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You have reached the full version on Line: - <http://www.okinhealth.com/Newsletter/009march.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 on, please scroll down and re-click on link.
Thank you for taking the time to check out the full version of this newsletter.

OK In Health E-Magazine - March 2009

Beannachtaí na Féile Pádraig oraibh!

Greetings to all our OK In Health subscribers,



Being Irish and Canadian, it gives me great joy to wish you **Beannachtaí na Féile Pádraig oraibh!**
(That's Happy St. Patrick's Day in Gaelic). As we celebrate, let us be mindful that we all are soul citizens of planet Earth.

If you have some workshops, events, coming up - [now is the time to post them](#). If you have been thinking of [listing your business](#) or if you have an [article, recipes or information you would like to post](#) on the website, please send to me before **march 19th**.

We invite you to come visit [OK In Health](#) website for the full details.

Thanks you for your support of OK In Health by receiving this free Health and Wellness E-Magazine.

Yours In Health,

From Maria Carr and the OK in Health Team - The Integrative Health & Healing Information Center- Est.2004 -

*May you always have walls for the winds,
a roof for the rain, tea beside the fire,
laughter to cheer you, those you love near you,
and all your heart might desire.*

*May your thoughts be as glad as the shamrocks,
May your heart be as light as a song,
May each day bring you bright, happy hours,
That stay with you all the year long.*



Calendar of Events

[Click Here](#) for more details visit 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 full list & more details and for more event in 2009 [...more](#)

Weekly Meditation & Discussion [Learn more...](#)



Visit our
Reflexology
Page

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Shiatsu Therapist Training Program [Kelowna - learn more...](#)

Crop Circle Mysteries

A full day of visionary sacred geometry with sacred site travel guide Joseph-Mark Cohen. [Kelowna ...](#)

Bach Flower Remedies Workshop [Kelowna - learn more...](#)

Addressing The Vaccine Dilemma [Vancouver - learn more...](#)

James Arthur Ray - Live in Northwest, [USA](#)

James Arthur Ray - Live in [Vancouver - learn more...](#)

Health Shows - [Calgary - learn more...](#)

[Click Here for full list & more details](#)

Shiatsu Face Lift & Oriental Rejuvenation Training - [Chilliwack - learn more...](#)

Archangel Michael. How to work with him on a daily basis! [Kelowna - learn more...](#)

Sonia Choquette in person - [Vancouver - learn more...](#)

Facial Baguanfa Massage - [Chilliwack - learn more...](#)

Cupping for Facial Rejuvenation - [Chilliwack - learn more...](#)

The Okanagan Health Forum with Dr. Neal Barnard and Dr. Ron Cridland
[Kelowna - learn more...](#) and [Penticton - learn more...](#)

Gua Sha Facial Training - [Chilliwack - learn more...](#)

Conscious Parenting [Kelowna - learn more...](#) & [Calgary - learn more...](#)

The Extraordinary Wellness Festival - [Cherryville](#)

[Click Here for full list & more details](#)

Advanced Tools For Self-Mastery
[Kelowna - learn more...](#) & [Calgary - learn more...](#)

FSRC Four Pillars of Destiny Essential Course - [Vernon - learn more...](#)

My Neck and Shoulders are a Pain in the Neck [Kelowna - learn more...](#)

Chant Don't Rant with Brenda Molloy [Kelowna - learn more...](#)

Business Course For Wholistic Practitioners [Kelowna - learn more...](#)

Emotional Freedom Technique [Vancouver - learn more...](#)

How to Develop Your Psychic Touch [Kelowna - learn more...](#)

Come and Experience Mother Meera's Blessing
[Kelowna - learn more...](#) & [Calgary & Edmonton - learn more...](#) **Free event**

Introduction to Medical Thermal Imaging [Kelowna - learn more...](#) (just posted)

Healing With Animals "Intuitive Communications"
"To Heal Your Animals Is To Heal Yourself" [Victoria](#) [Learn More](#)

Guided Meditations With Pamela Shelly, [Kelowna - learn more...](#)

Acupressure Oil Massage with Brenda Molloy [Kelowna - learn more...](#)

Public Channeling with Denise Obidowski [Kelowna - learn more...](#)

**The Natural
Family Health
Clinic**

**Dr. Tamara
Browne,**

Naturopathic
Physician.
Individualized
health care
programs for
chronic disease
management &
prevention.
Complete lab
analysis.

By appointment at
The Natural Family
Health Clinic, 3048
Skaha Lake Road,
Penticton, BC, V2A
7H2 (250) 493-
5377

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Banners,
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friend to a
relaxing
Treatment!**

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**Visit our
Pet & Animal**

Basic Holistic Hand Reflexology Certificate Course [Vancouver - learn more...](#)

Working with Archangel Michael
on becoming an "Angel of Blue Flame" in Human Form
with "karma lodro chipal" author of 'The Michael Project'
[Kelowna - learn more...](#)

[Click Here for full list & details](#)

APRIL

I Can Do It! 2009 -Toronto [Learn more..](#)

Hand Reflexology [Vancouver - learn more...](#)

Touch For Health 1, 2, 3, 4 [Vancouver - learn more...](#)

Feng Shui - FSRC Professional Certification Course - Modules 1, & 2
FSRC Professional Feng Shui Course - Modules 3 & 4 - [Vernon - learn more...](#)

Meridian Reflexology [Vancouver - learn more...](#)

Mystical Traveler - Mexican Riviera Cruise with psychic
Sylvia Browne and Colette Baron-Reid - [Departing Los Angeles](#)

Green Smoothie Revolution
Learn about the advantages of eating a raw food diet,
green smoothies, advantages and benefits of eating healthy with Victoria & Vayla Boutenko

Spring Festival of Awareness [Penticton - learn more...](#)

• (just posted)

Free Introductory Talk on 9 Dimensions of Higher Consciousness
Medical Intuition Workshop with Kim Seer
9 Dimensions of Higher Consciousness Course with Kim Seer
[Penticton - learn more...](#)

MindScape - Developing Intuition with Kristy Kenny

Ear Reflexology [Vancouver - learn more...](#)

Face Reflexology [Vancouver - learn more...](#)

I Can Do It! 2009 - San Diego, USA

Featuring Dr. Wayne W. Dyer, Caroline Myss, Dr. Christiane Northrup, Doreen Virtue, Brian L. Weiss, Lisa Williams, Marianne Williamson and more speakers...

[Click Here for full list & more details](#)

Holistic Practitioner Workshop [Kelowna - learn more...](#)

Chakra on Feet [Vancouver - learn more...](#)

Introduction to Shiatsu (Floor) with Brenda Molloy [Kelowna - learn more...](#)

Cranio Sacral Reflexology in Quebec
By world renown Dr. Martine Faure-Alderson

Wise Woman Weekend in Ireland

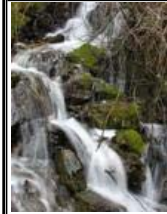
Riva's Healing Retreats
"To Heal Your Animals Is To Heal Yourself" [Armstrong - learn more...](#)

Back to the Garden - Two Hours to a Better Back [Kelowna - learn more...](#)

Reflexology: The Teachers Program [Vancouver - learn more...](#)

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and Celiac
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Getting To Know Your Bowl - with Brenda Molloy [Kelowna - learn more...](#)

Practitioners Reflexology [Vancouver - learn more...](#)

Learn how to be a Past Life Regressionist with Norma Cowie [Penticton - learn more...](#)

[Click Here for full list & more details](#)

Developing Your Core - Two Hours to a Better Back [Kelowna - learn more...](#)

Table Shiatsu - with Brenda Molloy [Kelowna - learn more...](#)

Body Reflexology Miracle Points [Vancouver - learn more...](#)

Holistic Practitioner Workshop [Kelowna - learn more...](#)

I Can Do It at Sea - Alaska Cruise ([depart from Seattle](#))

Sylvia Browne and Colette Baron-Reid Alaska Cruise ([depart from Seattle](#))

Sylvia Browne in Ireland ([bus tour around Ireland](#))

Riva's Healing [Retreats](#)

Shiatsu Practitioner Training Program - Diploma Program [Kelowna - learn more...](#)

Cranio Sacral Reflexology - Basic, Advanced, & Third Level **Penticton** - [learn more...](#)

P.A.T.H. Health Expo - Salmo Valley [Kootenays](#) (date change)

and [Correspondence - Courses & Training](#)

[Click Here for full list & more details](#)

Quantum Fitness Studio [...more](#)

Art Therapist and Dru Yoga Instructor [...more](#)

BellyDancing Classes [...more](#)

Nia Technique [...more](#)

LET'S GET WALKING!.. [...more](#)

Kundalini Trance Dance [...more](#)

Core Dynamics movement [...more](#)

African inspired Dance [...more](#)

Yoga off the Mat [...more](#)

Chakra, Hatha Yoga Classes [...more](#)

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



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Summer
& Fall
events**

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What's On?

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](mailto:)

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

Date change

Emotional Healing & Self-Renewal -with Dr. Beth Hedva is changed to a one day weekend workshop

This most popular workshop, Emotional Healing & Self-Renewal, is based on her work and book called 'Betrayal, Trust, and Forgiveness - A Guide to Emotional Healing and Self-renewal" By Beth Hedva.

Beth is one of North America's leading experts & presenters on personal, interpersonal, manmade and natural loss & trauma. She blends ancient & contemporary cross-cultural healing practices and spiritual traditions with modern psychological practices to promote an integrative approach to common health & wellness. SBio Tickets: (NEW PRICE) \$80.00. Phone **Joan Moffet** at 250 492-6743

Location: Penticton Health Centre, 750 Carni Ave. (**NEW VENUE**)
March 7th, 9am to 5:30 pm (**NEW DATE**)

Also Emotional Healing & Self-Renewal - An Evening Presentation with Dr. Beth Hedva,

Tickets: \$10 advance or \$12 at door, purchase at Community Center or phone Joan Moffet for more details at 250 492-6743. Location: Cleland Theatre, Community Centre, Power St, Penticton
Friday March 6th at 6:30-8:30 pm [Please mention OK in Health during your enquiry]



Earth Hour 2009 online - Earth Hour is on 8:30PM Saturday 28 March 2009 and it looks like it's going to be really big. So far, as well as Canada, there'll also be Chicago, Sydney, Tel Aviv, Manila, Copenhagen, Melbourne, Brisbane & Toronto all turning off their lights for an hour in the name of fighting global warming. [Sign up](#) for Earth Hour with us.

Women Front & Centre Awards - 4th Annual Dinner/Gala - Saturday March 7 - 6 p.m.

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.

Venue: Penticton Lakeside Resort, 21 W. Lakeshore Dr, Penticton, B.C. Fundraising event to Help Woman in Need
fee forDinner/Gala : \$50 Contact for more information: ph: 493-4366 ext 105 or [Email Donna](mailto:) - website: www.sowins.com
[Please mention OK in Health during your enquiry]

Spring Festival of Awareness ~ Retreat

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

Extraordinary Wellness Festival

The Extraordinary Wellness Festival brings together three days of valuable information, transformation, experience and entertainment. [Cherryville](#) North Okanagan. Come for the day or the weekend.

[March Weekend 13, 14 and 15th](#)

Riva's Healing Retreats

"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

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 abbey and charming castles—all with their own stories to tell. [More details](#)

and **Wise Woman Weekend in Ireland** [More details](#)

March is dedicated to Learning Disabilities Awareness, National Colorectal Cancer Awareness, National Epilepsy, National Kidney, National Nutrition Month, Brain Awareness, and World Day for Water. See [Support Groups](#) Page.

Articles

What Is an Antioxidant?

You may have heard about the health benefits of antioxidants, but do you know what an antioxidant is — and how they actually work? Antioxidants are dietary substances including some nutrients such as beta carotene, vitamins C and E and selenium, that can prevent damage to your body cells or repair damage that has been done. Antioxidants work by significantly slowing or preventing the oxidative — or damage from oxygen — process caused by substances called free radicals that can lead to cell dysfunction and the onset of problems like heart disease and diabetes. Antioxidants may also improve immune function and perhaps lower your risk for infection and cancer. In your body, the antioxidant process is similar to stopping an apple from browning. Once you cut an apple, it begins to brown, but if you dip it in orange juice, which contains vitamin C, it stays white.

An eating plan containing plenty of fruits and vegetables, whole grains and nuts can supply all the antioxidants your body needs.

A Winter Alternative to Fresh Fruit

Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the middle of winter? A convenient option is dried fruit. Like fresh, dried fruit contains lots of fiber, vitamins A and C, potassium and folate. Dried fruit is a portable snack and in the kitchen it can be added to salads, pancake batter, bread recipes or a bowl of cereal. Dried fruit may contain more calories per serving than fresh and some dried fruits are preserved with sulfite, which can trigger allergic reactions in some people, so read the package label.



Love your heart: by Dr. Tamara Browne, Naturopathic Physician, Penticton, BC
Health, longevity, & happiness with optimal functioning of your heart & circulation. Naturopathic Doctors (ND's) have specialized training in the use of natural and safe, non-invasive techniques for the prevention and treatment of illness. My particular area of expertise is in the treatment of chronic degenerative disorders such as heart disease, diabetes, and obesity. These conditions cause more suffering and death to human beings than all other illnesses combined. I have identified five critical steps in the management and prevention of heart related illnesses. These lifestyle factors are easily assimilated into most people's lives with little trouble. They are safe, holistic and will improve health and vitality, as well as drastically reducing one's risk of developing severe illness. These steps are: [\[Read full article\]](#)



A natural approach to pregnancy and childbirth using Homeopathy

by Sara Fitzharris, Kelowna
Many women find that pregnancy is a time where they gain a new focus and really want to take care of themselves and their body – and what better reason could there be? During this time, many women find themselves drawn towards more natural forms of medicine – ones that will do no harm to the baby growing inside them and which will give gentle relief to many of the problems that can arise in pregnancy. Homeopathy is a wonderful choice during pregnancy.... [\[read full article\]](#)

It takes more than an apple a day



by Norm Danniels. Norm is considered one of Canada's leading sport nutrition specialists.
Green food supplements are continuing to gain in popularity, offering a wonderful bridge between food and supplements. Made up primarily of whole food concentrates and extracts, they are nutritionally denser than the foods we consume, and contain a wide variety of vegetables that would otherwise never make it to our table. Vegetables don't play much of a role in today's fast food world, but they are nutritional powerhouses that must be included in our diet. This is where green food supplements make their greatest contribution. They are highly alkaline, contain significant levels of phytochemicals and trace nutrients and make a tremendous contribution to our nutrient intake. [\[Read full article\]](#)



Fruit and berry concentrates



by Norm Danniels. With over 20 years of experience in the Health & Fitness industry, Norm is considered one of Canada's leading sport nutrition specialists.
As significant a role as green foods play in our diet, there is a whole other side of the plant kingdom that offers similar nutritional density. Fruits and berries are loaded with phytonutrients, polyphenols and natural antioxidants. In fact, berries have the highest ORAC value (Oxygen Radical Absorbance Capacity), so their importance can't be overstated. Despite their more pleasant taste, fruits and berries are neglected nearly as badly as vegetables. An apple a day might sound like a good dietary strategy but it falls well short of what we actually need, especially when you consider that over the last 100 years the mineral content in our commercial farmlands has fallen by over 80%. If the minerals are lacking in the soil, they will also be lacking in our food. [\[Read full article\]](#)



Feng Shui :To Live in Balance

by Teresa Hwang - Vernon
Traditional Chinese Feng Shui is based on the study of balance and harmony, in both an internal and external sense. From the time when Feng Shui first came into existence in China 5000 years ago, the study of geomancy was based on land forms and structures that were oriented according to the magnetic North/South compass directions. In those days Feng Shui was used for the purpose of locating the best burial sites (Yin Feng Shui), as the Chinese people practiced ancestor worship. They believed providing the ancestors with the most auspicious burial sites would bless the descendants with good children, good luck, and good fortune. In time, the ancients realized that the same principles could be applied to benefit the living (Yang Feng Shui). [The study of Feng Shui](#) and Chinese metaphysics evolved to what we have today, along with the teachings of Lao Tze – the Yijing (I Ching), Confucius and Buddhist philosophy... [\[Read Full Article\]](#)



Moving Without Hurting



by Sandra Bradshaw, GCFP - Kelowna.
A Feldenkrais® Lesson to Improve Your Back.
Have you even noticed that the time when back pain strikes, is usually when you are attempting to sit, lie down, or turn over in bed. Turning over in bed can be one of the most challenging activities for those suffering from a sore back, because, in an attempt to stay in the warm little nest that we have created for ourselves, we tend to twist rather than rotate our spine. Practicing the following Feldenkrais

Advertisement

Awareness Through Movement® Lesson when you are awake will help you to learn a new strategy for rolling over more easily when you are asleep. [\[Read full article.\]](#)

[More Articles](#)

Get to know some of our OK In Health members!

	<h3>Glimpse Intuitive Skincare</h3> <p>The first and only product in the world to deliver the performance driven nutrients of the mangosteen fruit. Glimpse Nourishes your skin with clean & toxin-free formulations using pure, natural botanicals to produce firm, supple, radiant and healthy looking skin. Demos, Wholesale Packages & Business Opportunity. Contact Krista Gustavson at 250-498-5499 or for email Click Here! and at www.GlimpseSkincare.com and www.KristaGustavson.com Gift Certificates Available</p>	 <p>Safe for the whole family</p>	
<h3>Rite - Way Health - with Marie Sperling</h3> <p>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.</p>			
<h3>Extraordinary Wellness Festival</h3> <p>This North Okanagan Festival brings together three days of valuable information, transformation, experience and entertainment. It will showcase the offerings of the Centre for Extraordinary Outcomes and talented local residents. There will be lots of interesting mini-talks and workshops on topics such as Vitamix Whole Food Juicing, Resonance Repatterning, Brain gym, Collage Vision Board Making, Wild crafted Instrument Making, Non Violent Communication, Peralandra, and Coning. There will be a sunrise ceremony daily, live music events, a trance dance, drum circle, kid created performance, a 100-mile dinner, and much more. Visit this beautiful mountain getaway and bring your friends, or family. Dogs are welcome if they are friendly, on a leash, had their shots. We have fenced in area for them also Stay on-site at the Lodge Inn or the B&B— don't miss a minute of the festival! Special Festival rates—space is limited so book now!</p> <p>Date: March 13, 14 and 15th 2009 Location: The Lodge Inn Retreat, 63 Begbie Road, Cherryville BC Investment: \$10 per day or weekend pass for \$25 Single event or workshops \$5 each Kids under 6 are free Contact: 1-888-547-0110 or E-mail for more details. www.extraordinaryoutcomes.org/festival [Please mention OK in Health during your enquiry]</p>			
<h3>Clay - Pascalite</h3> <p>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</p>			
<h3>The Okanagan Health Forum</h3> <p>Features two highly acclaimed speakers, Dr. Neal Barnard and Dr. Ron Cridland, who will share their knowledge and cutting edge research in lifestyle medicine. Dr. Neal Barnard President, Physician's Committee for Responsible Medicine, Washington, D.C. For further information, please check Here</p> <p>Afternoon: Health Professionals' Forum: \$ 25 including lunch, for Health Professionals March 10, 12:00 – 4:00 pm - Penticton Health Centre and March 11, 12:00 - 4:00 pm - Kelowna General Hospital Evening: Public Event: \$ 5 for Public: March 10, 6:30 – 9:00 pm – Penticton Community Centre Cleland Theatre and March 11, 6:30 – 9:00 pm – Kelowna Community Theatre Tickets will be available thru website or at the following locations: Choices Market- Kelowna, London Drugs - Kelowna, Penticton, Westbank, and Penticton's -Whole Foods Market. [Please mention OK in Health during your enquiry]</p>			
	<h3>GemCare Counselling</h3> <p>Relaxation & Stress Reduction, Personal issues, Anger Management, Loss & Grief, divorce support, Marriage, and family counselling. Qualified Practioner of E.F.T</p>		

practitioner with over 30 years in counselling both Church and community based. Faith issues addressed only if client requests. Affordable flexible fee structure. Registered Professional Counsellor and a Master Practitioner in Counselling Psychology with Marie Prior R.P.C., M.P.C.P., and Gerald Prior (R.P.C) Member Canadian Professional Counsellors Association and Canadian College of Professional Counsellors & Psychotherapists. Tel. Penticton 250-809-9762 [E-mail](mailto:) .
Website: www.gemcarecounselling.com

Acupuncturist - Bonnie Deyaeger RAc--

Bonnie Deyaeger RAc, A State of Health in Balance, Cawston BC.
As a Registered Licensed Acupuncturist with a Diploma in Traditional Chinese Medicine obtained from ACOS in Nelson BC. I offer Acupuncture, Tai Na (Chinese Body Works), Qi energy work, and classes in Qi Gong.
Acupuncture is now listed as one of the alternatives with MSP for persons with a lower income. A combination of alternatives up to 10 per year. Phone: 250-499-7852

Life Coaching with Sue Chambers

LIFE COACHING is a new, relaxed way of helping you look at your life from a different perspective, allowing you to answer your hard questions; and find out what is holding you back from the life you want! Determine and set your goals, remove obstacles; and achieve what you desire in your life. Realize the unlimited possibilities and create the successful, abundant life you desire! CALL 250-392-3850 Williams Lake, BC create--success@hotmail.com

Therapeutic Writing ~ Inner Pathways

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Feeling empty, lonely, lost, without purpose or direction?
Looking for a sense of connection, peace and serenity?
Aching to live your truth – to love and accept yourself more?
Workshops and counselling available on-line and in person. [\[see contests\]](#)
Annette Erickson, Registered Professional Counsellor, Healing and growing through the written word. (250)807-2746 or 1-888-807-2367. annette@innerpathways.ca
Website: www.innerpathways.ca


[More practitioners in your area! ...](#)

Contests

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

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Recipes

Are You an Emotional Eater?

Do you eat whenever you're anxious? Is food one of the few things that make you feel better? If so, you may have been conditioned to turn to food for comfort. For many people, food is more than just nutrition. Eating is something to do when you're bored, tired, anxious or when dealing with emotions. Often these behaviors can lead to overeating. If you eat because of emotions, you may want to start keeping a food record of what you eat, when you eat and why you eat. Recognizing what triggers your eating can often make it easier to make changes. To help break the habit of turning to food when emotions begin to take over, find other things to do, such as walking around the block, taking a bike ride or playing with the dog. Find a balance between eating and your emotions and still enjoy your comfort foods.

Mushroom Risotto

1 cup Arborio rice (or barley), 2 shallots, finely chopped 2 garlic cloves, finely chopped, 4 cups of sliced wild mushrooms, 3 to 4 cups stock - chicken, or veggie , 1/2 cup grated parmesan cheese, 1/2 cup whipping cream, 1 tablespoon of olive oil, 3/4 teaspoon salt, 3/4 teaspoon ground black pepper, 1 bunch cilantro, rough chopped.

Method - 1. In a large skillet place oil, shallots and garlic, sauté gently till onion is tender. 2. Add rice and mix well with onion ensuring to coat each grain of rice in the oil. 3. Add the 1/2 the mushrooms and some stock, stirring constantly, the object is to have the rice absorb the stock before adding more stock. 4. Add seasoning and continue adding stock until rice is 2/3 rds cooked. 5. Add remaining mushrooms and more stock till rice is completely cooked and tender. 6. Add cream and cheese, mix well. 7. Serve with green salad and garnish with chopped cilantro. 8. Cooking the rice will take approximately 20 to 30 minutes. Stirring the skillet constantly will ensure the rice stays separate and does not stick

Celtic Healing Soup

This soup is especially soothing when tired, stressed or sick with a cold or flu and is anti-fungal.

2-3 whole garlic cloves, 1 large onion, 2-3 quarts water or organic veggie broth, 1 cucumber, (optional: cabbage, celery and any other organic veggie desired), 2 Tbs fresh cilantro, 2 tsp fresh grated ginger, Celtic Salt to taste.

Method - Chop and crush garlic cloves into small diced pieces and lightly steam-fry. Set aside. Put whole onion in water in a deep pan, simmer until onion is transparent (approx. 1 hour). Add garlic and yeast-free instant veggie broth. Slice cucumber

(and optional veggies) and add to soup. Simmer 10-15 minutes. Add fresh ginger, cilantro and Real Salt to taste.

Salba Irish Hummus

Hummus is a chickpea paste that is popular in various local forms throughout the Middle Eastern world, but its origins are unknown. In Arabic the word hummus is used to describe the dish or just chickpeas.



- 1 cup chickpeas from a can, drained
- 1/2 lemon, juice
- 1 gloves garlic
- 1/4 cup olive oil
- 1/4 cup sunflower oil
- 1 cup fresh parsley, (keep some parsley to garnish)
- 1/4 teaspoon chilli powder
- 1/2 cup water
- 1/2 teaspoon unrefined sea salt
- 2 tablespoon Salba®, whole seed

Method - Mix all the ingredients with a blender until it's smooth and creamy. Garnish with parsley. Serve with toast, crackers or vegetable sticks. Note: This is not a gluten free recipe!

- [Veggie and Chinese Chicken Crock Pot](#)
- [Gluten-Free Almost No Fat Vegan Brownies](#)
- [Spaghetti Squash](#)
- [Vegetarian Shepherd's Pie](#)
- [Best Ever Coleslaw Diabetic Recipe](#)
- [Low-Fat Smoked Salmon Spread](#)

Are You Speed-Eating? Hit the Brakes!

Eating on the run or grabbing food from a bag are common eating methods for many Americans. But eating slowly may be better for your health. Part of the enjoyment of eating lies in seeing what's on your plate, smelling the food and taking time to enjoy the process. Grabbing or eating on the run deprives you of the very things that make eating fun – and healthier. By eating slowly, you may improve what and how much you eat. Try these tips: Always eat from a plate, Sit at a table, Turn off the TV and look at your food, Eat only when hungry, Enjoy what you eat and eat what you like. Focusing on what you eat makes it easier to sense when you are full and to stop eating before you overeat. Try eating slowly for enjoyment and your health.

[More recipes.....](#)



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