

Tarrytown-SleepyHollowPatch

BUSINESS

Spirit Beat: Local Health Coach Makes Food a No-Brainer

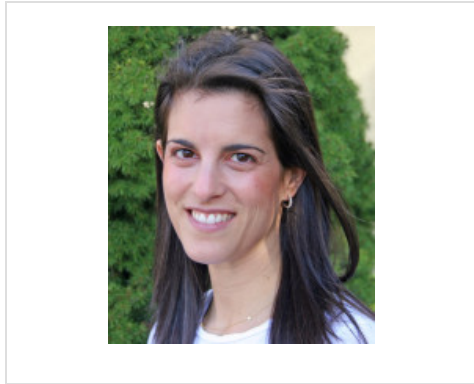
Stephanie Korn works one-on-one with clients to help them lead healthier lives.

By **Lizzie Hedrick** July 18, 2010

Every day we're inundated with information about the Atkins Diet, cleansing diets, veganism, raw foods diet, South Beach Diet, grapefruit diet and, many people's favorite, the midnight ice cream diet. How on earth does one choose what's right?

Stephanie Korn

(<http://www.westchesterhc.com/index.php>) is a health coach who works one-on-one with locals seeking to rid themselves of symptoms associated with such ailments as: irritable bowel syndrome, migraines, Barretts esophagus—or those looking to lose weight or live healthier lifestyles.



But although Korn has just completed her studies at the [Institute for Integrative Nutrition](http://www.integrativenutrition.com/) (<http://www.integrativenutrition.com/>) in New York City, she is licensed as a health coach rather than a nutritionist.

"Nutrition is only one piece of the puzzle in helping people live healthier and happier lives," said Korn, who is a resident of Tarrytown. "Changing one's diet can help in the short term, but the full effects of better health can't be felt unless you have the rest of your life in balance."

Originally a classroom teacher, Korn decided she wanted to go back to work after having her three kids. "But this time," Korn said, "I wanted to pursue a career that was for me, something I was passionate about."

Once she graduates next weekend, Korn will receive a certificate that makes her licensed by the state of New York as to provide dietary recommendations for virtually anyone and, she says, her course exposed her to almost every reputable dietary theory out there.

"Everyone who is anyone in the world of nutrition spoke at my school," Korn said. "We even had speakers who teach healing or meditation like Deepak Chopra."

Korn stressed that changing one's eating habits is a slow process that must be maintained.

"I never put anyone on a diet," she said. "I hate that word. I help clients make overall lifestyle changes."

The basic premise of nearly every client's program, Korn said, is the same. She recommends as staples: leafy green vegetables, fruits, whole grains and water, eliminating processed foods wherever possible.

"People think they get fat from eating carbohydrates and fats, but the reality is they get fat from refined carbohydrates," she said.

Korn's greatest success story to date is a client who came seeking help with migraine headaches.

"I put her on a gluten-free diet and 90 percent of the migraines went away," Korn said. "I thought it would help because gluten attacks the immune system, causing inflammation. And that's what a migraine is, inflammation."

Korn also maintains a gluten-free diet, which she said helped dramatically to reduce her symptoms of thyroid disease.

Though her kitchen is full of mostly healthful foods, Korn made it clear that her children certainly are not deprived of the things kids love most.

"I let my kids eat small amounts of ice cream and oreos, but they know they need to eat the healthy things the body needs first," Korn said. Similarly she would never tell clients they had to give up their favorite indulgences completely.

"If you feel you can't be happy without chocolate or peppermint patties, I'd never say you couldn't eat them anymore," she said. "I generally encourage a ratio of 90 to 10, meaning 90 percent of the food you eat is good for you."

In addition to meeting with clients every other week to discuss meal planning and food options, Korn also brings clients on grocery store tours and provides pantry clean-outs as added services.

She will even work with clients to plan one-or-two-week menu cycles so they know what they are eating is healthful and reasonable to prepare.

"I call myself a coach because I see what I do as similar to the process of coaching an athlete," Korn said. "The coach can give you all the tools you need to win, but when it comes down to it, it's the athlete who does the hard work."

And as nearly everyone has discovered, Korn also recognizes that nutrition is "somewhat of a science experiment."

"I use my knowledge as a licensed nutritionist to help direct clients to the diets that make the most sense for them—it's all about bio-individuality," she said. "The same eating plan may have completely different effects on different people. That's why it takes time to figure out what's best."

Stephanie Korn works out of her home on the border between Irvington and Tarrytown. Find out more about Korn's business, Westchester Health Coaching LLC, her services and rates by clicking [here](http://www.westchesterhc.com/index.php). (<http://www.westchesterhc.com/index.php>)

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2:58am on Monday, July 19, 2010

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