

READ THE LABEL

By Brenda Jaeck, certified nutritional and lifestyle counselor at New Age Health Spa

As a nutritional counselor "Read the Label" is often my answer to either the question "Should I eat this?" or "What do you think of that food product?" As a society we have become so used to packaged and convenience foods that we assume that they all actually contain nutrients that can sustain us. The problem: SO much of our food is filled with artificial flavors and manufactured "food stuff" that many of us seem to be undernourished. Hence, the reason so many are always hungry, eating and sometimes overweight as a result. I see so many clients, both guests at New Age Health Spa and in my private practice, focusing on calories. It seems for whatever reason it, has become THE thing that people are concerned about. Webster's dictionary defines a calorie as The amount of heat required at a pressure of one atmosphere to raise the temperature on one gram of water one degree centigrade. As a unit of measurement for comparison purposes this is somewhat helpful. The problem, calories don't FEED us nutrients do. So, if we are constantly eating manufactured food with little REAL nutrients in it we are consuming calories but not nutrients. The result? We'll always be hungry. The answer "Read the Label!," but not the calorie count the CONTENTS. What should we look for? Real food - food that grows in nature, food that you can pronounce and know what it is. Something so simple turned so complicated. Whatever happened to vinegar and oil? Think about any food that you can leave out on the counter for ages and never have mold grow on it. If a simple organism such as mold can not grow on some of the food we eat - how can the same food possibly nourish us? After ingredients what do we want to notice on a nutrition label on the food that we eat? Serving sizes, sugar content and fiber content. Serving sizes are often shocking particularly on smaller packages that appear to be a single serving; often if you read the label you will see that the contents are actually 2 or more servings.

Looks can be deceiving in the case of sugar and fiber, of course here we are looking for the lowest sugar content and the highest fiber content. This is especially true of products like breakfast cereal and packaged bread. Food manufactures add so many different forms of sugar to food (a lecture attendee once brought a snack/power bar to me and asked what I thought of them we turned it over and read the ingredient label we counted 8 or 9 different forms of sugar! Needless to say, I no longer needed to answer the question.) Fiber is important to control the speed at which food is assimilated into our system. The higher the fiber content the slower the food is absorbed into the body. This is helpful because if our food is absorbed at a slower rate then the food we eat stays with us longer - giving us nutrients and energy over a longer period of time. It also keeps us satisfied (i.e. full) longer. Fiber also helps in the elimination process. It creates a "scrub brush" to help drag undigested food and toxins out of the digestive system.

We need to read the labels despite where we buy are our food, even foods sold in a health food store need some investigation. Foods labeled "natural" or "low fat" or "healthy" still need to be looked at closely. In summary, we are responsible for our health food is a big contributor or detractor. The only way we know what we are REALLY eating is to do a little investigation remember the mantra "READ THE LABEL." ■

FEATURED TREATMENT**Psychic Bodywork**

A psychic consultation centered on self-awareness, growth and conflict resolution based information. The psychic consultation is achieved through a combination of Reiki which brings the body to a more balanced state. Movement and massage relieve tension and increase circulation. Each session is tailored specifically to the needs of the individual. Experience a variety of modalities in one session.

50 min./\$95 ■

Eco-Spa

The bears are gearing up for their winter hibernation this time of year, packing every last berry into their already full bellies and preparig to sleep most of the winter away. With the food festival of the winter holiday season rapidly approaching you may feel the same way, but the problem is, our lives do not take a three month break. Now is the time to come up with your game plan, you need to get excited about winter. If you are from the northeast, we all go through it. You give yourself the same excuses "it's too cold out there" but the fact is, unless you find an activity in the winter that you really enjoy, you will dread every day of it. All it takes is the proper clothing and the right attitude. The late fall and winter can be the most exciting and invigorating time of year. Guests of the New Age Health Spa are already excited about winter. If you have ever snow shoed or cross-country skied here; you know how beautiful and fun it is. Now there is something new to get excited about. Within one hour's drive, there are several downhill ski/snowboarding areas that are all unique and challenging. For the beginner, you may want to head over to Holiday Mountain in Monticello and take a lesson. If you are looking for a greater challenge, you may want to check out Belleayre Mountain, in Highmount, NY, Windham Mountain in Windham, NY or Plattekill Mountain in Roxbury, NY. All of these areas offer group or private lessons & snowmaking for when Mother Nature is taking a break. ■

Bald Eagle Watch

**Thurs. and Sun., 7:00-9:00am
May-October**

Aerobic Walk

Daily, 7:00-7:50am/Year Round

Meditative Walk

Mon.-Sat., 2:00-2:45pm/April-November

Forest and Road Walk

**Mon., Wed., Sat., 10:15-11:45am
May-November**

Eco-Adventure Hike

**Thurs., 10:15am-1:00pm
Sat., 8:00am-1:00pm
Tues., 10:15am-4:30pm
May-October**

Alpine Tower Climb

**Sat., 2:30-5:30pm/May-October
Wed., 10:00am-1:00pm/June-September**