body + mind

health & wellness



Find healing at Beach Lake Wellness Center

Health trends: should you try one?

Take a walk on the wild side

What it's like to live with a personal trainer

A **RIVER REPORTER** *LIFESTYLE MAGAZINE*

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Cover Photo by Isabel Braverman

THE RIVER REPORTER

Body + Mind, a special publication of
The River Reporter, is published by
Stuart Communications, Inc.

Entire contents ©2017 by Stuart Communications, Inc.

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From the Editor



This magazine is all about health and wellness in the Upper Delaware River Valley. The idea of Body + Mind conveys the connection between our physical health and our mental health. We are at our best when both are in good shape. In these pages, we explore the path to well-being.

Take a look inside the Beach Lake Wellness Center. Massage therapist and owner Jackie DeSau talks about her learned skill to help people heal and the services she offers. Those recovering from an injury or sickness would do well in Jackie's hands.

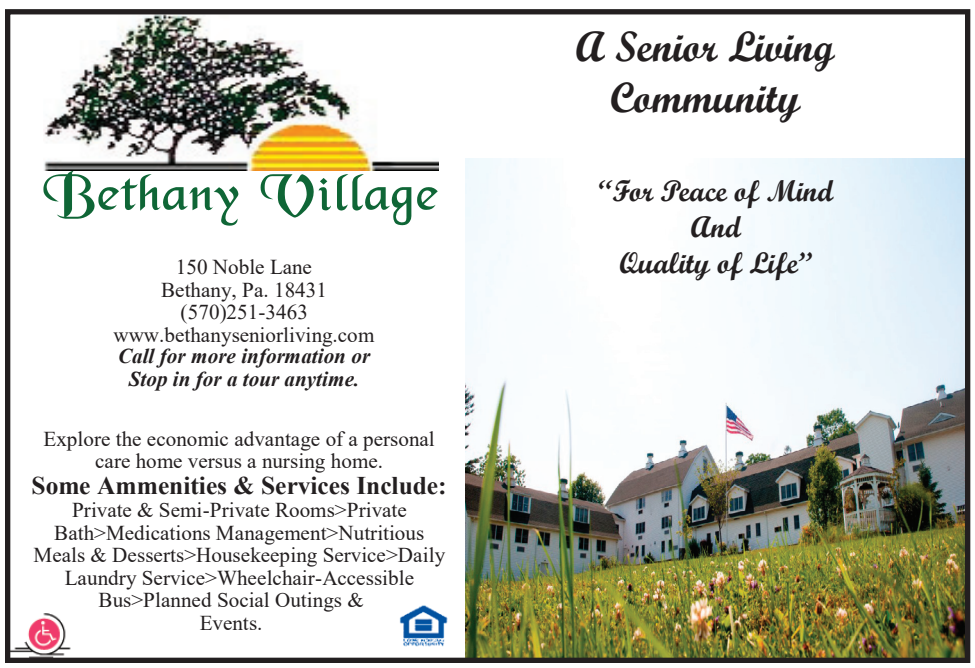
How many diets have you heard of? It seems they are always coming out with a new one, from Paleo to a juice cleanse. We look at five health trends and figure out exactly what they are and the pros and cons. This easy-to-follow guide will help you navigate the confusing world of health information.

Writer Ramona Jan offers a personal and practical look at her life with her husband, a personal trainer. Can an exercise junkie and an artist who prefers to sleep come up with an exercise regimen? Read on to find out, as well as see tips that you can use in your own life and own home.

Finally, there's nothing like fresh air to make you feel better. Naturalist and chef Laura Silverman tells you about the benefits of getting outdoors. With spring here, enjoy the warm weather and newly budding plants.

Isabel
Section Editor





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Working through the pain

At Beach Lake Wellness Center

By Isabel Braverman

Think about how you stand. Is your back straight? Are your shoulders aligned? Are your hips in line with your knees? Think about how you sit. How you walk. How you move. Most people don't think about these things, unless you are paying special attention, or perhaps you're a dancer or yoga instructor or the like. Most of us sit hunched over desks, leaning on shopping carts in the grocery store, looking down at our phones. It's not in our conscious realm to think about how we move our bodies, and how we place them in whatever space we occupy. This, along with injuries, can lead a body to become out of whack. That's where Jackie DeSau, a licensed certified neuro-muscular therapist, can help.

DeSau is the owner of Beach Lake Wellness Center, 12 Village Rd., in Beach Lake, PA, where she treats clients who are dealing with pain from injury. DeSau offers massage at the center, and another woman, Caroline Verdi, offers reflexology.

So maybe you aren't paying attention to how you walk, but DeSau is. She says she can't help but notice the way people move. She gets distracted at the supermarket watching people. "I wish I could turn it off," she remarked. As part of her training at Rising Spirit Institute of Natural Health the students had to go to a mall and observe people walking by.

Now DeSau, who specializes in medical-based massage therapy, has been in practice for 10 years. She opened Beach Lake Wellness Center three-and-a-half years ago. The building, tucked away on a back road, boasts four rooms; one for DeSau's practice, one for Verdi, a studio space, and another massage room where she will soon host students

Continued on page 8

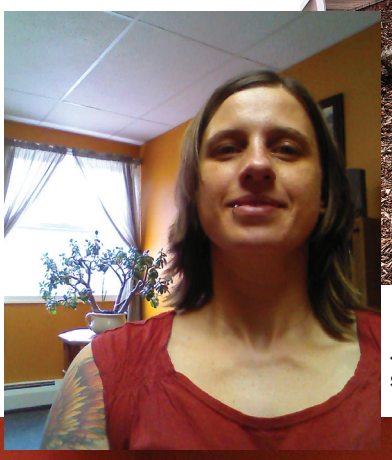


DeSau also sells artwork at her space.

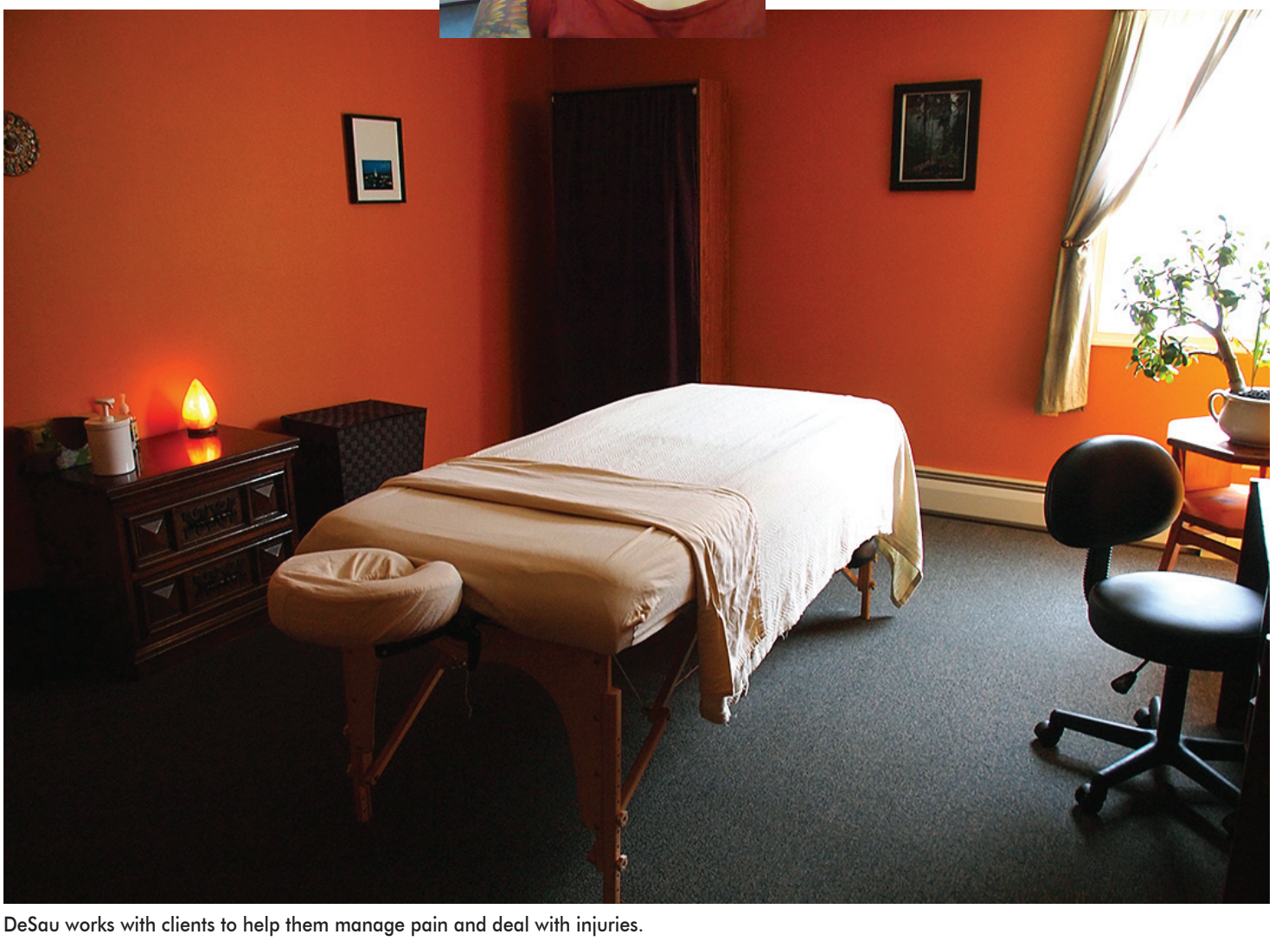


Beach Lake Wellness Center is located at 12 Village Road, Beach Lake, PA.

Photos by Isabel Braverman



Jackie DeSau, owner of Beach Lake Wellness Center, specializes in medical-based massage therapy.



DeSau works with clients to help them manage pain and deal with injuries.

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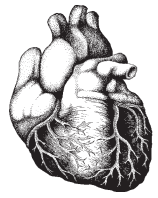
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The River Reporter's 22nd Annual 2017 READERS' CHOICE AWARDS

THE BEST BALLOT IS ALL NEW!

We have revamped our ballot and it's better than ever! We ask that you simply vote for the people, places or businesses that you think are the BEST. Thank you for your participation and we look forward to receiving your votes. If there is a category that we are missing, let us know!

We will publish our 2017 WINNERS in our annual Readers' Choice Awards "BEST" supplement in January 2018. Remember, you can always vote online at riverreporter.com/trr-best-2016

Food

Appetizers _____
Atmosphere _____
Authentic Meal _____
Bagels _____
Bakery _____
Bar _____
Barbecue _____
Brisket _____
Beer Selection _____
Breakfast Buffet _____
Breakfast Menu _____
Brunch _____
Budget-friendly _____
Burger Place _____
Burrito _____
Candy Shop _____
Cheese Steaks _____
Chicken Wings _____
Chinese Restaurant _____
Coffee _____
Coffee Shop _____
Deli _____
Desserts _____
Diner _____
Dinner _____
Dinner Specials _____
Early Bird Specials _____
Ethnic Cusine _____
Family Restaurant _____
Fastest Take Out Service _____
Fine Dining Restaurant _____
French Fries _____
Fried Chicken _____
Friendliest Service _____
Gourmet Restaurant _____
Greek Restaurant _____
Grocery Store /Supermarket _____
Happy Hour _____
Health Food Store _____
Hoagie _____
Home Cooking Restaurant _____
Hot Dog _____
Ice Cream Shop _____
Italian Restaurant _____
Japanese Restaurant _____
Latin Restaurant _____
Local Winery _____
Locally-Sourced Menu _____
Lunch _____
Martini _____
Menu _____
Mexican _____
Microbrewery _____
Most Romantic Restaurant _____
New Restaurant _____
Off The Beaten Path _____
Outdoor Dining _____
Pasta Dish _____
Pizza _____
Pizza Place _____
Place to Have a Cocktail _____
Prime Rib _____
Ribs _____
Romantic Restaurant _____
Salad _____
Salad Bar _____
Sandwiches _____
Seafood _____
Soup _____
Sports Bar _____
Steakhouse _____
Sushi _____
Wedding Cakes _____
Wine Selection _____
Restaurant - Pike County _____
Restaurant - Sullivan County _____
Restaurant - Wayne _____

People & Places

55+ Active Adult Community _____
Accountant _____
Appliance Dealer _____
Architect _____
Assisted Living Facility _____
Attorney _____
Auction House/Service _____
Auto Mechanic _____
Auto Painting Collision Repair _____
Baker _____
Bank _____
Bank Teller _____
Barber Shop _____
Bartender _____
Bathroom Remodeler _____
Best Place to Work Trucking/Transportation _____
Builder/Developer _____
Butcher _____
Cancer Center _____
Car Salesman _____
Car Wash _____
Career Training Facility _____
Carpenter _____
Carpet Cleaning _____
Chef _____
Child Care Provider _____
Chiropractor _____
Christmas Tree Farm _____
College _____
Computer Repair _____
Contractor _____
Custom Cabinetry _____
Customer Service _____
Dance School _____
Day Care Center _____
Day Spa _____
Dentist _____
Dermatologist _____
Doctor _____
Elder Care Facility _____
Electrician _____
Emergency Room _____
Emergency Services _____
Excavator _____
Eye Care Center _____
Family Practice _____
Financial Planner _____
Fitness Center _____
Flooring/Carpet Store _____
Friendly Staff _____
Funeral Home _____
Furniture Store _____
Garbage & Junk Removal _____
Garden Center/Nursery _____
Green Business _____
Hair Salon _____
Hardware Store _____
Heating & Air Conditioning _____
Heating Fuel Company _____
Holistic Practioner _____
Home & Garden Store _____
Home Builder _____
Home Renovation _____
Hospital/ Medical Facility _____
House Cleaning Service _____
HVAC _____
Insurance Agency _____
Interier Decorator _____
Jewelry Watch/Clock Repair _____
Kid's Camp _____
Kitchen & Bath Store _____
Kitchen Designer/Remodeler _____
Landscaper _____
Law Firm _____
Lawn & Garden Equipment _____
Lawyer _____
Massage Therapist _____
Maternity Unit _____
Mattress Store _____
Modular Homes _____
Mortgage Company _____
Nail Salon _____
New Business of the Year _____
Non-Profit Organization _____
Oil Company _____
Painter _____
Pediatrician _____
Pest Control _____
Pet Boarding Kennel _____
Pet Pampering _____
Pet Day Care _____
Pet Grooming _____
Pet Trainer _____
Pharmacy _____
Photographer _____
Plumber _____
Plumbing & Heating Supply _____
Politician _____
Pool Builder/Contractor _____
Postmaster _____
PreSchool _____
Radio Personality _____
Real Estate Agent _____
Real Estate Company _____
Real Estate Website _____
Recycle & Transfer Station _____
Rental Center _____
Roofer _____
Salvage Company _____
Septic Service _____
Spa or Personal Pampering _____
Storage Center _____
Tattoo Parlor _____
Tax Preparation _____
Teacher _____
Towing Service _____
Truck Center _____
Tuxedo Rentals _____
Veterinarian _____
Veterinarian Clinic _____
Vocational Technical School _____
Well Driller _____
Women's Health Center _____
Yoga Studio _____
Yoga Teacher _____

Shopping

Antiques/Collectibles _____
Auto Dealer Domestic _____
Auto Dealer Pre-owned _____
Baby/Kids Store _____
Beer Distributor _____
Boat/Marine Service _____
Bookstore _____
Botique _____
Bridal Shop _____
Clothing Store Men _____
Clothing Store Women _____
Consignment Shop _____
Craft Beer Selection _____
Electronics _____
Farm Equipment Retailer _____
Farmers Market _____
Flea Market _____
Florist _____
Formal Wear _____
General Store _____
Gift Shop _____
Grocery Store _____
Home Décor _____
Jewelry Store _____
Knit Shop _____
Liquor Store _____
Locally-made products _____
Lumberyard _____
Medical Equipment _____
Motorcycle Shop _____
Music Store _____
Musical Instrument Store _____
Novelty Shop _____
Outdoor Recreational Vehicles _____
Party Supply Store _____
Pet Store _____
Pet Supplies _____
Place to Buy Art _____
Pottery Studio _____
Produce Local _____
RV Sales/Service _____
Shoe Store Local _____
Ski Shop _____
Speciality Store _____
Tire Sales/Service _____
Vintage Shop _____
Winery/Vineyard _____

Community

Ambulance Squad _____
Amusement/ Fun Park _____
Animal Shelter _____
Art Gallery _____
Atmosphere _____
Bed & Breakfast _____
Canoe Livery _____
Campground _____
Chamber of Commerce _____
Chicken BBQ (Volunteer) _____
Cider Mill _____
Civic Club or Organization _____
Community Festival or Street Fair _____
Conference Center _____
Day Trip _____
Fair _____
Family Night Out _____
Fire Department _____
Golf Course _____
Historic Site _____
Horseback Riding _____
Hotel _____
Library _____
Live Music Venue _____
Artist _____
Author _____
Celebrity _____
Farm _____
Getaway _____
Musician/Band _____
Potter _____
Locally Produced Beer / Spirits _____
Locally Produced Cheese _____
Locally Produced Maple Syrup _____
Meditation Center _____
Movie Theatre _____
Museum _____
Pancake Breakfast _____
Parade _____
Penny Social _____
Place to Hold a Prom _____
Place to Take out of town guests _____
Place to Take the kids _____
Playhouse Theatre _____
Post Office _____
Private School _____
Radio Station _____
Resort _____
Ski Lodge _____
Special Area Attraction _____
Sullivan Renaissance Project _____
Wedding Reception Location _____
Youth Center _____

HOW TO VOTE: Pleast print clearly your choices for "THE BEST" from the categories listed. Best choices are limited to Delaware, Orange, Pike, Sullivan and Wayne counties. You may also VOTE ONLINE: http://riverreporter.com/trr-best-2016 **HOW TO ENTER:** NO PURCHASE NECESSARY. Additional ballots are available at **The River Reporter** office at 93 Erie Ave, Narrowsburg, NY. **Ballots MUST be complete and include full name, address and phone number of voter.** All ballots must be received by December 15, 2017. Employees of **The River Reporter** and **Stuart Communications** are permitted to vote but not eligible to win prizes. Entries that are late, damaged, illegible or missing voter's name will not be eligible. One entry per person. Mechanically reprouced or Photocopied entries are not eligible. A business, organization or person may win no more than three (3) categories. Winners will be chosen based on the number of votes received by December 15th, 2017. **HOW TO WIN PRIZES:** All ballots will be included in a random drawing for prizes. Drawing will be held in January 2018. No duplicate winners. BEST Winners will be notified in January 2018.

OFFICIAL "BEST" BALLOT ENTRY FORM

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WORKING

Continued from page 4

from Lackawanna College. While it is a relaxing space, it's not exactly a spa-like environment. "You don't pay for ambiance; you pay for me," DeSau joked. Indeed, her clients come not to be pampered and treated, but for help with pain relief. They have come up with a motto: it hurts so good.

DeSau works with people who have chronic pain and scar tissue, as well as cancer patients. "I put you in pain to get you out of pain," she said. The benefits of this kind of massage include increased range of motion and a decrease of scar tissue. Clients have also said that coming regularly to see DeSau improves their immune system, and they don't get sick as much as they used to, or don't get sick at all.

Going back to the basics, DeSau said her work helps one to connect body and mind. "A body that is not touched will not survive," she said. Going to regular massage therapy assists in maintaining good health, strength and flexibility. DeSau said you will work better and think better, and that you become more aware of your body.

The center is open six days a week, Monday to Saturday, by appointment. The space is also available to be rented out for workshops. DeSau said she has never raised her rates, and charges $1 per minute. Call 570/351-4304.



The center also offers reflexology and workshops.



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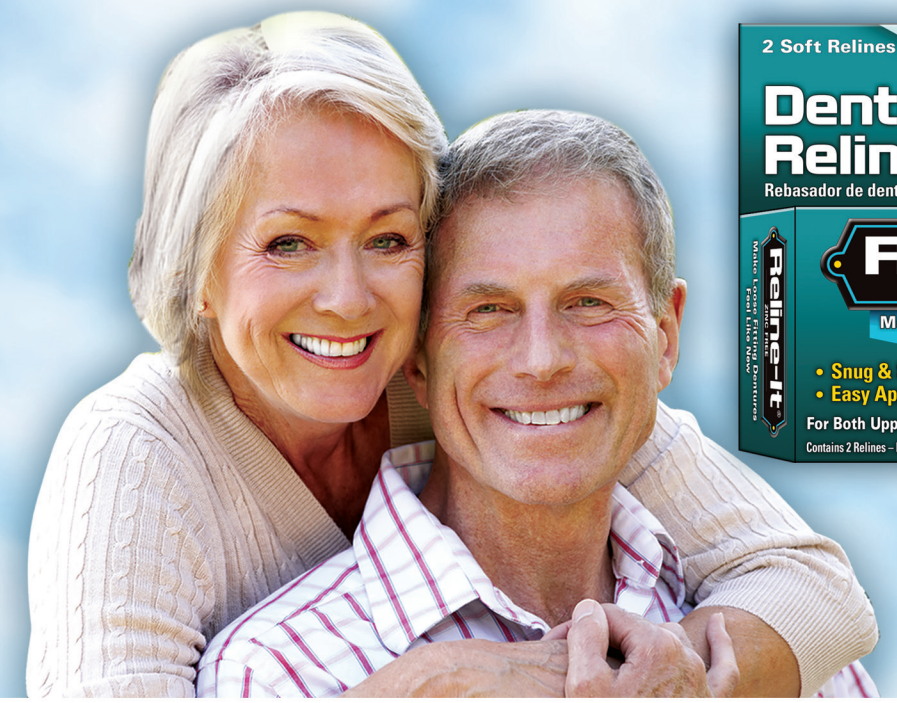


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Debunking Health Trends

Myth or fact?

By Isabel Braverman

It seems as if there's a new diet that comes out every single day. The choices of diets to follow can be overwhelming. From classic diets like low-fat to new trendier ones like the Paleo diet, how can we know what works and what doesn't? When we say "works," that doesn't necessarily mean work for weight loss: some diets, like those below, are intended to bring about an overall improvement in health. Here, we take a closer look into five current health trends and bust them open.

[This information was found from various sources online. These are not the views of The River Reporter. Consult your physician or nutritionist before trying a new health regimen.]

Gluten Free

What it is: A gluten-free diet excludes the protein gluten found in grains such as wheat, barley and rye. People who have the autoimmune disorder celiac disease (or an allergy to gluten) must eat a gluten-free diet. However, the concept has been so broadly popularized that people without a gluten allergy are opting to go gluten-free. Gluten causes inflammation in the small intestines of people with celiac disease, and may cause irritation in people who have gluten sensitivity. This diet has become so popular, that you can see the trend in many restaurants and on food labels offering gluten-free items. According to **USA Today**, up to one-quarter of all consumers now want gluten-free food, even though only one person in 100 has celiac disease.

What you can have: Many healthy and delicious foods are naturally gluten free: beans, seeds and nuts in their natural, unprocessed form; fresh eggs; fresh meats, fish and poultry (not breaded, batter-coated or marinated); fruits and vegetables; and most dairy products.

What you can't have: In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain: beer, breads, cakes and pies, cereals, cookies and crackers, croutons, imitation meat or seafood, matzo, pastas and processed luncheon meats.

The pros: People with celiac disease who eat a gluten-free diet experience fewer symptoms and complications from the disease. They must eat a strictly gluten-free diet and must remain on the diet for the remainder of their lives.

The cons: People who follow a gluten-free diet may have low levels of certain vitamins and nutrients in their diets. Ask your doctor to review your diet to see that you're getting enough of these key nutrients: iron, calcium, thiamin, riboflavin, niacin, folate and fiber. Many people believe they have a gluten intolerance, which is neither an autoimmune disorder, like celiac disease, nor an allergy, like a true wheat allergy. There is no test for this; it simply relies on someone's subjective feelings of bloating, bowel changes, or mental fogginess after eating gluten, and can lead to pseudo-scientific self-diagnosis.

Whole 30

What it is: This diet, which you follow for 30 days, restricts what you can and cannot eat. It is touted as a way to "reset" your system. It is also known as an elimination diet, which can help you figure out what foods have a negative impact on your health, or that you may have an intolerance or allergy to. For example, to find out if you are allergic to dairy, you can not eat it and see if your symptoms go away.

What you can have: The Whole 30 website says, "Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; and herbs, spices and seasonings. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're whole and unprocessed."

What you can't have: Added sugar, real or artificial; alcohol, in any form, not even for cooking; grains; legumes; dairy; MSG or sulfites; baked goods and junk foods. There are more details to this, so check the website (https://whole30.com) to read in full.

The pros: According to the website **Greatist**, these are the most common benefits experienced while on (and after) the Whole 30: weight loss, health conditions may improve, digestive problems resolved, skin is clearer, energy levels are through the roof, more effective workouts and improved sleep.

The cons: It can be difficult to follow all the rules of this diet. You have to make sure you are up for the challenge, and meal planning and preparation are important. A nutritionist in **SELF** magazine said, "I'm not a fan of 'food rules,' because they trigger negative connotations and can lead to disordered eating patterns. I believe adding general healthy habits to your daily routine is more impactful." Other nutritionists have warned vegans and vegetarians to be careful when trying the program due to the lack of legumes (though the program has resources tailored to vegans and vegetarians on its website).

Juice Cleanse

What it is: Juice cleansing has become popular and endorsed by celebrities like actress-turned-health guru Gwenyth Paltrow. The program varies, but people on a juice cleanse consume only liquids for a certain number of days, usually a week, or three days. This is one fad diet that started out really trendy and now has almost entirely been debunked.

What you can have: Fresh and raw vegetable and fruit juices, liquids such as water, teas and coconut water.

What you can't have: Any solid foods

The pros: Many people turn to cleanses because they feel off—they're bloated and sluggish, dependent on caffeine and junk food cravings, or their skin is breaking out. Some people see a juice cleanse as "resetting your system" and eliminating toxins, hence it's also called "detoxing."

The cons: Other nutritionists claim that a cleanse does not have detoxing benefits, mostly because our bodies are capable of removing toxins on their own, via the liver and kidneys. Many people turn to a juice cleanse to lose weight, and while they may see immediate weight loss, studies have shown the effects are not lasting, and they will gain the weight back after the cleanse is over.

Vegan

What it is: A vegan diet is one that consists of only plant-derived foods. Vegans don't use or consume any animals or animal products (land or sea animals), milk, eggs, or honey. Many vegans choose this diet as a lifestyle, as they do not want to harm animals. Others may go on the diet as a way to lose weight.

What you can have: Any food that doesn't contain an animal product.

What you can't have: Any animal product, including dairy, eggs and honey.

The pros: Those on a vegan diet generally eat more fruits and vegetables. Also, the vegan diet is beneficial to the environment. Meat production uses a vast amount of land, food, energy, and water. According to the U.N. Food and Agriculture Organization cattle farming is responsible for 18% of greenhouse gases.

The cons: Vegans may not get some of the nutrients that they need, such as those found only in animal foods. They should take a B-12 supplement and iron to fortify their diet.

Paleo

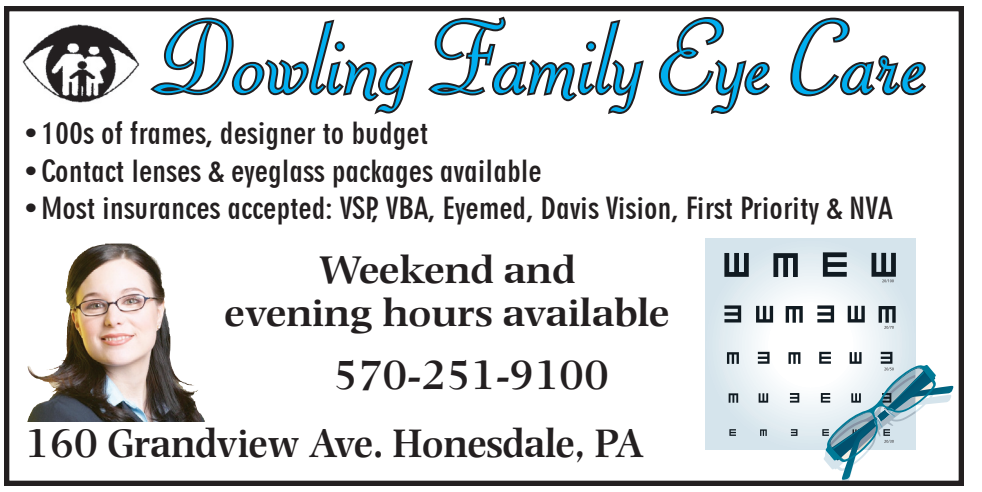
What it is: The Paleolithic diet is based mainly on foods presumed to have been available to Paleolithic humans. The diet is based on avoiding modern processed foods, and also the foods that humans began eating after the Neolithic Revolution when humans transitioned from hunter-gatherer lifestyles to settled agriculture. It basically is the answer to the question: What would a caveman eat?

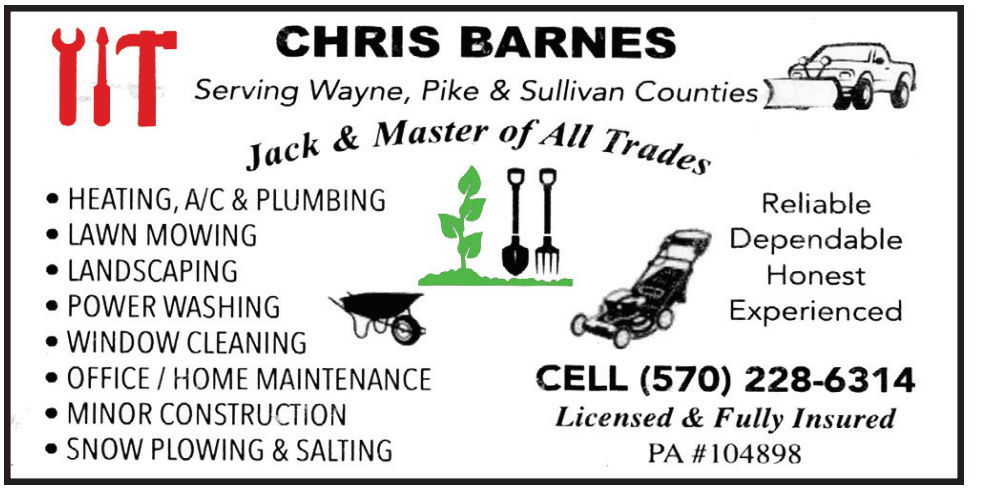
What you can have: Grass-fed meats, seafood, fresh fruits and vegetables, eggs, nuts, seeds, and healthy oils including coconut, avocado, olive and walnut.

What you can't have: Cereal grains, legumes (including peanuts), dairy, refined sugar, refined vegetable oils, potatoes, processed foods, or salt.

The pros: According to one of the founders of the diet, it lessens the body's glycemic load, has a healthy ratio of saturated to unsaturated fatty acids, increases vitamin and nutrient consumption and contains an optimal balance of protein, fat and carbohydrates. However, the health benefits of the Paleo diet are unproven. A handful of small studies have tried to determine if a Paleo diet is a healthier diet. One study published in the journal **Diabetologia** found that the diet improved blood sugar over 12 weeks compared to a Mediterranean diet that allowed grains, low-fat dairy and oils, but it's hard to say whether researchers would come to the same results in a larger study.

The cons: The Paleo diet can lead you to eat more meat, and consuming excess protein and not enough carbohydrates can cause kidney damage and also increase your risk of osteoporosis. While there are a lot of nutritious pros, the diet does lack certain nutrients including calcium and vitamin D.









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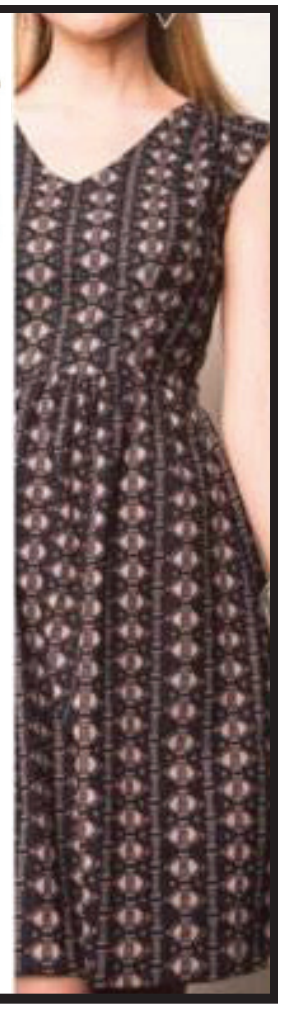
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10 AM SilverSneaker Cardio Fit Classic Latin Music w/ Alicia	10 AM SilverSneaker Cardio Circuitt w/ Alicia	9am YOGA Tone w/ Laura	10 AM SilverSneaker Cardio Fit w/Alicia		9:30 AM Tabata Bootcamp Group Training w/Andre
5:45 PM Pump it UP w/Ellie (set up 530pm) Kettlebells, barbells, weights, squats, abz & more	4:30 PM YOGA FLOW w/Bethany 5:45 PM Strength Power Stretch w/Andre	5:15 PM Mat-Pilates To the Core w/Ellie	5:00 PM TRX Continuous START DATE (Drop in Welcomed) (Separate Price) 5:45PM Group Training w/Andre		
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Living with a personal trainer

Ouch!

By Ramona Jan

Behind a tightly closed door in my own home, I hear heavy breathing and even some grunting as frigid air comes rushing through the cracks. Could it be that a wild animal broke a window and then stole into the house? No. It's the "workout wizard," aka Andre Turan, my husband, a personal/group-fitness guru and holder of more than one world title in fitness. (In contrast, one could say that I hold the world's record in insomnia). He's doing one of his exercise routines that doesn't require any equipment but does need lots of fresh air. A little mid-winter heat loss is always less expensive than joining a gym, right?

When I married Andre, he was the lead singer of a techno-metal rock band called Sunskull. I only became the wife of a personal trainer by default when he decided to become certified as such. Post-certification and re-location to upstate New York (some 20 years ago), Andre commonly noted the many faux pas of joggers along the road. "With that running technique, he'll eventually have knee trouble. If she doesn't watch her diet, she can run all she wants but will never lose the weight." I wondered if he was noticing the great shape I was in—NOT!

"Something's wrong with my computer!" I yell from my home office. Andre comes to the rescue even though he probably knows less about computers than I do. He's just a lot more patient, which is why I call for him. One look at the computer and he says, "You're not doing enough squats!"

"Huh?" I say pointing to the screen, "But my computer is frozen."

"For every hour that you find yourself at the computer, you need to do 10 minutes of squatting." (Squatting, by the way, is a safer variation of what we Baby Boomers called the deep knee bend). "Just take a break and do the squats," he adds.

"But that's not my idea of a break," I say to myself. "Besides, only yesterday I spent 10 straight hours lifting a fine art paint brush while creating art." Certainly he should

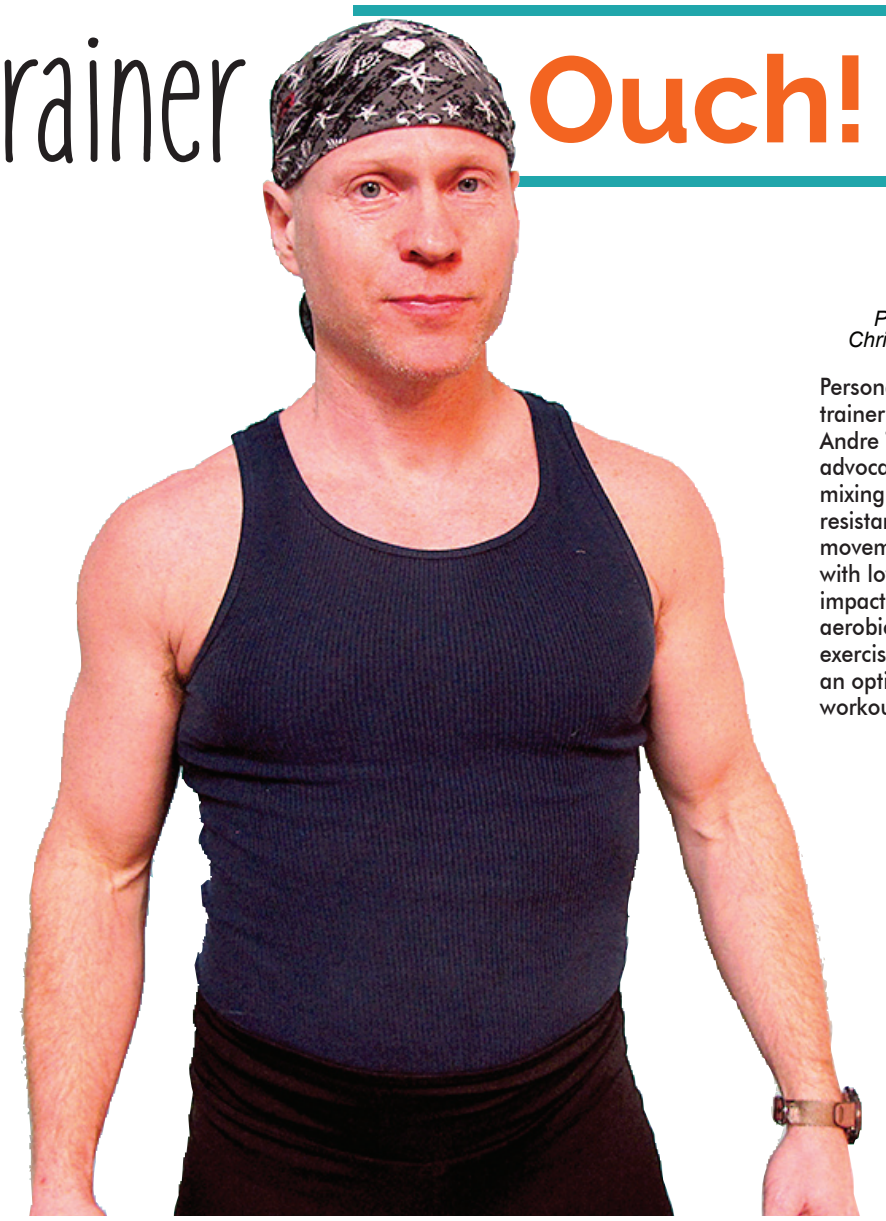


Photo by Christopher Smith

Personal trainer Andre Turan advocates mixing resistance movements with low-impact aerobic exercises for an optimal workout.



Contributed photos

Exercise attempt #1

Andre's tips for good health

1. Exercise regularly, using movements you enjoy, for a minimum of 150 minutes of moderate activity (like walking) or 70 minutes of vigorous activity (like hiking a steep hill) per week. Divide your workout minutes evenly throughout the week.

2. In order to avoid injury, always use the 80% low impact (like squatting) to 20% high impact (like running) ratio within your routine.

3. Eat more vegetables, particularly the leafy greens.

4. On the glycemic index, adhere to foods 55 or lower (www.glycemicindex.com).

5. Don't get caught up in seasonal dilemmas by only getting involved in weather-dependent activities like skiing. Vary your exercise options and stay active in all seasons.

understand that I choose to exercise one limb at a time for hours and even weeks on end, possibly years. But I consider his suggestion anyway, try it once (exercise attempt #1), and then—oops—forget about it. I face the fact that I'm highly resistant when it comes to exercise, but that doesn't mean I don't think about it. My computer remains frozen as Andre leaves the room.

That night I secretly sit outside his office door (the same place where he daily grunts and heavy breathes) just to eavesdrop on his client calls. He's developed some beneficial and very successful programs, including one in which he regularly conducts support calls with his entire client group. Together they Skype-call to "work out" dilemmas in all directions—questions about individual programs, food choices, emotional eating issues, etc. I don't know who the callers are, and I can't hear what they're saying; I can only hear what Andre is saying—"glycemic index," "net calories" and other scientific/mathematic speak that leaves me dazed.

The next day, I force my guilt-ridden self to go bicycling in the open air but only make it half-way down River Road. My next scheme: dancing to music by flailing my arms and legs around like someone who's just escaped from the loony bin (exercise attempt #2) exhausts me after only one go. I realize just how badly I need a regular exercise program. I begin with analyzing the difference between Andre and me.

Andre gravitates toward the physical. He exercises, sings and eats. I, on the other hand, generally forgo eating in favor of making art, relish staying indoors as much as possible, and when it does happen, adore sleeping. I must say that all my "activities" require some sort of physical energy. They just utilize different parts of the body in, say, other ways than those who choose to work out vigorously. Maybe we're not that different after all. I rest easy, knowing that I can always start a program, if needed, when I'm in my 80s. "It's never too late," says Andre. In the meantime, I'll ponder his five top tips on achieving good health.

[American Council on Exercise-certified personal and group trainer Andre Turan can be reached at 845/423-1021.

Website: www.workoutwizard.net]



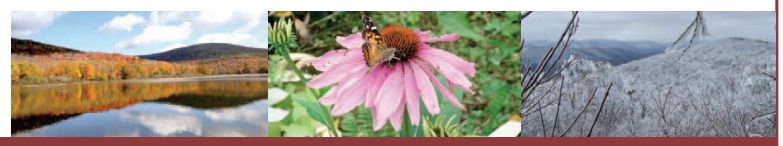
Exercise attempt #2.

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Take It Outside

"I took a walk in the woods and came out taller than the trees."
— Henry David Thoreau



Contributed photo

The author celebrating spring in a ramp patch.

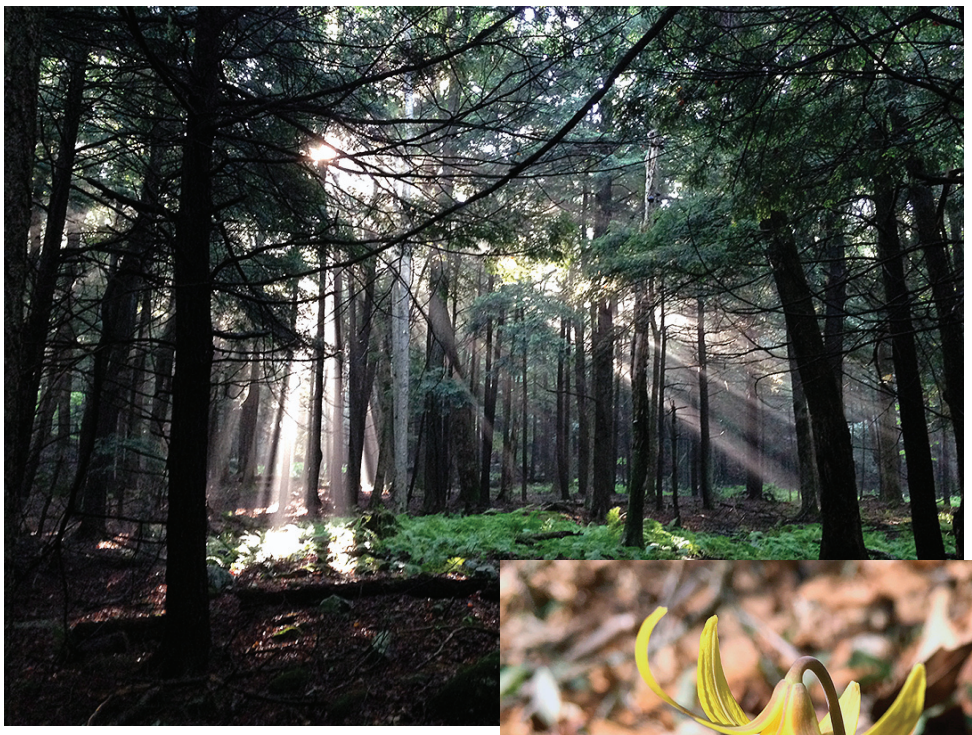
By Laura Silverman

As the earth awakens, sending up tender green shoots and coming alive with birdsong, we, too, shake off our winter slumber and stretch our creaky limbs. It's time to step outdoors and feel the sun on our faces, to climb hills and plunge deep into the woods. You can set your seasonal clock by the frog exodus, which takes place every April on wet, foggy nights. By the dozens, they will cross the rain-slicked country roads, heading to their preferred breeding grounds in the damp nether regions of the forest. Soon, the jellied masses of their eggs will be visible in the vernal pools, brooks and streams. Masses of violets, peeking out from banks of ferns, will light up the mossy edges of paths. Nettles and garlic mustard will offer themselves up for the first tonifying soups of the season. Spring is here!

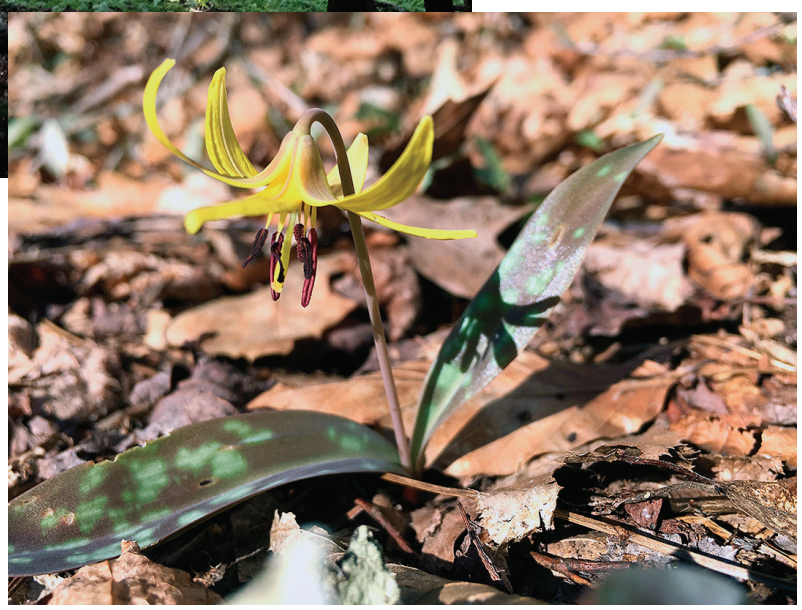
If the invigorating and uplifting qualities of being outdoors are not proof enough of their benefit, recent scientific research has conclusive evidence. The sights, sounds and smells of nature are highly therapeutic—reducing stress, lowering blood sugar, promoting better concentration and boosting immunity. After all, humans lived in nature for five million years, and the noise, pollution and accelerated pace of cities do not constitute our natural environment. As naturalist John Muir said, "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home." A growing number of psychologists believe that our chronic levels of depression, anxiety and stress are partly due to our alienation from nature, something for which we have an innate affinity, described by biologist E.O. Wilson as "biophilia."

In his 2005 book, "The Last Child in the Woods," Richard Louv coined the phrase "nature deficit disorder" to explain a condition that afflicts children who spend so much time indoors (on computers and video games) that their ability to connect with nature has been disrupted. It seems that people of all ages benefit from getting outside more. In Japan, the practice of shinrin-yoku, "forest bathing," has been a cornerstone of preventive health care and healing for decades. There is also the theory of "grounding," or "earthing," which contends that our bodies are meant to come into direct contact with the earth on a regular basis in order to remain in balance. The results of simply walking barefoot on dirt, rock, or water for about 30 minutes a day are said to be quite extraordinary: reduced inflammation and chronic pain, enhanced sleep (and elimination of snoring), increased energy and improved blood pressure, among others. I plan to try it this year, though it will mean being extra-vigilant for ticks.

Being outdoors connects us to something primal within. When I walk in the woods, every one of my senses is engaged. I feel the deep stillness of the trees; hear the melancholy song of the wood lark; smell the musk of ferns and mushrooms; follow old trails and trace new ones. A profound peace settles over me, and I am content just to be somewhere that beauty knows no bounds. Learning about plants, foraging for wild edibles and getting to know the tracks and patterns of wildlife keep me continually curious, alert and amazed. There's a very particular satisfaction to be had from eating wild foods. A bold (if largely misguided) sense of self-sufficiency, powerful nutrition and the discovery of new flavors add up to a deeply enriching experience. If you've never ventured into the fields and forests in



Photos by Laura Silverman
Spending time outdoors has multiple benefits like reducing stress and boosting immunity. So, take a walk in the woods and enjoy the sights and sounds.



A trout lily bursts through the ground, ready for spring.

search of a delicious morsel—ramps! fiddleheads! oyster mushrooms!—you're in for a real treat. Seek out the knowledge you need from a reliable field guide or trusted mentor and find your way back to the wilderness. We come from nature, and it is only there that we are truly in our element.

Even if you don't want to go barefoot, do venture into the natural world as much as you can. For those of us who live in the Upper Delaware Valley, there is a glorious world of trails and waterways to explore. Walking, hiking, biking, gardening, canoeing, kayaking, camping, foraging and picnicking are all wonderful ways to get outside. For information on hiking trails and public lands in Sullivan County, NY, visit trailkeeper.org.

[Laura Silverman is the founder of The Outside Institute, whose mission is to help people connect with the healing and transformative powers of nature through guided hikes, plant walks, foraging and other outdoor activities. www.theoutsideintitute.org]



When walking outside, you notice the little things, like a bee landing on a flower.

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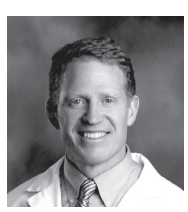
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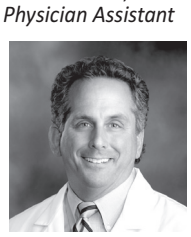

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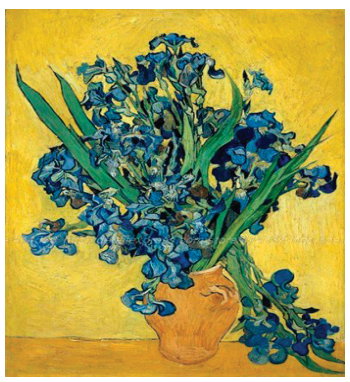
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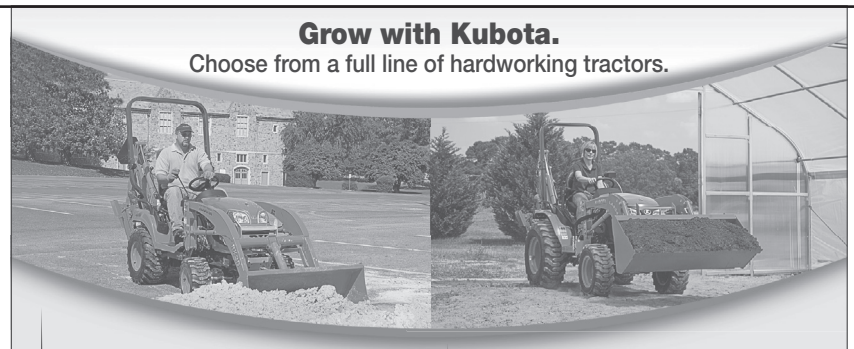
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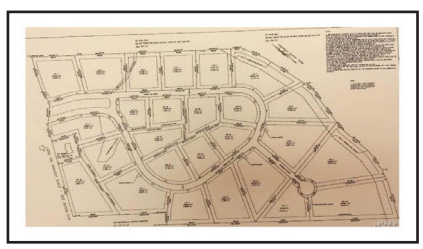
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Physical / Occupational Therapists • CT / MRI / Ultrasound Technicians • LPN Skilled Nursing Unit
Inpatient Coder (CCS / CIC Certified) • EKG / EEG Technicians

Catskill Regional Medical Center is committed to improving the health and well-being of the community. This January an employee driven Wellness Committee was created. Employee run, the committee meets once a month to discuss strengths, weaknesses, goals, and fantasy ideas. Together the employees agreed to encourage all staff and the community to adopt and practice a healthy lifestyle that will improve their physical and mental well-being. The goal will be achieved through education, communication, and access to health resources.

Since January the Wellness Committee has made major, positive changes and continues to make great plans for the coming year. The following initiatives have been achieved or are in process: discounts to multiple local physical fitness programs, new vending with healthy options throughout the hospital, breastfeeding friendly worksite, Weight Watchers at work program, Prevent T2 Diabetes Lifestyle Support, and plans to upgrade the Woodland Wildings Garden including the walking trails, and outdoor eating area. CRMC has also joined the Health Means Business Collaborative Campaign, a community outreach opportunity with the local Chamber of Commerce. The campaign will help empower the culture of health and wellness in the hospital as well as the community.

CRMC offer a comprehensive benefits package to employees determined by position and employment status, including generous tuition reimbursement, health and dental Benefits

On the job training offered for many entry level positions
Make a positive contribution close to home and give up commuting!
On-site interviews will be conducted. Please complete our online application for registration at www.crmcny.org
Space is limited for this event so please wait for a confirmation.

Catskill
REGIONAL MEDICAL CENTER

Catskill Regional Medical Center is an Equal Opportunity Employer