered that none of the supermarkets stock lasagna sheets, the key component of this dish. And so, I proceeded to make my own egg pasta sheets, which turned out to be an excellent idea, as the resultant lasagna tasted phenomenally! My first ever attempt at baking it was a home run!

Danielle dit: Les Jeux olympiques 2026 de Milano - Cortina, sur fond de montagnes enneigées et de ciel bleu, sont éblouissants ! Au moment où j'écris, le Canada compte deux médailles d'or, une en ski acrobatique de bosses et une en ski big air. Comme à chaque fois, tous les Canadiens attendent avec trépidation la finale de hockey sur glace masculin !



ACROSS

- 2 important effect or meaning
- 5 feeling pain, soreness
- 6 oppose, withstand,
- 7 body tissue mostly connected to bone
- 11 shows, makes clear
- 15 return to a useful state
- 16 experience something
- 17 changeable, able to move all directions
- 18 passes into or through
- 19 make a great effort
- 20 very bad; long lasting, serious

DOWN

- 1 expected, positive outcome
- 3 pain, swelling, redness and heat
- 4 flow, spread out
- 8 relating to thinking and reasoning
- 9 made less in some way
- 10 cells that conduct nerve impulses
- 12 add extra to, make more
- 13 exciting feelings or emotions
- 14 part of a cell that produces energy

Play A Game!
Find the answers on P1

(print version [here](#))

Informal Contractions are shortened forms of a word, or two or more words put together to make a single word, mostly used in informal conversations. Here is a conversation between John and Marry. The informal contractions are highlighted. Match the words that make up the contractions from the list below.

John: I **wanna** () get **outta** () the city, I **kinda** () need a break. But I **dunno** () the best places to visit **cos** () I'm still new **'round** () here. Can **ya** () **gimme** () any suggestions?

Marry: Well, there's **alotta** () great places to visit. **Lemme** () see.... Oh, you've **gotta** () go to **da** () beach. You'd have **lotsa** () fun there.



John: I **dunno** (), I'm **sorta** () not good at **swimmin'** ().

Marry: **Whadaya** () like **doin'** () then?

John: I **wanna** () see some trees. Can **ya** () **temme** () were I can go hiking **'round** () here?

Marry: Well, **ya** () **gonna** () **hafta** () go way **outta** () town if you **wanna** () see trees. You'd **needa** () have a car to get there.

- (1) let + me (2) doing (3) do + not + know (4) out + of (5) you (6) tell + me (7) going + to (8) kind + of (9) a + lot + of (10) swimming (11) lots + of (12) have + to (13) because (14) want + to (15) got + to (16) need + to (17) what + do + you (18) around (19) sort + of (20) give + me (21) the //
- NOTE:** you can use some in more than one place.



Last Month's puzzle Solution

ACROSS

- 3 stories passed on word-of-mouth
- 4 those coming before
- 7 a place to live in
- 12 the quality or characteristics of
- 15 extremely old period of time
- 16 greatly honored
- 17 having a liking for
- 18 wishing evil on others
- 19 boundaries
- 20 things greatly desired

DOWN

- 1 rapidly rising or flying upwards
- 2 heavenly
- 5 represents
- 6 represent, usually by an image
- 8 power to withstand hardship
- 9 exact opposite
- 10 having two parts
- 11 images
- 13 1,000 years
- 14 indicator of something coming



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