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JANUARY/FEBRUARY 2009

# H O K

Culture, Art & Community in the Lower Hudson Valley





# Healthy Mind and Body

New year – New beginnings

By Tanja Israel

Greening our lifestyle touches many different areas. We try to recycle and compost, buy organic and local food, wear a sweater and lower the thermostat, insulate our homes and use natural products as much as we can. The reason we do this is not only to save the environment, but also to protect our health.

And even though organic food is often more expensive than non-organic, we save money by not wasting and by buying high-quality, durable products. In fact, safeguarding our health is a long-term way of saving money as well.

The Holidays are over and most of us indulged a little more than we would have liked to. We may long for a more quiet and modest lifestyle again. Perhaps one of our resolutions for 2009 is to lose a couple of pounds and to improve our health. Of course, the simplest (and energy/fuel-saving) method is to take the stairs instead of the elevator, park further away from the grocery store (less damage to your car, guaranteed!) and return your shopping cart. Or, if possible, leave the car at home altogether.

Instead of going on a strict diet in order to lose weight, why not opt for doing a cleansing. January seems to be a good month for that; out with the old, in with the new! Fasting and cleansing restore your energy and boost your immune system. Losing weight is merely a welcomed side effect. A cleansing is best done under the guidance of a health or nutrition counselor. Cathy Jenco is a Holistic Health and Nutrition Counselor in Mahwah, N.J. [www.traditionalwisdomhnc.com](http://www.traditionalwisdomhnc.com). She can help you develop a new and healthier you, not just through better eating habits, but also by developing better life habits. Debra Reich is the founder and owner of Debra's Healthy Gourmet. She explains that imbalances in the body create lack of well-being in our lives. These imbalances can often be greatly improved by changes in





our diet. We don't have to deprive ourselves of good food in order to feel and look great. By improving the quality of the ingredients of everyday cooking and sometimes adding or adapting certain ingredients makes all the difference in order to be healthy. She will help you to find the ingredients and nutrients lacking in your diet and teach you how to prepare meals that are both nutritious and delicious. For a consultation with Debra, contact her at [debchef88@aol.com](mailto:debchef88@aol.com) Recommended reading: *The Self Healing Cookbook* by Kristina Turner and *Food and Healing* by Anne Marie Colbin.

According to Rudolf Steiner, a well-known German anthroposophical teacher from the early 20th century, the winter season between mid-January and mid-February is very suitable for meditation and study, because then the strongest forces unfold and are concentrated within the Earth. It's a good moment to stop over-stuffing our agendas and instead contemplate on where we stand in life and where we want to go. Are we going in the right direction or should we make some changes? There are many great books to guide and inspire you. Here are just a few: *Natural Capitalism: Creating the Next Industrial Revolution*, by Paul Hawken, Amory Lovins and L. Hunter Lovins (Back Bay, 2000) gives expert perspective on transforming the business world to address ecological crises, *The 100 Best Vacations to Enrich Your Life*, by Pam Grout (National Geographic, 2007), *Beyond Reasonable Greed: Why Sustainable Business is a Much Better Idea!*, by Wayne Visser and Clem Sunter (Human & Rousseau Tafelberg, 2002), *Spiritual Warrior, The Art of Spiritual Living*, by John Roger (Mandeville Press, 1998), are practical guides to finding greater meaning in everyday life.

Over the years we accumulate a lot of stuff. Bookshelves are filled to the brim, magazines and paperwork lie around and where are we going to put grandma's cabinet? It is very hard to decide on what we should keep. A messy house messes up our mind and it may be time to start a thorough clean-out. Niña Weireter, founder of My Divine Concierge, is a professional organizer and personal assistant. Among other services, she helps her clients to de-junk their lives, and to get and stay organized. A unique, and "green," benefit that Niña offers is an itemized list of objects removed from the home or office which can then be donated to various charities instead of being sent to a landfill. A receipt is then provided to the client for tax purposes.

[www.mydivineconcierge.com](http://www.mydivineconcierge.com)

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