

## Infrared Sauna Owners Manual

Before the Internet became widely known as a global tool for terrorists, one perceptive U.S. citizen recognized its ominous potential. Armed with clear evidence of computer espionage, he began a highly personal quest to expose a hidden network of spies that threatened national security. But would the authorities back him up? Cliff Stoll's dramatic firsthand account is "a computer-age detective story, instantly fascinating [and] astonishingly gripping" (Smithsonian). Cliff Stoll was an astronomer turned systems manager at Lawrence Berkeley Lab when a 75-cent accounting error alerted him to the presence of an unauthorized user on his system. The hacker's code name was "Hunter"—a mysterious invader who managed to break into U.S. computer systems and steal sensitive military and security information. Stoll began a one-man hunt of his own: spying on the spy. It was a dangerous game of deception, broken codes, satellites, and missile bases—a one-man sting operation that finally gained the attention of the CIA . . . and ultimately trapped an international spy ring fueled by cash, cocaine, and the KGB.

**CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS** Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you: •Lose Weight •Detoxify the Body •Increase Energy •Fight Heart Disease •Prevent Diabetes & Certain Cancers •Boost the Immune System •Make Skin and Hair Beautiful Features easy-to-make recipes like: •Rad Raspberry Radicchio •Black Kale Blackberry Brew •Red Pepper Mint Julep •Grapefruit Cilantro Booster •Big Black Cabbage Cocktail

New in paperback, from one of the world's foremost alternative health authorities: a guide to using time-restricted eating and ketogenic principles to promote weight loss, treat disease, and optimize well-being. "You can always trust Dr. Joseph Mercola to be on the cutting edge! Follow this enjoyable read to do keto and fasting the right way, and avoid the common pitfalls, many of which will shock you." -- Steven R. Gundry, M.D., New York Times best-selling author of The Plant Paradox series; Medical Director, The International Heart and Lung Institute We all know that food is medicine--yet going without food is one of the single best things you can do for your health. Short, doable fasts, when strategically timed, are an incredibly powerful metabolic intervention, dovetailing perfectly with a ketogenic diet to activate your body's fat-burning mode. This in turn can ward off insulin resistance, reduce oxidative stress and inflammation, optimize brain function, prevent neurological problems, support weight loss, and more. In this in-depth yet accessible guide, now available in paperback, New York Times best-selling author Dr. Joseph Mercola explores the profound health benefits that result when ketogenic living and well-planned fasting are combined. Topics include: • How our food is making us sick and what we can do about it • The physiology and mechanisms of fasting, including stem cell activation • How the cyclical ketogenic diet--with fasting included--differs from the conventional keto diet • How fasting works and how safe it is for you • How regular one-day fasts support fat burning and detoxification while minimizing hunger and side effects • How to monitor your progress with lab tests • And much more

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix

solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book *BEYOND THE PILL*, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, *BEYOND THE PILL* is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood

Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, *BEYOND THE PILL* is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

Hot Exercise will arm you with the knowledge and motivation to access your inner warrior and strengthen your mind and body with more workout in less time. Hot Exercise is your guidebook to blaze a trail through the bold new infrared fitness frontier.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Naturally crave healthy foods so you never have to diet again
- Receive over 100 recipes for various health conditions and goals

Heating with wood is often considered a natural and economical alternative to electricity or fossil fuels. However, even with a fairly new and efficient woodstove, many cords of wood are required for burning over the course of a single winter, and incomplete combustion can contribute to poor air quality. A rocket mass heater is an earthen masonry heating system which provides clean, safe, and efficient warmth for your home, all while using 70 to 90 percent less fuel than a traditional woodstove. These unique and beautiful installations provide luxurious comfort year round. In cold weather a few hours of clean, hot burning can provide twenty or more hours of steady warmth, while the unit's large thermal mass

acts as a heat sink, cooling your home on sizzling summer days. Packed with hard-to-find information, The Rocket Mass Heater Builder's Guide includes: Comprehensive design, construction, and installation instructions combined with detailed maintenance and troubleshooting advice Brick-by-brick layouts, diagrams, and architectural plans augmented with detailed parts drawings and photographs for clarity Relevant and up-to-date code information and standards to help you navigate the approval process with local building departments Earthen masonry heating systems are well-suited for natural and conventional builders alike. A super-efficient, wood-burning, rocket mass heater can help you dramatically reduce your energy costs while enhancing the beauty, value, and comfort of your home. Erica Wisner and Ernie Wisner have built over seven hundred super-efficient, clean-burning masonry stoves. They are dedicated to the search for sustainable solutions and the hands-on teaching of creative, ecological, and practical skills.

You probably know that food, water, sunlight, and oxygen are required for life, but there is a fifth element of health that is equally vital and often overlooked: The Earth's magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth's PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body's circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we'll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below: • eliminate pain and inflammation naturally • get deep, rejuvenating sleep • increase your energy and vitality • feel younger, stronger, and more flexible • keep your bones strong and healthy • help your body with healing and regeneration • improve circulation and heart health • plus many more benefits

The first book to apply the latest scientific research to America's favorite form of cooking, by the curator of the highly successful website [Amazingribs.com](http://Amazingribs.com), with 175 sure-fire recipes

Non-invasive body contouring experts Kay Casner Overley and Shannon Schimmel deliver the ultimate how-to and why-is-it step-by-step guide to getting the body you want...without surgery. Shannon and Kay tell you what no one else has. With decades of experience and insights, Kay and Shannon tell you what to expect, how to move forward, and how to get the maximum benefits. Body Contouring 101 is your essential manual to getting the body you want.

From the author of the New York Times bestseller *The Autoimmune Solution*, a comprehensive, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health. Are you exhausted all the time, plagued by brain fog, and unable to lose weight? Do you struggle with insomnia, panic attacks, and tremors?

But does your doctor insist that your labs are normal, and that you just need to eat less and exercise more? As anyone who has been there knows, nothing is more frustrating, stressful, and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you. The truth is, your symptoms could be triggered by a thyroid disorder—the hidden cause behind a wide array of health problems that can threaten to ruin your life. Thyroid dysfunctions like Hashimoto's disease, hypothyroidism, and hyperthyroidism affect at least 20 million Americans and yet conventional medicine frequently misses the diagnosis. The scariest part? Most doctors won't even order thyroid tests unless you specifically ask. Now, in *The Thyroid Connection*, Dr. Amy Myers teaches you how to take your health into your own hands. Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Fortunately, she also knows how achievable recovery and well-being are, and just how to get you there. In *The Thyroid Connection*, you'll discover: How to work with your doctor to get the correct diagnosis What blood tests to ask for, as well as what they mean How to find the right type and dose of supplemental thyroid hormone for you The role of gut health, diet, toxins, infections, and stress in thyroid dysfunction A complete 28-day plan to jumpstart your health and reverse your thyroid symptoms Complete with advice on diet and nutrition, supplements, exercise, stress relief, and sleep, *The Thyroid Connection* is the ultimate roadmap back to your happiest, healthiest self.

The Centers for Disease Control and Prevention (CDC) established the Vessel Sanitation Program (VSP) in the 1970s as a cooperative activity with the cruise ship industry. The program assists the cruise ship industry in fulfilling its responsibility for developing and implementing comprehensive sanitation programs to minimize the risk for acute gastroenteritis. Every vessel that has a foreign itinerary and carries 13 or more passengers is subject to twice-yearly inspections and, when necessary, re-inspection.

Here's how hundreds of thousands have overcome chronic pain, chronic fatigue, obesity, insomnia, fibromyalgia, drug addiction, and many other toxin-induced inflammatory diseases! Thousands more use this method to prevent physically and financially devastating medical conditions altogether. Dr. David E. Root pioneered the niacin, exercise, and sauna therapy to treat workplace chemical and radiation exposure injuries back in 1982, and his 35 years' experience and research have been well documented in peer-reviewed articles and even medical text books. In 2017 Dr. Root and his son, Daniel Root, released their 2-week health and wellness Detoxination(R) Protocol to the public. By harnessing a unique property of niacin, fat-stored toxins are mobilized and then eliminated via sebaceous sweat from sauna. This must-read, self-help guide will give you easy to follow step-by-step instructions on the only known safe and effective path to sustainable health so you can feel better, have more energy, sleep soundly, look younger, think more clearly, and much more!

Regular cold-water immersion can improve your physical health and emotional well-being. Whether you are an elite athlete, a bio-

hacker, a health and fitness enthusiast, or someone who is trying to reboot your immune system, cold water might be the missing piece to enhance your results. However, if you live in a warm climate, what options do you have? Cold showers are a good place to start, but do not provide consistent temperatures year-round, and most people find them to be uncomfortable at best. Buying and hauling ice gets expensive and takes a lot of time. Cryotherapy chambers are inconvenient and expensive. Commercially built cold plunges can cost several thousand - or tens of thousands - of dollars. So, what is a great solution for the average person? Convert a chest freezer into a cold plunge! However, chest freezers are not meant to hold water. Creating a personal cold plunge from a chest freezer is fraught with potential problems and missteps. If you don't set it up correctly, you can damage or break your chest freezer, waste hundreds of dollars and countless hours of time, or worse, injure yourself. After two years of research and modifications and helping more than 1,500 people from 72 countries in a private online group, John Richter has created a guide book that helps you convert a chest freezer into a cold plunge while avoiding costly mistakes and frustration. The Ultimate Chest Freezer Cold Plunge DIY Guide helps you: - Select the best chest freezer - Design options for various budgets - Prevent rust and other damage- Choose equipment for easy use and maintenance- Keep your water clean- with or without chemicals- Be safe- Set the optimal temperature- Create a cold-water practice- Find the best training- Avoid costly mistakes- And much more Each chapter is easy to read and offers step-by-step directions. The book includes a buyer's guide, setup checklist, and a FAQ that answers more than 50 questions. This book is a must-have for professional athletes, students of the Wim Hof Method, followers of Dr. Jack Kruse, and anyone else who wants to take the benefits of cold training to the next level.

“You can’t always get what you want”—but you can. Much of what we hear about ourselves and the world...“No pain, no gain”; “It’s a dog-eat-dog world”; “Either you got it or you don’t”—isn’t true when we understand our nature and how to operate to reach our maximum potential. But how many of us understand our own design specs? Refrigerators come with instruction manuals—why not people? Here at last is the manual that should have come with you at birth. And it turns out that life is a lot easier than we’ve been taught. Living in alignment with your true nature—the path of least resistance—brings you all the joy, abundance and health your Manufacturer intended you to have! When a golfer has trouble with a swing, it’s not because she doesn’t deserve to play golf, or golf hates her, or she’ll never be any good at golf, or anything like that. It’s simply that her swing (behavior) is not yet in alignment with her biodynamics for that swing. With a little coaching, she can align with her body’s nature and the stroke becomes easy, even effortless. The same alignment to effortless can happen in every area of your life! Use the tools and techniques in this book to help you align with natural, physical, and spiritual laws for joy, purpose, and vitality while living your dreams.

Promotes an unconventional, quantum leap strategy for achieving breakthrough performance. This powerful new method replaces the concept of attaining gradual, incremental success through massive effort. Instead, it puts forth 18 key components for building massive success while expending less effort. Your staff learns to multiply their personal effectiveness, leverage their gifts, and leap beyond ordinary performance expectations.

This book covers several areas, such as immunology, infectious diseases, physiology, general nursing, and medicine as well as

measurement accuracy and the history of our understanding of fever. This book employs an interdisciplinary approach to exploring our concept of body temperature and specifically fever. The present volume revolves around thermometry, taking the reader on a journey from the past to the present. Yet while the emphasis is on the clinical importance of obtaining accurate, quantitative measurements of body temperature, the reader is also introduced to the most recent clinical work on the subject. This book represents a truly cross-disciplinary collaboration, using evidence-based practice to integrate physiological and immunological knowledge. The authors' intention with this volume is to help readers gain better insight into the importance of using knowledge from different disciplines to develop an appreciation of the different aspects of body temperature. In addition, the reader will come to understand the concept of fever in a broader perspective than is traditionally adopted.

The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This publication may be viewed or downloaded from the ADA website ([www.ADA.gov](http://www.ADA.gov)).

The most effective and achievable guide to intermittent fasting, outlining a unique plan that merges the science behind fasting with a holistic approach to eating, from the bestselling author of *Ketotarian* and *The Inflammation Spectrum*. "Intuitive Fasting is Will's clear four-week program designed to set you up to feel your best for all the other weeks to come. . . . It's full of what he's learned about reducing inflammation, restoring balance, recharging metabolism, and resetting gut health."--Gwyneth Paltrow, from the foreword For some, the idea of fasting by eating only one or two meals a day still sounds like an extreme and overly restrictive dieting tactic. But many of us already feel like victims to our daily eating schedule: three meals a day, plus snacks. Eat every few hours, we are told by the experts. This fixed eating schedule has become the norm. The truth is, this is an artificially constructed schedule that does not reflect our bodies' natural eating schedule. In fact, eating three meals every day can cause metabolic inflexibility, which can easily lead to inflammation, weight gain, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting. With his fresh new approach to fasting, bestselling author and functional medicine expert Dr. Will Cole gives us the ability to take control of our hunger, making intermittent fasting intuitive. You'll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. When your body is out of balance, it can be very difficult to discern what it needs to build vibrant wellness. Intuitive Fasting will show you how to find metabolic flexibility--and once you've reached metabolic flexibility, you can intuitively

trust your body to function at optimal capacity, whether you've eaten six minutes ago or six hours ago. With his 4-Week Flexible Fasting Plan, Dr. Cole will guide you through varying intermittent fasting windows, with each week of the plan tailored to focus on a different aspect of your health. He illustrates the most effective ways to fast and eat to amplify the health benefits of intermittent fasting, balancing rest and repair with clean, nutrient-dense, delicious foods. By the end of the four weeks, you will have all the tools necessary to Reset your body, Recharge your metabolism, Renew your cells, and Rebalance your hormones. Along with more than sixty-five recipes, you'll also find a maintenance plan, so you can adapt fasting and feeding windows to work sustainably with your lifestyle.

The Wellness SeedLulu.com  
The Path of Least Resistance  
Your Manufacturer's Instruction Manual on How to Live a Happy Healthy Life and Fulfill Your Dreams  
Balboa Press

Fountain of Health: Regain Your Health, Happiness, and Lose Weight. A Revolution in Health for Everybody By: Manuel Moran, M.D., Ph.D., J.D. While working as a surgeon over the last few decades, it became increasingly frustrating to Dr. Manuel Moran the obvious increase in diabetes, obesity, heart disease, and many other health problems. The lack of preventative support to his patients by the official medical establishment prompted Dr. Moran to write a one-page pamphlet with instructions on how to stay healthy, which he gave to his patients. Later those instructions became two pages, three pages . . . and finally this book, Fountain of Health. Drawing from his decades of experience, Dr. Moran has compiled practical information to prevent and even reverse these common conditions. Follow the advice included and you too can remain healthy or regain your health and happiness.

Provides detailed, evidence-based reviews for 98 herbs and dietary supplements.

This book addresses the changing, growing role of the housekeeping department to include maintenance of health club facilities, grounds, valet, and foodservice facilities.

A noted psychotherapist and author of Undoing Depression looks at the potentially damaging long-term effects of stress on our emotional and physical well-being, explaining how readers can regain control over their lives and the world around them, cope constructively with stressors, and make health and happiness an everyday priority. Reprint.

The new guidelines are meant to protect public health, help evaluate development projects near freshwater and recreational sites and assess potential health aspects of recreational projects.

The Latest Advances in Universal Design Thoroughly updated and packed with examples of global standards and design solutions, Universal Design Handbook, Second Edition, covers the full scope of universal design, discussing how to develop media, products, buildings, and infrastructure for the widest range of human needs, preferences, and functioning. This pioneering work brings together a rich variety of expertise from around the world to discuss the

extraordinary growth and changes in the universal design movement. The book provides an overview of universal design premises and perspectives, and performance-based design criteria and guidelines. Public and private spaces, products, and technologies are covered, and current and emerging research and teaching are explored. This unique resource includes analyses of historical and contemporary universal design issues from seven different countries, as well as a look at future trends. Students, advocates, policy makers, and design practitioners will get a theoretical grounding in and practical reference on the physical and social roles of design from this definitive volume. UNIVERSAL DESIGN HANDBOOK, SECOND EDITION, COVERS: United Nations Convention on the Rights of Persons with Disabilities U.S. accessibility codes and standards, including the Americans with Disabilities Act (ADA) Life safety standards and guidelines Universal design implementations in Norway, Japan, France, Germany, Brazil, Italy and the Old City of Jerusalem Planning ADA implementation in public educational institutions Urban scale and mass transportation universal design Designing inclusive experiences, including outdoor play settings Office and workspace design Universal design in home building and remodeling Products and technologies, including autos, web access, media, and digital content Universal design research initiatives, education, and performance assessments

If there were a pill that was scientifically proven to help you look 10 years younger, lose fat, improve hormonal health, fight pain and inflammation, increase strength/endurance, heal faster, improve your brain health and increase your energy levels, it would be a billion-dollar blockbuster drug. Hundreds of millions of people would be told to start taking it by their doctors every day. And doctors all over the world would call it a "miracle drug." Here's the crazy part: That "drug" exists. But it's not a pill. It's red light therapy! Did you know that light has the power to heal your body and optimize your health? Of course, everyone knows about the importance of vitamin D from sunlight (from UV light). But few are aware that there is another type of light that may be just as vital to our health - red and near-infrared light. Think it's all just hype? Think again! Believe it or not, there are now over 3,000 peer-reviewed scientific studies showing incredible health and anti-aging benefits of red and near-infrared light therapy. But it gets even better... While you used to have to spend \$100 or more to get treatments done in a medical or anti-aging clinic (where this technology has been used for decades), new breakthroughs have allowed us to harness these benefits in the comfort of our own home, without the need to spend thousands on an expensive laser device or \$100 per treatment at a health/anti-aging clinic. We can now do red light therapy at home, as much as we want, at a tiny fraction of the cost. In this book, Ari Whitten - bestselling author, health expert and founder of The Energy Blueprint - cuts through all the confusion, myths and pseudoscience around this complex topic, and takes you on a deep dive into the science of how to use red/near-infrared light therapy to improve your health, your body and your life in dozens of ways. Inside this book, you'll learn how to use red/near-infrared light

therapy to: - Fight skin aging, wrinkles, and cellulite and look 10 years younger - Lose fat (nearly twice as with diet and exercise alone) - Rid your body of chronic inflammation - Fight the oxidative damage that drives aging - Increase strength, endurance, and muscle mass - Decrease pain - Combat hair loss - Build resilience to stress at the cellular level - Speed up wound/injury healing - Combat some autoimmune conditions and improve hormonal health - Optimize your brain function and mood - Overcome fatigue and improve energy levels You'll also get critical information to get the best results, including: - Specific dosing guidelines for every type of treatment (and how to avoid common mistakes) - The 5 "bioactive" types of light that affect human cell function and human health - Which health issues respond best to red/near-infrared light therapy - The big mistakes people make when giving themselves red light treatments (and exactly how to do treatments to get the best results) - The best light devices to get (and why most devices on the market are a waste of money) - Exact protocols for how to use red/near-infrared light therapy for everything from fat loss, to brain optimization, to skin anti-aging Optimal light exposure habits are as essential to good health as good nutrition habits. But the big problem is that, just as many people eat diets of processed junk food and fast food, most people are eating "light diets" of "junk light" and end up with chronic "mal-illumination." This book will show you how to fix that. Red and near-infrared light therapy is one of the biggest health breakthroughs in the last half century. If you're serious about your health and improving your body, it's time to start using this powerful tool in your life. Buy this book NOW to become the healthier, happier, leaner, stronger, youthful person you've always known you could be. You deserve it! Pick up your copy today by clicking the BUY NOW button at the top of this page!

History of saunas and water therapies; detailed physiology of sweating; endogenous and exogenous toxins found in sweat; harmful effects of heavy metals and synthesized chemicals found in the body, and their role in disease; the three types of heat transmission and how they relate to the sauna heat source and quality of the sweat; who may use the sauna and who should not, and special precautions required of seriously ill people; step-by-step instructions on how to take a sauna; several medical detoxification programs that use sauna therapy to eliminate bodily toxins; a brief history of ozone and its properties and uses for sauna cabinets; a resource appendix containing contact information for sauna manufacturers, build-your-own sauna plans, and spas and medical clinics that use body heating. This book has been jointly published with and copies can be obtained from: The Center for Frequency, 190 Kripplebush Road, Stone Ridge, NY 12484. (845) 687-0963.

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