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Hope you find it as inspirational and supportive as ever.

### July 2008 OK In Health E- Magazine



#### July 2008 Issue

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Hello Everyone,  
It's great to think that summer is here. It seemed just a while ago that all of us were grumbling about the snow and rotten weather and now, hallelujah, it's summertime.  
In this month's newsletter, we are focusing on the fact that it is berry season.

**Great News!** OK In Health web stats have tripled:  
Summer 2008 - **Unique visits 400 per day / 13,000 per month** (people that visit the site)  
----- **Hits 300,000 per month / 3.5 million per year**  
Summer 2007 - Unique visits 100 per day  
----- Hits 3,000 per month  
Plus new members continue to sign up for their free E-Newsletter.

Back in 2003, to promote an event or health services, or share some new health information, it involved driving around to deliver posters in our community and surrounding towns in search of notice boards. And that was when gas prices were only .69c a litre! Since then, gas prices have soared and many places have removed their notice boards. This has made it increasingly more difficult to share your news in an efficient, timely, affordable, and environmentally-conscious way. OKinHealth is the 'New Notice board', that reaches a wide range of people interested in health, healing, and community events. Here are some of the news and information you can find on OK In Health and newsletter.

#### **This month we have focused on some seasonal light recipes:**

- Herbed Romaine Salad with Strawberries
- Apricot-Glazed Carrots
- Blackberry Sherbet
- Wheat Berry Bread
- Raspberry Jam Salad Dressing
- Curried Noodles with Tofu
- Steamed Asparagus with Lemon Butter Recipe
- Grilled Rainbow Trout with Mushroom Stuffing - Fish, Hot Off the Grill
- Four basic tips on buying and storing berries
- 11 Easy Ways to Get More Berries into your Recipes



#### **Also, some great new articles:**



How Psychic Are You?  
The Importance of Eating your Berries by Norm Danniels  
What is being Indigo? by SharonTaphorn, Vancouver.  
Scar Tissue by Wayne Still, Penticton  
Water, water, everywhere

In this newsletter you can find this Summer workshops and events, such as:

- Mindscape - Develop Your Intuition
- Basic Holistic Foot Reflexology Course
- Classical Equitation with Craig Stevens Craig
- Angelic Healing Intensive
- Getting To Know Your Crystals Bowl!
- Yoga classes
- Working With Crystals
- Meditation Introduction workshops
- Free Talk on Crystal Skulls & Orgone Generators
- Chakras on the Feet
- Reiki Master Class
- Conscious Parenting
- Pawspoint - Reflexology For Animals
- Touch For Health
- Healthy Body Image
- Personalized Energy Healing Intro Workshop
- Nia Summer Classes
- Afro-Jazz Dance Classes
- and many free community events.



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Workshops  
Practitioners  
Wellness businesses  
Non-profit  
Support groups

**OK In Health`s Wellness Tips:**

- Summer Festivals & Fun Food
- Don't Sweat It
- Eating Before Exercise
- Keep It Spicy!
- Think Small for Pasta Portions
- Correct Breathing While Lifting
- The Link Between Smell and Food Choice

SEE BELOW For Full Details

For larger print and for full line up of events - [visit our main event calendar directory](#)

If you have any events coming up this summer or fall, now is the time to post them. New lower rates for practitioners, workshops, and non-profit events. Come and visit OK In Health at [www.OKinHealth.com](http://www.OKinHealth.com) and invite a friend to sign up for their free e-magazine and be part of this amazing community network.

Wishing you all a Joyous July and thank you all for your amazing support of this network by receiving this free health and wellness E-Magazine.

Yours In Health,

From Maria Carr & the OKinHealth Team -

The Integrative Health & Healing Information Center- Est.2004

Scroll down to see our latest articles, July events, yummy recipes, gardening tips,  
34 contests and the new practitioners who have just joined OK In Health.

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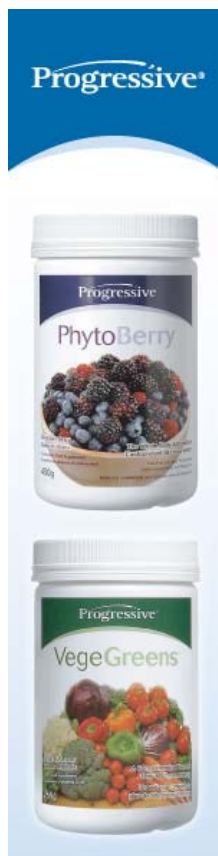
**How Psychic Are You?**

From dreams of dear Aunt Fran to knowing who is on the phone, we all have psychic experiences. Do you possess natural psychic ability or just a basic intuition? Answer these simple questions to find out! [\[Read More..\]](#)

**The Importance of Eating your Berries** by Norm Danniels

*Norm Danniels has been involved in the formulation and development of natural health supplements for over two decades. His focus is on the unique nutritional needs of people with active lifestyles.*

It's no secret that fruit, especially berries, contain many of nature's most potent antioxidants and phytochemicals. Unfortunately, few people consume enough to adequately battle the environmental toxins, stress and excessive free radical exposure we face each day. Free radicals are reactive compounds that



Advertisement

damage surrounding cells and, when left unchecked, contribute to the erosion of good health. The ability of berries to support our body in neutralizing free radicals makes a concentrated berry supplement one of our most effective defenses. [ [Read More ...](#) ]

What is being Indigo? [by SharonTaphorn, Vancouver.](#)

According to New Age beliefs Indigo children are highly sensitive with a clear sense of self-definition and a strong feeling that they need to make a significant difference in the world. They are empathic and can easily detect or are in tune with the thoughts of others, and are naturally drawn to matters concerning mysteries, spirituality, the paranormal and the occult, while opposing unquestioned authority and contradictory to convention. They are also said to feel a strong sense of entitlement. [ [Read More...](#) ]

**Scar Tissue** [by Wayne Still, Penticton](#)

The ability of the human body to heal itself and regain function after being subjected to sometimes severe trauma is truly remarkable. Broken bones become whole again while cuts, gashes and surgical incisions heal to recreate unbroken, if scarred, skin. Let's explore the nature and function of the specialized tissue which produces the scar. [ [Read More ...](#) ]

### Water, Water, Everywhere

It is an irritating fact that we lose our thirst as we get older – difficult when we are trying to do all the things that improve our health. Most people are aware of the recommended 8 glasses of water a day (about 2 litres), but many find this a struggle to achieve; thirst really helps here! We can tend to confuse hunger with thirst and so should really make a habit to drink even if we don't think we are thirsty – this can really help to curb an excessive hunger that can lead to weight gain. The human body is approximately 65% water, and... [ [Read More...](#) ]

**Writing You Say?** [by Annette Ericsson, Kelowna](#)

Have you ever watched someone writing in their journal and asked – I wonder why or what they're writing about? Here's the thing. You already know people have everything they need within them to find their own answers, right? The tricky part though is how to find those answers or even to realize the answers are there. Here's one of the keys. Writing! That's right. Writing rights things. The people you see who are writing in their journal – they have already discovered this. Call it story-telling, journal writing, therapeutic writing, call it whatever you want. It doesn't matter. It still has the same magical effect. It's writing that frees buried emotions and thoughts. [ [Read More...](#) ]

*To read more articles on OK In Health - visit our [main article page](#).*

Note: Are you interested in these types of articles and information? your feedback is welcome? [ [feedback](#) ]  
What do you want to Learn about? [ [feedback](#) ]



**Raspberry Jam Salad Dressing:**

Add Organic when you can - take a couple of tablespoons of raspberry jam ,warm it until runny, strain the pips out mix with a tablespoon of olive oil or omega 3, 6, 9 oil and cider vinegar & whisk together, and dress salad. From Dave

**Grilled Rainbow Trout with Mushroom Stuffing - Fish, Hot Off the Grill**

**Ingredients** 6 (1 1/2-pound) dressed rainbow trout - 1/4 cup olive oil - 2 shallots, minced - 1/2 pound fresh mushrooms, chopped - 1/4 cup fine, dry breadcrumbs - 1 tablespoon fresh thyme leaves - 1/2 teaspoon salt - 1/2 teaspoon pepper - 2 lemons, thinly sliced - 12 fresh thyme sprigs.

**Preparation** Brush inside of trout with oil. Combine shallots and next 5 ingredients; spoon evenly into trout. Place lemon slices and thyme sprigs on stuffing and outside of fish; tie trout with string. Brush outside of trout with oil. Cook, covered with grill lid, over medium-high heat (350° to 400°) about 8 minutes per side or until fish flakes easily with a fork. Yield 6 servings



**Curried Noodles with Tofu**

Coconut milk gives this meatless dish a velvety richness. Look for curry paste in the Asian foods section of your

supermarket and Whole Foods markets. Use it conservatively, a little goes a long way.



**Ingredients** - 6 ounces uncooked rice sticks (rice-flour noodles), angel hair pasta, or vermicelli 1 cup of light coconut milk 1 tablespoon sugar 2 tablespoons low-sodium soy sauce 1 1/2 tablespoons bottled ground fresh ginger (such as Spice World) 2 teaspoons bottled minced garlic 1 teaspoon green curry paste 1/2 teaspoon salt Cooking spray 1 (12.3-ounce) package extra-firm tofu, drained and cut into 1-inch cubes 1 cup red bell pepper strips 4 cups shredded napa (Chinese) cabbage 1 cup chopped green onions 3 tablespoons chopped fresh cilantro or parsley.

**Preparation** - Place noodles in a large bowl. Add hot water to cover; let stand 5 minutes. Drain. Combine coconut milk, sugar, soy sauce, ginger, garlic, curry paste, and salt in a small bowl. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add tofu; sauté 10 minutes

or until golden brown. Remove tofu from pan; keep warm. Add bell pepper to pan; sauté 1 minute or until crisp-tender. Add cabbage; sauté 30 seconds. Stir in noodles, coconut milk mixture, and tofu; cook 2 minutes or until noodles are tender. Stir in green onions and cilantro. Yield 4 servings (serving size: 1 1/4 cups)

**Nutritional Information** - CALORIES 300(15% from fat); FAT 4.9g (sat 2.3g,mono 0.4g,poly 1.1g); IRON 3.6mg; CHOLESTEROL 0.0mg; CALCIUM 89mg; CARBOHYDRATE 51.4g; SODIUM 678mg; PROTEIN 11.5g; FIBER 4.5g

### Steamed Asparagus with Lemon Butter Recipe

**Ingredients** - 1/2 pound fresh asparagus - Salt - 2 tablespoons unsalted butter - 1 teaspoon lemon zest or Lemon Pepper - 1 tablespoon lemon juice.

**Preparation** - 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.

### Blackberry Sherbet

**Ingredients:** 4 cups fresh blackberries, 2 cups sugar, 2 cups buttermilk, Garnish: fresh blackberries

**Preparation:** - Stir together 4 cups blackberries and sugar in a bowl; let mixture stand 30 minutes. Process blackberry mixture in a food processor or blender until smooth, stopping to scrape down sides. Pour through a fine wire-mesh strainer into a 9-inch square pan, discarding solids; stir in buttermilk. Cover and freeze 8 hours. Break frozen mixture into chunks, and place in a bowl; beat at medium speed with an electric mixer until smooth. Return to pan; cover and freeze 3 hours or until firm. Garnish, if desired. Note: 2 (14-ounce) packages frozen blackberries, thawed, may be substituted for fresh blackberries.



### Apricot-Glazed Carrots

**Ingredients** 1 pound baby carrots, 1 1/4 teaspoons salt, divided 3 tablespoons butter or margarine, 1/3 cup apricot preserves, 1/4 teaspoon ground nutmeg, 1 teaspoon grated orange rind, 2 tablespoons fresh orange juice.

**Preparation** Cook baby carrots and 1 teaspoon salt in boiling water to cover in a large saucepan 15 to 20 minutes or until carrots are tender; drain. Melt butter in saucepan; stir in preserves until blended. Stir in remaining 1/4 teaspoon salt, nutmeg, orange rind, and orange juice; cook 5 minutes. Add carrots; gently toss to coat. Yield 4 servings

### Wheat Berry Bread

This is a hearty sandwich bread. Cooked wheat berries add texture, and the wheat bran gives the surface a nice rustic finish. The recipe makes two loaves, so you can freeze one for later.

**Ingredients** - 3 cups water - 3/4 cup uncooked wheat berries - 1 package dry yeast (about 2 1/4 teaspoons) - 1 cup 2% reduced-fat milk - 2 tablespoons dark honey (such as buckwheat) - 2 1/2 teaspoons salt - 3 cups bread flour, divided 2 cups whole wheat flour 1 cup amaranth flour - Cooking spray - 2 tablespoons bread flour - 2 tablespoons wheat bran.

**Preparation** - Combine water and wheat berries in a saucepan; bring to a boil. Cover, reduce heat, and simmer 1 hour or



until tender. Drain wheat in a colander over a bowl, reserving 1 cup cooking liquid; set wheat berries aside. Let reserved cooking liquid stand until warm (100° to 110°). Stir yeast into cooking liquid. Combine milk, honey, and salt in a small, heavy saucepan, stirring with a whisk until honey and salt dissolve. Heat milk mixture over medium heat until warm (100° to 110°). Add milk mixture to yeast mixture, stirring with a whisk; let stand 5 minutes. Lightly spoon 3 cups bread flour, whole wheat flour, and amaranth flour into dry measuring cups; level with a knife. Stir 2 1/2 cups bread flour, whole wheat flour, and amaranth flour into yeast mixture. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add up to 1/2 cup bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky). Place dough in a large bowl

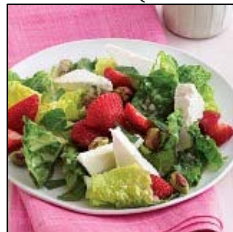
coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Coat two 9 x 5-inch loaf pans with cooking spray; dust each with 1 tablespoon bread flour. Divide dough in half. Working with 1 portion at a time (cover remaining dough to keep from drying), knead half of wheat berries into dough; place dough in prepared pan. Sprinkle dough with 1 tablespoon wheat bran. Repeat procedure with remaining dough, wheat berries, and wheat bran. Cover and let rise 45 minutes or until doubled in size. Preheat oven to 375°. Bake at 375° for 45 minutes or until golden. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack. **Yield** 18 servings (serving size: 1 slice)

**Nutritional Information** CALORIES 198(6% from fat); FAT 1.4g (sat 0.3g, mono 0.2g, poly 0.4g); IRON 3.6mg; CHOLESTEROL 1mg; CALCIUM 37mg; CARBOHYDRATE 39.8g; SODIUM 334mg; PROTEIN 7.2g; FIBER 3.9g

**Herbed Romaine Salad with Strawberries**

Strawberries go well with tender herbs like mint and tarragon. Tossed with toasted pistachios, creamy feta, romaine lettuce, and a very light honey-lemon dressing, the berries add bright notes to a refreshing salad.

Prep and Cook Time: 30 minutes. Notes: To keep all the flavors in balance, use a mild, creamy feta, such as the one made by Belfiore Cheese Company, from Berkeley. It's sold in gourmet and Whole Foods markets. You can also substitute slices of ricotta salata (also called "hard ricotta") or fresh mild goat cheese for the feta.



**Ingredients** 1/2 cup raw (unsalted) pistachios - 10 to 12 oz. romaine lettuce hearts, cored and roughly chopped - 1/3 cup fresh tarragon, torn into small pieces - 1/3 cup fresh mint leaves, torn into small pieces - 12 ounces strawberries, hulled and quartered lengthwise - 1/4 cup fresh lemon juice - 2 teaspoons minced shallot (about 1 medium) - 2 teaspoons honey - 1/8 teaspoon salt - 3 tablespoons mild olive oil - 6 ounces good-quality mild feta cheese, cut into triangles.

**Preparation** 1. Preheat oven to 350°. Spread pistachios on a large baking sheet and bake until very lightly toasted (they should still retain some green), 8 to 10 minutes. Remove from oven and cool to room temperature. 2. In a large bowl, toss together lettuce, tarragon, mint, and half of the strawberries. In a small bowl, whisk together lemon juice, shallot, honey, and salt. Drizzle in olive

oil, whisking constantly, until mixture is emulsified. Drizzle dressing over lettuce mixture and toss well. 3. Divide lettuce mixture among plates, then top with remaining strawberries, toasted pistachios, and feta triangles. Note: Nutritional analysis is per first-course serving. Yield Makes 6 servings as a first course; 4 servings as a lunch course **Nutritional Information** CALORIES 235(69% from fat); FAT 18g (sat 5.8g); CHOLESTEROL 25mg; CARBOHYDRATE 12g; SODIUM 372mg; PROTEIN 7.7g; FIBER 3.6g

**Ready to head to the market? Here are four basic tips on buying and storing berries:**

1. Avoid buying bruised or oozing berries. Turn the see-through baskets over to check the berries on the bottom.
2. Look for firm, plump, full-colored berries.
3. When you bring them home, cover them and refrigerate them until ready to serve.
4. Use them quickly. If they're perfectly ripe the day you buy them, they can become soft and moldy within a couple of days. The exception to this rule is blueberries, which can be stored up to about five days.

**11 Easy Ways to Get More Berries in to your diet!**

1. Add fresh, frozen, or dried berries to hot or cold cereals.
2. Use in or on top of waffles and pancakes to add colour, flavour, and nutrition.
3. Add to green salads for color and sweetness. Berries work well with a vinaigrette dressing.
4. Toss them into a fruit salad. The red and blue colors make a splash in the sea of yellow, white, and green.
5. Mix into yogurt, or add as topping to light vanilla ice cream.
6. Whip them into a smoothie. Berries complement traditional smoothie ingredients such as bananas, nonfat frozen yogurt, and fruit juice.
7. Stir them into your favorite muffin batter. Oatmeal muffins become Blueberry Oatmeal Muffins. Corn muffins become Raspberry Corn Muffins. Lemon Muffins become Lemon Strawberry Muffins. You get the picture.
8. Feature them in a coffee cake, or serve your coffee cake with a fresh berry topping.
9. Use them to make sauces that dress up desserts like angel food cake or chocolate truffle cake, or complement grilled meat, fish, or poultry.
10. Use them as a colorful garnish for your plate at breakfast, lunch, or dinner.
11. Celebrate summer with a traditional berry dessert like strawberry shortcake, or berry cobbler, grunt, or crisp.



For more recipes - visit [OK In Health recipe page!](#)



	<b>Workshops &amp; Events Directory</b>		
	<b>July</b>	<a href="#">More Details</a>	

<b>July to Aug</b>	<b>Free - Summer Badminton &amp; Basketball</b> - ages 16 and over	<a href="#">Penticton</a>	or <a href="#">Fitness page</a>
<b>Weekends</b>	<b>Free - Gellatly Nut Farm Regional Park Interpretive Tours</b> There are more kinds of nuts than you can imagine. And you'll learn all about them by taking a guided tour of the 100 year old orchard with a Regional Parks interpreter at the Gellatly Nut Farm Regional Park	<a href="#">Kelowna</a>	Free
<b>Summer</b>	<b>Free - Hike at a different Regional Park with a park interpreter.</b> Enjoy a free guided hike each Wednesday, Friday and some weekends. Visit a different Regional Park each week with a park interpreter who will highlight special features. This is a great way to get out and get some exercise! There are hikes of varying lengths and skill levels. We've even scheduled some outings that your leashed dog is welcome to accompany you on! <a href="#">more details</a> >	<a href="#">Kelowna</a>	<a href="#">Fitness page</a>
<b>Summer</b>	<b>Free - Lynn Canyon Ecology Centre</b> This centre is a wonderful place for kids or to nurture the nature-lover in anyone. Situated in North Vancouver, it offers nature films to view, hands-on displays, models about the environment, a puzzle table, puppet theatre and summertime nature programs. If you're daring, you can take a free stroll over the Lynn Canyon Suspension Bridge for a stunning view of the canyon. (604.981.3103)	<a href="#">Vancouver</a>	Free walking Tours
<b>Summer</b>	<b>Free -Vancouver: An Architectural Tour</b> Whether you are a long-time Vancouver resident or just in the city for a few days, these tours promise to inform and enlighten. Get to know Vancouver intimately by attending one or all of the six tours offered by the Architectural Institute of British Columbia. July 1 - August 30. Phone: 604.683.8588	<a href="#">Vancouver</a>	Free walking tours
<b>July 1st - August 26</b>	<b>Afro-Jazz dance class for adults</b> If you want to dance, love world music, and just want to feel the joy of expressing rhythm through the language of jazz and African dance, you will love this class. No previous dance experience is required. Still time to join.	<a href="#">Penticton</a>	Dawn Dancing Otter <a href="#">Fitness page</a>
<b>4th July.</b>	<b>Holistic Reflexology: An Introduction</b> An informational talk and "hands-on" presentation. Pacific Institute of Reflexology	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>July 4-7</b>	<b>Lavender's Harvest Festival.</b> <a href="#">Marie Sperling</a> from Rite-Way Health will be demonstrating different massage techniques & reflexology at the Lavender's Harvest Festival. Come and celebrate all things lavender at Okanagan Lavender's 8th annual Harvest Festival. Sample lavender culinary fare, weave lavender wands and wreaths, take guided tours, pick your own lavender. Enjoy sensory local wine tastings, music, and local artists.	<a href="#">Kelowna</a>	<a href="#">Festivals page</a>
<b>July 4, 5, 6</b>	<b>Mindscape - Develop Your Intuition - Level 1</b> THE KEY TO DEVELOPING INTUITION Mindscape is a dynamic workshop in which you will learn how to access your minds' unlimited resources; to know yourself better, enhance creative abilities, develop outstanding mental skills and bring more success into your life. The techniques are powerful, yet enjoyable to do and easily learned by anyone. Mindscape opens new levels of awareness, creating new possibilities and expanding your mind's abilities more than you ever imagined. Heighten your intuition & awareness.	<a href="#">Kelowna</a>	Kristy Kenny
<b>July 4, 5, 6.</b>	<b>Basic Holistic Foot Reflexology Course</b> Prepares you to competently practice foot reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice foot reflexology. This intensive course is offered in	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page Pacific</a>

	both weekend and evening course formats, and consists of twenty hours of group instruction, five hours home study and forty hours of practicum.		Institute of Reflexology
<b>Saturday July 5th at 10am.</b>	<b>Free - Slithering Good Time – Okanagan Snakes</b> From Garter snakes to rattlers, you'll learn all about the various snakes that call the Okanagan Valley home during this session with well-known local naturalist Scott Alexander.	<a href="#">Kelowna</a>	<a href="#">by donation.</a>
<b>July 8 - Aug 19</b>	<b>Beach Yoga</b>	<a href="#">Penticton</a>	<a href="#">Fitness page</a>
<b>July 9 to Aug 13 Mon &amp; Wed</b>	<b>Regular Nia Classes</b> Meaningful fitness classes that promote awareness, strength, and balance with cardiovascular conditioning. Intentional movement. Dancing through life.	<a href="#">Penticton</a>	Michelle Parry <a href="#">Fitness page</a>
<b>Thursday July 10</b>	<b>Free - Moonlight Movie Night at Kelowna City Park.</b> Families are invited to enjoy a unique cinema experience under the stars, as a giant inflatable movie screen. Free family event with donations being accepted for the Okanagan Boys and Girls Clubs.	<a href="#">Kelowna</a>	
<b>Fri July 11</b>	<b>Free - Movie Under the Stars - ages 12 - 18</b> Relax under the stars, the waves crashing and the movie playing in front of you. Bring a blanket. Popcorn, and drinks available for sale. Meet at Gyro park at dusk.	<a href="#">Penticton</a>	<a href="#">Free Events page</a>
<b>July 11-13</b>	<b>Classical Equitation with Craig Stevens</b> 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.	<a href="#">Langley, BC ( Van)</a>	& <a href="#">see Animal Page.</a> Craig Stevens and Ann Turner
<b>July 11- 15</b>	<b>Angelic Healing Intensive</b> I invite you to join me in the beautiful Okanagan for 4.5 days of working with the Archangels and Ascended Masters. Experience their unconditional love and assistance in your personal healing and ability to assist others with their healing.	<a href="#">Kelowna</a>	Pamela Shelly
<b>July 12/13 level 1 &amp; Aug 9/10 level 2</b>	<b>Ascension - Level 1 &amp; 2</b> Come explore the tools of ascension Ascension is a two weekend course. We will look into topics dealing with our spiritual history (Lemuria and Atlantis, etc.) and our present energetic makeup. We will discuss our Families of Light and their return. We will explore energetic exercises that clear and increase our atomic light.	<a href="#">Kelowna</a>	Denise Obidowski
<b>July 15 to Aug 12 Tuesday's am</b>	<b>Gentle Nia Classes The basics.</b> Fewer moves and more time for awareness. Addressing physical conditioning, balance and movement variety for those with less mobility. Facilitating deeper awareness of how to move our body without causing pain. Finding pleasure, ease and power in a move or stance.	<a href="#">Penticton</a>	Michelle Parry <a href="#">Fitness page</a>
<b>Jul 18 - Jul 20</b>	<b>Beach Blanket Film Festival</b> Okanagan Lake hosts Canada's only outdoor floating screen film festival with top Canadian Filmmakers screening their creations.	<a href="#">Penticton</a>	
<b>Sat July 19</b>	<b>Free - Laser Bowling - ages 13 - 18</b> Meet at Sun Country Lanes. Phone ahead & book your lanes early!	<a href="#">Penticton</a>	<a href="#">Free Events page</a> <a href="#">Fitness page</a>

<p><b>Sat July 19</b></p>	<p style="text-align: center;"><b>Getting To Know Your Bowl!</b> Is your healing bowl gathering dust? Not sure what to do with your bowl? Would you like to connect with your bowl? These &amp; other questions will be explored as we strengthen our relationship with our bowls.</p>	<p><a href="#">Kelowna</a></p>	<p>Brenda Molloy</p>
<p><b>Sat July 19</b></p>	<p style="text-align: center;"><b>Working With Crystals</b> "Crystals can be seen as the most pure form in which consciousness can manifest itself in this reality. This means that they are the best tools in existence to awaken, activate and stimulate our awareness. Being aware, being conscious, is of prime importance for our personal evolution. Crystals can help us to evolve and to transform everything that prevents us from evolving".</p>	<p><a href="#">Kelowna</a></p>	<p>Pamela Shelly</p>
<p><b>July 20</b></p>	<p style="text-align: center;"><b>Free - Introductory Talk</b> on Crystal Skulls and Orgone Generators &amp; Open House</p>	<p><a href="#">Kelowna</a></p>	<p>Pamela Shelly</p>
<p><b>July 20</b></p>	<p style="text-align: center;"><b>CHAKRAS ON THE FEET</b> with Yvette Eastman at Touchpoint Institute of Reflexology &amp; Kinesthetics</p>	<p><a href="#">Vancouver</a></p>	<p>&amp; <a href="#">Reflexology page</a></p>
<p><b>Sunday July 20</b></p>	<p style="text-align: center;"><b>Free - Nature Program for Families.</b> Get your family more in tune with nature with two events at one location. Start off with a tour of the 'Forest Story: The Trees, The Beetles and You' exhibit in the Environmental Education Centre for the Okanagan. Afterwards, join a Regional Parks interpreter for a special guided hike through Mission Creek Regional Park.</p>	<p><a href="#">Kelowna</a></p>	<p><a href="#">Free Events page</a></p>
<p><b>July 22 &amp; 24</b></p>	<p style="text-align: center;"><b>Meditation 101 - Introductory Workshop</b> This is the perfect course for those who are brand new to meditation as well as those who have experience with it. The most common complaint from people struggling with meditation is "I can't stop thinking". Come discover why 'thinking' is not only not a problem, but actually a valuable part of the meditation process.</p>	<p><a href="#">Kelowna</a></p>	<p>Passionate Living Services</p>
<p><b>Thurs pm July 24</b></p>	<p style="text-align: center;"><b>Free - Herb Walk</b> Bring along a notepad and pen as you join our plant expert on an informative 'Herb Walk'. Cara Kirkey will help you learn how to identify, harvest and use local herbs, trees and shrubs during this session.</p>	<p><a href="#">Kelowna</a></p>	<p><a href="#">By donation</a></p>
<p><b>Fri July 25</b></p>	<p style="text-align: center;"><b>Free - Summer Slam Beach Volleyball &amp; BBQ</b> - ages 12 - 18 Come hang out and play volleyball in the best spot in town - the beach! No previous experience necessary, all abilities welcome. BBQ, tunes and prizes.</p>	<p><a href="#">Penticton</a></p>	<p><a href="#">Free Events page</a> <a href="#">Fitness page</a></p>
<p><b>Sat July 26</b></p>	<p style="text-align: center;"><b>Healthy Body Image</b> Join Sherri with guest presenters: Angela Wright, Nutritional Consultant and Virginia Preston, Yoga Instructor</p>	<p><a href="#">Kelowna</a></p>	<p>Passionate Living Services</p>
<p><b>July 26 &amp; 27 Sat &amp; Sun</b></p>	<p style="text-align: center;"><b>Reiki Master Class</b> This completes the Usui Reiki training &amp; includes 2 more powerful attunements strengthening your connection to the Divine. A guided meditation to a Crystal Cave &amp; also one to connect to your Reiki Guide/s is included. More powerful techniques for healing are taught. If your desire is to teach Reiki you get the support &amp; tools to do this in the Master Level.</p>	<p><a href="#">Kelowna</a></p>	<p>Pamela Shelly</p>
<p><b>Thursday July 31 at 7:00 pm.</b></p>	<p style="text-align: center;"><b>Free - Birds of a Feather</b> From the Avocet to Red-winged Blackbirds, you'll learn about the variety of birds that call the Okanagan home with naturalist Chris Charlesworth.</p>	<p><a href="#">Kelowna</a></p>	<p><a href="#">By donation</a></p>



<b>August</b>		More Details	
<b>Sat Aug 9</b>	<p style="text-align: center;"><b>Personalized Energy Healing - Introductory Workshop</b></p> <p>In this fun and informative workshop you will discover and become familiar with many of the more common Energy Healing techniques. We then take it one step further to help you discover what exactly that unique twist of yours is. Once we cultivate a relationship between you and your gift, you will find it is extremely easy to access and use it whenever you choose. Children over the age of 10 yrs welcome.</p>	<a href="#">Kelowna</a>	Passionate Living Services
<b>Aug 9 &amp; 10 Sat &amp; Sun</b>	<p style="text-align: center;"><b>Conscious Parenting</b></p> <p>Come and find out how you can best support your children to become the best they can be. Help them experience high self-esteem, better communication skills, and be self-empowered and able to fulfill their unique purpose with passion and joy.</p>	Calgary, <a href="#">Alberta</a>	Pamela Shelly
<b>Saturday August 9</b>	<b>Free - Nature Program &amp; Astronomy for Families</b>	<a href="#">Kelowna</a>	<a href="#">Free Events page</a>
<b>Aug 13 Wed even</b>	<p style="text-align: center;"><b>Introduction To The Angelic Realm</b></p> <p>In a fun, relaxed setting we will discuss Angels, Archangels, Ascended Masters, Spirit Guides, Nature Spirits, and Power Animals.</p>	Calgary, <a href="#">Alberta</a>	Pamela Shelly
<b>August 14 Thurs pm</b>	<p style="text-align: center;"><b>Free - Bats - Creatures of the Night</b></p> <p>They are the only mammals with wings...and they easily maneuver around objects in the dark. Learn more about Bats with Naturalist Roseanne Van Ee.</p>	<a href="#">Kelowna</a>	<a href="#">by donation</a>
<b>Fri Aug 15</b>	<p style="text-align: center;"><b>Free - Summer Slam Beach Volleyball &amp; BBQ</b></p> <p>Ages 12 - 18. Come hang out and play volleyball in the best spot in town - the beach! No previous experience necessary, all abilities welcome. BBQ, tunes and prizes.</p>	<a href="#">Penticton</a>	<a href="#">Free Events page</a>  <a href="#">Fitness page</a>
<b>Aug 16 &amp; 17 Sat &amp; Sun</b>	<p style="text-align: center;"><b>Angelic Healing I</b></p> <p>Come spend a weekend with the Angels and Ascended Masters to connect with their unconditional love for a weekend of personal healing and assisting others in healing. This course will also assist you in becoming aware of and releasing some of the blocks that are hindering you from living your life with passion and fulfilling your divine purpose.</p>	Calgary, <a href="#">Alberta</a>	Pamela Shelly
<b>Thursday August 21</b>	<p style="text-align: center;"><b>Free - Introducing the Night Sky</b></p> <p>When is the last time you've looked to the stars? You are invited to take some time to star gaze in Mission Creek.</p>	<a href="#">Kelowna</a>	Jim Shaver <a href="#">By donation</a>
<b>Saturday August 23 at 7:00 pm</b>	<p style="text-align: center;"><b>Free - Become Bear Aware</b></p> <p>What can you do to reduce the possibility of a run-in with a bear either at home or while on a hike? Naturalist Pete Wise will provide some suggestions to make you 'Bear Aware'.</p>	<a href="#">Kelowna</a>	Naturalist Pete Wise <a href="#">By donation</a>
<b>Aug 23,24 Sat &amp; Sun</b>	<p style="text-align: center;"><b>Conscious Parenting</b></p> <p>Come and find out how you can best support your children to become the best they can be. Help them experience high self-esteem, better communication skills, and be self-empowered and able to fulfill their unique purpose with passion and joy.</p>	<a href="#">Kelowna</a>	Pamela Shelly
<b>Aug 23,24 Sat &amp; Sun</b>	<p style="text-align: center;"><b>PAWSPPOINT – REFLEXOLOGY FOR ANIMALS</b></p> <p>with Yvette Eastman at Touchpoint Institute of Reflexology &amp; Kinesthetics</p>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology page</a>
<b>Aug 28 -</b>	<b>TOUCH FOR HEALTH - LEVELS 1, 2, 3 &amp; 4</b>		&

Sept 1	with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	<a href="#">Vancouver</a>	<a href="#">Reflexology page</a>
Thursday, August 28th at 7:00 pm.	<b>Free - Become Bear Aware</b> What can you do to reduce the possibility of a run-in with a bear either at home or while on a hike? Naturalist Pete Wise will provide some suggestions to make you 'Bear Aware'.	<a href="#">Kelowna</a>	Naturalist Pete Wise <a href="#">By donation</a>
Friday August 29	<b>Free - H2o FLO Teen Swim - ages 13 - 18</b> Splash around in the pool, hit the waterslides or diving boards, or simply relax in the hot tub. Special themes and contests each night.	<a href="#">Penticton</a>	<a href="#">Free Events page</a> <a href="#">Fitness page</a>
See Calendar for Summer and Fall Events		<a href="#">More Details</a>	

For larger print and for full line up of events - [visit our main event calendar directory](#)

### Correspondence

## HomeStudy Courses & Training

- The Ten Principles of Consciously Creating Evolutionary tools of manifestation and transformation with Sharon Taphorn. [[Click Here](#)]
- Touchpoint Foot Reflexology Certificate HomeStudy with Touchpoint Institute of Reflexology & Kinesthetics [[Click Here](#)]
- Living Energy Wholistic Nutrition Course with Dr. Radka Ruzicka, Living Energy Natural Health Centre [[Click Here](#)]
- Animal Communication Communicate with the animals in your life Sue Peters [[Click Here](#)]
- Hypnotherapy Certification Training with The Orca Institute. [[Click Here](#)]

	<p style="text-align: center;"><b>For Events by Town / Category</b></p> <p>Workshops &amp; events coming to <b>Penticton</b> area- <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Kelowna</b> area - <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Vernon</b> area- <a href="#">Click Here</a> --</p> <p>To view <b>Animal retreat/ clinics</b> - <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Vancouver</b> - <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Alberta</b> - <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Kootenays</b> - <a href="#">Click Here</a></p> <p>Workshops &amp; events coming to <b>US</b>- <a href="#">Click Here</a>  Workshops &amp; events coming to <b>Ireland &amp; UK</b> - <a href="#">Click Here</a>  Workshops &amp; events - <b>FREE to attend</b> - <a href="#">Click Here</a>  To view <b>Environment</b> workshops &amp; events - <a href="#">Click Here</a>  To view <b>Retreats</b> - <a href="#">Click here</a></p> <p><b>For full Details of Spring &amp; Summer events</b> - <a href="#">click here:</a>  <a href="http://www.okinhealth.com/healing_workshops_calendar.html">www.okinhealth.com/healing_workshops_calendar.html</a></p> <p style="text-align: center;"><a href="#">Event Directory</a> or <a href="#">Events by Town</a></p>	
<p><b>Getting To Know Your Bowl! - Kelowna</b></p>	<p style="text-align: center;"><b>Cranio Sacral Reflexology Course</b></p>	<p><b>Conscious Parenting, Working With Crystals, &amp; Angelic Healing Intensive</b> Kelowna &amp; Calgary</p>
		<p>Vancouver - Foot Reflexology Course</p>
<p><b>Mindscape - Develop Your Intuition</b></p>		



**Ascension  
Level 1 & 2 -  
Kelowna**

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. Contact Maria Carr for [More details](#) and book early!

**Classical Equitation  
with Craig Stevens**

**Pawspoint -  
Animals Reflexology**

### Practitioners



### 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](http://www.dancingotter.ca)  
*Accepting and Loving What IS....Manifesting what is BEcoming...and Dancin' like there's nobody watchin'*

### 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

### Inner Pathways

Specializing In Women's Issues  
~ Therapeutic Writing ~ Counselling ~ Workshop Facilitating.  
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](mailto:annette@innerpathways.ca)  
Website: [www.innerpathways.ca](http://www.innerpathways.ca)



### 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 practice on the Westside of Kelowna. Contact Sara Fitzharris at Horizon Homeopathic  
250 769 7280 or [sarafitzharris@aol.com](mailto:sarafitzharris@aol.com) Website: [www.horizonhomeopathic.com](http://www.horizonhomeopathic.com)

### Rite - Way - Health



Marie Sperling is a Reflexology Therapist, and has certifications in Therapeutic Massage, Reiki, Iridology, Kinesiology, and also offers Health and Wellness Coaching. Marie has been working in the field for eight years and her focus is to enhance her clients health and empower them to take their health to higher and higher levels of wellness. [\[see contests\]](#)

### *What is Glutathione?...*

**AMAZING MEDICAL BREAKTHROUGH!...Dr. John C. Nelson, 159th President of the American Medical Assoc...** "This product, in my opinion, represents the single most important breakthrough in health that I will witness in my lifetime. I believe it will revolutionize, change, and transform the practice of medicine world-wide and make Dr. Robert Keller more famous than Jonas Salk who created the polio vaccine". **Doctors Speak Out**  
Learn more about ...MaxGXL and MaxWLX?... [www.youandmax.com](http://www.youandmax.com) ... or [Email](#) in the okanagan, vancouver, BC & Ab areas



### OK's Wellness Tips

#### **Summer Festivals & Fun Food**

From peach cobbler topped with ice cream to fried everything you can imagine, summer festivals and all of their interesting foods can be a fun and memorable part of summer. But, how do you have a great time at summer outdoor events and still eat healthfully? Here are a few tips for enjoying without overindulging: Look at all food options before choosing your favorites; share with a friend; choose smaller portions when possible; put it all on one plate rather than munching as you go; and sit down, eat slowly and enjoy!

#### **Don't Sweat It**

Exercisers of all ages are at increased risk for dehydration during these hot summer months. Dehydration can diminish energy, impair performance, and have serious health consequences. Even a 2% loss of body weight through sweat--3 pounds for a 150-pound exerciser--can mean trouble. Maintaining proper hydration is important for all fitness enthusiasts. Weighing yourself, without clothing, just before and after you exercise is one way to measure fluid losses. Each pound lost is equivalent to about 15 ounces of dehydration.

#### **Eating Before Exercise**

Your body clearly needs food, but too much just before exercise can impair your performance and make you feel sluggish. Try to strike a reasonable balance. Eat your larger meals 3-4 hours before exercise. Eat small meals if you eat during the last hour or two before starting to exercise.

#### **Keep It Spicy!**

Seasonings can add loads of flavor to reduced-fat recipes. Try basil to spruce up poultry, cilantro or salsa with fish, and dill in low-fat cottage cheese. Use cracked black or red pepper for more exciting pasta, and add turmeric to rice dishes. A little spice goes a long way toward making fat-modified dishes taste great.

#### **Think Small for Pasta Portions**

Did you know that one serving of pasta is a 1/2 cup cooked, or a portion about the size of half a baseball? Depending on gender, age and level of physical activity, most people need between 6 and 11 servings of grains each day. Heaping plates of pasta may end up providing more calorie-dense carbohydrates than you need. For a well-balanced meal, try limiting portions of pasta to 1/2 - 3/4 cup; consider whole wheat, if available; and include plenty of vegetables and lean meat, fish, chicken or tofu.

#### **Correct Breathing While Lifting**

Correct breathing during exercise helps keep blood pressure down and avoid unnecessary stress on the arteries. The National Institute on Aging recommends exhaling while you lift and inhaling as the weights return to their starting position. You should never hold your breath while lifting weights.

#### **The Link Between Smell and Food Choice**

If you hold your nose while eating chocolate, you might have trouble identifying the chocolate flavor. This is because taste and smell are closely linked. Smell can account for up to 90% of your ability to detect the flavor of some foods. Those with a decline in the ability to smell due to allergies, medications or aging often eat foods containing higher amounts of salt or sugar. Consider using more spices like basil, cumin or chili powder to increase flavor and offset a decreased sense of smell.

[More Wellness Tips](#)

# Contests

Last Chance! Closing Date - July 24th 2008. Best of luck everyone - [Enter here or below](#)

## Enter to Win - 33 Treatments & prizes:

New - Just posted.

A1: - [All Areas](#)

One free 30 min Lemurian Oracle Reading (604-874-3770) with Sharon Taphorn from Playing With the Universe.

B2: - [Vancouver](#)

One free half hour Reiki Healing Session (worth \$30) with Juliette Sinclair on Commercial Drive in Vancouver.

1. [All Areas](#)  
One CD - 'Seagull in Flight' by Chris Madsen. 16 instrumental solo guitar works that will carry you away to blissful states.
2. [Kelowna](#)  
One free 'Concept Shifting' session with Sherri Mogenson at Passionate Living Services.
3. [Kelowna](#)  
One free 'Energetic Realignment' session with Sherri Mogenson at Passionate Living Services.
4. [Kelowna](#)  
One free consultation in the area of Family Mediation with Cathay at Gibson & Associates Mediation.
5. [Kelowna](#)  
One free Feldenkrais session (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner, in Kelowna, BC [ See [upcoming workshops & What is Feldenkrais -Article](#)]
6. [Kelowna](#)  
50% discount on the "Room to Write" on-line workshop which has a value of \$85.00.
7. [Kelowna](#)  
Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at Natural Sense Aromatherapy.
8. [Kelowna](#)  
One free Reiki Treatment at [Holistic Choices](#) with Preben.
9. [Kelowna](#)  
One free a Shiatsu treatment from [Rite-Way Health](#) with Marie Sperling.
10. [Kelowna](#)  
One free pass to One Free [Charka Yoga Class](#) with Aunaray at flowering Consciousness, Kelowna.
11. [Kelowna](#)  
One free Reiki Treatment at [Relax and Revive](#), with Kathy Collins. in Kelowna.
12. [Osoyoos](#)  
One free Reiki Session at Yin Yang Chi Healing with Donna Phalen
13. [Osoyoos to Penticton](#)  
One free Pet treatment at 'Colour Me Healthy' with [Linda Buhler](#). See [previous contest winner feedback](#)
14. [Penticton](#)  
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.
15. [Penticton](#)  
One free first time homeopathic consultation with [Pat Deacon](#).
16. [Penticton](#)  
One Free Reflexology treatment at [Christina's Holistic Centre](#), with Christina Ince.
17. [Penticton](#)  
One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance Pilates and fitness.(value \$60)
18. [Penticton](#)  
One free Aqua-Chi detox footbath session (regular fee \$30)at Christina's Holistic Centre, with Christina Ince.
19. [Penticton](#)  
One Free Reiki treatment at Christina's Holistic Centre, with Christina Ince. See [previous contest winner feedback](#)
20. [Penticton](#)  
One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
21. [Penticton](#)  
Win 1 of 2 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton's [Water Conservation Department](#)
22. [Penticton](#)  
One free Tarot Card Reading with [Norma Cowie](#)
23. [Summerland](#)  
One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))
24. [Summerland](#)  
One free infrared sauna at Sole 2 Soul with Nora Donovan-Ward.
- Discount Gift Card**
25. [Penticton](#)  
Receive a \$25 discount for one-day private massage training for a couple (reg. fee \$100) at Christina's Holistic Centre, with Christina Ince.
26. [Vernon](#)

One \$25.00 off discount for a **Healing Touch Treatment** at Maya Healing Centre with Shirley Pretty

### Workshop Contests

27. **Alberta** - Receive a \$25.00 discount towards **Angelic Healing workshops** with Instructor Pamela Shelly at Mastering Wellness.
28. **Alberta** - Receive a \$25.00 discount towards **Conscious Parenting workshops** with Reiki Master/Instructor Pamela Shelly at Mastering Wellness.
29. **Kelowna** - Receive a \$25.00 discount towards **Angelic Healing workshops** with Instructor Pamela Shelly at Mastering Wellness. See [previous contest winner feedback](#)
30. **Kelowna** - Receive a \$25.00 discount towards **Conscious Parenting workshops** with Instructor Pamela Shelly at Mastering Wellness
31. **Penticton** - Receive a \$25.00 discount towards **Reiki Level 1 & Level 2 classes**, with Reiki Master/Teacher Christina Ince at Christina's Holistic Centre, Penticton, BC.



**Enter all the contests numbers** that you want to enter on your contest entry form i.e. contests - 1. *CD*, 14. *pet*, 21. *reiki*, 22. *t-shirt*, .... No need to fill in multiple forms now!  
Enter as many contests as you want that are **within your area**  
- watch for your next [newsletter](#) for contest information



### Classifieds & News

#### Reflexology Chair For Sale

Reclining Lounge Chair for Reflexology Sturdy Frame - in new condition Asking \$200 Contact Irene at 250-304-6875

#### Marie Sperling from Rite-Way Health will be demonstrating different massage techniques & reflexology at the Lavender's Harvest Festival.

The 4 day festival runs July 4-7, 2008, 10:00am - 5:00pm  
Come and celebrate all things lavender at Okanagan Lavender's 8th annual Harvest Festival and it has expanded this year to include a great mix of local talent. Sample lavender culinary fare, weave lavender wands and wreaths, take guided tours, pick your own lavender. Enjoy sensory wine tastings hosted by Quails' Gate Estate Winery. Marie Sperling from Rite-Way Health will be demonstrating different massage techniques and reflexology. Enjoy the classical music of local musicians, Laura and Sarah Grindlay. An amazing art exhibit 'Masters on Canvas', is participating throughout the festival and it represents the original works of John Einerssen, Brent Heighton, Janice Blackie-Goodine, Will Enns and Mike Biden.



Learn about medicinal plants with Tracy Lundburg-Schmipf. Admission \$5.00, children 12 and under free. Okanagan Lavender is located at 4380 Takla Road (corner of Takla and Saucier Roads in South Kelowna). Call 764-7795 or email [tours@okanaganlavender.com](mailto:tours@okanaganlavender.com) for more information or a schedule of events.

#### Health Practitioners Space for Rent in Penticton

Turnkey solution in Penticton, professional furnished offices for alternative health practitioners. Includes administrative support, reception, marketing, on-site laundry, classroom and more. Accommodating part time or full time, a wonderful atmosphere starting at \$600 per month. [OkanaganWellnessCentre.com](http://OkanaganWellnessCentre.com) (250) 276-9485

#### Maria's 1997 Astro Van

Tow package all set up for pulling tent trailer or light trailers. 8 psg van, 160,000KM, New TIRES, p/w p/l, TINTED windows, 4.3 litre vortex. Penticton 250 492 4759  
Reduced to \$4,500 o.b.o. - No accidents. See [Web Page](#)



#### Book Your Kelowna Booth - Organic Okanagan Festival - September 21, 2008

The Okanagan's Finest Green Living Expo. This year's festival will be held all over the stunning grounds of the Summerhill Pyramid Winery, in Kelowna. Vendors' marketplace, mini farmers' market, the sustainability lecture series, Organic Okanagan Film Festival, First Nations cultural experiences, and a local music. Also hands-on activities: mini home energy audits, local food cooking demonstrations, an organic taste challenge and children's corner. Sale, sample, engage and enjoy! Contact the [Okanagan Greens Society](#) or phone (250) 469-1881 or [email](#).

#### Book Your Vancouver Booth - Vancouver Health Show - October 25 & 26, 2008.

Book your booth before May 15, 2008 and carpet, table and chairs are included with booth price. Contact Virginia [Email](#) for more info and pricing.

**Book Your Kootenay Booth - P.A.T.H.** - Expo Promoting Alternative Therapeutic Healing Speakers \* Lectures \* Readings \* Exhibits

\* Workshops\* Crystal Singing Bowls \* and Psychic Showcase. This event is always fun and entertaining! A gathering of all the Psychics in a question and answer forum in Salmo, B.C. (Kootenays) on [Sept 27 & 28, 2008](#). [Email](#) for more details Phone: 250-357-9345

### Calling All Artist

The South Okanagan Rehabilitation Centre is calling all artist to donate art work for SORCO - Owls A Bird of Prey Art Show and Silent Auction by Handworks Gallery will be presented in September 2008. [Email](#)

### Do you have visitors coming this summer?

Now, it is the start of the tourists season and visitors. After their long flights, I love to treat them to a relaxing shiatsu massage or reflexology treatment. This helps them with their jet-lag, sore muscles, and strengthens their immune system. See our [OK In Health practitioners](#) .

### How to make OK In Health your Home Page!

Go to [www.okinhealth.com](http://www.okinhealth.com) or our [Event Calendar Directory](#) — Open up [Tools], [Internet Option], The page/link you want on OK in Health, should show in top Box, click on [Use Current] and [Apply]. This would help support the OK In Health network and keep you up dated with new events. Thank you

### Are you looking for that unique gift?

What about a gift certificate for a relaxing treatment or an organic facial by one of our OK In Health [Practitioners](#), or [a custom oil portrait, crystal pendant, salt lamp](#) or a inspiring [workshop or event?](#) -

#### Community Events at your fingertips!

Have you ever wanted to attend a community event, health show, weekend retreat, workshop, movie, fitness class, or find a local practitioner or support group?

Well, OK In Health is a website that is a great resource for finding all this. OK In Health is an on-line Magazine that offers a variety of integrative information for our physical, emotional, and spiritual well-being.

The editor, Maria Carr started OK In Health in 2004, as she felt there was a need to have one place to help communities to connect. She felt that it was better to hear about an event before rather than afterwards. Since then, the website has become the main place to find community events, workshops, fitness classes, wellness information, contests, articles, and more.



**2008 SOHF Health & Wellness Educator Award.**

**2008 SOWINS Health & Wellness Award**



That's all for this month - Join us again next month!

*Share this newsletter with a friend!*

If you would like to show your support for OKinHealth and this free newsletter, may we suggest you:

- Invite a friend to sign up for our free newsletter
- Promote your events or business on OKinHealth
- Donate a treatment or prize in your area
- Request a copy of our new posters for your office or local notice boards
- Forward this newsletter to your friends and colleagues
- r simple drop us an email for our [Message Board](#) and share with us your feedback about OKinHealth.

Maria Carr and the OKinHealth Team  
**The OKinHealth Website**  
[www.OkinHealth.com](http://www.OkinHealth.com)

[info@Okinhealth.com](mailto:info@Okinhealth.com)

Health Care Practitioners & Healing Workshops – Natural Environment, Animal, Maternity, Women’s & Families Info.  
Health Stores & natural Businesses - Great Articles & Recipes, Local Events & support groups and more

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This monthly newsletter is sent free of charge to support, inspire and connect our local communities. Please feel free to pass it on to anyone you feel may enjoy the information it contains. If however you wish to be removed from the mailing list, simply return with [unsubscribe](#) as the subject. Please let us know if you receive this **twice**. Should you wish to learn more about OK In Health and what is happening in your community, what workshops, courses, free events, articles, contests offered or local supportive practitioners - **please visit our website** [www.OKinHealth.com](http://www.OKinHealth.com) and [sign up for our Free newsletter](#) .

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### OK In Health

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