



Small-Town Doctor
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The Return of the Small-Town Doctor

Treating the person, not just symptoms

By Michael Turton

A doctor who makes house calls is no longer something from the distant past. At least not in Cold Spring.

"I've always wanted to do house calls," said Dr. Geeta Arora, 43. "No one does it, and I feel that's real medicine."

Arora recently set up her medical office on the second floor of the rectory of at St Mary's Episcopal Church.

Her decision to become a doctor, and later her quest to open a small-town practice, were influenced by two men: her father and actor Michael J. Fox.

"My dad was 65 and really sick," she recalled. "I was 21 and thinking about medicine; I needed to make sure he lived for a long time."

Now 88, her father recently did 15 push-ups with 15 pounds of weight on his back.

Doc Hollywood, starring Fox, planted a seed in Arora's mind that brought her to Cold Spring in 2022. In the movie, Dr. Ben Stone, played by Fox, crashes his car in a

small town and is sentenced to 32 hours of community service in the local health clinic. He likes it so much he stays and becomes the town's doctor.

"I love this town," Arora said of Cold Spring. "My husband laughs and says I'm finally Doc Hollywood. Slowing things down and getting to know the community is something I've always wanted to do."

She is not a primary care doctor, describing her practice as between a general practitioner and a specialist. "I'm an internal medicine doctor, an integrative holistic medicine doctor," she said. "It's about seeing someone as a whole being, instead of just focusing on different organ systems."

That means spending time with her patients. "I don't want to do short visits; my intake interview is 90 minutes," Arora said. That style of medicine may find her sitting at someone's kitchen table discussing what a patient is eating, how they're sleeping, how much exercise they're getting and anything



Dr. Geeta Arora

Photo provided

else that might be affecting their health.

It is not an approach she was taught in medical school. "We didn't learn real health and wellness; we were taught symptom management," she said. "Med school is all about acute care, about making sure someone doesn't die. It's not about ensuring people stay healthy or about reversing chronic disease."

After medical school in the Caribbean,

Arora completed her residency and intensive care training at the Albany Medical Center in 2011. "I also did a fellowship in integrative medicine, and I've been studying reversing chronic disease," she said. "I want to help people to not only be healthy, but to stay healthy and have healthy brains for as long as possible."

Arora said patients and doctors alike are frustrated by the current system. "It's a pain in the butt to get in to see a doctor," she said. "And doctors see 30 patients a day but don't know much about health; they know about sick care."

She sees lifestyle as a major impediment to good health. "Food is a big deal, and fiber is a huge missing component," she said. "We're not pooping well!"

That, along with little exercise, inadequate sleep and not understanding the impact of stress contribute to chronic diseases, including diabetes and heart disease, Arora said.

She credits her mother with inspiring her belief in the importance of healthy food. "I was brought up with Ayurveda, which is food as medicine," she said.

Arora stresses that while she is not a general practitioner, she talks to patients' GPs and their specialists. "I make sure there are no holes," she said. "And in medicine right now, there are a lot of holes."

Those gaps can come about when a patient finally gets to see a doctor — and just seven minutes later leaves with a prescription. "I like to slow down and figure out what's going on with each person," Arora said, adding she uses advanced diagnostics not available in a typical GP's

(continued on next page, B)



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Small-Town Doctor

(continued from A)

office. “Insurance-based practices only cover certain tests. There are a lot more tests that are way better and much more accurate.”
Her practice opted out of Medicare and doesn’t accept insurance. Arora provides a superbill that patients submit to their insurance company for potential reimbursement. They receive a “good-faith estimate” of anticipated costs and may be able to use a Health Savings Account or Flexible Spending Account to pay.
Arora explained that in the past she spent up to three hours on the phone requesting preauthorization from insurance companies and doesn’t have the capacity to hire multiple staff to handle that function. “I’d rather spend those three hours with my patients,” she said.
Arora maintains a small practice in New York City where she uses ketamine dosing and therapy to treat mental health issues such as post-traumatic stress disorder, depression and anxiety. “I only take a small number of people,” she said. “It’s not for everybody, because it’s such an intense process.”
To inquire about becoming Dr. Arora’s patient, visit coldspringmd.com and use the link to set up a 15-minute preliminary meeting. ●

Best Practices for Physical Activity

By Putnam County Dept. of Health

Staying physically active may be a challenge for some. However, we have some tips to help you stay active on your own time, and to make it easier to be active.

Why be active?

Physical activity helps to promote your overall health and well-being. Staying active can help prevent and/or lower your risk of chronic diseases, including heart disease, high blood pressure, high cholesterol, stroke and diabetes. It also helps with weight management and strengthens your heart, lungs and muscles. You should consult with a physician before beginning any new strenuous activity.

Tips for Physical Activity

- **Piece your workout together.** You don’t need to get all your exercise at one time. Ten minutes in the morning, noon and night can give much of the same benefit as 30 minutes all at once.
- **Exercise with a friend.** Finding a workout partner can help keep you on track and motivate you to get out the door.
- **Keep it brisk.** When you walk, make it brisk, since this may help control weight better than walking at a leisurely pace. What is brisk enough? Walk as though you are meeting someone for lunch and you are a little late.

- **Move your feet before you eat.** Hit the gym or go for a 20-minute walk with coworkers and have lunch afterward.
- **Try a pedometer.** Pedometers which count your steps are an easy, inexpensive way to motivate yourself to be active. Work up to 10,000 steps per day.
- **Turn off the TV, computer and smartphone.** Cutting back on screen time is a great way to curb your “sit time.” Move around instead by visiting the gym or even cleaning the house.
- **Turn “sit time” into “fit time.”** Try to combine cardiovascular exercise with a sedentary activity that you already do. For example, do simple exercises while watching TV, or set a reminder at work to get up and walk a few minutes every hour.
- **Sign up for a class.** Check out the fitness course schedule at your local gym or community center, or the dance or yoga class schedule at a nearby studio. You may find that having the structure of a class helps you learn a new activity and keeps you on track.
- **Plan exercise into your day.** Set aside a specific time in your schedule to exercise and put it in your planner.
- **Reward yourself.** Set short-term goals and reward yourself for achieving them. Target a specific event, such as a road race or a walk for charity, to participate in — this can help keep you motivated. ●



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Valley Spirit Wellness Center

An oasis of calm, in a special setting

By Sharon Rubinstein

In a beautiful and tucked away location amid the converted mill buildings of Mason Circle in Beacon sits Valley Spirit Wellness Center, a 2,000-square-foot oasis of calm, pleasant scents, soothing decor and ample space.

Emily Morrison, the owner of Valley Spirit Wellness Center, has been a practitioner of holistic medicine since 2005. In 2016, she moved to the Hudson Valley from Oregon with her then-husband, their young son and while pregnant with their daughter. The two continued to practice together locally for five years. In 2022, Morrison founded Valley Spirit Wellness Center and began growing it into the warm, community-centered healing space it is today.

Morrison's education and background in healing is extensive. She started as a massage therapist, specializing in medical massage. Then she began studying Chinese medicine and Tuina, or Chinese orthopedic massage, in 2008. Ten years ago, she earned a master's degree in acupuncture and Oriental medicine.

Her practice integrates eastern and western modalities such as Tuina, Chinese

herbal therapy, Thai massage, qigong therapy, acupuncture and all adjunctive modalities of Chinese medicine and craniosacral therapy.

From the stained-glass front door to the surprise patio space in the rear, with its pleasant waterfall roar, there are treats at Valley Spirit for all senses. Morrison says her favorite room might be the apothecary, where she stores and decants hundreds of herbs and tinctures she uses in Chinese medicine. The light is low and the atmosphere fragrant.

In another room, there is a massage table surrounded by streaming light from an oversized window with many thriving plants. Valley Spirit is filled with greenery, light-colored wood and spare but comfortable furnishings. One room is devoted to a sauna, there is a bathroom with a shower and there is a full kitchen which facilitates many types of gatherings.

Morrison's aim is to create an environment that reflects and nurtures creativity and growth. She is also sensitive to the fraught and stressful external events that may be affecting her clients. "Because the space is so special, it provides an opportu-



Emily Morrison

Photo by S. Rubinstein

Currently, Morrison is the linchpin of Valley Spirits operations, but she is aided by Felicia Ballos (event coordinator, clinic intern) and Sasha Geerken (social media coordinator). She has a roster of practitioners who serve the community and a blueprint for more. So far, physical therapy, massage therapy, acupuncture, Reiki, shamanic work and hypnosis are all offered or on tap, with other harmonious modalities and lectures anticipated.

"My intention has been to collaborate with other gifted practitioners and facilitators in the area to provide the community with an integrated and deeply supportive space for healing and personal transformation," she says.

Morrison does not rent the space for unrelated parties or events but foresees collaborative gatherings. "I'm deeply grateful for the community that is in this area," she says.

She also appreciates her clients and fellow practitioners. "It's pretty amazing to be in a region where there are so many talented people doing really big work," she says. "Being supported by the community and being supported by fellow practitioners is a really beautiful thing."

nity to 'downregulate' their nervous systems, because we live in a world that is so overstimulating," she observes. Most people who come to Valley Spirit are adults, but Morrison treats children and teenagers, as well.

Morrison is determined to maintain the space for its holistic purpose, rather than see it become just another dwelling. While sustainability matters, her focus is on curating offerings that align with the space and serve the community with sincerity and intention. Morrison wants to see a menu of seasoned practitioners, complementary programs and classes with a regular schedule.

Valley Spirit Wellness Center

36 Mason Circle, Beacon

845-202-7316

hello@valleyspiritbeacon.com

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Protect Yourself and Your Family Against Measles

By Dutchess County Health Department

Measles cases are on the rise in the U.S., including cases confirmed in New York state. The Department of Health urges all residents to have the Measles, Mumps and Rubella (MMR) vaccination, as it the best-known way to stop the spread of measles.

“It is important that all residents take this seriously as the measles virus is very contagious and spreads quickly,” said Dr. Livia Santiago-Rosado, the health commissioner. “Already this year, the number of nationwide measles cases as surpassed the total for all of 2024. I encourage all residents to consider vaccination for measles and other respiratory viruses, as it is the most effective way to stop individuals from contracting and spreading these viruses. Together, we can help safeguard the well-being of our loved ones and local community members.”

Measles is a very contagious respiratory virus. An individual can catch the disease by breathing in the virus or touching an infected surface and then touching the eyes, nose or mouth; the virus can live on surfaces for up to two hours. Up to 90 percent of non-immunized people who are in close proximity to a person with measles will be infected.

Among unvaccinated people who contract measles, 1 in 20 will develop pneumonia and 1 in 5 require hospitalization. Individuals who received measles vaccination between 1957

and 1967, and anyone born in 1968 or later who has not received a measles attenuated virus vaccine may be susceptible. Others who are vaccinated do not need to take further action.

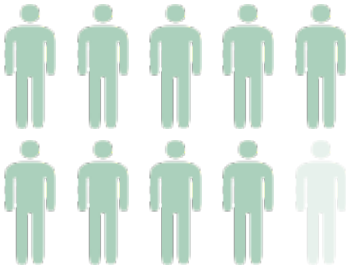
Two doses of MMR vaccine are 97 percent effective at preventing measles. Children should get their first MMR vaccine at 12 through 15 months of age. The second dose is usually given between ages 4 years and 6 years. Because the measles vaccine contains an attenuated virus, it is not recommended for pregnant or immunocompromised people. To protect these at-risk individuals, it is important for anyone who may be in contact with them to be immunized.

Symptoms of the measles virus include fever, cough, runny nose, eye irritation and a rash that usually starts in the head or neck and then spreads to the rest of the body. If you have signs or symptoms of measles, isolate yourself and contact your healthcare provider right away.

To get your measles and other respiratory vaccines, contact your healthcare provider, local pharmacy or the Department of Health clinic at 845-486-2963. The DOH offers MMR and other vaccines on its Mobile Health Unit, which will be at Fishkill Town Hall on April 26 from 11 a.m. to 1 p.m.

For more information about measles, visit the federal Centers for Disease Control & Prevention measles webpage at [cdc.gov/measles](https://www.cdc.gov/measles).

Measles is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

About 1 in 5 people in the U.S. who get measles will be hospitalized.



Measles

IT ISN'T JUST A LITTLE RASH

- SYMPTOMS TYPICALLY INCLUDE
- High fever (may spike to more than 104° F)
 - Cough
 - Runny nose
 - Red, watery eyes
 - Rash breaks out 3–5 days after symptoms begin

1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.

1–3 out of 1,000 people with measles will die, even with the best care.

www.cdc.gov/MEASLES/



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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹
As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills, like \$190 for a filling, or \$1,213 for a crown³ can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2025. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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CareFull MD

New urgent care clinic fills a void in Beacon

By Sharon Rubinstein

CareFull MD debuted on Beacon’s Main Street on April 1, and within 10 days, it welcomed 34 patients.

The urgent care clinic, set in nearly 5,000 square feet of space adjacent to Key Food, is the brainchild of Yitz Rottenberg, a Rockland-based real estate investor with more than 20 years of experience buying properties in the Hudson Valley.

Several years ago, he noticed the absence of a health clinic in Beacon and began to consider how he might address the need. Now that his concept has come to fruition, he says, “I feel amazing.”

He believes the facility will contribute to the area in ways similar to other essential services. He considers the community a “cozy place,” like a big family, deserving of convenient and accessible health care with a variety of services and extended hours.

“Everybody who needs any kind of care should be able to walk in without any difficulty, and we should be available seven days a week,” he says. “I’m happy we got there.”

The clinic’s location on Main Street was



Office Manager Kim Doyle outside CareFull MD in Beacon Photo by S. Rubinstein

a priority for Rottenberg. Being adjacent to a grocery store is a plus, with considerable visibility and foot traffic.

After extensive renovations transformed the former laundromat into a sleek and welcoming environment, Rottenberg says he is pleased with the clinic’s beauty and its name. While brainstorming possibilities, he hit upon “Careful,” and then realized that “Care-

Full” would evoke even more positive associations: behaving carefully or attentively; being full of heart and caring; and, by offering so many hours, being full of care timewise.

The addition of “MD” was to ensure that people understood the services being offered. (Rottenberg notes that New York State permits non-doctors to employ health personnel and open a clinic in areas that

can benefit a locale.) The logo, developed by a designer, links pink and blue hearts.

With a 20-year lease, CareFull MD is in Beacon for the long haul. The space contains exam rooms, a reception area, a kitchen, a lab and X-ray facilities. There is a large area reserved for expansion, with a separate waiting room for those who might be coming in for routine care, appointments or other needs.

Dr. Daniel Purcell is the medical director, and other healthcare providers include a nurse practitioner, a physician’s assistant and a radiology tech. CareFull MD accepts most insurance plans and self-pay patients are offered discounts.

Office Manager Kim Doyle, who has decades of experience in healthcare clinics, is enthused about the launch and location and says she has felt warmly welcomed by the community. “We have seven employees but anticipate adding employees as we get busier,” she says. “The goal is to expand to a family practice to complement the urgent care.” Rottenberg mentions building up the occupational health and testing offerings of the clinic.

CareFull MD is open seven days a week from 10 a.m. to 8 p.m., with plans to expand its hours.

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Beacon Natural Market

Health food mecca celebrates 20 years in Beacon

By Sharon Rubinstein

Twenty years ago this August, Kitty and LT Sherpa took their health food business experience and brought it to Beacon, opening their natural-food market on Main Street. The couple met in 1989 at Whole Foods (not related to the grocery chain) on Prince Street in Soho. Soon their relationship blossomed, as did their commitment to selling products that Kitty says are “healthy for the person and planet.”

It was, she says, a natural outgrowth of

We created something that fills the need in the community. I hope we find people on the management level who are interested in helping to lead the store into the next decades.

– Kitty Sherpa

her interests in herbal medicine and environmentalism and her husband’s entrepreneurial background. It was also a creative outlet for the former theater performer. Having worked for Greenpeace as well as in the natural food milieu, Kitty wanted to pursue a holistic path as she and LT explored business ventures. LT and Kitty first became owners in the health food arena with a store in Bronxville they shared with a partner. Wanting to strike out on their own, they scouted for promising areas in the Hudson Valley and discovered a “health-food desert” they could remedy in Beacon. LT Sherpa is from Kalimpong, India, in the foothills of the Himalayas, and one of the Sherpa people. His father was a wholesale merchant on the Silk Road in India. Before LT and Kitty settled on the retail food industry, he had experience in the garment trade and other ventures. After two decades on Main Street, the two are happy with how it’s worked out personally and for the community. “We’ve had steady growth, and it has supported our



Kitty Sherpa

Photo by S. Rubinstein

family of two and our employees,” Kitty says. The market occupies 4,000 square feet and there are 14 full and part-time staff. Kitty floats among the supplements, deli and other departments. Her husband is general manager and takes care of the back-office work. “We like to consider ourselves a one-stop shop for all your needs for sustainable living,” Kitty says. That includes produce, dairy and non-dairy, other groceries, household goods, bulk nuts, fruits and grains, frozen foods, holistic body care, makeup and a wide selection of herbal, homeopathic and vitamin supplements. They also have an organic prepared-foods deli and juice bar and post its daily menu on their website. Customers are drawn mostly from Beacon but also the surrounding area. Natural

(continued on next page, G)

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- Friendly & Knowledgeable Staff



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Beacon Natural Market

(continued from F)

baby food and kids’ snacks, organic produce and locally produced products, including cheeses and meats, are popular, Kitty says. “And we’ve noticed quite an increase in our plant-based product sales.”

When the Sherpas first came to Beacon, they ignored naysayers who worried the city was not wealthy enough to support their plan. Kitty believed that there was a cadre of environmentalists and other like-minded people who would want what they would be selling. It turned out to be true, with both their base and Beacon’s fortunes growing. Pete Seeger was an early customer.

Their plans include increasing managerial capacity and setting the market up for a long future. “I want Beacon Natural Market to continue and thrive,” Kitty says. “We created something that fills the need in the community. I hope we find people on the management level who are interested in helping to lead the store into the next decades.”

Beacon Natural Market
348 Main St., Beacon
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How to Eat Healthy

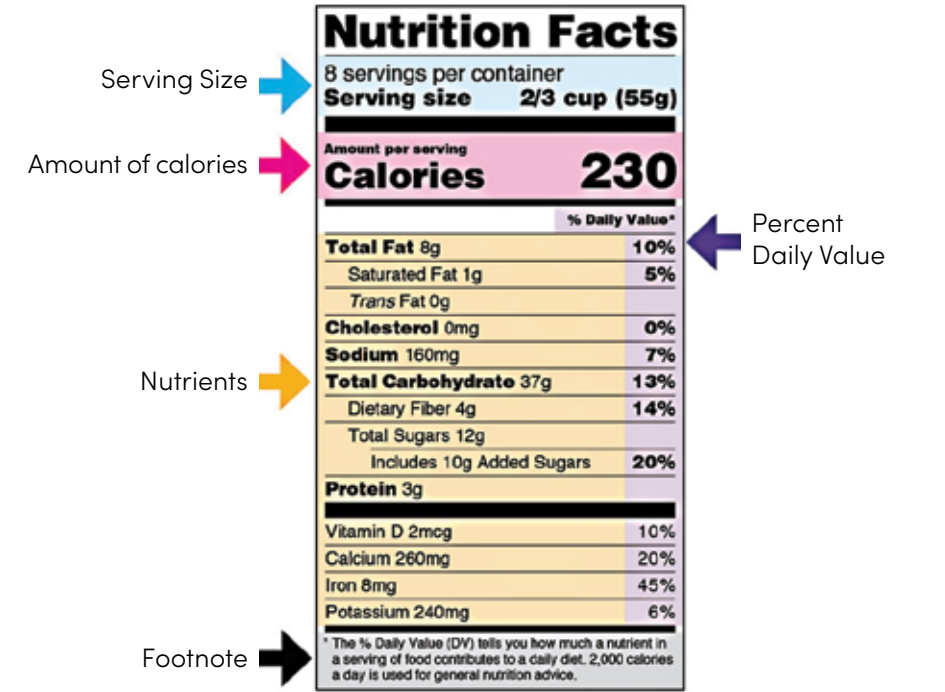
Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that’s right for you (not eating too much or too little).

Choose a Mix of Healthy Foods

- There are lots of choices in each food group, including:
- **Whole fruits** — like apples, berries, oranges, mango and bananas
 - **Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers and jicama
 - **Whole grains** — like brown rice, millet, oatmeal, bulgur and whole-wheat bread
 - **Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds and tofu
 - **Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy and fortified soy beverages (soy milk) or soy yogurt
 - **Oils** — like vegetable oil, olive oil and oils in foods like seafood, avocado and nuts

Limit Certain Nutrients and Ingredients

Sodium (salt)
Sodium is found in table salt — but most of the sodium we eat comes from packaged



food or food that’s prepared in restaurants.

Added sugars

Added sugars include syrups and sweeteners that manufacturers add to products like sodas, yogurt and cereals — as well as things you add, like sugar in your coffee.

Saturated fat

Saturated fat comes from animal products like cheese, fatty meats and poultry, whole milk, butter and many sweets and snack foods. Some plant products like palm and coconut oils also have saturated fat.

For a personalized plan, see myplate.gov.

Health Benefits

Making smart food choices can help you manage your weight and lower your risk for certain chronic diseases. When you eat healthy, you can reduce your risk for:

- Overweight and obesity
- Heart disease
- Type 2 diabetes
- High blood pressure
- Some types of cancer

Take Action

Making small changes to your eating habits can make a big difference for your health over time. Try making one or two small changes this week. For example:

- Drink sparkling water instead of regular soda
- Try plain, low-fat yogurt with fruit instead of full-fat yogurt with added sugars
- Choose low-sodium black beans instead of regular canned black beans
- Cook with olive oil instead of butter

The next time you go food shopping:

- Make a shopping list ahead of time; only buy what’s on your list
- Don’t shop while you’re hungry; eat something before you go to the store

Use these tips to make healthy choices:

- Try a variety of vegetables and fruits in different colors

- Choose fat-free or low-fat dairy or soy milk and soy yogurt with added calcium, vitamin A and vitamin D
- Replace old favorites with options that are lower in calories, sodium, added sugars and saturated fat
- Choose foods with whole grains like 100 percent whole-wheat or whole-grain bread, cereal and pasta
- Buy lean cuts of meat and poultry and eat a variety of foods with protein like fish, shellfish, beans and nuts
- Save money by getting fruits and vegetables in season or on sale

Check the Label

Understanding the Nutrition Facts label on food packages can help you make healthy choices. First, look at the serving size and the number of servings per package — there may be more than one serving. Then check out the calories. Calories tell you how much energy is in each serving of a food.

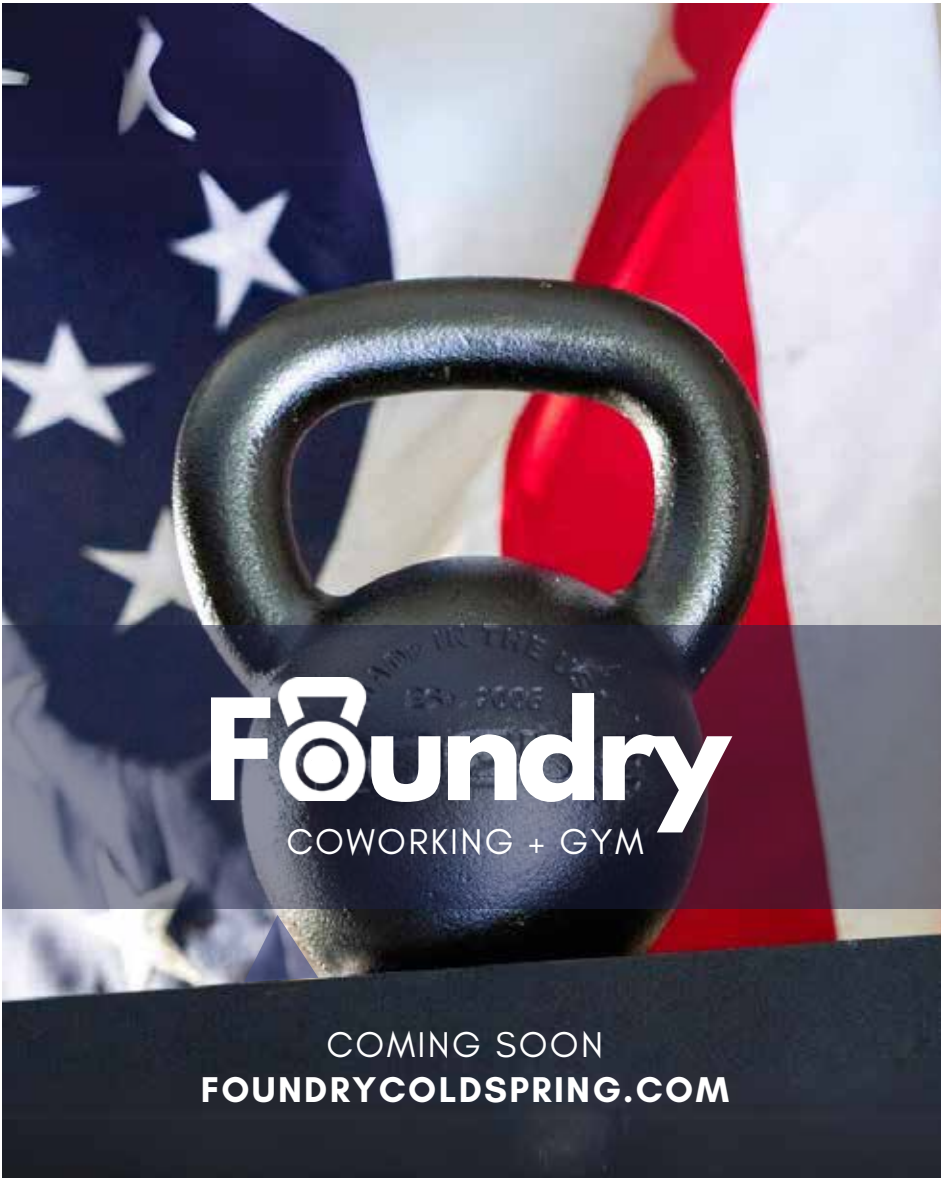
To stay at a healthy weight, you need to balance the calories you eat and drink with the calories you use. Visit myplate.gov to calculate how many calories you need each day.

Next, look at the percent Daily Value (% DV) column. The DV shows you if a food is higher or lower in certain nutrients. Look for foods that are low in added sugars, sodium and saturated fat (5 percent DV or less) and high in fiber, calcium, potassium, iron and vitamin D (20 percent DV or more).

What About Cost?

Under the Affordable Care Act, insurance plans must cover diet counseling for people with risk factors for heart disease, like high blood pressure. Depending on your insurance plan, you may be able to get diet counseling at no cost to you. Medicare may also cover diet counseling at no cost. ●

Source:
U.S. Department of Health and Human Services
(odphp.health.gov/myhealthfinder)



Transformative Structural Integration

David Murphy helps patients move to the center

By Sharon Rubinstein

David Murphy understands pain and has made it his mission to help resolve it. A skateboarding injury sidelined him for nearly a year in his 20s. Eventually, he found a Hellerwork practitioner who introduced him to an approach that gave him relief and a calling.

Murphy's method is called Structural Integration, a practice for which he is board certified. He began his practice in 2001 and has offices in New York City, Cold Spring (within the Ascend Collective) and Beacon, where he moved in 2020. He is also a Somatic Experiencing Practitioner and a Certified CoActive Coach.

The foundation of Murphy's technique is bodywork, awareness-based movement and coaching. Better balance and strength, as well as the absence of pain, are achieved through becoming conscious of how one occupies space and holds oneself. Our "braced" patterns are often hidden as blind spots, he says. "The mind will trick us to avoid confronting them."

Improvement is a process, with sessions



David Murphy with a patient

Photo provided

personalized for each client and with individual sessions addressing particular needs. "It involves connecting to parts of ourselves that are hidden from our own view," he says. The goal, he adds, is long-term change achieved within a limited course of treatment.

For 24 years Murphy has treated a wide variety of clients, with athletes and creatives representing a substantial number. He was a filmmaker and athlete himself before he began his practice, and it is a point of resonance with many clients.

"I love to work with people who are passionate about being in their bodies," he says. From acrobats to lawyers to any other client description, he strives to help the people with whom he works achieve growth and greater agency over their bodies.

Murphy's model is a collaborative one, and he appreciates when people are ready to invest with effort. "I give lots of homework," he says. But it's not exercises and sets common with some other modes of treatment. Instead, he wants people to be able to answer: "When

you move, how are you doing it?"

Murphy's clients come with a variety of problems, and sometimes a physical complaint can be paired with unresolved psychological trauma. "But some people just need to fix a shoulder," he says.

The typical course of treatment is an 11-session series that helps empower people with knowledge of their own bodies and their needs. "The goal is to get you to be your own therapist, trainer and teacher, and to get you comfortable in your center," he says.

Over time Murphy has added yoga, cranial sacral therapy, visceral manipulation, body-centered dialogue, men's work, trauma resolution, breathwork and somatic movement to his learning and repertoire.

While still maintaining his New York City practice, Murphy's goal is to shift more and more of his hours to the Hudson Valley.

Prospective clients can arrange a complimentary 30-minute consultation and a discounted first session. There is also a discount for those who wish to follow that session with a subsequent package of 10 appointments.

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