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## OK In Health E-Magazine - April 2008

### April 2008 Issue



Greetings to all our OK In Health subscribers,

Our webmaster will be away on seminars/holidays from APRIL 3rd to APRIL 15th and also MAY 1st to MAY 23rd. Please continue to submit listings and they will be posted asap. Please continue to send emails or to phone the OK In Health office. If you have an event coming up this summer. PLEASE PLAN AHEAD AND POST YOUR EVENTS EARLY.

Well, we had another very exciting Month.

We were awarded the **SOWINS 2008 Health & wellness Award**. Here are some more details of this amazing night. [\[More details\]](#). The event also raised almost \$4,000 for women in need. Congratulations to all the winners at the recent South Okanagan Women in Need Society Women Front and Centre Awards: Sue Gunning, Kyla Goudreau, Dolly Kruger, Julie Clarke, Margita Heggie, Rev. Virginia Briant, Andrea Hill, Tracy Westmoreland, June Revell-Quevillon, Ingrid Schellenberg and Maria Carr in the Health & Wellness Category.

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Est.2004

OK In Health also on TV the last weekend in March, in the Keremoes review, Penticton Western, and the Penticton Herald. Here is the photo from the Front Page of Penticton Herald - More photos from other papers [here](#)



**Women Front and Centre**  
Carey Tarr/Penticton Herald  
Congratulations to the winners at the Women Front and Centre Awards held Saturday at Penticton Lakeside Resort. In the back row, from left, are Sue Gunning, Dolly Kruger, Rev. Virginia Briant, Margita Heggie and Andrea Hill. In the front are Maria Carr, Julie Clarke, Kyla Goudreau and Tracy Westmoreland. Missing from the photo are June Revell-Quevillon and Ingrid Schellenberg. See page A3 for the story.

Photo by [Carey Tarr](#)

If you need a workshop or business poster or logo, graphic design, business cards, new computer, local products, vehicle logo.. Why not support our local OK In Health members.. See our member's business page. <http://www.okinhealth.com/Practitioner-Directory/BC-natural-health-stores-suppliers.html> or visit one of our [OK In Health Practitioners](#) in your area.

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 OKInHealth Team - The Integrative Health & Healing Information Center-

## New Articles

# OK in Health Articles

**Are You Taking Protein For Granted?** by Elaine Munro, an active businesswoman and training athlete, who conducts seminars focusing on active lifestyle & healing nutrition, as well as raising consumer awareness about the natural health industry. The word 'protein' comes from the Greek root, 'proteios', meaning 'fundamental' or 'primary importance'. From the context of human health, it should be a fundamental part of any health improving strategy. Proteins range from muscle tissue to skin, bones, and hair. These are the more obvious 'structural proteins'. There is also a huge range of 'subtle proteins' that are generally overlooked such as blood hemoglobin, brain fluids, your super immune booster known as glutathione and even the structure of your DNA, to name just four. In all, there are more than 500,000 types of protein in the human body. Everyone needs protein; not just athletes. At a basic health-maintenance level, a general guideline is... [\[Read More\]](#)

**Stool Analysis and Poo Chart** - Have you ever wondered if you have a healthy stool / poor could your diet need some adjustment?... [\[Read More\]](#)

**Weight Gain** - Being underweight never elicits much sympathy from the rest of the world. People feel at liberty to criticise your svelt-like figure in a way they wouldn't dream of doing to an overweight person. Such is the cross the underweight have to bear. As there are relatively few people who are underweight the health problems associated with being too thin are generally not reported. However, these include...[\[Read More\]](#)

**Losing Weight Through A Healthy Diet** - Eat early. Late-night eating is a recipe for weight gain because the body stores more food during sleep...[\[Read More\]](#)

**Depression** What is depression? There are many different types of depression including SAD (seasonal affective disorder), bi-polar disorder, uni-polar disorder, post-natal depression and the Blues....[\[Read More\]](#)

## Medical screening tests you should get starting at age 50.

We are living longer and healthier. One reason is that new medical screening tests can often catch diseases and potentially serious health conditions in their early, treatable stages. Experts at WebMD which medical screening tests you should get starting at age 50. [...[Read More](#)]

What is Nia by Michelle Parry, Penticton. BC [ [more info](#) ]

Fibromyalgia National Awareness Day is May 12  
[Myalgia... what?](#) by Sheryl Ann Wilson

## What is Signature Cell Healing?

by Sharon Taphorn, Vancouver, BC [\[Workshops\]](#)  
The Signature Cell is housed within the Pineal gland, (located near the center of the brain between the two hemispheres); it is formed when female egg and the male sperm fertilize each other. Originally, the Signature Cell begins as one cell, and then it breaks itself into all the different cells that make up the body. Every cell in the body is replicated from the Signature Cell, and each cell has a memory of its perfection, which it never forgets. You can integrate Signature Cell Healing Techniques into your daily life and into your existing healing practice.[\[...Read More\]](#)

[More Articles](#)

[www.okinhealth.com/articles/articles.html](http://www.okinhealth.com/articles/articles.html)

## Spring Events



*Spring is here - step out and try something new!*

Advertisement

[\[Read More\]](#)

*Do you have a friend that you both keep saying we will go for coffee and a chat? or you are ready for a weekend break ?  
Are you ready for a gentle Nia class, Chakra Yoga Classes, to Dancing to drums/Move through life... or a workshops?  
Invite a friend out for the day, a classes, or weekend?*

**To View all Workshops, Movies, Retreats, & Events Calendar - [Click Here](#)**

For Events by Town / Category :

To view workshops & events coming to **Penticton** area- [Click Here](#)

To view workshops & events coming to **Kelowna** area - [Click Here](#)

To view workshops & events coming to **Vernon** area- [Click Here](#)

To view **Animal retreat/ clinics** - [Click Here](#)

To view workshops & events coming to **Vancouver** - [Click Here](#)

To view workshops & events coming to **Alberta** - [Click Here](#) |

To view workshops & events coming to **Kootenays** - [Click Here](#)

To view workshops & events coming That are **FREE to attend** - [Click Here](#)

To view **Environment** workshops & events - [Click Here](#)

To view **Retreats** - [Click here](#)

**For full Details and for Spring & Summer events - [click here:](#)**

[www.okinhealth.com/healing\\_workshops\\_calendar.html](http://www.okinhealth.com/healing_workshops_calendar.html)

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

## Special Focus

**This month we would like to highlight  
some of the Retreats & weekend get-away's, & festivals on OK In Health.**

**Check out workshops or retreats in other town** - as direct Flights are available to flight from Calgary to [Penticton](#) with [Pacific Coastal Airlines](#) & Calgary direct flights to [Kelowna](#), OKanagan as low as \$74 with West Jet airlines. Also flights from [Kelowna](#) to many cities in Alberta & BC.



### [Intro to Equine Massage therapy](#)

March 30, 08 or November 9th/08 at **Abbotsford, BC**

At Wit's End Farms - Equine Rehabilitation Centre. Learn Anatomy, Physiology, how muscles work, the signs of pain, and different massage techniques. [More info](#)

### [ANIMAL COMMUNICATION](#) - with Marijke van de Water

Sunday, April 06 OR Monday, April 07, 2008 at **Mill Bay**, (Vancouver Island)

"To Heal Your Animal Is To Heal Yourself" An absolute must for animal lovers. Animal communication is a simple way of quietly attuning yourself to a particular animal or situation and "sensing and/or intuiting" their energy. Communicating with animals/nature is not magical – it is possible because of our inherent relationship with nature and the "energy" network that exists between all living things. Find out what your pet likes and dislikes. [More info](#)

### [Silent Meditation Retreat](#) with Davina Huey and Aunaray Clusiau.

April 11, 12, 13 - **Kelowna**

Experience the peace, bliss and calm that comes from meditating for an extended period of time. This Silent Meditation retreat takes place in a beautiful location nestled in nature with a flowing river with lots of trees and birds. Participants will be expected to stay on the grounds for the duration of the retreat. The food will be delicious, healthy vegetarian food. [More info](#)

### [United in Marriage workshop](#)

April 18, 19, 20 - **Naramata**

Why not have a FALL getaway and enjoy a very special weekend together! A communication workshop for all couples. A very special workshop for couples. A great chance to rekindle the romance and love in your relationship. A chance to get away from work and home pressures and to focus on each other! A wonderful communication workshop for couples of all ages, faiths, sexual orientations. A chance for couples in a committed relationship to get away and focus on each other. [More info](#)

### [The Healing Labyrinth with Horse as Guide](#) with Linda-Ann Bowling

Friday, April 18th (evening), Saturday, April 19th & Sunday, April 20th



2 1/2 day retreat in beautiful **Langley**, BC to reconnect with your authentic self. Walking the labyrinth is a deeply profound experience of transformation and healing. This gentle yet profound learning experience will take you away from all the pulls of the world into horse time. You will walk the labyrinth and be surrounded by incredible learning that will fill your heart and soul as you ease your way into spring. [More info](#)

#### [Spring Festival of Awareness](#)

April 25 – 27 – **Naramata**, Near Penticton

Join us for the 30th Annual Celebration. Over 50 workshops to choose from and many new friends to meet... [More info](#)

#### [Women's Weekend Retreat](#) - at **Halcyon Hot Springs**, Kootenays, BC

Gift yourself this weekend to Relax, Revitalize, and Refresh the Body, Mind & Soul. Joan Casorso will be facilitating this fun, interactive & informative Inner Rhythms Weekend Retreat. pool & hot tub are fed directly from the natural underground stream of Halcyon Springs. (No chemicals added). Djembe Hand Drumming & Dance, "Yoga Plus" – land & water yoga, Reflexology & Home care treatments for body, feet & face, Relaxation techniques and Good Company, Good Food, Great Location [More info](#)

#### [The New - Wise Woman Festival](#) at the **Naramata** Centre, near Penticton, in the beautiful Okanagan

Over 50 workshops to choose from and many new friends to meet... September 19-21, 2008

Facilitator: Angele & the Wise Women Festival Team [More info](#)

#### [Classical Equitation with Craig Stevens](#) - **Langley**, B.C

May 16 - 18th, July 11 -13th, September 26 - 28th, November 14 - 16th 2008.

Craig has spent 20 years studying with the French masters at Samur in France, his methods are 18th century when Equitation was considered an art form. The horses are trained by learning to balance and be in self carriage, and no restraints or force is used. As the rider develops the understanding and ability to communicate more clearly, the movements improve-- but rather than learning tricks to mask mistakes, riders learn what they are doing that is producing the mistake and how to ride with such clarity that the movements become fluid, light, and precise.

[More info](#)

#### [MORE RETREATS](#)

#### [Riva's Healing Retreats](#) with Marijke van de Water. **Armstrong**, B.C

May 24, 25, 26, June 20, 21, 22, October 03, 04, 05, and November 07, 08, 09, 2008

"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. You will access and interpret your own personal journey in sacred space through intuitive animal communications, power animals, shamanic journeying, meditations, shadow work, fire ceremony, and soul healings. Pictures of your animal friends [More info](#)

#### [PAWSPPOINT – REFLEXOLOGY FOR ANIMALS](#) with Yvette Eastman

June 7,8; or Aug. 23,24 - **Vancouver area**

Is your dog a fear-biter? Does your cat spray? Is your animal in physical or emotional pain? Learn techniques to relax your dog, cat or horse and to improve & maintain his health, reduce behaviour problems while bonding in a special way. Presented in a 2-day format – day 1 for humans, (learn the reflexes), day 2 - bring your animals – dog, cat, ferret, or rabbit, (apply what you learned). Start you and your best friend on your way. [More info](#)

#### [Mother & Daughter's Retreat](#)

July 2 - 4, 2008 at Mountain Waters Retreats, **Nelson**, BC

This is a special Spa Retreat to celebrate and nurture this most mysterious of relationships. [More info](#)

#### [Heart Centered Therapy level 1](#) with Alaya Chikly

July 10 - 14, 2008 at Mountain Waters Retreats, **Nelson**, BC

The gift of Heart Centered Therapy lies in the opening of the heart. Learn how the gentle tools of HCT can transform the emotional component of disease in the body tissue, and the unresolved traumas in our families and our ancestral lineage without relivi [More info](#)

#### [Inward Journey ~ Outward Adventure](#) with Richard Klein

August 22 - 27, 2008 at Mountain Waters Retreats, **Nelson**, BC

What happens when we take the meditative state of awareness into our relationship with nature experience the beauty of the Mountain landscape with you senses awakened and your body alive. [More info](#)

#### [Men's Retreat: Men at Midlife](#) with Richard Klein, **Nelson**, BC

August 28 - September 1, 2008 at Mountain Waters Retreats

Midlife can become an opportunity to reassess and notice how we can bring more depth, passion and meaning to our day to day experience.

[More info](#)

#### [Animal Communication - Correspondence Training](#) with Sue Peters. On Going.

If you want to communicate with the animals in your life, it's all in the listening, the noticing...and the trusting - creating a safe internal environment, so that animals of any species are lovingly drawn to you. In this training you will be given the opportunity to develop some of the important basics in communicating with animals. The correspondence training involves the following sections: The Physical & Intuitive Sensing System, The Aura & Chakra System of Animals, Creating a Safe Environment, The Body Language of Animals, Telepathic Communication - Sending & Receiving Messages, Simple Healing Techniques, Death, Transition Times and the Grieving Process, The Business Side of Animal Communication. [More info](#)

Linda Buhler - Colour Me Healthy - Your animal advocate



Alternative treatments in Health & Behavioral Problems for Pets.  
Reiki & Tellington Touch & Bach Flower Essence For Animals.  
Aids in stress reduction, improve self confidence & performance,  
strengthens & rehabilitates the body, and works with the  
physical, emotional, & mental natures of the animal.



**Linda Buhler**, Pet Practitioner, Reiki Master.  
[lbuhler@hotmail.com](mailto:lbuhler@hotmail.com) - Phone 250 - 485 7116. Oliver, BC.

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

"The best and most beautiful things cannot be seen or touched. They must be felt with the heart." ~Helen Keller~.

## What's New?

### LIGHTS OUT FOR SORCO? Owl Rehab Center.

SORCO is within a few weeks of hanging up a, "Gone Out of Business" sign and turning out the lights. It is not the departure of Sherri Klein that is the cause but the inability of SORCO to attract enough committed volunteers to fill the Board of Directors and the positions that have become available under a new governance plan adopted in 2007. If by SORCO's AGM at the end of May not enough volunteers have come forward, there will be no other choice than to dissolve the Society. When that happens, the Okanagan will lose a nationally known conservation organization. As a non-profit organization, SORCO cannot operate without a Board of Directors and the new CEO, Ken Fujino, cannot work by himself. We are asking for and needing a minimum of twenty new volunteers, six to be directors and twelve to man the four committees created under the new governance plan. For twenty-one years SORCO has distinguished itself among B.C.'s environmental organizations. Its performance has enabled the Society to access corporate and gaming grants and public donations. SORCO's long term vision has been to raise the funds to construct a fully equipped modern clinic for the treatment of sick and injured raptors. Although we have a capable CEO in place, accessing funds cannot take place without the partnership of volunteers from the South Okanagan to maintain Society status. If you would like to volunteer or serve on the Board phone Bruce Malczewski, SORCO President, at 498-8422

### WOOD LAKE PUBLISHING Seeks Associate Publisher

Wood Lake Publishing near Kelowna B.C is a dynamic, employee owned publisher whose products include books, curricula, multi media resources and on-line materials distributed internationally. Products have an overriding theme of being Christian based, inclusive, truth seeking and life-affirming.  
[http://www.okinhealth.com/Practitioner-Directory/OK-in-Health-Classifieds.html#requests\\_wanted](http://www.okinhealth.com/Practitioner-Directory/OK-in-Health-Classifieds.html#requests_wanted)

New dates:

### Cranio Sacral Reflexology

**Basic** course is now on November 13 & 14 and to be followed by the  
**Advanced Course** on 15 & 16.

Dr. Martine Faure-Alderson is coming to the OKanagan, BC from England.

Introduction, Embryology/CNS/Automatic Nervous System, Cranial Movement / Membranes / Lesions of CRI, CSF Fluid, General Cranio Sacral Treatment, The Cranial Nerves. Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. See [Reflexology](#) page

## Healthy Tips

**Cranberry Juice** - Compounds in cranberry juice are said to help prevent and relieve attacks of cystitis (bladder infections) by preventing bacteria attaching to cell in bladder walls and in the urinary tract. Look out for cranberry juice that has no added sugar and avoid the cranberry juice drinks, which are sweetened with sugar. A small glass of cranberry juice counts as one portion of the recommended 5 a day.

**Bananas** - Bananas are easy to eat fruit! The average banana contains 95 calories which makes them a good snack choice, it will fill the hunger gap until the next meal. For a pudding, make your own banana split with a scoop of ice cream and sprinkle of home made granola.

**Cauliflower** - By being encouraged to eat brightly coloured vegetables you could be forgiven for dismissing the humble cauliflower as nutritionally pointless. But a serving, about 3 florets, has 25mg vitamin C (more than half an adults daily requirement) and is packed with anti-cancer compounds like glucosinolates.

**Dried Fruit** - Dried fruit is a convenient option and alternative to fresh fruit. Dried fruit provides fibre and several vitamins and mineral. It is easy to carry with you as a quick and easy snack. Add dried fruit to salad, pancake batter, home baked bread and cereal to count towards your five a day.

**Acai** - (pronounced ah-sah-ee) These purple super healthy berries are the new super-food. Acai berries are native to Brazil and are low in calories and contain fibre, vitamins and twice the antioxidants of blueberries. They are available as a frozen pulp at some supermarkets.

**Pine nuts** - Pine nuts are small edible seeds of pine trees and are high in protein, calcium and magnesium. Use pine nuts to make your own pesto. Roasted pine nuts add nutritional value and zest to any salad.

**Sweet potatoes** - Traditionally sweet potatoes are a winter vegetable; nowadays they're around all year on the shelves. Packed with antioxidants such as beta-carotene, they provide plenty of lasting energy being lower GI than regular potatoes. Add sweet potatoes to soups, curries or simply serve them mashed. Sweet potatoes go well with flavours like garlic and herbs.

### OK In Health's Businesses

If you need a workshop or business poster or logo, graphic design, business cards, new computer, local products, vehicle logo.. Why not support our local OK In Health members.. See our member's business page. <http://www.okinhealth.com/Practitioner-Directory/BC-natural-health-stores-suppliers.html> or visit one of our [OK In Health Practitioners](#) in your area.

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



**Cathay Gibson,**  
M.A. Candidate Ph.D  
[cathay@shaw.ca](mailto:cathay@shaw.ca)  
(250) 763-5636

**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.

**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.



**Kathy Collins**  
Reiki Master/Teacher  
[kathycee@shaw.ca](mailto:kathycee@shaw.ca)  
250-763-5997

An Holistic Practice of Family Mediation and Reiki  
Bernard Avenue, Kelowna, BC

#### **Norma Cowie - Psychic Metaphysical Consultant**

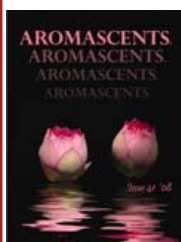
Norma Cowie is a Psychic Metaphysical Consultant and is available for Tarot Card Readings, Past Life Regression, Soul/Source Connection (Psychic emotional surgery) and Metaphysical Consulting. Join Norma every Wednesday at the [Meditation & Discussion](#) or at her many workshops such as: [Learn how to be a Past Life Regressionist](#) and [Plug into your Power, personal, psychic & intuition](#) (6 mth intensive inner journey). Also available are Norma's **New book** - 'The Ghost I Took Home', and a range of other books, tapes, & DVD's. Visit Norma's website for more details at [www.normacowie.com](http://www.normacowie.com) or contact Norma at Penticton, BC - 250 490 0654 or email [norma@normacowie.com](mailto:norma@normacowie.com)



#### **Healing Arts Association of the Okanagan**

The Healing Arts Association of the Okanagan **Wants YOU to join us!**  
Membership policy allows anyone to join our association...not just professionals. Our mandate is to educate the community about healing arts and network with like-minded people! Bi-annual newsletter. Monthly meetings in Kelowna, with short presentations of a healing arts. This year's membership only \$20. Come join us...power in numbers... Email: [shaskins@telus.net](mailto:shaskins@telus.net) for details of next meeting. For more information: [www.healingartsassociation.com](http://www.healingartsassociation.com)

#### *Aromascents®*



**Aromascents®** discusses the many facets of botanical essential oil use. Each edition presents articles on research, education, regulatory guidelines, essential oils applications, distillation, safety issues and essential oil profiles. Interest in the use of essential oils has grown tremendously in the last decade and is finding its place within mainstream institutions including cancer treatment centers, hospitals, the workplace and among consumers.  
Visit us at: [www.aromascentsjournal.ca](http://www.aromascentsjournal.ca)

#### **Fresh Facials & Reflexology**

- \* Reflexology home visits
- \* Optional hot stone treatments
- \* All organic products

Evening and weekend appointments available at our office or your home. We can accommodate people with scent and skin sensitivities. Contact Tamara Danielle at Fresh Facials & reflexology at 250-488-6877 Pentiction [Freshfacials@shaw.ca](mailto:Freshfacials@shaw.ca)

Also see [Contests](#) page



*fresh facials*  
**Tamara Danielle**  
 250.770.7066  
**& REFLEXOLOGY**

- All organic products
- Reflexology home visits
- Optional hot stone treatment

**Passionate- Living -Services ---- 'Uncovering -your - Authentic - Self'**

Through simple, cutting edge techniques, Passionate Living Services educates individuals on how to let go of self-defeating fears and beliefs, empowering them to live life fully and with passion. A leader in the movement to empower individuals to live life with passion, Sherri Mogenson, works to effectively and simply eliminate self-defeating beliefs creating tangible results that are truly life changing and exceptionally rewarding.

Contact Sherri for more details at 250.868.2166 Kelowna or [www.passionatelivingservices.com](http://www.passionatelivingservices.com)

*Daydream Esthetics Studio - A Holistic Approach*



**SPECIALIZING IN ORGANIC FACIALS FOR:**  
 Rosacea, Acne and Aging Skins. Special Gift – Enjoy a complimentary. Second Facial within 2 weeks of first!  
**Manicures & Pedicures**  
**Waxing Services**  
**Hot Stone Massage**  
**Body Wraps**

Organic Skin Care Products – Paraben Free & Chemical Free  
 All Nail Polishes Formaldehyde & Toluene Free [See Contest](#)

26-88 Duncan Ave W, Pentiction, **490-1233** - Email: [daydreamesthetics@gmail.com](mailto:daydreamesthetics@gmail.com)  
**...take time to daydream**

**Logiwave Computer Services**

Logiwave Computer Services was founded in 1993. For 15 years we have been providing small businesses and home users with computer sales, upgrades, service, and support. Our clients are more than just a number, they're our lifeline and as such we try hard to maintain your loyalty. Please call Pentiction 250- 493-6988 [Website](#)

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Aunaray is a qualified Graphic Designer who is available to work with you to create the visual look you need to market your businesses professionally with originality, flair and expertise. Whether your needs are for a Logo design, business cards, brochures, web skins, signage, or packaging for products etc. She does it all! Westbank B.C. Phone: 250-469-2212  
 Web: [www.floweringconsciousness.com](http://www.floweringconsciousness.com) email [aunaray@floweringconsciousness.com](mailto:aunaray@floweringconsciousness.com)  
 Graduate of Emily Carr College of Art and Design & Communications Design from Corporate Communications College.

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**Contests**



**#M -Treatments: C** [Enter below](#)

• **Lake Country - M3**

One free ticket to the [2013 The Odyssey II - Movie](#) -Friday, April 11th 7:30 pm [this contest closes April 2nd]

**#A -Treatments: C** [Enter below](#) [These contest close April 24th]

**Penticton New**

Win a basket of all organic baby products with a 1 hour reflexology gift certificate for mom at [Fresh Facials & Reflexology](#) with Tamara.

**Penticton New**

One free 1.5 hrs [Organic Facial Treatment](#) (value \$69) at Daydream Esthetics Studio - A Holistic Approach with Deanna Klan. Using only organic and chemical free products including hemp oil, seabuckthorn, and other ingredients from nature's bounty.

**Oliver New**

One free Pet treatment at '[Colour Me Healthy](#)' with Linda Buhler

**Kelowna New**

One free pass to One Free [Charka Yoga Class](#) with Aunaray at flowering Consciousness, Kelowna.

**Kelowna New**

One free Reiki Treatment at [Relax and Revive](#), with Kathy Collins. in Kelowna.

**Kelowna New**

One free pass to One Free [Hatha Yoga Classes](#) with Christine Bennett at Meditation in Motion

**Penticton New**

One free 1 hour reflexology session which includes a hot stone treatment at [Fresh Facials & Reflexology](#) with Tamara Danielle.

**Penticton New**

One \$20.00 off a one hour organic facial which includes a 20 minute reflexology session at [Fresh Facials & Reflexology](#) with Tamara Danielle.

**Enter to Win One CD** - 'Seagull in Flight' by Chris Madsen. 16 instrumental solo guitar works that will carry you away to blissful states. ( Made in Canada 2007)

**Penticton**

One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance Pilates and fitness.(value \$60)

**Penticton**

One Free personal coaching session with Lyndsay Blais Consulting.

**Penticton**

One free Aqua-Chi detox footbath session (regular fee \$30) at [Christina's Holistic Centre](#), with Christina Ince.

**Penticton**

One Free Reiki treatment at Christina's Holistic Centre, with [Christina Ince](#).

**Penticton**

One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist

**Penticton**

Win 1 of 2 "Every Drop Counts" T-Shirts - Donated by City Of Penticton's [Water Conservation Department](#)

**Summerland**

One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))

**Kelowna New**

One free Feldenkrais session (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner, in Kelowna, BC [ See [upcoming workshops & What is Feldenkrais -Article](#)]

**Kelowna.**

Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at Natural Sense Aromatherapy.

**Kelowna**

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**Kelowna**

One free Reflexology session from [Rite-Way Health](#) with Marie Sperling.

**Discount Cards** Receive a \$25.00 discount towards Workshops and Treatments



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Healthy Recipes





**Steamed Asparagus with Lemon Butter Recipe** Courtesy of Cathy Lowe

1/2 pound fresh asparagus Salt 2 tablespoons unsalted butter 1 teaspoon lemon zest 1 tablespoon lemon juice Wash asparagus and trim off bottom of stems by about 2 inches. In a large skillet, bring about 1/2 inch of water to a rapid boil. Season the water with salt and add the asparagus. Cook the asparagus for 2-3 minutes or until bright green and just tender. Drain the asparagus and add butter to the skillet. Stir in the zest and juice. Return the drained asparagus to the skillet and toss to coat. Serve immediately [Steamed Asparagus with Lemon Butter Recipe](#)

- [Cheesy mushroom and asparagus bake](#) **New**
- [Quinoa and lentil pilaf](#) **New**

**Brown Rice - Weight Loss Recipe**

Ingredients: 1 cup Brown rice and 1 Stock cube. Method: Add one cup of brown rice to 2 cups of boiling water. Add stock cube or Miso, simmer till the rice is tender and the water has been absorbed.

- [Vegetable Broth](#)
- [Hearty Lentil Stew](#)
- [Avacado Cream Sauce](#)
- [Quinoa Porridge](#)



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Maria Carr and the OKinHealth Team

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