

# SEASONS

THE NEW AGE HEALTH SPA QUARTERLY NEWSLETTER

SPALOSOPHY

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SPECIALS

CATALOG

*Summer*

*2009*

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health spa

## Summer '09

## SPALOSOPHY

## Balance

What does that really mean? Often times we throw this word around if we don't know what else to use to express a healthy and happy life. Since this issue of our newsletter has 'balance' as its' theme, I'll give you my perspective on it.



Balance can mean a million different things. Firstly, it could mean the "Man on Wire" type of balance - on a high wire connected between the twin towers. See the documentary if you want to applaud a balanced life. Secondly, it could mean balancing the most important things in your life - what to do first, second, third etc. Or it could mean how mentally healthy you are and what things you choose to do to stay that way. It could mean how physically balanced you are hormonally - this includes men and women and it could also mean how many things can you work on at one time and still feel like you have a handle on your life.

Of course, I could go on about what it means to be balanced, but I think the real issue in these stressful times is to figure out what you can do to have successful interactions with yourself about what it will take for you to be balanced.

I'm going to mention a few things that I think will be helpful. Of course, most of you that know me, know that I will have tried these things. Otherwise I wouldn't write about them. They may not work all the time, but at different periods they will.

With the way things are right now in this country, the level of stress is off the Richter Scale. So I suggest first of all, you leave yourself lots of time to accomplish what you have to do.

... continued on Page 2

## GOOD NEWS!

Beat the heat & the recession this summer! Take advantage of this great offer.  
Valid June 1 - August 31, 2009.

Pay for 2 nights AND 4 treatments & bring a friend for FREE!

OR

Pay for 3 nights AND 5 treatments & bring a friend for FREE!



## SPECIAL WEEKEND May 29-31

New Age Training Camp with Ra'Shawn Brown

It's time to get empowered, strong, toned and push yourself past your weight-loss plateau! We're inviting you to join our enthusiastic team of Fitness Experts, Nutrition staff, Yoga Instructors, Massage Therapists, Hikers and Climbers for a special weekend from **May 29 - 31**. This promises to be a weekend packed with exciting and fun activities.

Regardless of your personal fitness level and interests, our staff will work you through your paces with positive motivation and team spirit. Boot Camp Style classes will be available in the fitness department. For nature lovers, aggressive hikes, an outdoor obstacle class and the challenging Alpine Tower will energize you. Our spiritual department is at your service and waiting to help stretch out your muscles and re-focus your mind with outstanding yoga and meditation classes. Our nutrition lectures and Spa cuisine will set your eating habits back on track. And don't forget about our wonderfully therapeutic Spa treatments to relieve your sore muscles and relax you.

The goal for this weekend is to help you identify and overcome your weaknesses, pinpoint and reduce bad habits and empower you with practical and realistic lifestyle changes that you can take home and apply to your daily routine.

Please join us on May 29 and take your body to a new place. You will work, sweat, have fun and, best of all, burn calories like crazy! ■



*Spalosophy continued...*

This way, you won't be so anxious. Try to remember what is more important, peace of mind or getting somewhere on time? If you have to wait around for something or stand in line, take something to read with you. That will make the time go faster and it's amazing how a good read can transport you to another zone. We should all be mental travelers anyway - cheaper right now and it immediately balances mind and body. Try not to clutter up your calendar or your life with things even Superman cannot achieve. Take a look around your living space and decide what is essential for your well being and get rid of the other stuff. Cleansing your living space is as good as having a colonic!

Something really important right now is not to waste your anger on trivial matters, most of which you cannot do anything about anyway - like the slow waiter or the delayed flight. And avoid people who make you crazy. That can take a balanced person to an unbalanced place faster than you can blink your eye.

I think overall, the best way to be balanced in these stressful times is to be in service, as President Obama has asked all of us to be. If we go out of our way to do something nice for someone - it can be as simple as stopping to give someone directions, holding a door, smiling at someone or volunteering for service to your community, balance automatically kicks in.

Life right now is not the easiest, but things will get better. If you have time, come up to see us at New Age. We are continuing to do what we do best - helping you to approach your life in a balanced way.

See you soon,

Stephanie

Owner ■



**TEA TIME**

*by Lindy Goodman, Boutique Manager*

Since this issue of our newsletter is all about balance, why not make some time in your day by creating a daily ritual for yourself with a cup of tea? It's the perfect way to wrap up a work day and to draw a line between our daily stresses and our center.

Tea is a worldly drink and one of the oldest and most popular drinks across the world. Tea is made and served in many different ways and it varies from country to country.

Many of you have attended our tea tasting programs here at the Spa and have often asked about the best way to make tea. Because there are so many different kinds of tea and so many ways to make it, what we offer here are some general guidelines and you may modify the method to suit your tastes and the type of tea you are drinking.

These are some golden rules for making a good cup of tea using loose-leaf tea:

1. Boil the water and use a little of the boiling water to warm the cup or pot.
2. Put the loose tea into the pot or for a cup, use a tea-infuser spoon, then add the boiling water. Use one generous teaspoon of loose tea per cup.
3. Leave the tea to brew, but not for too long because it can get bitter. We recommend 1-3 minutes for most teas and chai blends could brew for another minute or two.
4. Remove the tea-infuser spoon or pour the tea through a strainer.
5. Add milk or honey if desired, sit back, relax and enjoy your moment! ■

**Catalog**

**Recommendations:**

Try our New Age Health Spa Signature Tea Blends. Each delicious loose-leaf tea is packaged in an attractive metal canister equipped with a stay-fresh seal. If you do not already own one, a tea-infuser spoon is the ideal way to make tea in a cup or mug.

**Rasa [Abundance]**

A lavish blend of Lemon Myrtle, Rose, Jasmine, Laurel and Caffeinated Green Tea.

**\$ 13.99**

**Ananda [Bliss]**

A harmonious Chai tea blend of cinnamon, cloves, cardamom, ginger and rooibos.

**\$ 13.99**

**Prana [Energy]**

A spirited blend of coconut, chocolate, vanilla, rooibos, caffeinated black tea, almond pieces and yogurt.

**\$ 13.99**

**Jiva [Soul]**

A heavenly blend of chocolate, mint, vanilla, rooibos, almond pieces and yogurt.

**\$ 13.99**

**Moda [Joy]**

A delightful blend of apple, chocolate, vanilla, mango, rooibos, hibiscus and rosehip.

**\$ 13.99**

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or call 800-682-4348 for mail order.

# Recipe

## Potato Napoleon

4 servings, 230 calories/serving

### Ingredients:

- 1 Cup Balsamic Vinaigrette Marinade
- 2 Medium Portabella Mushroom caps, sliced into 1/4"
- 8 Slices Red Tomato
- 16 Slices Potato with skin, 1/4" thick
- 1/2 Cup Cooked Chopped Spinach
- 1/2 Cup Feta Cheese, crumbled
- 1 Tsp Olive Oil

### Instructions:

1. Marinate Portabella mushrooms for about 10 minutes.
2. Place mushrooms and tomatoes on a baking sheet lined with parchment paper or lightly sprayed with cooking spray.
3. Bake in a 350 degree oven until tomatoes and mushrooms are tender, about 10 minutes.
4. Place sliced potatoes on a baking sheet and brush with oil. Bake at 375 degrees until golden brown.
5. On a baking tray, layer 2 slices of potato on the bottom, then add tomato slices, mushroom slices and spinach, top with 2 more potato slices and about 1 Tsp feta cheese.
6. Bake napoleons until feta starts to melt, about 5 minutes.

**NOTE:** You can substitute the potato slices with eggplant. Prepare the same way. ■



## JUICING FOR HEALTH

by Valerie Meyers, Nutrition Coordinator

Each week we offer a juicing demonstration, where you can learn about our Juice Fasting Program and see our juicing machines in action as we create our favorite fruit and vegetable blends for sampling.

We also talk about how to make juicing part of your routine at home. Whether you use fresh juices as part of a "fast" or as daily energy drinks, setting yourself up with a juice extractor at home will definitely contribute to a healthier lifestyle. And summer is the best time to start because you have access to a wide variety of fresh, local produce to experiment with.



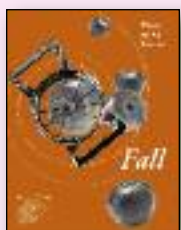
As part of a "juice fast" your drinks replace your regular meals. They flood your body with nutrients and flush out toxins. A typical day of juice fasting includes 3 large juices (one at each mealtime) supplemented with water, herbal tea and vegetable broth.

As an energy drink/supplement you can add 1 fresh juice to your regular daily eating plan. Having a juice first thing in the morning is a great way to jump start your day, or you could have one as a mid-day pick-me-up. Carrot/beet juice or any fruit juice will provide quick energy. Green vegetable juice blends are lower in calories and will have a more subtle, healing effect as they stabilize blood sugar levels, alkalize the body and provide sustained energy.

To cleanse and lose weight you can use a large juice (16 oz) as a meal replacement several times a week. For weight loss, you'll burn calories more effectively when you eat a healthy breakfast and lunch and use your juice as a dinner replacement. Overnight your digestive system can rest and your body will burn fat.

Regular juicing does require a commitment but your efforts will be rewarded. The USDA suggests a minimum of 5 servings of colorful produce daily, while many holistic practitioners advocate for 9 or more. The reason is that vegetables and fruits are loaded with the nutrients that keep you vibrant. They include vitamins, minerals, flavonoids, carotenoids, saponins and a host of other plant chemicals that are still being identified and tested, but are showing promising results in terms of promoting health and preventing disease. The wonderful thing about juice extractors is that they condense a lot of produce into 1 nutrient-rich, easy to digest beverage. So in addition to eating your fruits and vegetables consider juicing them as well.

Getting started is easy. You'll need a good juice extractor, lots of fresh fruits and vegetables, and if you want support or inspiration, one of the many excellent books on juicing. ■



Order your Seasonal Cookbook(s) today for \$20.00 each, or \$60.00 for the complete set of four.

## FASTING PROGRAMS

Our juice fasting option is available year round. Come whenever you want to, for whatever length of time is convenient to you. Choose from our wide variety of classes, lectures and spa treatments to tailor a unique fasting experience that will help you to achieve your personal goals.

If you have questions or need assistance planning a juice fast, please call our nutrition staff. We can be reached by phone at 845-985-7600 x111 or by email at [nutrition@newagehealthspa.com](mailto:nutrition@newagehealthspa.com).

**GREENHOUSE NOTES**

*by Russ Scheirer, Greenhouse Manager*

What do these buzz words really mean - 'all natural', 'enriched', 'local', 'organic'? Currently there is no legal definition for 'all natural' in marketing and labeling. Things containing corn syrup (like sodas) are often labeled as 'all natural'. There are many 'natural' things that are not necessarily good for us - like arsenic or botulism. Corn syrup slows down the mechanism in your stomach that tells you when you are full. It is factory-made using enzymes to convert corn starch into glucose and fructose. It is then transported by train or truck to another factory where it may be used as an ingredient in soda. What is so natural about all of that?

When flour is 'enriched' it means extra nutrients have been added because the original natural ones have been stripped away by mechanical or chemical processing (like bleaching). Instead of using enriched products, try items labeled 'whole wheat' or 'whole grain'.

'Local' is a relative term. The owner of a farm stand in Grahamsville, NY told me his 'local corn' was from New Jersey. We often spend more resources moving produce around the country than it is actually worth. For example, a whole head of iceberg lettuce is worth about 40 calories, but it took about 160 calories to move that lettuce from California to New York, excluding the other resources that went into producing it.

Volumes have been written about 'organic' produce and gardening. About seven years ago, the USDA took over the organic certification process from non-profits like NOFA and OMRI. Generally speaking, organic foods are healthier for you and the environment, but the Federal Certification has made it tedious and costly for small farmers to get or maintain their certification. Overall, I believe that knowing where your food comes from is as valuable or more valuable than any organic certification. The bottom line is that knowledge is the key to creating a healthier life for you and the environment. Read labels, go to farmers markets, talk to growers and if you can - grow your own. ■



**STRENGTHEN YOUR STABILITY FOR SUCCESS**

*by Debbie Birch, Activities Director*

Life is a balancing act - time, finances, diet, social demands. When you feel like the world



around you is spinning out of control, it is time to look within and get yourself back in balance. In general, the center of balance in the human body is directly in front of the 2nd sacral vertebra. When your hips tilt to the left your shoulders move to the right to keep the body in balance. You have small muscles that help to stabilize the ankle, hips, abdomen and shoulder girdle. If you do not strengthen and train these muscles, the body becomes unbalanced with the larger muscles overpowering the smaller ones until injury occurs.

Balance is a skill needed for everyday movement and exercises should be included in your weekly exercise program. Because balance is a skill, it can be learned and improved. The sooner you incorporate balance into your life the more your quality of life will benefit. Falling is the number one problem that occurs as we age. A simple fall can put you in the hospital with broken and fractured bones that limit mobility and weaken your body.

In the next column are some tips on how to include balancing exercises in your daily life. You will see improvements in your agility, grace and confidence.

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- 1) While talking on the phone, stand on one leg. Too easy - rise up on the ball of your foot. Still too easy - close your eyes.
- 2) While strength training, change your stance to a lunge (one foot in front of the other), transfer the weight onto the front foot and slowly try to balance with the back foot lifted. Knee can either be bent or straight. Leg can either be back, side, or lifted to the front. Better yet try all 3 directions.
- 3) While brushing your teeth, rise up as high as you can on the balls of your feet and balance for as long as you can. The movement of the arm will challenge your stability. Press your toes down into the floor.
- 4) Put a book on your head! You can do this seated, standing and/or walking.

Still looking for more ideas? Take the Balance & Stretch class at New Age Health Spa. Our certified Instructors have challenging exercises you can take home with you and incorporate into your fitness routine. Get your body back in balance and your life will follow suit! ■



## SOME THOUGHTS ON BALANCE

by Victoria Moran

Someone told me a long time ago that life has four basic parts that we can visualize as an all-arms-equal cross, like the Red Cross symbol. The four arms are:



faith and spirituality; health, joy and personal wellbeing; family, friends and other heart connections; and work in the world: survival, service, creativity, fulfillment.

Where we get caught up is thinking that each arm is supposed to stay static, that to achieve balance we need to give each part of our lives equal attention every day. That's not how it works in the real world. When you have a baby or young children, that arm representing family gets longer than the others. It's supposed to. If your company is in trouble and you're working just about 'round the clock to save it, the work arm can seem out of balance, but for now, that's precisely how it needs to be. And when you get away to the New Age Health Spa to focus on your inner and outer self, those arms devoted to health and spirituality will extend themselves in a way that makes that "perfect" cross look unbalanced, but actually puts your life and your self and your soul in their highest state of functioning.

Balance is not about dividing your sixteen waking hours four ways and giving each part of your life a certain amount of time. It is, rather, responding to what is in front of you, tending to "the next indicated thing." This kind of balance is more like the ballerina's than the juggler's. It's staying in that lovely state of poise and equilibrium, giving full attention to the task at hand, whether it's a hike or a yoga pose, writing a report for work or reading somebody special a bedtime story just one more time.

Victoria Moran ([www.victoriamorán.com](http://www.victoriamorán.com)) is the author of books including 'Living a Charmed Life' and 'The Love-Powered Diet'. She'll lecture at New Age Health Spa several times this year. ■

## Living Well

## BALANCE

by Robyn Paretz

This winter a snow plow truck careened into my yoga studio, pushing a structural wall off the foundation. That morning, I went out to look at the damage. I was shaking, feeling like I was going to fall down. At that point, winter was only halfway over – the snowiest, coldest winter in memory in New England. To boot, the recession was digging its' claws in even deeper and the bad economic news just kept tumbling in. My life, which had felt balanced and secure, wasn't feeling quite so steady and stable anymore.

Indeed, the snow plow knocking a wall off the foundation of my studio proved to be a metaphor for what is going on in this country and world right now. So many people are feeling as if their own foundations have shifted out from under them, leaving a shaky wall that could collapse at a moment's notice.

That same day, a crew worked for hours to put my wall back on its' foundation. I was able to hold evening classes. My fear and instability began to subside. I felt my breathing free up and my legs were no longer shaky. This offered me renewed hope that by continually returning to your center, you can find your true source of inner-strength and balance.

Yes, we are living in turbulent times. Everything happening in the world around us can have a major impact on our stability. At the same time, we need to stand strong in the midst of this shaky ground to ensure that our walls don't get continually knocked down. And, during unpredictable times, fraught with strife and difficulty, this is even more challenging.

This is where yoga, pranayama and meditation come in handy. By practicing

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yoga asanas, we learn to feel rooted, connected and balanced. Meditation leads to stillness, helping us achieve clarity. And pranayama allows us to be present with our breath and practice techniques that are both centering and calming.

At New Age Health Spa, we will help you find your center, even when you're feeling most off-balance. Come join us!

Robyn Paretz, director of Breathe Joy Yoga in Sharon, MA., can be reached at [www.breathejoyyoga.com](http://www.breathejoyyoga.com). She is a regular guest yoga teacher at New Age Health Spa. ■



Celin Serbo 2008

## SPECIAL WEEKENDS

**Ballroom & Latin Dance Weekend with Catherine Politis**

May 1-3

**New Age Training Camp with Ra'Shawn Jones-Brown**

May 29-31

## SPECIAL YOGA WEEKENDS

**Yoga for Couples Weekend with Ed Alvear & Mary Ruf**

May 22-24

\*All programs are subject to change