





## Artist Talia Segal Fidler Gets Creative with Food

“I have always been interested in health and nutrition,” admits performance and visual artist Talia Segal Fidler.

Born and raised in Haifa, Israel, Talia studied art, theater and stage design. “Both of my parents are architects, so I was exposed to visual art at a very young age. As a child my father would let me play in his studio and use his art supplies.

“My background in art has made me well suited to work in the field of nutrition. While studying classical ballet, I became very aware of how the body works and the importance of a healthy diet to maintain energy and peak performance,” she says.

Talia now resides in Glen Spey and New York City, where she pursued a Master of Science in Health and Nutrition Education. Currently, her days are filled with the work she does in painting, printmaking and collage as well as teaching classes in art and nutrition at the Jewish Community Center of Manhattan. She also gives nutritional lectures at spas and health food stores while counseling private clients.

“In Israel everything is fresh and healthy; we eat mostly plant-based foods—fresh fruits and vegetables, whole grains, legumes, nuts and, of course, fresh fish, since we are on the Mediterranean. I grew up eating the Mediterranean Diet. The diet, which is gaining popularity, incorporates healthy fats such as olive oil and uses herbs and spices instead of salt to flavor foods. Dairy and meat are only consumed in moderation,” adds Talia.

Today, Talia incorporates her love for healthy eating with her love of communicating. She teaches a holistic way of living, a way of life that incorporates the balance of mind, body and spirit. She believes that a healthy diet not only

increases physical stamina and prevents illness, it also decreases the amount of stress we all face in our everyday lives.

“The body is an amazing mechanism, capable of fighting off disease as well as healing itself. This is not to say that traditional medicine is bad; we need modern medicine to help us fight disease. A holistic lifestyle is more about averting disease,” says Talia.

“Many physical problems like obesity and diabetes can be prevented by eating healthily. Processed foods, high in trans-fats, sugar, salt and preservatives, can be toxic and cause inflammation, which in turn can cause disease,” she continues.

Because eating highly processed food that comes in packages can be bad for your health, Talia teaches her students and clients how to read labels and identify chemicals that can cause illness over time.

She also recommends avoiding animals treated with antibiotics and hormones or those living under unsanitary or stressful conditions.

“You don’t have to give up sweets, butter or other treats but try to make them with natural, healthier alternatives. I suggest you follow the 85/15 rule,” Talia says. “Eat 85% whole foods and 15% of the other stuff. Just cut back on processed foods and steer clear of fast foods. Take time to pack your own snacks and prepare lunch.

“Fresh and organic fruits and vegetables and eggs and grass-fed beef may cost more, but in the long run, you will find that you save money on doctors, medicine and sick days away from work and family.” [Continued on next page](#)

Talia says, “I love living in this area. It has a special beauty all year round, but spring and summer are my favorite seasons because of the abundance of fresh food, the farmers markets and the proximity to the farm-to-table experience.

“I believe in individual biodiversity. It’s important to find out which diet works for each person. Although we each have different needs and preferences, concentrating on eating fresh, unprocessed foods, the way nature created them, can benefit everyone.”

If you are thinking about eating in a healthier way, Talia suggests starting with the whole food diet as a foundation. This way of eating not only emphasizes healthy, tasty meals, but also promotes physical activity and enjoying meals with others.

“A large part of healthy eating has to do with where you eat and how you eat. I suggest that my students create a relaxing atmosphere, chew their food slowly and, whenever possible, enjoy their meals with others. In Israel, we drink good red wines from local vineyards with our meals,” Talia continues.

“It is crucial, in this fast-paced world, to block out time to spend with friends and family. Why not do it around

the dinner table? And most importantly, make it a stress-free time—no cell phones, no TV and no rushing through. Just take your time and enjoy.

“Also, create food that is pleasing to the eye as well as the palate. As a visual artist, I am very aware of how important it is to present food in an attractive way. We see and smell the food before we actually eat it. Remember, food not only sustains us, it also creates a pleasurable sense through smell, sight and taste.

“I love showing people how to balance colors, textures and flavors on the plate. Be creative and take the experience of healthy eating to another level.” ●

For more information, visit [www.nutritionbytalia.com](http://www.nutritionbytalia.com).

**Banana Mania Smoothie** | Serves 2

- 3 bananas
- 2 granny smith apples, coarsely chopped
- 4 kale leaves, stems removed
- 1 lime, juiced
- 1 handful spinach leaves
- Blend, adding pure water as needed.
- Add ice and blend again.

*Zosia's European Skin Care Spa*



Introducing Europe's Newest Technology  
**Compu Lift**  
"Take years off your face the natural way"

**Facials**  
European  
Microdermabrasion  
Crystal Peels  
Micro-Current  
Facelifting without  
Needles or Surgery



Anti-Cellulite Treatment, Reflexology, Brazilian Waxing, Reiki

Gift Baskets, Gift Certificates  
310 Broad Street • Milford, PA • 570.409.6969  
www.zosiaeuropainskincare.com

**17 JOHN COATS JEWELERS**  
Repair & Engraving Shop  
— Est. 1922 —





**A family owned Business for over 94 years...**

As the fourth generation, we continue to uphold our business traditions by providing quality service, excellent products and exceptional customer service.

**Open Tuesday - Saturday**

**On Site Jewelry Repair and Custom Design  
Watch Repair and Battery Replacement  
Retail and Engagement Rings  
Appraisals  
We Buy Gold and Silver**

Handcrafted Horsehair keepsakes (your horse or ours!)

17 Main Street • PO Box 2806 • Branchville, NJ • 973.948.2492  
[www.johncoatsjewelers.com](http://www.johncoatsjewelers.com)

**Bella Leigh Bagel & Bakery**



**Custom Cakes  
Pies  
Artisan Breads  
Avail • Fri, Sat, Sun.**

Fresh Bagels, Muffins, Donuts • Deli

Carl Stoll • Owner/Baker

432 Route 206 South • Montague, NJ  
973.293.3662

**The Village Farmhouse**

Furniture • Home Decor • Gifts







205 E Harford Street • Milford, PA • 570.832.4112