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You have reached the full version on Line: - <http://www.okinhealth.com/Newsletter/009feb.html>

We need to send the email newsletter version, as small as possible, for hotmail accounts and dail-up.
So, if there was something you want to read more on, please scroll down and re-click on link.
Thank you for taking the time to check out the full version of this newsletter.

Dear OK in Health Members!

As you will see, February is 'Healthy Heart Month' at OK in Health and there are many community programs and events in your local area. This month is also a time for celebrating the love we have for our partners, family, and friends.

Need a novel idea for a Gift ?

Find a luxury therapy, treatment, or workshop to delight your Loved One! Scroll down through the list below to request an E-Gift Voucher or visit our [event page](#) or [Practitioners pages](#).



This month's Magazine - Is jammed packed! -we have so many great new articles, news of events, contests, recipes, and lots of information to share. Please take some time to check out the information that interests you? – pull up a comfy chair with your favourite beverage, and enjoy a good read!

So many members are happy to share information with YOU! *can you spare 5 minutes!*
Start with newsletter, then go on to articles, events, or what ever takes your interest!
Take some time to relax - it could make a difference in your life or a loved one!

Wishing for you all a lively Spring in your step and in your hearts ...

Yours in Health, Maria Carr, Publisher of www.OKinHealth.com - On Line Health E-Magazine & Website.

February 2009

QUICK OVERVIEW

[Sign up for our Free Newsletter](#)

Read full version of newsletter on Line at [Newsletter on Line](#)



[Sign up for Newsletter](#)

OK In Heath reaches people

Event CALENDAR - click Here for [New Workshops, courses, & free events !](#)

Newly updated 2009 events.

Note: Registrations for [Mother Meera's Free blessing](#) must be done before February 9th. Come visit the OK In Health's Booth at the Vernon Health show on March 7 & 8 or check website for the other [health shows](#) coming to your area.

ARTICLES

February is Heart Health month - Check out these articles

- [Year of the Yin Earth Ox, Ji Chou Year: February 4th, 2009 – February. 4th, 2010 by Teresa Hwang, Vernon](#)
- [The Health Benefits of Essential Fats by Nelson Narciso B.Sc., R.P.](#)
- [Diabetes, Insulin Resistance, and Elevated blood glucose by Dr. Tamara Browne ND.](#)
- [What is Maternal-Reflexology by Kathryn Smith, Penticton, BC](#)
- [Is Your Weight Balanced? by Allan Lawry, Vancouver, B.C.](#)
- [What is Feldenkrais? by Darcy Nybo, OKanagan, BC](#)
- [General Feng Shui Tips for Love & Relationship by Teresa Hwang - Vernon](#)
- [Concerns about Bisphenol A?](#)
- [Chemicals in some baby creams, & adults shampoos can be harmful](#)



CONTESTS - Win a free treatment, workshop pass, or prize [Enter Here](#)
Congratulations to the November 2008 to January 2009 Contest Winners:

*who are already
interested
in health & wellness!*

Interesting in Promoting
your
business on OK In Health!

Special rate for yearly
advert!

Search Keywords

Subscriber info -
see end of page
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**Booking 2009
workshops & events
now!**

Read Newsletter on
Line

Home Page

We have a new phone
number for the
OK In Health office
250 493 0106

Ronda Trimble : John Sennett, Oliver : Darcy Nybo : Cheryl : Aldona Van Trump :
Abby Koop : Patrika Watkinson : Audra Roth : Laura McKinley : Alex Valoroso : Joy
Green : Jean Gemmel : Susan Norie : Charlene Lemm : Michele Matthews : Diana
Marchiel : Marion Desborough : Maria Lusseau : Christina Doherty : Donna Young : mindy
rollins : (Jan. movie tickets) : Sharyn Morris : Tanya Grunsky : Jaynie molloy : Corina
Destree :

Check out our NEW contests

RECIPES

- [Salmon Omega Salad Supreme with Walnuts and Asparagus. Flax & Herb Salad Dressing - Non Dairy](#)
- [Potato-Rosemary Crusted Fish Fillets](#)
- [Butternut Squash Soup](#)
- [Romaine and Pear Salad with Ginger Pear Dressing](#)
- [Butternut Squash and Apple Soup](#)
- [Celtic Healing Soup](#)
- [Ginger-Carrot Soup](#)
- [When in Season Simple Soup](#)
- [Garden Almond Gazpacho Soup](#)



PRACTITIONERS' DIRECTORY - [click here for Practitioners in your town](#)

A warm welcome to our OK In Health's practitioners who joined the directory this month or have renewed their annual listings.

[Click below to read full version:](#)

- [The Natural Family Health Clinic - Dr. Tamara Browne, ND](#)
 - [South Okanagan Naturopathic Clinic - Dr. Sherry Ure, ND](#)
 - [Quantum Fitness Studio – classes for your body and soul](#)
 - [Inner Bliss BellyDancing & classes- with Jenny Puls](#)
 - [Wind in the Willow Studio - with Cindi Tomochko](#)
 - [Linda Buhler - Colour Me Healthy - Your Animal Advocate](#)
 - [Kelowna Treatment Room for Rent](#)
 - [Natural Weight Management](#)
 - [Reiki -Revive! - with Kathy Collins](#)
 - [Feng Shui & Design - Practitioner & Courses - with Teresa Hwang](#)
 - [Reg. Veterinary Nurse & Reiki Master - with Heather Bundschuh](#)
 - [Studio Chi - Shiatsu Practitioner & Courses - with Brenda Molloy](#)
- Check out [Weekly Meditation & Discussion group](#)

WELLNESS TIPS -

- [Tips to Lower Sodium Intake](#)
- [Exercising in Cold Weather](#)
- [Bean Power](#)
- [Secondhand Smoke](#)
- [Salt Substitutes](#)
- [Soy sauce & Salt](#)
- [Blood Pressure and Potassium](#)
 - [Easy Ways to Reduce Your Energy Bill this Month](#)
 - [Dressing for Outdoor Winter Exercise](#)
- [Give Barley a Try](#)
- [Size matters!](#)



So many members are happy to share information with YOU! **can you spare 5 minutes!**

STAY CONNECTED with your community!

February and March 2009 - Workshops & Events

Click on any event link to bring to the main event calendar page,
where you can find some more information.
Once you find the event you are interested on, click on the town or date link for even more details.

[Click Here for more details and for more event in 2009](#)

- [Shiatsu Therapist Training Program - Diploma Program](#)
- [BodyTalk Module 1 & 2 with Kristy Kenny](#)
- [Healing Massage Course](#)
- [Business Course For Wholistic Practitioners](#)
- [How to Read Tarot Cards](#)
- [THE SECRET'S OUT: It's the WATER!](#)
- [Angelic Healing Intensive \(4 Days\)](#)
- [Working with the Angels with Denise Obidowski](#)
- [Health Shows](#)
- [Infant Massage Instructor Training](#)
- [Course South Okanagan Health Fair](#)
- [Move Better - Feel Younger - with Sandra Bradshaw](#)
- [Awakening Wellness with Brenda Molloy](#)
- [Guided Meditations](#)
- [Basic Holistic Foot Reflexology Certificate](#)
- [Basic Acupressure with Brenda Molloy](#)
- [Spiritual Apprenticeship Program - Level 1](#)
- [Touchpoint Reflexology Diploma Program](#)
- [Women Front & Centre Awards - Dinner/Gala](#)
- [An Evening Presentation with Dr. Beth Hedva, PDH](#)
- [Emotional Healing & Self-Renewal - 2 day workshop with Dr. Beth Hedva Ph.D](#)
- [Vernon's Body and Soul Wellness Fair](#)
- [Bach Flower Remedies Workshop](#)
- [Shiatsu Face Lift & Oriental Rejuvenation](#)
- [Training Sonia Choquette in person - 2009 Tour](#)
- [Facial Baguanfa Massage](#)
- [Cupping for Facial Rejuvenation](#)
- [Gua Sha Facial Training](#)
- [Conscious Parenting \(4 Days\)](#)
- [Extraordinary Wellness Festival - Cherryville](#)
- [Advanced Tools For Self-Mastery](#)
- [FSRC Four Pillars of Destiny Essential Course](#)
- [My Neck and Shoulders are a Pain in the Neck](#)
- [Chant Don't Rant with Brenda Molloy](#)
- [Business Course For Wholistic Practitioners](#)
- [Emotional Freedom Technique](#)
- [Come and Experience Mother Meera's Blessing](#)
- [Healing With Animals "Intuitive Communications"](#)
- [Acupressure Oil Massage with Brenda Molloy](#)
- [Basic Holistic Hand Reflexology Certificate Course](#)
- [The Okanagan Health Forum](#)

[Click Here for more details and for more event in 2009](#)

Check out OK in Health's complete Practitioners Directory - [click here](#)



A warm welcome to our OK In Health's practitioners who joined the directory this month or have renewed their annual listings.

-The Natural Family Health Clinic



Dr. Tamara Browne, Naturopathic Physician.

Individualized health care programs for chronic disease management & prevention.
Complete lab analysis. Scientifically based.

Featuring Chelation for a healthy heart and heavy metal detoxification
plus Neural Therapy for pain management.

By appointment at

The Natural Family Health Clinic, 3048 Skaha Lake Road, Penticton, BC, V2A 7H2
(250) 493-5377 office (250) 485-7227 cell

South Okanagan Naturopathic Clinic



Allergy Testing, Bowen Therapy, Chelation, IV Therapy, Women's Health

Dr. Sherry Ure, Naturopathic Physician, provides an eclectic approach to health and wellness. She utilizes botanical medicine, clinical nutrition, physical medicine, hydrotherapy, homeopathy, and prevention and lifestyle counselling to help patients learn to manage their own long-term health. By appointment at, 461 Martin St., Penticton, B.C. Canada, V2A 5L1 Telephone: (250) 493-6060 [E-mail](#)

Quantum Fitness Studio – classes for your body and soul



Strengthen your body. Stimulate your senses. Release stress.

Expand your awareness. Quantum Fitness Studio located at Bodies on Power in Penticton, offers a “buffet” of classes within one all-inclusive flex schedule. Create your own unique version of wellness and balance through dance, stillness, conditioning/sculpting, cardio/aerobics, Pilates, Yoga, stretching, meditation as well a variety of workshops. Recharge. Refuel. Renew.

Website: www.quantumfitnessstudio.com. Phone: 250.770.8303

Inner Bliss BellyDancing- with Jenny Puls



Classical Egyptian Cabaret Bellydance Teacher & Performer.

Come have fun and release your inner goddess. All ages and sizes welcome. Improve cardio, increase flexibility, strengthen core muscles, and your body's movements. Bellydancing for Beginners, Advance, Health & Fitness, Classes and Private Lessons, in Penticton & Okanagan Falls. Also Children Parties, Anniversaries, and Special Occasions. BD Costume Supplier. Call: 250- 497-1189 Email - [Click Here](#)

Wind in the Willow -Creative & Healing Arts -Studio



ART THERAPY, uses the creative process along with meaningful communication to work with and resolve difficult mental and emotional states. Creativity is the means whereby healing takes place. No prior art experience is necessary.

DRU YOGA THERAPY, is rooted in ancient tradition with its yogic postures, breath, and relaxation techniques. Unique to Dru are the Energy Block Release sequences based on gentle flowing movements harmonized with directed breathing, visualizations and affirmations. It is practiced by people of all ages, abilities and fitness levels. www.druworldwide.com

Cindi Tomochko: BA./DVATI. Certified Art Therapist and Dru Yoga Instructor
#204-219 Main Street, Penticton, BC V2A 5B1 p. 250. 276.5308 [Click Here to E-mail](#)

Linda Buhler - Colour Me Healthy - Your Animal Advocate



Colour Me Healthy is a "MOBILE" holistic health pet care service that provides assessments, healing and caring services for the animal and the owner in their own environment. These services address the dietary, behavioural, physical, and emotional needs.i.e. joint problems, fear of loud noises, allergies, pain,etc. Linda's services are complimentary to more extensive health care treatments for our special family members and Angels in fur.

Linda Buhler, Pet Practitioner, Reiki Master.

[E-mail](#) - Phone 250 - 485 7116. Oliver, BC
Visit website at www.colourmehealthy.com



*Note: It is important to consult with your holistic veterinarian when your pet is unwell.
Also visit OK in Health's [animal natural care page](#)*

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 Kelowna

Natural Weight Management

Do you need to lose fat, gain muscle, and build bone?
Try a Balanced Weight.
It can improve your life today.
604-730-5550 or 1-800-950-6998
www.balancedweight.com

Teresa Hwang - Feng Shui & Design



Teresa Hwang
Feng Shui & Design
Master of Feng Shui FSRC
FSRC Lecturer
Interior designer
www.teresahwang.com
[Click Here to E-mail](#)
250-549-1356
Commercial & Residential

Your personal guide to wealth, achievement, health and relationship, by using the correct placement of rooms, doors, windows, driveways, pools, ponds, fountains, hot tubs, furniture, colors and materials.
Have Luopan, will travel; servicing Vernon area, the Okanagan Valley, Vancouver, the Lower Mainland, Alberta and internationally.
Professional Traditional Chinese Feng Shui Consultant and Certified Interior Designer, Master of Feng Shui FSRC, Feng Shui Research Center Lecturer, proficient in working with clients and students in regards to:

- New home/business construction planning
- Renovation project planning
- Creating the perfect garden
- Locating the perfect building site
- Locating the perfect home/business
- Locating the perfect space for work (Wealth) & rest (Health)

See 'what is Feng Shui?', Article & Feng shui [courses & workshops](#)

REIKI - REVIVE! ---with Kathy Collins



Reiki has an innate intelligence that allows the body's natural flow and inherent energy force to clear blockages due to sickness, tension or unresolved conflict and stress.
Kathy is a Reiki Master/teacher in Kelowna.
Take back your health and well-being with Reiki, flower remedies and holistic health choices.
Contact Kathy @ 250-763-5997 or [click Here for e-mail](#) Kelowna, BC

Registered Veterinary Nurse and Reiki Master

Heather Bundschuh offers Reiki for Dogs, Cats, and Horses (and their Humans) within the Okanagan Valley.
Please visit my website for contact and more information www.animalreikitherapy.net . Or you may call me at 250-859-4378.
Willing to travel within the Okanagan Valley.
I have had very good results with equine injuries and Reiki, as an adjunct to professional veterinary services.

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, Sound Healing, 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 - across BC & Canada

[Click here for Practitioners in your town](#)

Ideas to add your Flax oil or EFA oil into your diet.

Shakes and smoothies: It's especially nice to add it to your smoothies.

Hot cereals: Add oil to slightly cooled cereal.

Vegetables: Use as you would 'butter.' Pour a small amount over raw or cooked-and-cooled veggies; stir to coat. If the flavor is too strong, use less and combine with vegan spread or seasonings.

Fruits: Purees such as applesauce can get the flaxseed oil treatment. Fruits served with yogurt can be lightly coated in oil. Some kids will happily dip apple slices in the oil.

Juices: Add appropriate amount to your child's favorite juice - it's unlikely they'll notice. If they do, cut back on the amount.

Sauces, dressings and dips: Add oil once the sauce has cooled to serving temperature. Add to salad dressings (your favorite brand, or make your own). Works well in gravies, tomato sauce, pesto, veggie dips, hummus, ketchup.

Valentine's Day is coming!

Special Offer:

Your Gal or Beau's favourite photo transformed into a professionally painted

PORTRAIT in oils on canvas.

Special Rate \$350 Canadian Dollars (Post & Packaging included).

See www.dial-a-portrait.com for details. E-Voucher available.



Need a novel idea for a Gift ? Find a luxury therapy, [treatment](#), or [workshop](#) to delight your Loved One! Scroll down through the list below to request an E-Gift Voucher.

Practitioners - Full details by area

[Penticton and South Okanagan](#)

[Kelowna and Central Okanagan](#)

[Vernon and North Okanagan](#)

[Vancouver & across B.C.](#)

[Alberta and Across Canada](#)

[Kootenays Area](#)

February Articles

Year of the Yin Earth Ox, Ji Chou Year: February 4th, 2009 – February. 4th, 2010 By

Teresa Hwang, Vernon

"The tough get going, when the going gets tough." That is the image that springs to mind for the upcoming Ji Chou year – Yin Earth sitting on top of Ox (Yin Earth, Yin Water and Yin Metal). After a tumultuous Wu Zi year, reprieve is in sight in terms of the real estate and financial market. People hopefully have learnt their lesson of hard knocks in the past year, for this is the time to make changes, relocate, get a new job, work hard, and build up the nest egg all over again. For more detailed look at the impact of Ji Chou on each person, we would need to look at the individual Four Pillars of Destiny Chart, in order to analyze the implication of the different elements of the year. [[Click Here to Read Full Article....](#)]

The Health Benefits of Essential Fats By Nelson Narciso B.Sc., R.P.



The quality of the fats we consume has become a commonly discussed topic, and many people are now recognizing that they are not created equal. Omega-6 and omega-3, the Essential Fatty Acids (EFA's), have a profound impact on our health and well being. The benefits of EFA's include, but are not limited to, increased metabolism and energy levels, optimal hormone production, well lubricated joints, proper brain, retina, adrenal and heart function, reduced allergy symptoms, lowered cholesterol and blood pressure, and the alleviation of migraine headaches. Studies have also shown EFA's to be important in less obvious ways..... [[Read Full Article](#)]

Diabetes, Insulin Resistance, and Elevated blood glucose

by Dr. Tamara Browne - Penticton Naturopathic Doctor.



Disorders of blood glucose are reaching epic proportions and account for a great number of chronic degenerative diseases such as Diabetes, heart disease, stroke, kidney failure, cataracts, retinopathy, and neuropathy. Diabetes is very much a disease of modern western civilization. Ninety percent of cases are non-insulin dependent or type II Diabetes which is caused by poor diet and lifestyle choices. Diabetes is relatively uncommon in undeveloped areas of the world. Many diabetics are overweight indicating that high blood glucose levels hinder weight loss and encourage weight gain. Elevated blood glucose is toxic to organs, especially the heart, kidney, and eyes. Pre-diabetes, also known as Insulin Resistance, is a wake-up call that will progress to Diabetes if not caught and treated early..... [[Read Full Article](#)]

Maternal-Reflexology by Kathryn Smith, Penticton, BC

Maternal-reflexology is a natural therapy to support women through pre-conception, pregnancy, birth, and motherhood. It helps to balance and maintain homeostasis in a woman's body through applying pressure to points on the feet. It is the age-old hands-on therapy known as reflexology with added knowledge and techniques geared towards hormone balancing, de-stressing and re-alignment of the female body especially the pelvic area and spine. It is an excellent way for a woman to maintain health and well-being during her pregnancy. [[Read More...](#)]

Is Your Weight Balanced? by Allan Lawry, Vancouver, B.C.

Have you ever stepped off the bathroom scales and asked yourself in confusion, "What did I just do, did I gain or lose?" Unfortunately, scales cannot measure the three main internal weights that may shift over time. These weights are fat muscle and bone, also known as your body composition. Here's a typical scenario: Over a ten year period you can lose 15 pounds of muscle weight, and gain 15 lbs of fat, especially if you have become inactive. Looking at the scales the needle hasn't changed, yet when you look in the mirror, you know something has shifted. Thoughts of gaining muscle and losing fat begin to enter your mind!.... [[Read full article](#)]

What is Feldenkrais? by Darcy Nybo, OKanagan, BC



Technically speaking, Feldenkrais® is a system of neuro-motor training and reconditioning that includes hands-on and verbally directed techniques to promote integrated movement. The Method concentrates on increasing the body's efficiency through improving coordination. In simpler terms, Feldenkrais® uses gentle, slow movements done within each individual's comfort zone, to help you boost your capacity to move effortlessly. The Feldenkrais Method® is for anyone who wants to reconnect with their natural abilities to move, think and feel. Whether you want to be more comfortable while on the job, sitting at your computer, or playing with your friends and family; Feldenkrais® has gentle lessons that can improve your overall well being. The Feldenkrais® Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. It doesn't matter if you are an athlete who wants to improve your performance, or someone suffering from chronic pain, Feldenkrais® can help..... [[Read Full Article](#)] and also some [upcoming workshops with Sandra Bradshaw](#)

General Feng Shui Tips for Love & Relationship by Teresa Hwang - Vernon



Feng Shui is the study of qi/chi – energies in our environment, which is specific to every space, relative to the time when the building was constructed, and to the people who are living or working within that space. Feng Shui is also about change, what we do in our environment will affect the outcome of different aspects of our lives. Here are some tips on how to improve the love and relationship aspect: Do close all the bedroom doors, including ensuite bathroom door before you go to bed; install a door or curtain if there is no door connecting the two rooms. [[Read Full Article](#)] also see [upcoming workshops](#)



Concerns about Bisphenol A?



In December, Vancouver-based Mountain Equipment Co-op became the first major Canadian retailer to pull polycarbonate containers from its store shelves. The buzz on bisphenol A — the controversial chemical used to make many hard plastic toys, our Water bottles, Baby bottles, and food containers — is proving perplexing for many consumers and retailers. As the ever-growing debate about the potential health effects of BPA rages on, consumers are left puzzled as to whether they should keep or clear their cupboards of polycarbonate products.. [[Read Full Article](#)]

Chemicals in some baby creams, & adults shampoos can be harmful, study suggests.

Baby shampoos, lotions and powders may expose infants to chemicals that have been linked with possible reproductive problems, a small study suggests. The chemicals, called phthalates, are found in many ordinary products including cosmetics, toys, vinyl flooring and medical supplies. They are used to stabilize fragrances and make plastics flexible. In the study, they were found in elevated levels in the urine of babies who'd been recently shampooed, powdered or lotioned with baby products, showed..... [[Read Full Article](#)]



Wholesome
and
organic

for the
maintenance
of good health



The Health Benefits of Essential Fats

By Nelson Narciso

[Article](#)

The Foundation of Supplementation

Written by Elaine Munro

[Article](#)

Cranio Sacral Reflexology 2009

September 2009 - - Basic, Advanced, & Third Level



Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. **The Reflexologist** can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. Dr. Faure-Alderson has a school in Paris and England and is coming to the OKanagan. BC - info@okinhealth.com
Very Limited places - so book early!(The Third level has only 4 placed left)
Hotel \$69 a night!- Direct flights from Victoria, Vancouver, Seattle, and Calgary. Car pools from Kootenays & Washington state.

Testimonial for the CSR:

The four days of CSR was extraordinary to say the least. I was in awe of Martine Faure-Alderson; a fascinating teacher who was bursting with so much information all relating to cranial-sacral reflexology. It was a privilege to learn from this woman!
Thank you Maria for bringing Martine to Penticton.

Wellness Quick Tips

Tips to Lower Sodium Intake

Have you been advised to limit your sodium intake? If so, try to eat a variety of raw, dried and frozen vegetables. Most of them are naturally low in sodium. Canned vegetables generally contain a significant amount of added salt unless the label states that it is low in sodium. Look for descriptions such as "no salt added" and "reduced sodium" on the Nutrition Facts labels when buying canned vegetables.

Bean Power

Beans, also called legumes, are inexpensive and quite filling. The U.S. Dietary Guidelines recommends eating them several times each week. Red, black, pinto, or kidney beans all pack a nutritional punch. One-third cup of cooked beans has only 80 calories, no cholesterol, lots of complex carbohydrates, and little fat. They are also a great source of protein, full of B vitamins, potassium, and fiber. Experts believe that eating beans may reduce blood cholesterol, a leading cause of heart disease.

Secondhand Smoke

The heart and blood vessels are extremely sensitive to toxic chemicals in secondhand smoke. According to some studies, secondhand smoke can increase the risk of heart disease by 30% or more. Play it safe; avoid secondhand smoke as much as you can.

Salt Substitutes

Use salt substitutes sparingly, if at all, unless you consult with your doctor. Some salt substitutes contain very high levels of potassium. This may be unhealthy for those with certain medical conditions. Instead of relying on a salt substitute, try seasoning foods with pepper, flavorful herbs and spices.

Give Barley a Try

Looking for a whole grain to add variety to your dinner plate? Willing to try a new flavor? Consider barley. According to our registered dietitian, one half cup (cooked) provides significant amounts of several nutrients, including folate, iron, zinc, protein, and fiber. You can also use barley in soups, stuffed peppers, pilaf, and hot or cold salads. It is readily available at most supermarkets.

Size matters!

Don't forget about portion size when dining out. A 3.5 oz. hamburger made with extra lean ground beef, cooked to medium, contains about 250 calories, 16 grams of fat, 6 grams of saturated fat and 82 mg of cholesterol. Upgrade that to a half-pound of meat and you are looking at almost 600 calories, 36 grams of fat, 13 grams of saturated fat and 185 mg of cholesterol. What a whopping difference! Stick with smaller portions of meat. Three ounces is about the size of a deck of cards.

Soy sauce

Did you know that low sodium soy sauce might still contain 600 mg of sodium per tablespoon? That's about 25% of the -recommended daily intake. Remember - a reduced sodium food, while often better than the original, is not always a low sodium food.

Potassium

Potassium is essential for many reasons. These include blood pressure regulation and normal heart function. However, too much as well as too little can cause problems. Thus the National Institutes of Health recommend getting potassium from food, avoiding supplements except at your doctor's direction. Good food-based sources include bananas, yogurt, spinach, lentils, raisins, and acorn squash.

Easy Ways to Reduce Your Energy Bill this Month

Add weather-stripping or caulking around windows, wear a warm sweater and turn the heat down a little, install door sweeps to help keep drafts from getting in, and clean or replace furnace filters to improve efficiency.

Dressing for Outdoor Winter Exercise

Dress appropriately and comfortably for cold weather exercise. Multiple layers will initially keep you warm and you can easily remove them, one at a time, as your body heats up. Likewise, a hat prevents substantial heat loss through the head and can also be easily removed.

Exercising in Cold Weather

Dressing in layers helps your body hold its heat and prevents the retention of perspiration on your skin. Try these tips to get the most out of the layering: 1. Wear a thin layer of synthetic microfibers such as polypropylene closest to your skin. Synthetics tend to wick sweat away; 2. The next layer is for insulation. A front zipper will allow easy release of extra heat and perspiration; and 3. The top layer should be windproof and waterproof. In extremely cold weather, an extra layer of microfibers or goose down inside the shell traps even more heat.

[More Wellness Quick Tips](#)

OK In Health - is helping by sponsoring

Women Front & Centre Awards - 4th Annual Dinner/Gala

6 p.m. Saturday March 7 - Penticton

Nominated outstanding women in 11 categories from across the South Okanagan and Similkameen honoured. Know any outstanding women in the South Okanagan/ Similkameen? Kick up your heels. Eleven categories to choose from: Arts, Lifelong Learning, Finance, Health & Wellness, Trades, Volunteerism, Community Contribution, Young Leader, Lifetime Achievement, Customer Service, New: Sports. Judges from throughout the region are anonymous. We're celebrating! Nomination deadline for awards dinner and gala is Feb. 8 (see www.sowins.com, or phone 493-4366 ext 105). Venue: Penticton Lakeside Resort, 21 W. Lakeshore Dr, Penticton, B.C. Fundraising event to Help woman in need : fee for Dinner/Gala : \$50 Contact for more information: ph: 493-4366 ext 105 or Email Donna - website: www.sowins.com [Please mention OK in Health during your enquiry]

South Okanagan Health Fair

February 20th 3pm to 7pm and February 21st 9am to 5pm

Are you making a New Year's Resolution to live a Healthier Lifestyle? [\[more details\]](#)

Location: South Okanagan Health Fair, Penticton Trade & Convention Centre, 300 Power Street, Penticton. www.southokanaganhealthfair.com. Contact Crystal Froese to book a booth or for more details at 250-490-6586 or [email](mailto:)
[Please mention OK in Health during your enquiry]

We invite you to join us in our 2009 goal of inviting 1,000 new members to sign up for our OK In Health Newsletter this year. You can share in our aspiration by forwarding this email on to a friend - if this would meet your need for connection and support in our community.

Time Saver: [Click here for a sample intro letter](#) to copy and paste or forward this newsletter to them.

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