



OK In Health's August Newsletter

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Celebrate Summer!

No doubt about it, August is a peach of a month. It has that slow by easy flavor to it - unrivalled by any other time of the year. We love to celebrate Summer! And there does seem to be more time available to us during these long sunny days in which to do it.

So why not factor in a treat for yourself ?.... a leisurely all over body massage, a reflexology [treatment](#), join a [support group](#), a [nature walk](#) with a group or a friend. Check out our [courses](#) and [classes](#) below - while chilling out with your feet up. Take some time to read our [new articles](#) or check out some new [books](#) . Try a [new recipe](#)!

The sun is shining for you this Summer on our website www.OKinHealth.com with a wealth of ideas, suggestions and events for you to sample.

Summer Recipes

- [Super Salsa Summer Fresca](#)
- [Veggie and Chinese Chicken](#) (Crock Pot)
- [Penne à la Broccoli](#)
- [Potato-Rosemary Crusted Fish Fillets](#)
- [Best-Ever Tofu Burger](#)

Cool Snack -

Looking for a healthy snack idea?



Try banana crunch pops. Place a small banana on a popsicle stick, coat with non fat or low fat vanilla yogurt, roll in crisped rice

OK In Health's Garden



150 Natural Garden Tips

- * **P**icking off flowers frequently encourage
 - *most annuals to flower more abundantly.
 - * **F**ertilize before a rain whenever possible.
 - * **B**are spots on your lawn?
 - * **F**lowers that attract insect eating bats!
- Read some useful ways to help keep your garden natural & healthy. [\[Click Here\]](#)

Wellness Tips

Golfers & back pain

Did you know that about 25% - 30% of all golfers suffer from low back problems?



If you're a golfer, consider this back safety tip: bend your knees and keep your back straight when retrieving the ball from the green or when teeing off.

Fluids

Are you drinking enough fluids? A good indicator is the color of your urine. Light, pale urine usually indicates good hydration where as dark urine

New Events

Free Intro to Kundalini
Yoga & Meditation [Penticton](#)

Personalized Energy Healing
- Intro Workshop
Passionate Living Services
[Kelowna](#) - Sat Aug 9

Aug 9 & 10 - Sat & Sun
Conscious Parenting
Pamela Shelly [Calgary, Alberta](#)

Saturday August 9 [Kelowna](#)
FREE - Nature Program &
Astronomy for Families

Saturday August 9 [Kelowna](#)
Buddhist Enlightenment
Denise Obidowski

Aug 13 - Wed even
Intro To The Angelic Realm
Pamela Shelly [Calgary, Alberta](#)

An Afternoon with Dr.
Deepak Chopra
Live in [Kamloops BC](#)



August 14 - Thurs - [Kelowna](#)
Bats - Creatures of the Night
FREE - [Hiking tours](#) -

cereal and set on waxed paper. Freeze overnight. Enjoy a low fat, nutritious and cool snack tomorrow. [More Recipes](#)

[Register early!](#) -Fall classes & workshops

indicates poor hydration. Consider making a habit of drinking 8 -10 glasses (8 fluid oz) of water each day. ([More Wellness tips](#))

[Advertise your classes & events early!](#)

FREE - [Lynn Canyon Ecology Centre North Vancouver](#)
FREE - [Free walking Tours Vancouver](#)

Aug 14 - [Kelowna](#)
Awakening NOW! ~ Stillness Meeting with Moni & Tomas

Aug - [Penticton](#)
Free Beach Volleyball & BBQ
Free - H2O FLO Teen Swim



* **This is an excellent newsletter** full of interesting and very helpful tips, great ideas and wonderful suggestions on improving and providing extra care and natural health aid for anyone, no matter what age they may be. Lana Teichmann, Kelowna

* Thank you for having this lovely website! kim Greenhow, Penticton

* I like this magazine; it inspires me. Pamela Campion, Penticton - [Add your Comments Here](#)

What is Acupuncture?

By Bonnie Deyaeger RAc
(Register Licensed Acupuncturist.)

The art of inserting very fine, solid needles into points in the body to open blockages, warm channels and help relieve pain. This then may improve mobility and has been shown to help with improving ones memory. A wonderful way to bring balance to the whole mind, body and spirit. The acupuncture's intent is to promote health, stop pain, relieve suffering and calm the mind.

[\[Read More... \]](#)

Ecology of Mind!

Written by Corinne Crockett, RN, CHTP, RSI
Interim Practitioner



"My Dad died of high blood pressure at 50, I know I am next." How many

If You Haven't Had Your Shake, You Haven't Finished your Workout!

By Norm Danniels

What you consume immediately following your workout is almost as important as the workout itself. Every time you exercise, you deplete a significant amount of your stored muscle glycogen (carbohydrates) as well as your amino acid pool, and the stress of that exercise breaks down and damages your muscle cells. The good news is that those muscle cells grow bigger and stronger (provided they are properly nourished)...

[\[Read More... \]](#)

What is Life Coaching?

By Sue Chambers,
Certified Life Coach, Williams Lake, BC

Life Coaching is a new, relaxed way of helping us look at things from a different

PRECISIONSM
SPORT SUPPLEMENTS

Getting Healthy
Never Tasted
So Good.

ISO-PRO Low Carb
& Decadent Whey™
Natural 100%
Natural

www.precisionsupplements.ca

times have you heard someone tell you that the health concerns of their elders would surely be visited upon them? It may come as a relief and a surprise to know that the relatively new science of epigenetics reveals that belief systems have more to do with our health than does our genetics. [[Read More...](#)]

What is Cranio-Sacral Reflexology by Maria Carr



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 Reflexologist can use cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. By using the gentle techniques of Cranio-Sacral Reflexology, the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress. [[Read More....](#)]

perspective. Allowing us to answer the hard questions and find out what is holding us back from the life we want. It is a one on one relationship to determine goals, set time frames to achieve them and show what has been stopping us from being successful. Coaching makes us accountable to ourselves and to our lives. [[Read More...](#)]

Classifiedsand News



Reflexology Chair - For Sale.
Reclining Lounge Chair for Reflexology
Sturdy Frame - in new condition
Asking \$200 . 250-304-6875

Take The [Green Smoothie Challenge](#)
Health Practitioners Space for Rent.
Natural Products for sale
[Kelowna Man](#) swims the English Channel.
CD For sale
Seminar room for rent
Graphic Designs by Aunaray
Aromascents Magazine
Walking Club in Penticton
[Easy - Simple - Fat Loss](#)
Body, Mind & Spirit Stores
[[More Classifieds ..](#)] -



[Free yoga Classes - Penticton](#)

FREE - Architectural Tour Vancouver

Aug 16 & 17 Sat & Sun
Angelic Healing I
Pamela Shelly [Calgary, Alberta](#)

August 19 [Kelowna](#)
Fairies - Denise Obidowski

August 21- Thursday [Kelowna](#)
Introducing the Night Sky

August 23 - Saturday
August 28th - Thursday
Become Bear Aware
[Kelowna](#)

Aug 23,24 - Sat & Sun
Conscious Parenting
Pamela Shelly [Kelowna](#)

Aug 23,24 - Sat & Sun
Reflexology for Animals
Yvette Eastman [Vancouver](#)

Aug 26 Tues - [Kelowna](#)
Crystals for Meditation
Denise Obidowski

Aug 26 Tues - [Kelowna](#)
The Gems of Excellence
Introductory Course

Aug 28 - Sept 1
Touch For Health - Levels 1-4
Yvette Eastman [Vancouver](#)

Dawn Dancing Otter

Shamanic Journeying and Sacred Medicine
Soul Alchemy
Transformational Bodywork
Classes and Workshops:
Afro-Jazz Dance for adults
Core Dynamics Body Mastery
DanceAlchemy Ecstatic Dance



Dawn Dancing Otter, Penticton, BC. Ph:250-276-6359 [Email](#) Website: www.dancingotter.ca
Accepting and Loving What IS...Manifesting what is BEcoming...and Dancin' like there's nobody watchin'
New Article: [What is DanceAlchemy Ecstatic Dance?](#) [Upcoming Classes - Click Here](#)

Check out our Fall Workshops & Courses, Community Events, and Fitness Classes - [CLICK HERE](#)

The Death of a Pet



by Linda Buhler (Colour Me Healthy)

Have you lost a Beloved animal companion? If you are reading this Article, you probably have. It's tough to cope with isn't it? Often it's made even harder by the fact that in most societies you are made to feel it's foolish to grieve. "It was only an animal" you can always get another one. Uh-huh. An animal that shared your life is a family member and.... [[Read More...](#)]

Congratulations

May / June Contest Winners are:

Audrey Goran , Jan Atkins, Darlene Allmark, Linda limacher, Dan Schafer; Tracy Riley , Lyndis Steven, Deborah Guydos, Julie Hollington, Lisa Milson; Rebecca Lindquist , Margaret Hidber, Diane Anderson; - Dawn Dancing Otter ; Tricia Highley; Judy Sylvester, Pat Deacon; Nicole Stone, Jean Gemmell, Jessica Burns , Sue Skidmore, Judy Sylvester, Diane Bresser- Brown, Kim Greenhow, Pamela Champion, Peter Maliepaard, Donna Phalen, and Celeste Hayne



Enter New Contest - [Click Here!](#)

Brand New Contests



-----Win one
of the
many treatments
and prizes in
OK in Health's
New
34 Contests
[Click Here!](#)

ENTER
[NEW CONTEST](#)

Such as:

One signed copy of the Fantasy novel "FireDrakes, Chronicles of the Daemon Knights by local okanagan author David Korinetz."

Reflexology, Yoga class, Readings, CD's, Family counselling, Feldenkrais, Hypnosis, Reiki, Massage, Homeopathic, T-shirts, Shiatsu treatments, and Organic Facials...

Are you ready to feel better this fall and put YOU first?.

It is not- all about just losing weight but it is about feeling well!

**Having more energy! tackling a walk or those stairs,
bring down your cholesterol or blood pressure,
being able to move with ease**

breaking free of your stress and worrying?

So let's have some fun about it!

Give yourself some time to look over some of the many options that OK In Health offers in information about upcoming classes, take a course, read an article to learn what suits you best.... and invite a friend to take a step with you,

Nia Fall classes

Michelle Parry - [Penticton](#)

September 5 - 7 Fri-Sun

Inner Pathways

Women's Retreat. Annette

Erickson

[Kelowna](#)

Sept 8 to May 9

Integrative Yoga Training

Trinity Yoga Centre [Kelowna](#)

Summer Badminton & Basketball

Penticton - Free

Gellatly Nut Farm-Tours

Kelowna - Free

Starting Sept 11- [Penticton](#)

Chakra Empowerment

7 weeks with Pat Everatt

also **Brain Gym 101** - November

Sept 13 - Saturday

Meditation 101 - Intro

Workshop Can't stop thinking?

Passionate Living Services

[Kelowna](#)

Sept 13 & 14 Sat & sun

Business Course For

Wholistic Practitioners

[Calgary](#), Alberta

(October in [Kelowna](#))

Pamela Shelly

Sept 16 & 18 Tue & Thurs

The Law of Attraction

-

Intro Workshop

Passionate Living Services.

[Kelowna](#)

Sept 16 - Dec 2nd - Fall classes

Afro-Jazz dance class

Dawn Dancing Otter [Penticton](#)

Sept 16- Dec 2 - Fall classes

Core Dynamics

Body Mastery

Dawn Dancing Otter [Penticton](#)



Sept 16 - Dec 2nd - Fall classes

Dance Alchemy [Article](#)

Dawn Dancing Otter [Penticton](#)

toward more energy and wellness. Put yourself first and your health! and find something that inspires you - Check out our [Fitness Classes and Workshops](#)

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Over 400 unique visitors a day
30,000 hits a month .

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[Healthy Articles](#)

Cranio Sacral Reflexology

Course with Dr. Martine Faure-Alderson

Coming to the Okanagan from England

November 13 - 16, 2008

Limited space so book early!

[Read More - [Click Here](#)]

Health Fairs, Retreats, & Festivals

Inner Pathways Women's Retreat.

Fun weekend of connection & discovery, life writing, sharing stories & finding your truth.

Fri-Sun September 5 - 7 - [Kelowna](#)

Wise Woman Festival - Sept 19-21

50+ workshops to choose from! [Naramata](#)

Classical Equitation with Craig Stevens

Sept 26-28 - [Langley, BC](#) (Van)

Organic Okanagan Festival

Sunday September 21 - [Kelowna](#)

P.A.T.H. Expo

Lectures * Readings * Exhibits * Workshops

Sept 27 & 28 - [Salmo, Kootenays](#)

Grief Seminars with Stephen Jenkinson

October 2 - 4 [Penticton](#)

Seniors Symposium

& Conference on Brain Health & Aging
Wednesday October 8 - [Penticton](#)

[Vancouver Health Show](#) - October 25 & 26



September 19-21

Wise Woman Festival

[Naramata /Penticton area](#)

Sept 20 - 21 Sat & Sun

Angelic Healing II

Pamela Shelly [Calgary, Alberta](#)

Sept 21, Sun - [Kelowna](#)

Organic Okanagan Festival

Sept 26 - 28

Classical Equitation

Craig Stevens & Ann Turner
[Langley, BC](#) (Van)

Sept 27 - 28

P.A.T.H. Expo

Sept 27 - 28

Shamanism

Learning Intensive - Journeying & Power Animals
Dawn Dancing Otter [Penticton](#)

Nia Fall classes

Michelle Parry - [Penticton](#)



You can help us in our cause to "keep us all connected" by linking us from your Website, tell a friend, or make us your home page and thereby creating a circle of cooperation which benefits everyone through mutual support. Please [Email Us](#) if you have any ideas, questions or suggestions.

Dr. Tamara Browne,

Naturopathic Physician. The Natural Family Health Clinic
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

Pamela Shelly

Pamela is a Spiritual Teacher and has been teaching a variety of workshops since 1998. Pamela works closely with the Angelic Realm and after teaching Reiki classes for 10 years she is now guided to teach Angelic Healing. Workshops will be offered in [Calgary, Kelowna](#) and [Vancouver](#). If you would like to host a workshop in your area please phone me at 1-866-847-3454. pamela@pamelashelly.com .

Tesana Healing Guide

Guiding you to your highest light and potentials - using intuition and muscle testing. I design and customize programs honouring your uniqueness with: essential oils, crystals, healing sprays and jewellery , flower /sea /gem essences, toning, herbs, supplements, foods, DNA healing, music, chakra balancing and Re-Connection of the 12 meridians to the earths grid. Also Animal Healing (dogs, cats, horses) To browse in the crystal store or for a

From the editor - Maria Carr and the OKinHealth Team.
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