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Kosher Food Popular With Health Conscious Of All Faiths

By Miklos Margaretten

Until recently, it was close to impossible for the kosher or health conscious traveler to keep his religious or healthy meals while in transit. Now developments in the kosher food industry are making this challenge much easier.

The health conscious and dieters are finding Kosher food is better for you and offers a very wide range of items and dishes, and this trend is spreading rapidly.

Keeping kosher means following dietary laws handed down through the centuries among the Jewish faithful. Kosher has its roots in the Old Testament. Kosher laws are generally more strict than U.S. Department of Agriculture (USDA) standards.

Religious inspectors also rule out sick or injured animals that would be normally be accepted in non-Kosher markets.

In our modern world where most animals are often treated roughly, keeping Kosher means eating a much healthier grade of meat.

Kosher tradition features a major group of foods known as Parve. Parve includes a huge variety of fruits, vegetables, and grains in their natural, unprocessed state. This is exactly what many people who are trying to eat a healthier, low-fat, high-fiber diet are looking for.

These days Kosher food is widely available and often can be ordered pre-packaged via the Internet or mail. This makes a perfect option for anyone who wants to try Kosher, eat Kosher occasionally, or needs a stash of good Kosher meals when traveling.

Options include a wide variety of vegetables and salads along with meat, chicken, and fish dinners. Also available are salt-free meals and veggie dinners for people with special dietary needs. You can chose from menu items with traditional Jewish names to items that might seem to come from your average neighborhood restaurant. The difference is that everything is prepared with very high Kosher standards for ingredients and preparation.

People everywhere are starting to view Kosher certification as a mark of a food's superior quality, cleanliness, and healthfulness.

Miklos Margaretten is the owner of Kosher Meals To Go in New York. His site features a very wide variety of fine Kosher meals pecially insulated double-wrapped packages that can be ordered y anyone, including travelers and people on the go. See

<http://www.bestkosherfood.com>

How To Handle Inter-Faith Marriages

By "Amy K. Spade"

You'll know long before you start the wedding plans if your faiths are different from one another—so this shouldn't be a shock. And you may have already begun how you want to deal with this. It doesn't have to be a problem; rather, it can be a great way to create a new ceremony for the both of you.

Deciding to convert

Before deciding to convert to one religion or another, you want to take your time to discover why you're doing it. Do you truly want to convert to another religion or do you just want to make your spouse's family happy? This is a very honest discussion to have with your self and there aren't any good answers, except for the ones that are true.

If you feel that converting is a good decision for you, then by all means, go ahead and take the steps needed. Many times, you'll have to take classes and speak with the religious head well in advance of any wedding plans.

The trick is not to feel pressured into converting. And with all of the emotions attached with a wedding, some families may have trouble accepting someone of a different faith. If you believe that you want to remain the faith that you are, you should do so.

And if your spouse is trying to coax you into converting, you may want to hold off on the wedding as well. This is a very personal choice, and it needs to be made by the individual, not everyone else.

A dual faith wedding

It's actually very easy to have a wedding that incorporates two different faiths. Sit down and see what each faith requires at the wedding and then talk about how you can compromise to make sure all is proper.

You may want to have the wedding in a non-denominational setting so that you don't have the 'home court advantage' for one faith or another. You may also decide to have two different ceremonies weaving in and out of one another, combing elements of both faiths. This really shows the commitment to each other and to the separate faiths.

You may also want to have two different ministers or one denominational. That's up to you, but if you're a part of a temple or a church, you may need to be married by one of the parish's priests or synagogue's rabbis.

Amy Spade is an expert on planning weddings, and she has written an amazing totally free minicourse on how to make sure that you have the day of your dreams, and avoid wedding day disaster! Get the free course "Your Special Day from Start to Finish" now at at

<http://www.weddingdata.com>



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