



OK In Health Your Wellness Community at your Finger-tips!

This month's Magazine - is jammed packed! -we have so many great new articles, 100's of events, contests, recipes, and lots of information to share with you. 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!

November 2008

QUICK OVERVIEW

Read newsletter on Line at www.okinhealth.com/Newsletter/08Nov.html



[Sign up for Newsletter](#)

Check out OKinHealth
NEW low rate advert for
Practitioners and health related
businesses

[Special rate for yearly advert!](#)

[Search Keywords](#)

Subscriber info - see end of page



Booking 2009
workshops & events now!

UPDATES News & announcements

CALENDAR - New Workshops, courses, & free events, !

New ARTICLES



- **Homeopathy and Flu** (or the common cold) by Sara Fitzharris
- **Is Your Calcium Source Right For You?** by Norm Danniels
- **What is Cranio-Sacral Reflexology** by Maria Carr
- **Clear Your Space, Clear Your Mind!** by Linda Andersson
- **Warning Signs-That You Should NOT Ignore** by Marie-Jeanne Fenton
- **Family Mediation for Separation & Divorce** by Cathay Gibson
- **Healthy Tips for Flu Season** by Dr. Radka Ruzicka
- **Feng Shui: To Live in Balance** by Teresa Min Yee Hwang
- **What to do with those Pumpkin Seeds** by Maria Carr
- **Are You A Worrier?** by Carole Fawcett
- **Ginkgo Biloba** - The Longevity Herb by Klaus Ferlow
- **What is the Glycemic Index scale?** by Maria Carr
- **The Stress Factor** by Brad J. King

CONTESTS - [Win a free treatment!](#) - plus List of new Contest winners

RECIPES

- How to Toast Pumpkin Seeds - great snack
- Caramel Apples trick or treat? but kid fun! nuts eh!
- Oatmeal (Bean) Chip Cookies
- How to Roasted Almonds
- Build up your immune system with Garlic Toast
- Ginger & Lemon Tea - Cold buster
- Butternut Squash Soup - easy, nutritious, and yummy!
- Raw Cookies 4 you & your Pet - raw foods
- Raw Fig Pudding raw foods
- Hazelnut Pate vegetarian & raw food recipe

This month's Testimonial
Practitioners Directory - complete list

WELLNESS TIPS - see below

- Slow Down When Eating!
- Boost Your Immune System with astragalus !
- Seasonal Depression Affecting You?
- The Ideal Amount of Weight to Lift !
- Clean Hands Keep the Doctor Away!
- Dry Skin?
- Bean Power!

Cranio Sacral Reflexology Course

Dr. Martine Faure-Alderson has a school in Paris and has taught Postgraduate students of Reflexology since 1968. She holds her Cranio Sacral Reflexology seminars throughout Europe and teaches in America, South Africa, Australia, New Zealand and is now coming to the Okanagan in November for a one-time CSR course. Join the many Cranio Sacral and Reflexology practitioners that are already signed up for this amazing course. Nov 13 - 16 in Penticton. Ask about our special accommodation rates. [See article](#)
Contact Maria Carr for [More details](#) - Only three places left - Book today!!



Photo of Okanagan in Autumn by Maria Carr ©

News and Announcements !

Help us reach our 2008 goal

Last New Years Eve, we set our goal for 2008 to aim to sign up 1,000 new members by the end of the year. It was a high goal but I am happy to say we have already passed the half-way mark of our goal. With only two months left in 2008, we ask you to help us reach our goal and to encourage you to invite your family, friends, clients, or colleagues 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.



I Can Do It at Sea - Alaska Cruise July 2009

Explore Alaska on a luxurious ocean liner with all your favorite authors and enjoy the opportunity for spiritual and body enlightenment. Join Special Guest Louise Hay and Keynote Speakers for these spectacular programs with Wayne Dyer - Caroline Myss - Cheryl Richardson - Gregg Braden - Iyanla Vanzant - Sonia Choquette - Brian Weiss, M.D. - John Holland. Now you can spend the week listening to some of the most inspiring authors of today. [Click Here for more details.](#)

Mystical Traveler - Mexican Riviera Cruise April 2009

Featuring Colette Baron-Reid and Sylvia Browne. Set Sail with Sylvia Browne, and Colette Baron-Reid on a Breathtaking Cruise to the Caribbean. [Click Here for more details.](#)

I was blessed to have gone on a spiritual cruise last April and it was amazing. I got to meet Wayne Dyer, Caroline, Colette Baron-Reid, and Sylvia Browne and most of the speakers. I would highly recommend treating yourself!. Maria Carr



Need a novel idea for a Christmas Gift ?

Find a luxury therapy, relaxing [treatment](#), or a inspiring [workshop](#) to delight your Loved One! Request an Gift Voucher from one of our many practitioners or workshop organizers..



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](#)



Special Offer: Your favourite person's 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.



OK In Health Reaching Communities

In October, we had another booth at the South Okanagan's Seniors Wellness. Thanks to all our volunteers that signed up new members to OK In Health. We plan to attend many Shows this year - in as many communities as we can. Let us know if you have a great local health show, event, or fair in your community?

Cranio Sacral Reflexology Basic & Advanced Course

There is still one or two places left for this Penticton Course on Nov 13 - 16th. This course is advance learning for all Reflexologists and CranialSacral practitioners. Dr. Faure-Alderson has a school in Paris and England and has taught Postgraduate students of reflexology since 1968. She holds her seminars throughout Europe and teaches in America, South Africa, Australia, and New Zealand. Martine recently spoke about

OK in Health Articles

Homeopathy and Flu (or the common cold) by Sara Fitzharris registered Homeopath , OKanagan

For many people the winter season brings with it a lowering of spirits. We spend more time indoors, want to eat more and may feel less energetic or inclined to exercise. These are all natural responses, but they can make us more susceptible to illness. Can illness ever be good for us? A strange question maybe, but the fact is that sometimes illness can have beneficial effects. It can be a way for the body to detox and regenerate. It also builds the immune system creating better immunity against a whole array of viruses or illnesses. Often getting flu or a cold will require you to stay at home, rest more, eat healthier, lighter foods and look after yourself a little better. Providing people give themselves a proper recovery time they are often more energetic and feel healthier afterwards. For those who are new to homeopathy it is a natural system of medicine that works by stimulating the body's own healing mechanisms. Relief from symptoms can be gained as well as helping the body to eliminate the virus and be stronger following the recovery. Here are some easy ways to stay healthy and hopefully prevent flu include:.... [\[click here to read full article\]](#)



Is Your Calcium Source Right For You? by Norm Danniels, Canadian Nutritional Specialists.

Calcium has long been considered the 'bone building' supplement, but is beneficial to our bodies in far more ways. Bone density and formation, blood circulation, healing, muscular contraction, energy production, vitality, brain function, and the central nervous system all rely on calcium. It is one of the most critically important minerals to the human body. The difficulties associated with consuming enough calcium are compounded by depletion in our bodies. Almost as quickly as you take it in, it is depleted, making constant replenishment of your body's calcium supply vital to your health. The importance of calcium cannot be overstated. Here are some of the contributing factors to calcium depletion..... [\[click here to read full article\]](#)



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

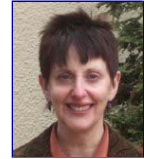
Clear Your Space, Clear Your Mind! by Linda Andersson, Professional Organizer, Kelowna

Organization is something we all struggle with. It seems that no matter how hard we try, disorganization creeps back again and again. So, why do we even bother getting organized in the first place?. According to feng shui principles, clutter in any area of your life is a sign of stuck, stagnant energy. The more clutter you have, the more sluggish the energy becomes. If you have ever walked into a cluttered room, you have probably felt your energy drop dramatically. So much so that you may even avoid that room altogether and close the door so you don't have to look at it! Coping with clutter is rarely easy and staying focused and motivated to get the job done can be one of the biggest challenges. Here are a few tips to help get you started and stay motivated when it all seems like too much!..... [\[click here to read full article\]](#)

Warning Signs - That You Should NOT Ignore by Marie-Jeanne Fenton, Cert. Biofeedback Specialist, Kelowna

Family Mediation for Separation & Divorce without intractable conflict by **Cathay Gibson**, M.A., Ph.D.
Kelowna

Mediation empowers families to resolve conflict and negotiate separation agreement terms in a non-violent, collaborative way. A Mediator keeps the parties on task. A Mediator will also ensure that you are heard and that you hear what you are saying which may have a profound affect on your thinking and way of resolving the dispute in a creative way that you never thought possible. A Mediator is a good listener. Through this listening process, parties can get to the root causes of their difficulty and begin to build a common ground on which to mutually and beneficially resolve their matter of dispute. [\[click here to read full article \]](#)



The Stress Factor by **Brad J. King**, M.S., M.F.S.



Most people these days will tell you that they are stressed! Chronic stress has been linked to North America's five leading causes of death: heart disease, cancer, lung disease, accidents and cirrhosis of the liver, but I have seen much evidence that also implicates stress in the number one cause of disease (and death) these days--obesity. During a stress response -- whether actual or perceived -- your adrenal glands pump out numerous stress-hormones, the most powerful of which is cortisol. Many diseases and cases of obesity have been blamed on excess cortisol production. Cortisol is [\[click here to read full article \]](#)

Healthy Tips for Flu Season by **Dr. Radka Ruzicka**, D.N.M., N.C.P. - Alberta

We all know that with the change in seasons comes cooler weather and the possibility of cold or 'flu. The following are some tips to help get you through the 'flu season! such a vitamin C, ginger, garlic and other herbs. During illness: If your body is hollering at you, get it back on track by increasing your intake of garlic. The best way to take large amounts of raw garlic is by making homemade garlic toast. Here are a few tips to keeping your immune system boosted by....[\[click here to read full article \]](#) This article also has some great recipes!



Are You A Worrier? By **Carole Fawcett**, Vernon

"To feel or express great care or anxiety" is how the dictionary defines worry. We all worry about something it seems and it is rare for someone to say they have no worries at all. We worry about money, health, friends, family, exams, relationships, vehicles, weather, body size, what we eat, safety issues and the list goes on and on. There are those who worry incessantly about everything[\[To Read More\]](#)

What to do with Pumpkin Seeds By **Maria Carr**, Penticton.



Pumpkins, and their seeds, are a fall celebrated food both for their dietary and medicinal properties. They have recently become more popular as research suggests that they have unique nutritional and health benefits. Zinc is one of the nutrients found in pumpkin seeds. The fact that pumpkin seeds serve as a good source of zinc may contribute to the role of pumpkin seeds in **support of the prostate**. Their healing properties have also been recently investigated with respect to arthritis, lowering cholesterol, and enhance the immune response... [\[Read More... \]](#) and see how to toast your own Pumpkin Seeds!

PH - Balanced and Juicing

Fruit and vegetables are very alkalising, which is the opposite of acidic, like many of the foods we eat -- meat, sugar, most grains, caffeine and proteins. Stress has an acidic effect on the body too, so as we need to be in a slightly alkaline state to function best. Fresh juices, preferably freshly made, can help to protect us against the ravages of the modern world and make the diet as a whole more balanced.....[\[To Read More\]](#)

Ginkgo Biloba - The Longevity Herb By **Klaus Ferlow**

What is the Glycemic Index scale? By Maria Carr

It is a good idea to get to know and understand the Glycemic Index, because choosing foods with a low GI rating more often than choosing those with a high GI may help you to: • Control your blood glucose levels • Control your cholesterol levels • Control your appetite • Lower your risk of getting heart disease • Lower your risk of getting type 2 diabetes..... [\[Read More\]](#)

For more wellness articles and information - visit [OKinHealth's Article page](#)



Just posted:

Nov 12: Nov 19: Nov 26: 2008

FREE Lunch and Learn Seminars with chiropractor Dr. Cary Yurkiw

Nov 12: Aging and Arthritis: Can arthritis be helped?

Nov 19: Six Truths about Whiplash: How can it be helped?

Nov 26: Do you have 20 minutes for a better back? Quick tips for relief. [Penticton Okanagan Wellness Centre](#)

Nov 28, 29, 30, 2008

Weekend Body Imagine

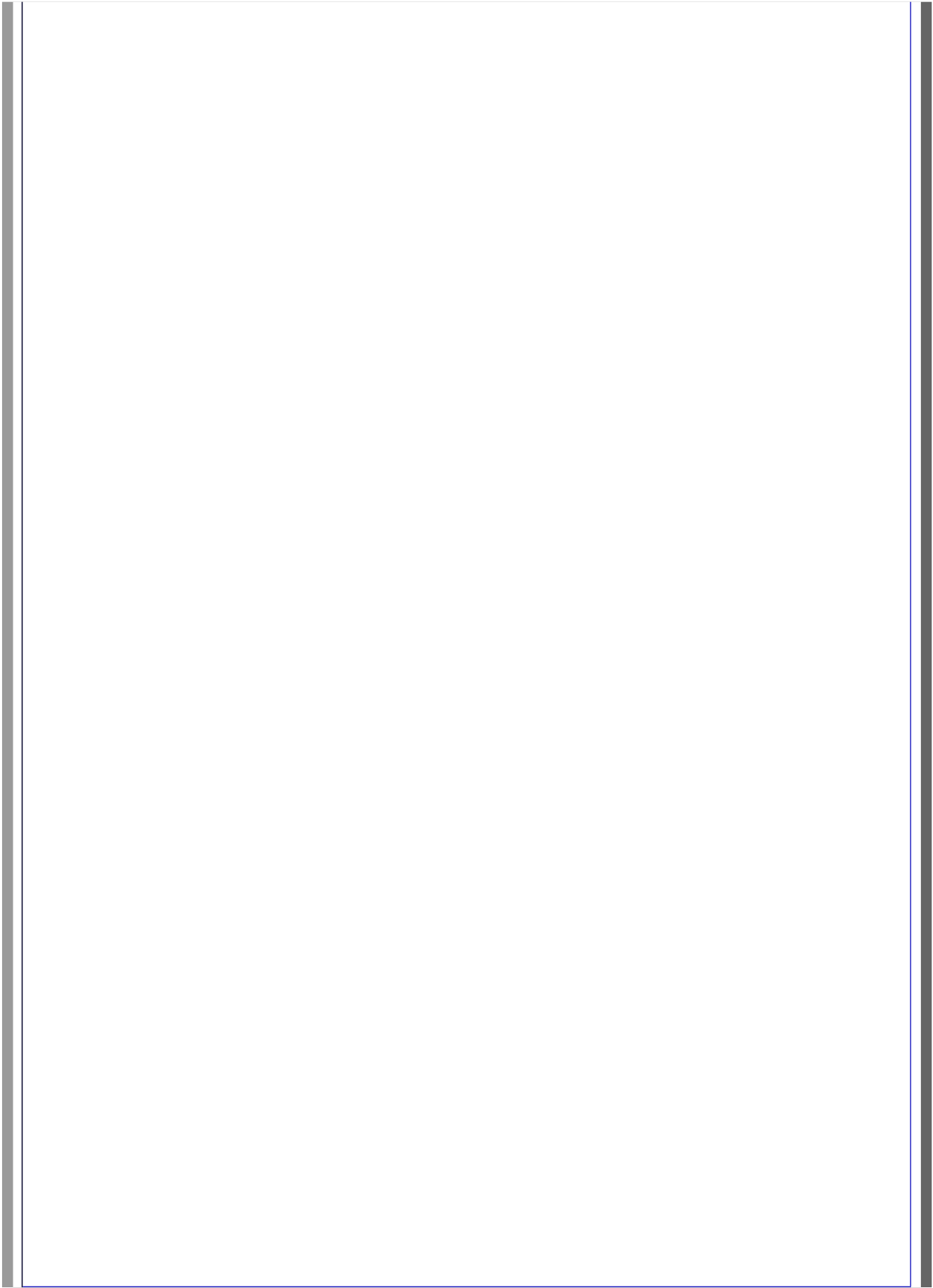
This is a Weekend Workshop that coaches women to balance and integrate the physical, mental, emotional and creative elements of body image. The program provides the opportunity to acknowledge and release limiting beliefs and behaviours, and to create a structure for self care and support. You will leave the weekend with a clear plan for using the support and tools to actualize a healthy and balanced lifestyle. [Penticton Okanagan Wellness Centre](#)

February 17 to the 20th 2009

Infant Massage Instructor Training Course

This intensive training is led by Francoise Lefebvre, a certified Infant massage Instructor for the IAIM. This four days intensive training session covers an extensive curriculum. It is a careful blend of theory, practice and learning experience allowing for academic advancement, self-discovery and fun. This course is designed for nurses, physiotherapists, massage therapists, childcare educators and anyone demonstrating aptitude and willingness to promote infant massage. The certification process allows participants to teach infant massage to parents and caregivers and to give lectures. [Kelowna](#)

DATE	November	VENUE	FACILITATOR
	Click on Town for full details and event calendar	Larger Print - Click Here	
Nov 29 Saturday	Healthy Body Image learn how to change to way to feel about your body, and thus, how you treat it. With simple explanations and easy to follow steps, creating a healthy body image is a simple and fun process.	Kelowna	Passionate Living Services
November 29, 30, Dec. 1, 2	Angelic Healing Intensive (4 Days) Learn how to be an Angelic Healing Practitioner. Reading auras · sound healing, crystals and aromatherapy · Guides and Angels · past life regression · channeling · Learn to give Angel readings & receive guidance & clarity for yourself or others · Practice Mediumship.	Kelowna	Pamela Shelly



Contests

[Enter here or below](#)

August to October Contest. -----**Congratulations to all the winners of our last OK In Health's contests:**

Raven Holland, **Lumby**, - Eileen Nielsen, **Vancouver Island**, - Rhea Niehe, **Penticton**, - Lisa Lungal - **Kelowna** - Abby Koop, **Falkland** - Patrika Watkinson, **Westbank** - Christine Walters, **Kelowna**, - Corina Destree, **Kelowna**, - Sharyn Morris, **Vernon** - Angie Rachkowski, **Kelowna**, - April Ingram, **Kelowna**, - Darlene Allmark, **Kelowna**, - Ingrid Crook, **Oliver**, - Leslie Lauer, **OKanagan Falls**, Sonja Filipovic, **Penticton** - Sheila Stephenson, **Penticton** - Denise Prozny, **Peachland**, - Mary Berlie, **Naramata** - LorRaine Armstrong, **Okanagan Falls** - Cari Main, **Penticton** - Sue Ann Squires **Penticton** - Pamela Shelly, **Kelowna**, - Celeste Hayne, **Summerland** - Trina Olsen, **Lumby** - Sharron Morrow, **Penticton**, Lynn Barry, **Kelowna**, - Bethany Sutton, **Kaleden** - Amy Moreau, **Red Deer**, Alberta - Nicole Wiker, **Sundre**, **Alberta**.

[Click here for Comments from previous contest winners](#)

Win a Free Treatment:

1. **Vancouver & All Areas**
One free 30 min **Lemurian Oracle Reading** with Sharon Taphorn from Playing With the Universe.
2. **All Areas**
One free **Distance Journeying** for [Power Animal Retrieval](#) session by Dawn Dancing Otter (reading by phone or internet).
3. **Kelowna and area**
One free one hour **Quantum Biofeedback session** (\$60 value) with [Marie-Jeanne Fenton](#) at Energy Balance. ([What is Quantum Biofeedback?](#))
4. **Kelowna**
One free a **Shiatsu treatment** from [Rite-Way Health](#) with [Marie Sperling](#).
5. **Kelowna**
One free consultation in the area of **Family Mediation** with [Cathay at Gibson & Associates Mediation](#).
6. **Kelowna**
One free **Feldenkrais session** (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner [[See upcoming workshops & What is Feldenkrais -Article](#)]
7. **Kelowna**
One free **Reiki Treatment** at Holistic Choices with Preben.
8. **Kelowna**,
Win a free **European lymph drainage massage with aromatherapy** or **Deep tissue massage** with Larry Petty at Natural Sense Aromatherapy.
9. **Kelowna**
One free pass to One Free **Charka Yoga Class** with Aunaray at flowering Consciousness, Kelowna.
10. **Kelowna**
One free **Reiki Treatment** at [Relax and Revive](#), with [Kathy Collins](#). in Kelowna.
11. **Penticton**
One free **workshops pass to Homeopathic First Aid** with Katharina Riedener. Come and explore homeopathy. November 22nd [[more details](#)] This contest closes on Nov 10th.
12. **Penticton**
One free 1.5 hrs **Organic Facial Treatment** (value \$69) at [Daydream Esthetics Studio - A Holistic Approach](#) with Deanna Klan. Using only organic / chemical free products (hemp oil, seabuckthorn... by nature's bounty)
13. **Penticton**
One free first time **Homeopathic consultation** with [Katharina Riedener](#)
14. **Penticton**
One Free **Reflexology treatment** at [Christina's Holistic Centre](#), with [Christina Ince](#)
15. **Penticton**
One free **Aqua-Chi detox footbath** session (regular fee \$30)at [Christina's Holistic Centre](#), with [Christina Ince](#).
16. **Penticton**
One Free **Reiki treatment** at [Christina's Holistic Centre](#), with [Christina Ince](#). See [previous contest winner feedback](#)

Enter Contests

Plus full details

www.okinhealth.com/about/Contest_BC.html

New quick & easy entry forms - submit one form only



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

Horizon Homeopathic

Help your body heal itself... Homeopathy uses natural remedies both to help the body heal itself and be free of disease as well as helping the immune system perform at it's optimum. Having studied in England, I now live in the beautiful Okanagan and practice from my home on the Westside of Kelowna. Contact **Sara Fitzharris** at Horizon Homeopathic 250 769 7280 or sarafitzharris@aol.com Website: www.horizonhomeopathic.com

Gibson and Associates Mediation: - An Holistic practice of Family Mediation and Reiki.



REIKI energy flows where it is needed with the intention to heal. If you have energy blockages due to unresolved stress or tension, this non-invasive therapy can help.
FAMILY MEDIATION is a community-based practice empowering people to resolve conflict and negotiate separation agreement terms in a non-violent, collaborative way. A parenting plan is included. [\[see contests\]](#)
An Holistic Practice of Family Mediation and Reiki is a compassionate process of conflict resolution for coping with separation & divorce, enabling the body & mind, to restore balance & make key decisions in an empathetic, integrative environment.



Cathay Gibson, M.A. Candidate Ph.D -----Reiki Master/Teacher, Kathy Collins
cathay@shaw.ca (250) 763-5636 ----- BBBBernard Avenue, Kelowna, BC --- - - 250-763-5997 kathycee@shaw.ca

Certified Quantum Biofeedback Specialist



Sole 2 Soul

Offers wellness services that specialize in: Reflexology treatments, Relaxation massage, Infrared sauna therapy, Nutrition counseling, and Detox foot spa service . The practitioner is: a certified reflexologist, has training in relaxation massage and is a nutritionist. The studio is located in **Vernon**. Contact Nora Donovan-Ward at 250-488-5107 or 250 545-2474 or click here for [email address](#)-----



Need a novel idea for a Christmas Gift ?

Find a luxury therapy, relaxing [treatment](#), or a inspiring [workshop](#) to delight your Loved One! Request an Gift Voucher from one of our many practitioners or workshop organizers. Check out OK in Health's complete Practitioners Directory - [click here](#)



This month's Testimonial

I wanted to tell you how happy I am to have an ad on the OK In Health's health website and e-newsletter. The Ok in Health ad that I put in has gotten me 3 referrals so far. It has paid for itself and more. I will definitely renew. This is the only source of advertising that has worked for me so far. If anyone is new to the business and wants to do some advertising, don't waste your money and put your money where it is exposed to the right people. You are also displaying your professional services to other professionals as well. From Nora Donovan-Ward, Vernon

- [To Post an classified, workshop, or advert](#)
[Contact us](#)

OK in Health Recipes

Oatmeal (Bean) Chip Cookies

1 ½ cups all-purpose flour, 1 cup quick cooking oats, 1 tsp baking soda, ½ tsp salt, ½ tsp cinnamon, 1 cup chocolate chips, ½ cup raisins, 1 cup margarine, 1 cup brown sugar, 2 eggs, 1 tsp vanilla, 8 oz can Baked Beans in molasses, mashed.

Instructions Preheat oven to 350 F. In bowl, combine dry ingred including raisins. Cream margarine, add sugar & mix well. Continue mixing while adding eggs & vanilla. Stir in beans thoroughly. Add ½ of dry ingred and mix with spoon until well blended. Add remaining ingred & mix. Drop by 2 tsp portions onto lightly greased or nonstick pan. Bake 14-16 minutes or until lightly browned Yield: 5 doz.

How to Toast Pumpkin Seeds

Snack on a quarter-cup of pumpkin seeds and you will receive 46.1% of the daily value for magnesium, 28.7% of the DV for iron, 52.0% of the DV for manganese, 24.0% of the DV for copper, 16.9% of the DV for protein, and 17.1% of the DV for zinc.

To clean: Separate the pumpkin seeds from the stringy membrane of a freshly carved pumpkin. Rinse the pumpkin seeds in a colander, until they are free of any membrane matter. Dry with paper towels.

To roast or toast: Coat 1/2 cup of seeds with 1 teaspoon olive oil and 1/2 teaspoon seasoning of your choice.

How to Roasted Almonds



These easy-to-make almonds are the perfect snack or for toppings.

Ingredients: 3/4 cup whole blanched almonds - 1 tsp. olive oil - 1 tsp. sugar - 1 tsp. ground cumin - 1/8 tsp. salt - 2 tsp. fresh lemon juice. Preheat oven to 375°. Toss together almonds, olive oil, sugar, cumin, salt, and lemon juice in a small bowl. Spread almonds on a baking sheet lined with parchment paper. Bake 6 to 8 minutes, or until they start to turn light brown, stirring occasionally. Remove from baking sheet and cool. Store airtight in a cool place up to 2 weeks. Makes 4 servings

Build up your immune system with Garlic Toast!

Simply toast up 2 slices of good bread, spread with butter, and the spread on 2-3 cloves of garlic PER slice of bread. Yes, that much! If the "burn" of garlic bothers you, top your toast with slices of tomato or avocado (not cheese, as it's mucous forming and will just add to stuff nose symptoms).

From Dr. Radka Ruzicka, Alberta



Butternut Squash Soup with Fresh Cilantro

Alkaline PH balanced Recipes



Ingredients:

1 large butternut squash
4 tablespoons of olive oil
1 large yellow onion, sliced
2 cups of water or vegetable broth
Large handful of cilantro, roughly chopped
Sea salt and black pepper, to taste. A few drops of vanilla extract
1 Avocado, thinly sliced

Preheat oven to 400 degrees Fahrenheit. Rub the butternut squash with about 2 tablespoons of olive oil, then place it in a shallow roasting dish to bake for one hour. After it is finished roasting, let it cool enough for you to comfortably work with it. Slice the roasted squash in half. Use a spoon to scoop out seeds and remove the peel. Put starchy flesh into a large bowl and mash it well.

Heat remaining olive oil in a medium to large-sized pot. Cook onions in oil over medium heat for about 5 minutes or until onions are tender and translucent. Add mashed butternut squash and cook together with onions for another couple of minutes, stirring the squash and onions together. Add water or vegetable broth to the mix, bring to a boil, then reduce heat to simmer for 20-30 minutes.

Transfer entire soup, in batches if necessary, into a food processor or blender and process until it becomes creamy and smooth.

Transfer processed soup back to pot, then add vanilla, sea salt, and black pepper. Give it a good stir to incorporate vanilla and seasoning.

Just before serving, scatter chopped fresh cilantro over each bowl. Add a few avocado slices to the top of each bowl. Just before serving add cilantro. from steve

Raw Cookies for you and your Pet

Here is an easy recipe for bars that you can also give to your animals.

DEACON BUDDY BARS

2 cups dried fruit, unsulphured 1 cup raw, shelled pecans
1 cup shredded coconut
4 tbsp fruit juice

Would you like a Raw foods information page on OK in Health - [email OKinHealth](mailto:OKinHealth)

Put ingredients in a food processor (be sure you don't use raisins if your cats or dogs will be eating this too).

Blend well and push into an 8" square glass pan. Refrigerate to firm, and then cut into square or other shapes. Keep refrigerated.

Makes about 9 - 2-1/2" bars. Choose dried fruits that are unsulphured as many people and pets are sensitive to these additives which have been linked to allergic reactions, asthma, and bowel disorders. They may be slightly less appealing to the eye (colour may be darker), but the flavour will still be good. Store dried fruit in an airtight container in the refrigerator. From Maureen from Sound & Energy Awareness.

Festive Caramel Apples

Preparation:

Spray baking sheet with nonstick cooking spray; set aside. Wash and dry apples; insert wooden sticks into stem ends. Place nuts in shallow dish. Combine caramels and water in small saucepan. Cook over medium heat, stirring constantly, until caramels are melted. Dip apples, 1 at a time, into



Ingredients:
 5 medium apples
 5 wooden craft sticks
 3/4 cup chopped walnuts or pecans
 1 package (14 ounces) caramels,
 unwrapped
 1 tablespoon water

caramel mixture, turning to cover completely. Remove excess caramel mixture by scraping apple bottoms across rim of saucepan.

Roll bottom half of apples in walnuts. Place on prepared baking sheet. Refrigerate at least 15 minutes. You can also drizzle some melted chocolate decoratively over apples. Refrigerate 10 minutes or until chocolate is firm. Wrap apples individually; store in refrigerator.

Prep Time: 20 minutes, plus cooling

Raw Food Recipes - Hazelnut Pate

- 2 cups hazelnuts, soaked overnight - 1 cup parsley, finely chopped - 4 stalks celery, finely chopped - 2 tbsp olive oil
- 2 tbsp lemon juice - 2 tsp Celtic salt - dash of cayenne and/or nutmeg

Process hazelnuts and celery in a mini food processor with 'S' blade until finely chopped; transfer to a bowl. Combine with remaining ingredients and mix well. Serve with flax crackers, on bed of lettuce, or in a wrap with romaine leaf and veggies. Serves 4-6. From Maureen Terrey, Vernon.

Ginger and Lemon Tea

Cut up fresh ginger root and fresh lemon, into a mug or teapot and pour in boiled water; soak for about 10 to 15 minutes.

[For more recipes:](#)



Healing Rooms for Rent:- Call for Accredited Practitioners Okanagan Wellness Centre, a professional clinic in Penticton designed for full time and part time practitioners, is now accepting applications. Benefits include full-time reception, waiting room, on-site laundry, kitchen, training room, marketing and flexible scheduling. If you are looking for a professional space to greet and treat your clients, call Nora at 493-7356 or email owc@shaw.ca

For Sale: - La Fuma Zero Gravity Recliner Lounge Chairs and Faulkner Recliner Chairs, Reflexology T-Shirts, Maseur Massage Sandals, Reflexology Foot, Hand & Ear Charts, Books, DVD and self-help tools... www.pacificreflexology.com (604) 875-8818 or 1 (800) 688-9748

For Rent:- Seminar Room and Healing Rooms for Rent in Vancouver - Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver (604) 875-8818 or 1 (800) 688-9748



NO MORE VITAMIN PILLS - WE SHRUNK YOUR VITAMINS...!!!

JUST FORGET ALL THE VITAMIN PILLS – ALL YOU NEED IS ONE OUNCE. THE ULTIMATE IN VITAMINS, MINERALS AND ENZYMES IS HERE... FORWARD-THINKING NANOTECHNOLOGY ENSURES YOUR CELLS IMMEDIATELY ABSORBS IT ALL. NEVER WASTE YOUR MONEY AGAIN!!! TAKE A MINUTE AND CHANGE YOUR LIFE FOREVER... www.nomorevitamins.com

Enviro Website Promotes Reuse “Don’t chuck it; give it away!”

Do you have items you’d like to get rid of, which could still be used? Are you looking for a bike for a growing kid, a kitchen table for a college student, A fridge, or some free shrubs to improve your yard? Vancouver, and Okanagan, BC... More details on OK in Health’s [Environmental page](#)

OKinHealth has a great new yearly rate for practitioners and health related businesses- [check it out](#)

OK in Health Wellness Tips

Progressive®

Natural Fuel
for Optimal
Health



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Boost Your Immune System

Throughout our lives, our immune systems are under assault from environmental toxins. Living in crowded cities, traveling frequently in airplanes, and spending time in day care centers and schools all expose us to many more germs than people had to deal with in the past. We can protect and strengthen our immunity by eating right, getting enough activity and rest, practicing stress reduction, and cultivating healthy emotional states. There are also several herbs, such as **astragalus**, that can help enhance immune function. Obtained from the root of *Astragalus membranaceus* in the pea family, astragalus has a long history in Chinese medicine, where it is used to ward off colds and flu.

Seasonal Depression Affecting You?

The shorter daylight hours of autumn and winter can affect sleep, productivity and state of mind. **Light therapy** (also known as phototherapy) may help. It uses specially designed boxes that emit full-spectrum light to simulate sunlight. While still a relatively unknown treatment, light therapy has been shown to have positive benefits in addressing many health issues, including Seasonal Affective Disorder (SAD), severe premenstrual syndrome, bulimia, and as a non-drug treatment for depression. If you have been suffering from SAD or just feel a little blue this time of year, contact your physician or healthcare provider - depression is a treatable condition; light therapy may be an option he or she recommends for you.

The Benefits of Rhodiola

Rhodiola is one of the rising stars of plant therapy. In infusion or gel capsule form, the plant sometimes called the "new ginseng" appears to protect the heart, prevent altitude sickness, improve moods, alleviating depression, strengthen immune system activity, improves both physical and mental performance, reduces fatigue, and more. "The plant was such a craze in Russia that it nearly disappeared. **Rhodiola rosea's** effects are attributed to its ability to optimise serotonin and dopamine levels, due to monoamine oxidase inhibition and to its influence on opioid peptides such as beta-endorphins. Rhodiola rosea should be taken early in the day because it can interfere with sleep.



Slow Down When Eating

Do you find yourself eating on the run or grabbing something quick to eat while you are driving or working at your desk? Experts believe that eating slowly may be better for your health. You actually improve what and how much you eat when you take the time to enjoy your food, including the smell, taste, and colors on your plate.

The Ideal Amount of Weight to Lift

To be effective, weight lifting should become difficult as you reach the last few repetitions of each set. According to fitness experts, to build strength, lift a weight that tires your muscles after 8-12 repetitions. This is normally an ideal amount of weight for you to work with.

Clean Hands Keep the Doctor Away

Did you know that washing your hands is the most effective way to stop the spread of illness? Washing hands properly and thoroughly is very important. An effective hand washing technique is to wet your hands with warm water; soap and scrub for 20 seconds-it helps to **sing Happy Birthday** (under your breath) twice; rinse under clean running water; and dry completely using a clean paper towel or cloth.

Dry Skin

If chapped lips or dry skin are a problem, find natural relief with **calendula**, an herbal remedy made from the petals of the ornamental "pot marigold" flower.

Bean Power

Beans, also called legumes, are inexpensive and quite filling. Dietary Guidelines ¹ 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.

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