

New City's Lifestyle Reconstruction will make you healthier and slimmer

Story and photos: Ray Bash

In first place on the worldwide list of broken promises is the phrase, "I'm definitely starting on a diet this Monday".

There must be some invisible force that keeps pushing these particular Mondays into the future until we give up and accept our plumpness. For many of us, plump too quickly becomes plumper and if not checked, we can quickly achieve the unwanted goal of plumpest.

Robin Korngold has made it her life's work to overcome this problem in her own life and to help others to do the same. When in college, Robin was on this roly-poly roller coaster; up and down thirty pounds between semesters.

Armed with her degree and much resolve, she went to work in Holliswood Hospital in Queens, treating and learning more about her chosen specialty which is eating disorders. Robin continued her education and became accredited as a nutrition specialist and was certified by the American Council on Exercise as a personal trainer.

Moving on to the Renfrew Center she treated women with eating disorders and related weight problems. Using group and individual therapy along with nutritional and physical therapy, Robin was able to help others to get off the revolving circle of obesity and personally end her own weight problems.

Several years ago, after almost 10 years of hospital work, Robin opened her own practice, in a suite next to her families medical practice. She called it Tread Lightly and dealt with individuals; offering psychotherapy, nutritional and personal training relative to weight problems.

Robin has lived in Rockland since childhood and is the daughter of Dr. Louis Korngold, who has operated the Plastic Surgery Center of New City since 1987. Her brother Jay, also a plastic surgeon, is an



Robin Korngold works with some clients at her beautifully-equipped Lifestyle Reconstruction in New City.



associate of his father in New City.

With the assistance of his son and the unique treatment offered by his daughter Robin, Dr. Kornfeld's practice has become the area's largest multi-faceted facility. Upon consultation, individual cases will

dictate which direction the doctors will take you. Robin is married and had two children within one year's time; yet has continued with what she calls, "Her Mission" to help women and children break free from compulsive eating and to help them lose weight without feeling deprived. Combining her years treating patients in psychiatric hospital group thera-



Robin Korngold measures one of her more remarkable success stories, Dale Bayha, who lost more than 70lbs - and found a new life. That's Dale (above) as she was.

py sessions along with the knowledge gained from advising individuals within her private practice and further enhanced by dealing with her own lifelong eating disorder, Robin has developed a unique seven-stage program.

The focus of her treatment is still the individual, but it has grown to include more group participation. Now Tread Lightly has changed its name to Lifestyle Reconstruction, which more aptly reflects its goal.

After an initial evaluation, the client will start upon the journey through the various stages, which are designed to motivate her and liberate her from the roller coaster

ride of feeding and fasting. She will learn about trigger and non-trigger food and how to deal with one's specific eating errors. Changing one's mind set, exercise programs and relapse prevention are all part of the training.

I talked to Dale Bayha, one of Lifestyles many success stories. Dale had gone through the gamut of programs in the weight loss world, with little or no success. In about 18 months under Robins' guidance, Dale has lost upwards of seventy pounds and in her own words has found a new life. The results go much deeper than the weight loss itself. Confidence, self esteem, sociability, and a general joy of life

come along as a bonus.

Children are large part of the program and Robin is particularly proud of her success with youngsters. As a mother of young children, she is particularly aware of the bad eating habits to which children are exposed, both at home and in their schools. Childhood obesity sets the stage for a life of grief and hardships and it is important to address the problem at its beginnings.

This journey that Robin Korngold maps out is a difficult one because it never ends. Happiness is not the destination. The goal is to achieve happiness all along the way and Lifestyle Reconstruction seems like the right road to travel.

Lifestyle Reconstruction is located at 125 South Main Street, New City. 845 638 2822.