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Wishing all our OK In Health members a wonderful and relaxing festive holiday - full of fun, joy, peace, and laughter. During or after the holidays may be a lovely time to go for a massage or a reiki treatment, reflexology or other of one of the many suggestions you will find on the listings on the OK in Health website even a nice 'not too taxing' workshop to be part of a group; be among people in a relaxed easy-going healing get-together... just a treat of time and fantasy pampering for you on your own or with a friend in a warm and relaxing setting or you may just like to read of some of the interesting articles or be tempted by some of the 'special offers' listed before having to get back to your busy lives So, take a moment and come visit OK In Health - explore the many suggestions and have yourself a good read !
Wishing you all a heart-warming festive season ... from OK In Health

December 2008

QUICK OVERVIEW

[Sign up for our Free Newsletter](#)

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



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

Last month, to place your advertisement or events on OK In Health before our 2009 new rates come into effect!

[Special rate for yearly advert!](#)

Event CALENDAR - [New Workshops, courses, & free events !](#) 2008 and the newly updated 2009 events.

New ARTICLES

- [Good to The Bone](#)- Calcium Supplements for Kids by Joanne Carr
- [Reconnective Healing@ - What Is It?](#) by Bernice Granger, Penticton
- [Being Indigo](#) – part three by Sharon Taphorn, Vancouver.
- [You Are Not Your Backpack](#) by Sherri Mogenson, Kelowna
- [Fighting Fatigue](#) - by Alexis Costello, Kelowna
- [Cold & Flu Busters](#): The Natural Approach by Klaus Ferlow, Vancouver
- [The Story of Stuff](#) - review by Maria Carr, Penticton

CONTESTS - [Win a free treatment, workshop pass or prize](#)

New! # 32 - One free Reconnective Healing treatment with Bernice Granger
New! # 33 - One free Reflexology treatment at Footworks Reflexology with Kathryn Smith ([more contests](#))

Holiday RECIPES

- [Nana's Eve's Pudding](#)
- [New Simple Eve's Pudding](#) *New*
- [Recipe for Christmas Holiday Joy](#)
- [Holiday Brussels Sprouts Healthy](#)
- [Low-Fat Smoked Salmon Spread](#)
- [Champagne Fooler Healthy Recipe](#)
- [Orange Fruit Nut Truffles](#)
- [Fruit Platter Healthy Holiday Recipe](#)
- [Best Ever Coleslaw Diabetic Recipe](#)
- [Kwanzaa Recipes- Collard Greens with Coconut Milk](#)
- [Greek Holiday Tea Biscuit](#)
- [Chanukah Zucchini Potato Latkes](#)
- [Kolach](#) - (Ukrainian Braided Ring-Shaped Bread)

Practitioners Directory - [click here for all areas](#).

A warm welcome to Bernice Granger and Kathryn Smith who just joined the OK In Health's practitioner directory.

Subscriber info - see end of page
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**Booking 2009
workshops & events now!**

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

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WELLNESS TIPS -

1. [What Affects Iron Absorption?](#)
2. [Weight Lifting for Strength](#)
3. [Wash Those Hands!](#)
4. [Vitamin D - Best Sources](#)
5. [Vegetarian Diets and Iron](#)
6. [Turn Down the Heat with Spicy Foods](#)
7. [Turmeric, More than a Spice](#)
8. [Traveling Abroad?](#)
9. [Tips to Lower Sodium Intake](#)
10. [Storing Olive Oil](#)
11. [Sponges and Hidden Kitchen Germs](#)
12. [Restless Leg Syndrome](#)
13. [Potato Power](#)

Support Group Directory - [Click Here](#)

Our 2008 Goal!

It is the last month of the year and the last chance to help us reach our 2008 goal for new members. Please invite a friend to sign up for their own free monthly wellness newsletter. Forward this newsletter to anyone who might be interested.

**Support Recycle!
and aim to only buy recycle
wrapping paper and products.**



Remember that the economy, just like the body, runs on its own cycle and rhythms.

Through all the depressions, recessions and the hard times we've had, we've always bounced back. And while some people will struggle, others will thrive by exercising their power of choice to remain centered, grounded, and optimistic.

Self-development and the healing arts traditionally experience less of a slow down than others. Indeed, we are doubly blessed to have specialized therapies that relieve symptoms and conditions at their source. That makes the healing arts more valuable to patients who don't want to take more time off to go see their doctor or pay their pharmacies again and again.

Use this time to advance your training (self awareness).

I firmly believe that something good comes out of every experience. If you experience a momentary slowdown, let it work for you by honing your skills, uncovering your hidden talents and abilities or finding/allowing someone to help in this area. Take the time to attend a workshop, course, or a wellness class.

So, keep the routines that feed you as consistently as possible. Take/make time to meditate, exercise, eat right, and stay hydrated. Preserve your inner and outer strength to keep financial stress at bay.



Need a unique 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](#)



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Reconnective Healing® - with Bernice Granger

Energy Healing, Utilizing New Frequencies.

Restoring Wholeness and Balance to the Body which includes the Spiritual, Mental, Emotional and Physical you. Reconnective Healing® : has aided in healing a wide variety of health challenges, has also helped to alleviate pain and promote healing in chronic health conditions and post surgery. Even those not contending with any serious health challenges often find new meaning to life upon experiencing Reconnective Healing. Having worked with The Reconnection™ and Reconnective Healing® since 2006, I have witnessed many wonderful healings.

Bernice Granger, Reconnective Practitioner Level 3. Tel 250 492 6093 [E-mail](#) [see [contest](#) page]



Footworks Reflexology & Footcare- with Kathryn Smith

In just one reflexology session you can feel the stress of your life melt away!

Kathryn M. Smith, RN, RCRT (Reflexology Association of Canada). Specializing in Maternity Reflexology and Cranial-Sacral Reflexology. Reflexology helps to maintain the body's homeostasis, an inner balance that is essential for the body to function properly. Gift Certificates available. By appointment at Footworks Reflexology & Footcare at Penticton 250 276-6309 or [E-mail](#). Also taking appointments for home visit or Retirement Centres. [see [contest](#) page]

DARE TO DREAM - Body, Mind & Spirit Centre

CELEBRATING 11 YEARS

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At #33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295 www.kelownadaretodream.cjb.net --

--- Join our e-mail [newsletter](#) for sales & classes.

September 2009 - Cranio Sacral Reflexology- Basic, Advanced, & Third Level



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. Dr. Faure-Alderson has a school in Paris and England and is coming to the OKanagan. BC - info@okinhealth.com --- Very Limited places - so book early!

--Hotel \$69 a night!-- Direct flights from Victoria, Vancouver, Seattle, and Calgary. Car pools from Kootenays & Washington state.

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 one 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.

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Thank you for your support

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