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Thank you for viewing this month's Newsletter - as there is so much great info to share with you ...
www.okinhealth.com/Newsletter/009jan.html



January 2009 - OK in Health E-Newsletter



Newly updated 2009 events.
Event CALENDAR - [New Workshops, courses, & free events!](#)

Dear OK In Health Members and Friends,

New Year Greetings
 from our
 OK in Health
 Team,
 Practitioners,
 Workshop
 instructors,
 Events,
 and members

It's exciting to realize that another year has gone by and that we embark into the 5th year of OK In Health.

These years have seen one of the biggest passions of my life come to fruition – that of bringing together those who have the gift of the knowledge of healthy ways of living and healing with those who wish to explore them.

In bringing OK in Health to life, a pathway has been found to set up connections between our local health & healing community practitioners. OK In Health is a strong promoter of providing a forum for both conventional and traditional medicine systems to reach those in need of these services. It also opens doors onto preventive medicine and natural therapeutics by providing up-to-date information for our members.

We start the year with many new workshops, classes, and events. Check out the many events coming to your area, on our calendar of events.

We are very happy to celebrate and welcome our 600 new members who signed up in 2008. **This year's 2009 goal** is to sign up 1,000 new members. Your continued help will be very much appreciated, and we encourage you to invite a friend to come join this amazing network.

Check out our collage of photos in this newsletter, of some our local practitioners, workshop instructors, health speakers, and members that have sent us their photos to show their support of this on-line community network.

If you have placed an advertisement, workshop, events, business, or support group on OK In Health - Would you like to place your business cards on our table at health shows? email us for more details limited time offer

Below is our January Newsletter, which is jammed packed with new up-to-date information - workshops, articles, contests, and more...

The OK In Health Team wishes all our readers a wonderful, relaxing, healthy, joyful, and peaceful new year, and that each and every one of you takes another exciting step on the unfolding journey of taking care of yourselves and loved ones.
 Warm regards,
 Maria Carr
 Editor and Executive Director

Our 2008 Thank You's

Thanks to all our readers for your amazing support of OK In Health.
 A special thanks to Marion Desborough, Christina Ince, Linda Buhler, Angele, Michelle Parry, Denise Blouin, Jonathon, George, Gord, Patrisha, Joan Moffett, Kathy Collins, Sherri Morgenson, Sharon Purdy, Petrine, Zdenka, Mario Fieldt, Gerry Nevdoff, Yee, Linda

Here are some of
 our members,
 practitioners, and
 teachers that
 posted information
 on OK In Health in
 2008.



[Email us](#)



2008 OK In Health Health show



South Okangan
 Health Fair
 SOHF award to
 OK In Health the
 2008
 Health & Education
 award

AMBITION to MEANING
Dr. Wayne Dyer's First Film!
[Jan 1, 3, 4, 10th](#)



OK In Health reaches people who are already interested in health & wellness!



Still time, to place your 2009 events on OK In Health!



Khandro, and everyone who has helped me and OK In Health with support, web work, office admin, volunteering at many 2008 health shows and in any other extra special ways.

We would also like to thank OK - Today TV show for doing another two interviews in 2008 on TV about OK In Health this year, the okanagan newspapers, SOHF (South Okanagan Health Fair), and SOWINS (South Okanagan Woman In Need) for honouring us with their 2008 health business awards.



New Articles

The Reconnection™ - What Is It? by Bernice Granger, Penticton
 The Reconnection and Reconnective Healing are about restoring wholeness, bringing more balance into the body, mind, emotions, and spirit. [[Read full article](#)]

The Foundation of Supplementation by Elaine Munro, nutritionist
 The importance of investing in our health is something we all need to remember. These top 5 foundation supplements will cover the bases for most. [[read full article](#)]

Emotional Rescue by Alexis Costello
 Many people have heard of Bach Flower Essences before without knowing it, in the form of the combination 'Rescue Remedy'. [[read full article](#)]


Does Your Pet Need the Needle? by Dr. Moira Drosdovech, Veterinary
 Many veterinarians in the last decade have begun questioning over-vaccination. What is a pet guardian to do? My position is that... [[Read More...](#)]

Natural Prevention is Key to Prostrate Health by Klaus Ferlow
 Infection, enlargement and cancer are three common problems that challenge prostate health. [[Read full article](#)].

[Read more Articles on our Main Article page...](#)

Chrysolinthe, Database & Office Support – Virtual Office Assistant

We assist small businesses and consultants to achieve their goals, by managing the information they require and providing administrative & secretarial services, virtually and on-site. Check our website for contact information www.chrysolinthe.com



January Workshops, Movies, & Events

- [Pawspoint - Reflexology For Animals at Touchpoint Institute of Reflexology, Vancouver](#)
- [Basic Foot Reflexology at Pacific Institute of Reflexology, Vancouver](#)
- [Victoria Health Show & Edmonton Health Show](#)
- [Business Course For Wholistic Practitioners - Kelowna & Calgary](#)
- [AMBITION to MEANING - Finding Your Life's Purpose - Dr. Wayne Dyer's! - Lake Country and Penticton](#)
- [Seniors Computer Classes. Kelowna & Penticton](#)
- [Monthly Guided Meditations With Crystals, Crystal Skulls & Orgone Generators with Pamela Shelly. Kelowna](#)
- [Advanced Tools For Self-Mastery with Pamela Shelly Kelowna](#)
- [Touch for Health - Level One with Alexis Costello BFRP & Holly Berezowski. Kelowna](#)
- [The Tides of 2012 with Denise Obidowski. Kelowna](#)
- [Penticton Nickel Plate - Free Introductory Day](#)
 - [More Events](#)

Note: Registrations for [Mother Meera's Free blessing](#) must be done before February 9th.

Recipes

Spinach salad and Mixed beans with fresh herb dressing

Beans are a great idea for a supper side dish or for a quick lunch. This salad can be kept in the fridge for up to two days.



OK In Health at another 2008 Health show with volunteers Linda, Christina, and Maria

Come visit OK In Health at the Vernon's 2009 Body and Soul Wellness Fair





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PRACTITIONERS

[Directory](#)

Makes 6 servings

Ingredients

1 can 19oz (540 mL) mixed beans, drained and rinsed - 1 cup (250 mL) grape tomatoes, - 1 cup (250 mL) red pepper, diced- 1 cup (250 mL) baby spinach, washed and dried, chopped chiffonade* - 1/2 cup (125 mL) red onion, finely sliced- 1/2 cup (125 mL) light feta cheese, crumbled

Dressing

1 tsp (5mL) fresh herb mix or make your own
*Fresh herb shaker
1 tbsp (15 mL) olive oil
2 tbsp (25 mL) balsamic vinegar pepper

Directions

1. Combine beans, tomatoes, red pepper, spinach, onion and feta cheese in a large bowl.
2. Combine dressing ingredients in a separate bowl. Toss into salad. Serve.

Nutritional information per serving

(3/4 cup/175 mL)
Calories: 142 Protein: 8 g Fat: 5 g Saturated fat: 2 g Dietary cholesterol: 4 mg Carbohydrate: 19 g Dietary fibre: 5 g Sodium: 333 mg Potassium: 381 mg

More Recipes

- [Greek Omelet](#)
- [Stuffed Mushroom Caps with Couscous](#)
- [Slow Cooker Madras Chicken](#)
- [Crockpot Fisherman's Stew](#)
- [Sweet and Sour Crockpot Pork](#)
- [Healthy Stewed Tomato Crock Pot](#)
 - [Almost Alfredo](#)
 - [Curried Noodles with Tofu](#)
 - [Spinach and mushroom lasagna](#)
 - [Roasted Vegetables and Feta](#)
- [How to make stuffed courgettes! Hearty Lentil Stew](#)

***What is Chiffonade?**

It is a cooking technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons. The term comes from the French language. It means "made of rags" referring to the fabric-like strips that result in this technique.

***Make your own fresh herb shaker**

Ever wondering what to do with all the fresh herbs in your garden or how to use up fresh herbs you buy at the store? Here is your solution: freeze them. The herbs listed below freeze very well and can be used to flavour soups, dressings, salads and entrees. They have much more flavour than the dried versions. Using herbs instead of salt can help you control sodium intake.

Ingredients: Equal measures of: Sage, finely chopped - Thyme, finely chopped - Oregano, finely chopped - and Rosemary, finely chopped
Directions: Combine herbs in a small bowl and spoon into a spice shaker or plastic airtight container. Store in the freezer.

[More Recipes](#)

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.

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

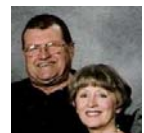


Are you listed on OK In Health?

events, workshops, practitioners, support groups, or local businesses....

Let us help you to promote your

business at the many events & health shows we attend... [Contact Us](#)



January Wellness Tips

Motivating Yourself to Exercise

A good way for many people to maintain or increase exercise is through finding an upbeat workout partner. Almost everyone does better with encouragement than with negativity, and



many people do better if they have another person working with them. Encouraging each other can positively affect your attitude and increase your desire to come back for more.

This month's Wellness Tips are:

- [Garlic](#)
- [Eye Protection During Sports](#)
 - [Lots of Diets](#)
 - [Fructose Fast Food](#)
 - [Interval training](#)
 - [Weight management](#)
- [Addressing Muscle Soreness](#)
- [Stay Safe on the Basketball Court](#)
 - [Gaining Weight](#)
- [Persistence is an amazing thing](#)
 - [Spaghetti Squash](#)
 - [Icing for injuries](#)
 - [Lower Fat Baking](#)

[More wellness tips](#)



WELLNESS TIPS



Formulas As Individual As You Are



[Add your Practice or Event on OK In Health](#)



Dare to Dream - Body, Mind & Spirit Centre.

Healthy Tips for New Clothes and Fabrics

Our undergarments, clothes, and bedding are made in different parts of the world, sit in warehouses, and go through many hands and exchanges before we purchase them for ourselves. You never know who has tried on before. Most new clothes and bedding have been specially treated/coated with chemicals to prevent creasing and have flame resistant chemicals added. So, we recommend that you wash everything before you use it and to then throw it into the dryer to kill any parasites that have hitched a ride.

26 Weeks to Emergency Preparedness

A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous. Have you considered your ability to handle an emergency? We have a New Year's Resolution for you: An 26-week guide to Family Emergency Preparedness. [Click here for a handy two page informative guideline](#)

Tips for Taking A Trip?

It is recommend to always wash your hotel room glasses in hot water with detergent before using and after housekeeping has been in. Remove the outer bed spread when you arrive and place in closet. Check for small black bed mites along the mattress. It only take 5 minutes and after that, just have a good time.

OK In Health's Contests

CONTESTS - [Win a free treatment, workshop pass or prize](#)
33 contests plus two new contests

New! # 32 -

One free Reconnective Healing treatment with Bernice Granger

New! # 33 -

One free Reflexology treatment at [Footworks Reflexology with Kathryn Smith](#)
 ([more contests](#))

[Click here for updated contest info](#)

[Enter Contests](#)

[Click button for full list & details of Contests](#)

Help us reach our 2009 goal

We are very happy to celebrate and welcome our 600 new members who signed up in 2008. This year's 2009 goal is to sign up 1,000 new members. Your continued help will be very much appreciated, and we encourage you to invite a friend to come join this amazing network and to sign up for their free Monthly E-newsletter.

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

Wishing all our Members a Very Happy New Year !

#33 - 2070 Harvey
Ave. Kelowna.

For full details and more workshops & event.... - visit our [Calendar page](#)

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