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You have reached the full version Online: - <http://www.okinhealth.com/Newsletter/0909april.html>

We need to send the email newsletter version as small as possible, for hotmail accounts and dial-up.

So, if there was something you want to read more about, please scroll down and re-click on link.

Thank you for taking the time to check out the full version of this newsletter.

Spring is here - step out and try something new!

Last month, OK In Health had a large booth at the Vernon Body and Soul Wellness Fair. The Fair had approximately 60 booths of energetic, happy people eager to explain their services.

In spite of the heavy snow fall the first morning, there was a great turn out from the North Okanagan communities and we had a chance to meet a lot of wonderful people at the Fair. We were delighted that many of our OK In Health members dropped by to say hello and that so many new members signed up too. I would like to take this opportunity to say thank you to some of the amazing people who showed their support for OK In Health and to those who came out to join us at our booth.



So a big thanks to Chris Madsen, Ashleigh Magill, Shirley Pretty, Marie Sperling, Sharon Purdy, Brenda Molloy, Betty Chenoweth, Marcel Mallette, Ryan & Amanda Krebs, and Kathy Collins.



Spring is here - step out and try something new!

Do you and a friend often mean to meet up for a coffee and a chat, but somehow it never happens? or are you ready for a weekend break ?

Are you ready for a gentle fitness class, to be inspired, learn something great, or find an interesting event? from Dancing to Yoga/Move through life... or maybe attend a fun workshop? Invite a friend out for the day, a class, or weekend?

Why not plan to do it this month ? or plumb for a weekend break together? Or sign up for a fitness class, or one that will inspire and uplift you both - perhaps by learning something new, or attending an interesting event or Course?

How about having fun together at a dancing class, or it could be one to move you through life through a relaxation technique to suit your needs.

Have a look through out listings of workshops - and who knows, you may finding yourselves stepping out into a whole new world of beginnings in tune with Spring.

To View all Workshops, Movies, Retreats, & Events Calendar - [Click Here](#)

Thank you for taking the time to read this newsletter. I hope you get as much pleasure receiving it as I had sending it. Please feel free to contact me if you think there is anything I can help you with. From Maria Carr and the OK in Health Team



April 2009



See below for

April Special Discount Rate!



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April Newsletter Special

Mention the April Newsletter and receive a
25% discount on workshops and events
Yearly advertisements receive **\$25 off** - - This month only!

What's On?

Constitutional lawyer **Shawn Buckley** visited the Okanagan this month and OK In Health had the opportunity to have an interview. More to follow on that.



Left:
Lorna Hancock, Shawn Buckley, & Jane Shaak



Right:
Constitutional lawyer Shawn Buckley & Maria Carr

Have you heard of the Charter of Health Freedom? by Lorna Hancock.

Maybe by now, you have heard about the Charter of Health Freedom and are wondering what it is? A bit of background... government has repeatedly asked natural health consumers what we want for natural health products, and we've repeatedly said "We want natural health products to be treated separately, differently, than drugs. We want them to be legislatively protected, and appropriately regulated, so that all of our choices can be there for us. [\[Click Here to read full article\]](#)

Kelowna Treatment Room for Rent

Cherry Blossom Acupuncture and Wellness has a treatment room for rent. Rates negotiable depending on expectations. See pictures at www.cherryblossomacupuncture.com. Contact: Rhianda 250-878-6514

Wellness Room for Rent This beautiful, nurturing space offers: ensuite bathroom, walk in closet, laundry and more. Contact Karin at Lovin Livin Centre Kelowna, 250.764.8617 or [E-mail](#)

Spring Festival of Awareness ~ Retreat

Over 50 workshops to choose from, with 10 workshops usually happening at any given time. Still time to book!
[Naramata Centre](#), near Penticton [April 24 - 26, 2009](#)

Riva's Healing Retreats in May and July

"We Help People....." to shed the past, heal pain, clear toxic patterns, heal the physical, heal their animals, release karma, strengthen relationships, connect to their soul, and alter their blueprints of disease through loving connection with animals, nature, and soul. See [Armstrong](#) & our [Animal Page](#)

Sylvia Browne in Ireland ~ Mystical Traveler August 2 – 11, 2009

Exploring Ireland's Mystical Heritage. Discover Ireland as you've never seen it before. This breathtaking & picturesque country is brimming with magnificent sites to behold—from captivating stone churches and historic high crosses, to ancient abbeys and charming castles—all with their own stories to tell. [More details](#)

and **Wise Woman Weekend in Ireland** May 8th - 10th, 2009 [More details](#)
I Can Do It at Sea - Alaska Cruise August 2009

Salmonella Contamination - Certain peanut products

As a result of the ongoing investigation in the United States, the Canadian Food Inspection Agency (CFIA), working in close collaboration with the United States Food and Drug Administration, has identified potentially affected foods present in Canada. Canadian importers and manufacturers are voluntarily recalling the products, and the CFIA is monitoring the effectiveness of the recalls. Canadians are urged to check the complete list of products in Canada. This list will be updated as additional products distributed in Canada are identified. [Complete list of products - Canada](#) , [Related Alerts \(listed by date\)](#) , [Peanut-based Pet Products](#) .

April is dedicated to: Earth Month, National Donate Life Month, Dental Health Month, National Cancer Awareness Month, Parkinson Awareness Month, Oral Cancer Month, Alcohol Awareness Month, Eating Disorders Awareness , Foot Health Awareness Month, National Autism Awareness Month, National Child Abuse Prevention Month, National Facial Protection Month, National Youth Sports Safety Month, Sports Eye Safety Month, Compost Awareness Stress Awareness Month and Community Spirit Month.

April is Tackle Your Clutter Month "To Every Thing There is a Season." Ecclesiastes 3.

The oft-quoted verse from Ecclesiastes tells us that "there is a time to every purpose under the heaven". And if that's true, then certainly Springtime is the season when we turn our minds to casting out the old in preparation for the new. But instead of simply spring-cleaning your home this year, why not go a step further and spring-clean your heart?

Articles

The Law of Polarity - By Nadine Staaf

The Law of Polarity really is quite simple. It states that everything has an opposite. Every good has a bad, every up has a down, every dark has a light. Now in order to apply this basic understanding to your life so that you can change your results, you really need only to shift your perspective using your human ability to PERCEIVE. As you perceive the results you are getting in your life, if you are like the majority of people, you tend to see the negative within a problem that may be occurring for you. Understanding and application of the Law of Polarity, you can dramatically improve the life you are living. ...[Read full article](#)]

Are You Taking Protein For Granted? by Elaine Munro, an active businesswoman and training athlete, who conducts seminars focusing on active lifestyle & healing nutrition, as well as raising consumer awareness about the natural health industry.

The word 'protein' comes from the Greek root, 'proteios', meaning 'fundamental' or 'primary importance'. From the context of human health, it should be a fundamental part of any health improving strategy. Proteins range from muscle tissue to skin, bones, and hair. These are the more obvious 'structural proteins'. There is also a huge range of 'subtle proteins' that are generally overlooked such as blood hemoglobin, brain fluids, your super immune booster known as glutathione and even the structure of your DNA, to name just four. In all, there are more than 500,000 types of protein in the human body. Everyone needs protein; not just athletes. At a basic health-maintenance level, a general guideline is... [\[Read More\]](#)

Cranio Sacral Reflexology – an exciting new therapy by *Dr Martine Faure -Alderson, UK*

Healing through touch is thousands of years old, and reflexology has been practised for millennia. It is a non invasive treatment which has gained increasing recognition in recent years. Cranio Sacral Reflexology (CSR) combines reflexology with cranio sacral therapy. CSR is a non- invasive treatment, with profound effect on a variety of systems dysfunction, particularly in the sphere of trauma, be it physical as in whiplash, or emotional in origin where torsion of the meningeal membranes enveloping the spinal cord occurs in the same way as if it was a physical blow. CSR is a therapeutic method which combines the use of pressure on specific areas of the foot, which relate to the 12 cranial nerves, and to the pulse of the cerebro spinal fluid (CSF) which surrounds the brain and spinal cord. The distinction between Cranio Sacral Therapy and CSR is that with the latter, one is accessing the CSF from a point in the foot or the hand. [... [Read New Article](#)]

Stool Analysis and Poo Chart - Have you ever wondered if you have a healthy stool/poor could your diet need some adjustment?... [\[Read More\]](#)

Weight Gain - Being underweight never elicits much sympathy from the rest of the world. People feel at liberty to criticise your svelt-like figure in a way they wouldn't dream of doing to an overweight person. Such is the cross the underweight have to bear. As there are relatively few people who are underweight the health problems associated with being too thin are generally not reported. However, these include...[\[Read More\]](#)

Losing Weight Through A Healthy Diet - Eat early. Late-night eating is a recipe for weight gain because the body stores more food during sleep...[\[Read More\]](#)

Depression What is depression? There are many different types of depression including SAD (seasonal affective disorder), bi-polar disorder, uni-polar disorder, post-natal depression and the Blues....[\[Read More\]](#)

Medical screening tests you should get starting at age 50.

We are living longer and healthier. One reason is that new medical screening tests can often catch diseases and potentially serious health conditions in their early, treatable stages. Experts at WebMD which medical screening tests you should get starting at age 50. [...[Read More](#)]

[More Articles](#)

www.okinhealth.com/articles/articles.html



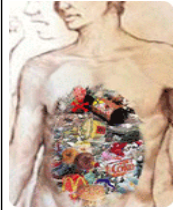
Advertisement

[\[Read More\]](#)

Get to know some of our OK In Health members!

[To View Full details](#)

Discover Vitality & Hydrotherapy Inc.



Discover Vitality & Hydrotherapy Inc.
Gentle Cleansing & Detoxifying with water
Certified Advanced Colon Hydro therapist. Background in Nursing & Rehabilitation.
Members of - International Association of Colon Hydrotherapy and
Academy of Naturopaths & Naturotherapists.
Contact **Sharon Lapierre** for more information.
Colon Hydrotherapy Centre, 3414 Coldstream Ave, Vernon, BC V1T 1Y2.
250 - 542-4377. Website www.colon-hydrotherapy-centre.com

Daydream Esthetics Studio - A Holistic Approach



SPECIALIZING IN ORGANIC FACIALS FOR:
Rosacea, Acne and Aging Skins. Special Gift – Enjoy a complimentary.
Second Facial within 2 weeks of first!

Manicures & Pedicures

Waxing Services

Hot Stone Massage

Body Wraps

Organic Skin Care Products – Paraben Free & Chemical Free
All Nail Polishes Formaldehyde & Toluene Free - [See Contest](#)

26-88 Duncan Ave W, Penticton, **250 490-1233** - [Click here to E- mail](#)

... take time to daydream

Rite - Way Health - with Marie Sperling

Marie Sperling is a Reflexology Therapist, Shiatsu practitioner, and has certifications in Therapeutic Massage, Reiki, Iridology, Kinesiology, Cranial Sacral Reflexology, and also offers Health and Wellness Coaching.

Marie has been working in the field for ten years and her focus is to enhance her clients' health and empower them to take their health to higher and higher levels of wellness. [\[see contests\]](#)
Phone Rite-Way Health, 250 - 212-2431 or [click here for e-mail](#) - Kelowna.



Studio Chi

Studio Chi is registered with the Private Career Training Institutions Agency of BC (PCTIA) and currently offers Shiatsu Practitioner & Therapist Diploma Programs as well as numerous [workshops in Shiatsu, Acupressure, SoundHealing, Yoga, Reiki, and Feng Shui.](#)



The studio overlooks beautiful Okanagan Lake and is 15 kms from downtown Kelowna.

The school is within walking distance to the beach, waterfalls, and hiking trails that take you into nature.

This peaceful, serene setting is advantageous for learning and students are encouraged to discover what nature has to offer during the breaks.

Phone Brenda Molloy at 250-769-6898 www.studiochi.net Kelowna

Clay - Pascalite

The Indians called it EE-WAH-KEE (the earth that heals). Skin, hemorrhoids, stomach and gum problems.
www.pascalite.ca Phone 250-446-2455 for FREE SAMPLE

Logiwave Computer Services

Logiwave Computer Services was founded in 1993. For 15 years we have been providing small businesses, Local practitioners, and home users with computer sales, upgrades, service, and support. Our clients are more than just a number, they're our lifeline and as such we try hard to maintain your loyalty. Please call Penticton 250- 493-6988 [Website](#)

Wellness Tips

April Fool's Day Food Fun for Kids

Healthy foods can also be fun. Start your kids with an April Fool's Day breakfast. Add green food coloring to scrambled eggs for the classic green eggs and ham.

For a lunch trick, use a corer to cut a small hole in the side of an apple. Put a gummy worm in the hole and watch the kids squirm.

For dessert, prepare a tall glass with sugar-free gelatin mix, put a straw in it and place it in the refrigerator. When it's ready to serve to your kids, watch them try to "drink" their beverage – before offering a spoon.

When You Look Good, You Feel Good!

Imagine you could feel fantastic every day!... We all know how 'having a bad hair day' can really drag us down! Image is important if we want to create a good impression. Even more important, our image has a huge impact on how we feel about ourselves. If we feel that we look good, it has an impact on our self confidence and self-esteem. If we are feeling good about ourselves, this has a positive effect on the relationships we have with the people around us. Our performance in whatever that task is also greatly enhanced.

Weed out all those clothes in your wardrobe that you don't wear any more (or maybe have never worn)! Drop them off to a second-hand store.

So invest in yourself! Wear bright cheery colours - you'll be amazed how they can lift your spirits! Try a great new hair style! Ladies - invest in some fabulous accessories. Gentlemen, invest in a new tie and update your look in an instant. Find out what colours and styles best work for you and you'll be amazed at how confident and relaxed you'll feel! Project the image you desire! Look your best ever!

Food Tips

Cranberry Juice - Compounds in cranberry juice are said to help prevent and relieve attacks of cystitis (bladder infections) by preventing bacteria attaching to cell in bladder walls and in the urinary tract. Look out for cranberry juice that has no added sugar and avoid the cranberry juice drinks, which are sweetened with sugar. A small glass of cranberry juice counts as one portion of the recommended 5 a day.

Bananas - Bananas are easy to eat fruit! The average banana contains 95 calories which makes them a good snack choice, it will fill the hunger gap until the next meal. For a pudding, make your own banana split with a scoop of ice cream and sprinkle of home made granola.

Cauliflower - By being encouraged to eat brightly coloured vegetables you could be forgiven for dismissing the humble cauliflower as nutritionally pointless. But a serving, about 3 florets, has 25mg vitamin C (more than half an adults daily requirement) and is packed with anti-cancer compounds like glucosinolates.

Dried Fruit - Dried fruit is a convenient option and alternative to fresh fruit. Dried fruit provides fibre and several vitamins and mineral. It is easy to carry with you as a quick and easy snack. Add dried fruit to salad, pancake batter, home baked bread and cereal to count towards your five a day.

Acai - (pronounced ah-sah-ee) These purple super healthy berries are the new super-food. Acai berries are native to Brazil and are low in calories and contain fibre, vitamins and twice the antioxidants of blueberries. They are available as a frozen pulp at some supermarkets.

Pine nuts - Pine nuts are small edible seeds of pine trees and are high in protein, calcium and magnesium. Use pine nuts to make your own pesto. Roasted pine nuts add nutritional value and zest to any salad.

Sweet potatoes - Traditionally sweet potatoes are a winter vegetable; nowadays they're around all year on the shelves. Packed with antioxidants such as beta-carotene, they provide plenty of lasting energy being lower GI than regular potatoes. Add sweet potatoes to soups, curries or simply serve them mashed. Sweet potatoes go well with flavours like garlic and herbs.

**Cranio Sacral
Reflexology
2009 Course
with world
renown-teacher
[Dr. Martine
Faure-Alderson
from Paris &
England](#)**



**Sept 2009
[Penticton, BC](#)
Basic
Advance
Third Level
[Also in Quebec
May 2009](#)**

Up coming Events

DATE	2009 Workshops & Events Directory	VENUE	FACILITATOR
	April - 2009	Post your event - Click Here	
	Yoga classes	Vernon	
	Vernon - Let's Dance Shall We Dance - Learn the essentials of social dance: Fox Trot, Swing		

	and Waltz. No partner necessary for the Country Two-Step, Belly Dancing, Hip Hop, Hot Salsa, Line Dancing classes.	Vernon	
April 2-5	I Can Do It! 2009 -Toronto Featuring Colette Baron-Reid, Gregg Braden, Sylvia Browne, Dr. Wayne W. Dyer, John Holland, Caroline Myss, Dr. Christiane Northrup, Marcelle Pick, Cheryl Richardson, Brian L. Weiss, M.D. Join them for a Day or the Entire Weekend!	Toronto	
April 4-5	Hand Reflexology	Vancouver	Yvette Eastman
April 7 - May 5	Introductory Course in Fly Fishing	Vernon	
April 8...	Gardening Weekly Workshop Series	Vernon	
Apr 8-Jun 24	Triathlon Training for Beginners	Vernon	
April 9-14	Touch For Health 1, 2, 3, 4	Vancouver	Yvette Eastman
April 11 or 15	Blackberry Workshops - 16+ yrs Intro - Sat, Apr 11 or Wed, Apr 15 Advanced - Sat, May 9 or Wed, May 13	Vernon	
Fri. - Mon. April 10, 11, 12 & 13	FSRC Professional Certification Course - Modules 1 & 2 This 4 days course is designed for people who wants to learn Traditional Chinese Feng Shui in detail, and to become a proficient professional Feng Shui practitioner .	Vernon, BC	Teresa Hwang
Wed. - Sat. April 15, 16, 17 & 18	FSRC Professional Feng Shui Course - Modules 3 & 4 This four day course is the second part of the Professional Traditional Chinese Feng Shui Course, offered at Master Joseph Yu's Feng Shui Research Centre. Teresa is one of the appointed FSRC lecturers.	Vernon	Teresa Hwang
April 17-19	Meridian Reflexology	Vancouver Or Reflexology page	Yvette Eastman
Apr 17- Jun 5	Esteemed CHIC for Girls (aged 10 - 14) Choosing Health & Integrating Change.	Vernon	
April 18-25	Mystical Traveler - Mexican Riviera Cruise Spend seven nights on an intimate cruise with psychic Sylvia Browne and Colette Baron-Reid on a Breathtaking Mexican Riviera.	Departing Los Angeles	Sylvia Browne Colette Baron-Reid
April 18 & 19	Holistic Practitioner Workshop The Practitioner within ~ the Practical Aspects of Practice. This 2 day workshop touches on the many working dynamics involved in moving a vision into form, and therefore offers a holistic approach to moving forward with your practice while wearing the hat worn as a professional practitioner. Friday April 17th 6:30 pm – 8:00 pm Free Introduction	Kelowna	Shelley Saulnier
April 18 & 19	Advanced Tools For Self-Mastery A very experiential course to assist you with raising your vibration as well as releasing anything that no longer serves you. Learn about Ascension symptoms, soul ages and the significance, clarity of your divine life purpose, the shift of 2012 and how it affects you. Experience: A variety of sound healing including tuning forks, crystal and Tibetan bowls and Song Pods, * Past life regressions * guided meditations * Advanced Psychic Protection techniques * Mother Earth Healing techniques	Calgary	Pamela Shelly

<p>April 23,24,25,26</p>	<p align="center">Conscious Parenting (4 Days)</p> <p>Come and find out how you can best support your children to become the best they can be. Help them experience high self-esteem, better communication skills, and be self-empowered and able to fulfill their unique purpose with passion and joy. Through the 9 Steps To Conscious Parenting we will go into detail covering the foundation of Parenting skills as well as personalized to your current challenges pertaining to all ages of children and children diagnosed with ADD, ADHD, Autism/Aspergers, and Bi-polar. We will also discuss how parents can best support the spiritually aware and psychically gifted children. The course includes The 9 Steps To Conscious Parenting book.</p>	<p align="center">Calgary</p>	<p align="center">Pamela Shelly</p>
<p>Thurs, April 23rd at 6pm</p>	<p align="center">Green Smoothie Revolution</p> <p>Learn about the advantages of eating a raw food diet, green smoothies, advantages and benefits of eating healthy.</p>	<p align="center">Penticton</p>	<p align="center">Victoria & Vayla Boutenko</p>
<p>April 24 - 26, 2009</p>	<p align="center">Spring Festival of Awareness</p> <p>Over 50 workshops to choose from, with 10 workshops usually happening at any given time.</p>	<p align="center">Naramata Centre, near Penticton</p>	
<p>April 24, 25, 26</p>	<p align="center">MindScope-Developing Intuition with Kristy Kenny</p> <p>MindScope techniques allow us to tap into the creative, intuitive mind more easily and completely, thus enhancing our problem-solving and learning capacities in all facets of life.</p>	<p align="center">Kelowna</p>	<p align="center">Kristy Kenny</p>
<p>Friday, April 24, 7- 8:30 pm</p>	<p align="center">Introductory Talk on 9 Dimensions of Higher Consciousness</p> <p>Come learn about this exciting work in shifting your vibrational frequency to a higher level in a safe environment. Come find out more in this FREE and informative talk given by Kim Seers.</p>	<p align="center">Penticton</p>	<p align="center">FREE and informative talk given by Kim Seers</p>
<p>Sat & Sun April 25-26</p>	<p align="center">Medical Intuition Workshop with Kim Seer</p> <p>Learn proven techniques on how to see into the physical body and its systems with incredible accuracy. Find out with pinpoint precision what is causing the body's imbalance. Learn specific methods and techniques.</p>	<p align="center">Penticton</p>	<p align="center">Kim Seer</p>
<p>Monday, April 27 9am - 5pm</p>	<p align="center">9 Dimensions of Higher Consciousness Course</p> <p>Come learn about this exciting work in shifting your vibrational frequency to a higher level in a safe environment.</p>	<p align="center">Penticton</p>	<p align="center">Kim Seer</p>
<p>Apr 25 - Jun 20 Sat, 9am</p>	<p align="center">Yoga for Golfers</p> <p>Yoga cultivates flexibility, balance, relaxation & mental focus. These one hour classes will give you an introduction to yoga practices related to golf and a pre-game warm-up stretch sequence of modified yoga poses.</p>	<p align="center">Vernon</p>	<p align="center">Janet</p>
<p>April 25 April 26</p>	<p align="center">Ear Reflexology Face Reflexology</p>	<p align="center">Vancouver Or Reflexology page</p>	<p align="center">Yvette Eastman</p>
<p>April 30 to May 3,</p>	<p align="center">I Can Do It! 2009 - San Diego</p> <p>Featuring Colette Baron-Reid, Gregg Braden, Dr. Wayne W. Dyer, John Holland, Bruce H. Lipton, Caroline Myss, Dr. Christiane Northrup, Cheryl Richardson, Mona Lisa Schulz, Doreen Virtue, Brian L. Weiss, Lisa Williams, Marianne Williamson and more speakers... Join your favorite authors for a weekend retreat in San Diego!</p>	<p align="center">San Diego</p>	
	<p align="center">Fitness Classes</p>		
<p>Stay Active,</p>	<p align="center">On Going - Fitness Classes, Dance classes, Walking club ... Click Here for : Nia Technique - Regular classes, Gentle Classes & Self Healing with Nia: The Body's Way</p>		

Keep Healthy Have fun! and may be meet a new friend!	LET'S GET WALKING!.. Okanagan groups Kundalini Trance Dance Core Dynamics movement African inspired Dance S.h.a.p.e. classes - Yoga off the Mat Chakra, Hatha Yoga Classes	More Details	Fitness Classes
Great Articles	Free Events & Health Shows & Festivals Support Groups Directory and weekly Meditation Classes & groups	More Details	Free Events

For full Details and for Spring & Summer events - [click here:](#)

www.okinhealth.com/healing_workshops_calendar.html

[Event Directory](#) or [Events by Town](#)

Contests

Last chance to enter before the Winter contest closes on April 24th

1. **Vancouver & All Areas**
One complimentary 30 min **Lemurian Oracle Reading** (604-874-3770) with Sharon Taphorn from Playing With the Universe.
2. **All Areas**
One complimentary **Distance Journeying** for **Power Animal Retrieval** session by Dawn Dancing Otter (reading by phone or internet).
3. **Kelowna and area.**
One complimentary one hour **Quantum Biofeedback session** (\$60 value) with Marie-Jeanne Fenton at Energy Balance.
(What is Quantum Biofeedback?)
4. **Kelowna**
One complimentary a **Shiatsu session** from [Rite-Way Health](#) with Marie Sperling.
5. **Kelowna**
One complimentary consultation in the area of **Family Mediation** with [Cathay at Gibson & Associates Mediation.](#)
6. **Kelowna**
One complimentary **Feldenkrais session** (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner
[See [upcoming workshops](#) & [What is Feldenkrais -Article](#)]
7. **Kelowna**
One complimentary **Reiki session** at Holistic Choices with Preben.
8. **Kelowna,**
Win a complimentary **European lymph drainage massage with aromatherapy** or **Deep tissue massage** with Larry Petty at Natural Sense Aromatherapy.
9. **Kelowna**
One complimentary **Reiki session** at [Relax and Revive](#), with Kathy Collins in Kelowna



The Wood Stove Change Out Program



New technology wood stoves burn up to 90% cleaner than old stoves! Trade-in your old wood stove or wood insert for a new cleaner burn technology electric, pellet, gas or wood stove or insert and receive a \$250 cash rebate on the first 75 traded in plus dealer discounts of \$150 or more off the price of a new CLEAN BURNING Hearth Product from participating retailers. For more information please visit www.rdos.bc.ca (click on air quality, then click on wood heating). OFFER ONLY AVAILABLE DURING March 1 until April 30 2009

10. **Penticton**

- One complimentary **Fitness pass to a class of your choice** at the Quantum Fitness Studio
11. **Pentiction**
One complimentary **Art Therapy session** at [Wind in the Willow Studio](#) with Cindi Tomochko
 12. **Pentiction**
One complimentary **Dru Yoga Therapy session** at [Wind in the Willow Studio](#) with Cindi Tomochko
 13. **Pentiction**
One complimentary **Reconnective Healing® session** with [Bernice Granger](#)
 14. **Pentiction**
One complimentary **Reflexology session** at [Footworks Reflexology](#) with Kathryn Smith
 15. **Pentiction**
One complimentary 1.5 hrs **Organic Facial session** (value \$69) at [Daydream Esthetics Studio - A Holistic Approach](#) with Deanna Klan. Using only organic / chemical complimentary products (hemp oil, seabuckthorn... by nature's bounty)
 16. **Pentiction**
One complimentary first time **Homeopathic consultation** with [Katharina Riedener](#)
 17. **Pentiction**
One complimentary **Reflexology session** at [Christina's Holistic Centre](#), with [Christina Ince](#)
 18. **Pentiction**
One complimentary **Aqua-Chi detox footbath session** (regular fee \$30) at [Christina's Holistic Centre](#), with [Christina Ince](#).
 19. **Pentiction**
One complimentary **Reiki session** at [Christina's Holistic Centre](#), with [Christina Ince](#). See [previous contest winner feedback](#)
 20. **Pentiction**
One complimentary **Shiatsu Face-Lift session** at [Christina's Holistic Centre](#), with [Christina Ince](#).
 21. **Pentiction**
One complimentary session - **hypnosis, or psychological, or energy work**, communication with your body and/or talk therapy. Joy Green, Psychologist
 22. **Pentiction**
One complimentary **Tarot Card Reading** with [Norma Cowie](#)
 23. **Summerland**
One complimentary **Energy Reflex testing/health consultation** with [Summerland Reflexology](#) with [Denise DeLeeuw Blouin](#) ([What is ERT?](#))
 24. **Osoyoos to Pentiction**
One complimentary **Pet session** at "Colour Me Healthy" with [Linda Buhler](#). See [previous contest winner feedback](#)

**Cranio Sacral
Reflexology**
2009 Course
with world renown-
teacher
[Dr. Martine
Faure-Alderson](#)
from Paris & England



**Sept 2009 Pentiction
Basic
Advance
Third Level**
(only 2 places left for
3rd level)



Recipes

Sweet Potato Soup

2 tbsp olive oil - 2 onions, peeled and chopped - 2 carrots, peeled and chopped - 2 celery stalks, chopped - 1 large sweet potato, or 2 small, peeled and cut into small chunks - 2 or 3 cups chicken broth - 1 tsp cinnamon - Sprinkled sea salt and freshly ground black pepper, to taste

Directions: Place a saucepan or soup pot over medium heat and add the oil. When it begins to get hot, add the onions, carrots and celery and sauté until softened and fully aromatized. Add the sweet potatoes and enough broth to completely cover all the vegetables. Season with salt and pepper and bring to a simmer. Cook until potatoes are very soft and then puree with a hand blender, food processor or countertop blender until smooth. You may also serve the soup 'as is. Taste and add more seasoning if need be. Yield: 4 servings

Sweet Potatoes Fries

Sweet potatoes are an excellent source of vitamin A. Vitamin A helps our bodies fight infections and lets us see better in the dark. Preheat oven to 425°F.

1 teaspoon Seasoned Salt ~ 1/2 teaspoon paprika ~ 1/4 teaspoon Garlic Powder with Parsley ~ 1/4 teaspoon chili powder ~ 1 1/2 pounds sweet potatoes, peeled and cut lengthwise into 1/2-inch-thick slices ~ 3 tablespoons Cold Pressed Olive Oil OR veg oil.

DIRECTIONS: Preheat oven to 425 degrees F. In small bowl, combine Seasoned Salt, paprika, Garlic Powder With Parsley and chili powder; set aside. In large bowl, toss sweet potatoes with Olive Oil; sprinkle with seasoning mixture and toss to coat. On cookie sheet sprayed with non-stick cooking spray, arrange potatoes in single layer. Roast, turning once, 40 minutes or until potatoes are tender and golden. Serve, if desired, with additional Seasoned Salt.

ALTERNATIVELY: omit spices roast as suggested and toss in maple syrup in last 10 min of cooking. mmmmm

Meal Ideas: Mashed or blended sweet potatoes are a great food for babies that are 6 months or older. Homemade baby food is a little more

✘ Sweet Potato
Fries

work than prepared baby food in jars, but is nutritious and can save money.

Apple Yogurt Dip

1 cup of apple butter, or apple sauce 1 cup of plain yogurt or 1 cup sour cream.

Directions: Apple Yogurt Dip Whisk together and serve with chicken dippers or vegetable platter.

Caribbean Coconut Crusted Salmon

1 1/4 cups of shredded, unsweetened coconut, 4 x 6 oz salmon filets (skin removed), Salt and pepper.

Directions: Preheat oven to 375 degrees. Put coconut into a freezer bag. Drop in the salmon filets one at a time and toss to coat. Place on a lightly oiled baking sheet and season with salt and pepper. Bake for 15 minutes. Serve with Caribbean Salsa.

- Caribbean Salsa

2 cups of fresh pineapple (cut into small chunks), 1 small red onion,(diced), 1 cup of fresh cilantro, (minced), 1/4 cup of extra virgin olive oil, zest and juice of 1 lime, several dashes of your favourite hot sauce.

Directions: Put pineapple, red onion, and cilantro into a medium-sized bowl. Add lime zest and juice, oil and hot sauce. Toss well and let flavours mingle for at least one half hour before serving.

Steamed Asparagus with Lemon Butter Recipe

Courtesy of Cathy Lowe

1/2 pound fresh asparagus Salt 2 tablespoons unsalted butter 1 teaspoon lemon zest 1 tablespoon lemon juice Wash asparagus and trim off bottom of stems by about 2 inches. In a large skillet, bring about 1/2 inch of water to a rapid boil. Season the water with salt and add the asparagus. Cook the asparagus for 2-3 minutes or until bright green and just tender. Drain the asparagus and add butter to the skillet. Stir in the zest and juice. Return the drained asparagus to the skillet and toss to coat. Serve immediately

- [Cheesy mushroom and asparagus bake](#)
- [Quinoa and lentil pilaf](#)

Brown Rice - Weight Loss Recipe

Ingredients: 1 cup Brown rice and 1 Stock cube. Method: Add one cup of brown rice to 2 cups of boiling water. Add stock cube or Miso, simmer till the rice is tender and the water has been absorbed.

- [Vegetable Broth](#)
- [Hearty Lentil Stew](#)
- [Avocado Cream Sauce](#)
- [Quinoa Porridge](#)

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From Maria Carr and the OK in Health Team**

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