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June 2008 OK In Health E- Magazine



June 2008 Issue

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Hello Everyone,

I am back after a marvelous two weeks of traveling from Canada all the way down to Disneyland with our three kids in our motor home. It was a great two weeks. On the way back we saw the amazing giant redwood trees, vibrant ocean along the Oregon coast and all the amazing scenery along the way.

Now, it is the start of the tourists season and visitors. We have a month of family and friends arriving from Ireland and other places. 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](#) in your town.

I am often asked about the 'We' or 'Team' of OK In Health. Mostly I mean you, the people who signed up for the newsletter and checks the information out on the www.okinhealth.com website. The team is also the practitioners, workshop facilitators, nutritionist, who realize that we need a way to all network and support each other and also educate.

I am very grateful for the amazing people, authors, nutrition, [practitioners](#), naturopaths, doctors, and workshop facilitators, that write articles for our OK In health Members.

This summer you can find OK In Health advertisements in the Penticton tourist magazines, Okanagan Women in Business supplement, Okanagan Gala Health Magazine, Kelowna's Healing Arts Association newsletter, and B.C. & Alberta's Issues magazine. If you would like me to [email](#) you an OK in Health poster for your office, wellness center, workshop or support group, staff room, local health store or notice board, we would appreciate your support.

If you have any events coming up this summer or fall, now is the time to post them. New lower rates for non-profit events. Come and visit OK In Health at 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 June 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, June events, yummy recipes, gardening tips, 34 contests and the new practitioners who have just joined OK In Health.

OK in Health Recipes

- **Vegetarian Kung Pao with Broccoli and Peanuts**

Tofu stir-fried with vinegar is a traditional folk remedy for malaria and dysentery. Peanuts are believed to improve the appetite and lubricate the lungs. An age-old remedy for hypertension is ground peanut shells steeped in water to make a tea that is drunk 3 times a day for at least 20 days. [[Full Recipe](#)]

- **Apple Oat-Bran Muffins**

Commercially baked muffins have become as large as small birthday cakes and loaded with calories and fat. These muffins, on the other hand, are delicious and loaded with fiber and heart-friendly oat bran. They may truly be the breakfast of champions. You may use Granny Smith or Gravenstein apples, but feel free to try your favorite green apple. You can freeze what you don't consume right away for a later date. [[Full Recipe](#)]



- **Carrot Cake**

Carrot cake is a perennial favorite, but it is often loaded with vegetable oil and laden with a cream cheese frosting. Our version is healthier, using a small amount of olive oil, a full cup of honey for moistness and flavor, and a combination of whole wheat pastry and unbleached flours. The crunchy walnuts even add a bit of omega-3 fats to this sweet treat. With a cup of hot green tea, this cake will make you forget about cream cheese frosting. Enjoy! [[Full Recipe](#)]

- **Crockpot Fisherman's Stew**

This rich and easy stew, with leeks, plum tomatoes, clam juice, shrimp, and baby carrots, cooks all day in your crockpot. [[Full Recipe](#)]

- **Penne à la Broccoli**

This is one of the fastest and easiest main dishes to make. It's full of flavor and quick - it also has the cancer-fighting protection of broccoli. [[Full Recipe](#)]

- **Curried Greens**

When some people hear the word "greens," they immediately conjure up childhood memories of overcooked lumps of vegetation they were forced to eat and hated. But the vegetable section of the grocery is a different world today, brimming with a variety of greens such as spinach, chard, kale, mustard, collards and bok choy that are tasty as well as excellent sources of vitamins and minerals. Iron, calcium and folic acid (an important B vitamin that helps prevent birth defects and offers protection from heart disease) are abundant in these leafy veggies. Greens can have strong tastes, but we encourage you to experiment with varieties you've never tried or haven't had in a while. You'll be in for a pleasant surprise. [[Full Recipe](#)]

- **Healthy Breakfast Muesli**

By making your own muesli, you can choose your favourite grains, seeds, nuts and fruit, and can change according to any taste preferences or intolerances you might have. Soaking the muesli helps to soften the grains and can also be done in dairy-free milk or yogurt for a less sweet version. [[Full Recipe](#)]

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

OK in Health Articles

OK's 150 Organic and Natural Gardening Tips

1 - Do not over fertilize garlic or it will become leafy. Use a high phosphorus fertilizer (the middle number) to promote bulb formation.

5 - New beds need soil amendments and double digging for that extra starting kick.

6. Soak finished compost in water to “brew” compost “tea,” a nutrient-rich liquid that can be used for foliar feeding or for watering plants in your garden, backyard, or houseplants.

13 - When planting in clay soil, cover seeds with vermiculite instead of clay. Clay absorbs heat and may bake the seeds and stop germination. Clay also forms a top crust, forming a barrier for the young seedlings.

148 - Mix small seeds you are going to broadcast seed with sand before spreading. This makes for more even seeding. After sowing, spread with a light cover of mulch or soil. [[Read More - OK In Health's 150 Gardening Tips](#)]

“Wheying” the need for protein this summer by Nelson Narciso B.Sc., R.P. *is a well respected nutritional researcher, consultant & educator on Natural Health Product's.*

With the arrival of summer comes a general feeling of wellness and a sense of health and vitality. As a result, many of us feel we can stop using key nutritional supplements that have the potential to benefit us year round. One such product is whey protein. It also offers tremendous therapeutic benefits including anticancer activity, osteoporotic benefits, immune modulating effects, antimicrobial and prebiotic properties, antioxidant activity, cardiovascular protection, and intestinal support. Most of us are more active in the summer than any other time of the year. Outdoor activities like cycling, roller-blading, and walking are all great forms of exercise that allow us to take advantage of the summertime climate. As a result, the body's demand for protein increases. [[Read More...](#)]



Peppers - To Stake or Not to Stake?

Tie pepper plants to a sturdy stake from the start so that they won't fall over or have their branches break when loaded with peppers. Although many peppers are strong plants that hold themselves upright, they sometimes need a little help. [[Read More](#)]

Herb Gardening Tips [[Read More...](#)]

- What is the Trick to Cilantro?
- An Edging You Can Eat
- Basil Insists on Blooming. Pinch it!
- Herbs in Containers
- Well Mannered Mint
- Rosemary - Abundant, Long-lived, and Flavorful

Whiplash by Wayne Still

In the classic case of whiplash where a vehicle is rear ended, energy vectors are generated as the hips and lower back are suddenly thrust forward sending a tsunami like shock wave upward through the matrix. [[Read More](#)]

Save Your Health! Stop C-51

Wondering about Bill C51, Bill C52, and how natural health product regulations can affect your access to the vitamins, minerals, herbs, and nutritional supplements that you use for your health? [[Read More](#)]

What is Signature Cell Healing? by Sharon Taphorn, Vancouver.

Signature Cell Healing is a non-invasive touch healing modality which focuses energy on the 'signature cell,' or God cell, which lies within the pineal gland. [[Read More](#)]. *There is a [Level one course in Penticton on June 13 - 15](#)*

Okanagan Mosquito Control Program - Spraying to start by Marcie Crozier

There are some points to ponder regarding the government of B.C.'s Mosquito Control Program. In the notice which appeared in the May 14, 2008 Vernon Morning Star, we see that BWP Consulting Inc. will be spraying B.T. throughout the

North OKanagan, at times by helicopter. The B.C. government has also approved the application of the adulticides Methoprene, Malathion and Synergized pyrethrins or synthetic pyrethroids. Adulticides (targeted to kill adult mosquitos) are nasty chemicals. As most people have heard by now, there has been a concerning **reduction in the number of honey bees**, and if these products are contributing in any way to this reduction. To date, British Columbia has not had any confirmed cases of West Nile Virus (WNV). I wonder why we are dumping these pesticides into our environment when we don't yet have any cases of WNV and so many with breathing difficulties, allergies, and asthma. [[Read More](#)]



Our Provincial mosquito obtained permit by Donlea, Enderby

As part of the West Nile virus strategy, the Minister of Health Services has obtained a permit under the Pesticide Control Act to control mosquitoes **should they pose a public health risk due to the virus.** The permit ensures health officials can respond quickly to protect

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British Columbians. It provides a legal mechanism to allow pesticide application **if health officials determine the virus poses a public health threat**. Mosquito Control and Integrated Pest Management (IPM). IPM is a process that includes **monitoring** mosquitoes and their breeding habitats, and using appropriate measures to control problem mosquitoes. Control measures could include eliminating mosquito breeding sites, placing larvicide pellets in breeding sites and public education. **Spraying insecticides to control adult mosquitoes (adulticides) is much less effective, and should only be considered as a last resort.**



Modifications or treatments of ditches, swamps, streams, lakes and other water bodies that are not man made and self-contained **must be authorized by the Ministry of Water, Land and Air Protection.**

Most people infected with WNV will experience **no symptoms at all**. About 20% of those infected will develop **mild flu-like symptoms lasting a week or less**. Ref: Health Canada www.healthservices.gov.bc.ca/pho/wnv.html

The Minister of Health Services has obtained a permit under the Pesticide Control Act to control mosquitoes **should they pose a public health risk due to the virus.**

Web info for permits issued to spray : http://www.bccdc.org/downloads/pdf/epid/wn_press040414.pdf Under the **permit** local governments acting on advice from the local medical health officer may request authorization to apply larvicides and/or adulticides by ground or air in their areas. For more information see: (http://www2.news.gov.bc.ca/nrm_news_releases/2003HSERO041-000735.htm).

For more local info email here: [contact](#)

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? [\[feedback \]](#)



Workshops & Events Directory			
	Scroll down for upcoming workshops	Click Here	
	June 2008	More Details	
June 10	Lunch N' Learn Showing of Movie "Living with Fibromyalgia:" Also talk and send people home with What is Fibromyalgia and tips and hints on how to live the best you can with it. Everyone Welcome!	Penticton	SOFA
June 10th 7pm	Traditional Chinese Feng Shui & Your Garden Guest Speaker Teresa Hwang Hosted by North Westside Garden Club.	Vernon	Free Event
June 11 - 27	200 Hr - Integrative Yoga Training. This is a course for students to build their own strong foundation in yoga and health systems, or, use their training to lead and teach others how to optimize their own health.	Kelowna	Trinity Yoga Centre
June 13	FREE Introductory Night - BreakThrough Seminar	Kelowna	Kristy Kenny
June 13,14, 15	BreakThrough Seminar If Life is a State of Mind, What State is Your Mind in? BreakThrough is a system designed to free us from the habit of living life "for the sake of others". The focus of BreakThrough is the "inside job"; learning to understand the nature of our defenses and the control they have over us. The 7 Steps system of BreakThrough sets us on the inner journey towards reclaiming what is most natural to each and every one of us- the experience of wholeness.	Kelowna	Kristy Kenny
June 13,14, 15	Signature Cell Healing Level One NEW Signature Cell Healing is a non-invasive touch healing modality which focuses energy on the 'signature cell,' or God cell, which lies within the pineal gland.	Penticton	Sharon Taphorn SCHP/T, PN

June 14	Ascended Blessings The Beings of Light do love you. . Experience the Light of Love that shines through her as you sit in communion.	Kelowna	Denise Obidowski
June 14-15	Ayurvedic Reflexology with Sharon Stathis (from Australia) This course is a hands on, dynamic, easy to apply and introduces exciting new ways to work the reflex areas. This post-graduate course has been developed for qualified reflexologists or massage therapists who are interested in acquiring new resources and perspectives to enhance their current work.	Vancouver	Sharon Stathis (from Australia)
Tuesday June 17	Is your K9 best friend having problems getting around? Linda at Colour Me Healthy is coordinating a K9 chiropractor clinic. Dr. Elizabeth Easterling from Kelowna will be available for providing treatments, for your Pets.	Oliver	Dr. Elizabeth Easterling & Linda Buhler
June 23rd 7pm	Penticton Community Meeting about the South to Central Okanagan Higher Voltage Power line FortisBC	Penticton	Lakeside Hotel
Wednesday June 25th	Does your dog have bad breath? 'Colour ME Healthy' is holding a K9 Oral Hygiene teeth cleaning clinic with Cindy Mallach.	Oliver	Cindy Mallach & Linda Buhler
June 20, 21, 22	Riva's Healing Retreats "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.	Armstrong	& Animal & Retreat Page
Sat June 21	Chant Don't Rant! The art of chanting allows us to heal, transform & move energy within the human body. As we open our voices to the Universe we massage & nurture each & every cell of our body through the vibrations of voice & breath. Spend a day discovering how to chant through your challenges.	Kelowna	Brenda Molloy
Sat June 21st - 7:30pm	Take a Journey into Your Consciousness with Spirit Space - The Movie - World Consciousness Day - June 21st	Lake Country	The Movie
June 26-29	I Can Do It! Conference - A weekend with Dr. Wayne W. Dyer, Colette Baron-Reid, Sylvia Browne, Loretta LaRoche, Bruce H. Lipton, Caroline Myss, Michael Neill, Cheryl Richardson, James F. Twyman, Iyanla Vanzant, Doreen Virtue, Lisa Williams and more. Spend the weekend listening to some of the most inspiring authors of today in a unique setting. With over thirty new sessions to choose from, you can meet your favorite authors & see them live. You will enjoy the opportunity to listen to them speak in either keynote or workshops, for either one day or an entire weekend event.	LAS VEGAS, NEVADA	Caroline Myss Wayne Dyer, Doreen Virtue, James Twyman
June 28 -29	Reiki Level I and II - with Lisa Thurman This certificate course will teach you how to feel energy, and how to use Reiki on yourself and others. Reiki means life-force energy.	Kelowna	Lisa Thurman
Sat June 28	Healthy Healing Day Come join us in an unique experience. Wanted practitioners & Venders related to healing and well being.	Cawston	
	See Calendar for July and more Events	More Details	

For larger print and for full line of 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](#)]

Up Coming Events by Town

To View all

Workshops, Movies, Retreats, & Events Calendar
- [Click Here](#)

For Events by Town / Category :

Workshops & events coming to **Penticton** area- [Click Here](#)
Workshops & events coming to **Kelowna** area - [Click Here](#)
Workshops & events coming to **Vernon** area- [Click Here](#)

To view **Animal retreat/ clinics** - [Click Here](#)
Workshops & events coming to **Vancouver** - [Click Here](#)
Workshops & events coming to **Alberta** - [Click Here](#)
Workshops & events coming to **Kootenays** - [Click Here](#)

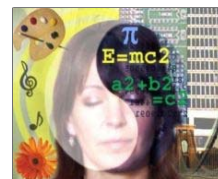
Workshops & events coming to **US** - [Click Here](#)
Workshops & events coming to **Ireland & UK** - [Click Here](#)
Workshops & events - **FREE to attend** - [Click Here](#)
To view **Environment** workshops & events - [Click Here](#)
To view **Retreats** - [Click here](#)



Signature Cell Healing

Level One- Penticton
June 13 - 15

Is your K9 best friend having problems getting around ?
June 17th
Oliver, BC



Mindscape - Develop Your Intuition



Wayne Dyer and Maria Carr

[I Can Do It! Conference](#)
will be in Las Vegas - June 26 - 29,
Also Tampa in October

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

www.okinhealth.com/healing_workshops_calendar.html

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

Practitioners



OKANAGAN -WELLNESS - CENTRE-

Professional Care Providers
Offering a holistic approach with individual treatment plans.

Naturopathic Doctors
Acupuncture and Chinese Medicine, Bowen Therapy, Craniosacral Therapy, Nutrition, Botanical Medicine, Homeopathic Medicine
Registered Massage Therapy
Iridology
Viewing your physical condition through your own eyes



Hypnotherapy
 Stop smoking, lose weight and reduce stress
Counselling
 Individual, Mid-life Couple-Ship, Family and Youth
www.okanaganwellnesscentre.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 for details of next meeting. For more information: www.healingartsassociation.com

GemCare Counselling



Relaxation & Stress Reduction, Personal issues, Anger Management, Loss & Grief, divorce support, Marriage, and family counselling. Qualified Practitioner of E.F.T practitioner with over 30 years in counselling both Church and community based. Faith issues addressed only if client requests. Affordable flexible fee structure. Registered Professional Counsellor and a Master Practitioner in Counselling Psychology with Marie Prior R.P.C., M.P.C.P., and Gerald Prior (R.P.C) Member Canadian Professional Counsellors Association and Canadian College of Professional Counsellors & Psychotherapists. Tel. Penticton 250-809-9762 gemcare@shaw.ca. Website: www.gemcarecounselling.com

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 (250) 276-9485

Cawston's HEALTHY HEALING DAY

Wanted Practitioners & Vendors related to healing and well being. Come join us in an unique experience. Too often as practitioners we get wrapped up in our practices and our patients well being, so this is a way to meet other, give the public a taste of what we offer and to meet others that have the same beliefs in healing. I would like to see us offer minis (15-20min.) If you would like to do a talk let me know. Vendors needed health care products, crystals, books, pottery, jewelry some even suggested chocolate. If you believe in it please come share. JUNE 28 2008 10:00 - 3:00. \$25.00 includes 1 lunch/ per space. Contact Bonnie Deyaefer at 250-499-7852 or [Email](mailto:bonnie@healthyhealing.com)

Contests

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.

A2: - 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

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 (250) 276-9485

Maria Carr's Motorhome is for Sale in June. [Propane & Gas]

1989 Glendale Royal Classic Motorhome Ford Class C 27', 114,000kms, Dual Fuel (Gas + propane), fully loaded. Excellent condition - Like new, Reliable and powerful 460 ford engine, V8, Sleeps 6, Rear twin beds bedroom, Front Overhead large queen bed, Table for four / folds down into bed that sleeps 2, 2 swivel captain chairs, Never been smoked in, No Pets, Excellent tires and clean motor, Black tinted double pane windows with roller shades, A/c, & furnace, Full size Awning with, Arizona screened-in outside room + outside RV skirt, Black appliances - Large double-door black fridge/freezer, Black microwave, Full-size glass door Shower, Fire Extinguisher, C.O detector, LP detector, Smoke Detector, Ziebart protection. Lots of storage and large closet in bedroom, A must see! like new! - serious inquires only. Call Okanagan, BC 250 492 4759 for viewing.

See [Web Page](#)



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 Cawston Booth - Healthy Healing Day in Cawston. Wanted Practitioners & Vendors related to healing and well being. Come join us in an unique experience. \$25.00 includes 1 lunch/ per space. [Email](#) for more details or Ph:250-499-7852

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](#)

Summerland Recycling Depot Adds Plastics

The Summerland Recycling Depot now accepts more recyclables than ever! In an effort to bring the depot in line with the new curbside program, bins for recyclable plastics have been added to the receptacles at the Peach Orchard Road facility. All types of plastic bags and containers except Styrofoam can now be dropped off for recycling there. Examples can be found in every room of the house, and include yogurt and margarine containers, shampoo bottles, laundry detergent and fabric softener bottles, plastic shopping bags, bread bags, dry cleaner bags, clean plant pots and many other items. For more information, or a full listing of recyclable materials accepted at the Summerland depot, visit www.summerland.ca. From Beth Cavers, Waste Reduction Coordinator, Phone: 404-4060 [Email](#).

Free Events

Free Tai Chi Class in Penticton

"Ongoing free Tai Chi Class wed 7pm-8:30pm at Marina Way Park, near Art Gallery in Penticton. This is a free class to give the opportunity to try tai chi & qi gong for all ages. Please contact Richard via [email](#) or by phone 809-0161.

BreakThrough Seminar - FREE Introductory Night - in Kelowna. Friday 13th at 7 pm.

Traditional Chinese Feng Shui & Your Garden - FREE Introductory Night - Hosted by North Westside Garden Club in Vernon. Tuesday, June 10th at 7:00pm. Audrey 250-542-7381

Free Introductory Talk on Crystal Skulls and Orgone Generators & Open House.

Talk: Come find out how Crystal Skulls and Orgone Generators can assist you with healing, manifesting and transformation. Steven Spielberg and George Lucas have just released 'Indiana Jones and The Kingdom Of The Crystal Skull' after 20 years of trying to make the film. Our consciousness is now ready for these amazing gifts to be utilized as tools for enlightenment as we move into the planetary shift. Pamela will be explaining the significance and benefits of skulls and orgone generators from 1pm to 2pm. **Open House:** Beautiful crystals, jewellery, skulls, orgone generators, guided meditation cd's, Archangel Essence Aromatherapy sprays, used books & Oracle card decks and more will all be available for purchase from 2pm - 4pm. [Email](#) Pamela Shelly for more details or phone 861-9087

Come on Penticton, LET'S GET WALKING!

Yahoo Online group to help find a walking buddy in Penticton and local area. If you are looking for a walking partner or would like to find a few people to walk with regularly this group is for you. It's not always easy to motivate yourself and go out for a walk but if you have made a commitment with someone else you're more inclined to follow through. This group would also offer an opportunity to meet new people. Let's provide each other support and motivation. All fitness levels welcome. <http://groups.yahoo.com/group/walkingpenticton/>
[Email](#) or call Lorrie at 493-4843

How to make OK In Health your Home Page!

Go to 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?](#) -

OK in Health Member's Equine Newsletter

Riva's Roundup by Marijke Van de Water is a regular member of OK In Health and you can find her upcoming classes on [OK In Health's animal care](#) page. She has started her first newsletter. Marijke is from Armstrong, B.C. where she runs a private practice for horses and their people. She works with horses all over North America formulating health programs for a variety of health conditions through the use of feeding programs, nutritional supplements, herbs, and homeopathic remedies. Marijke has extensive teaching experience and conducts [seminars and classes](#) in equine natural medicine and animal communication, as well as facilitating healing retreats. Her continuing research, expert knowledge, and exceptional communication skills have put her in high demand across North America for her informative lectures and successful health practices with horses. www.rivasremedies.com email roundup@rivasremedies.com.

Wits End Farms Newsletter

Ann and Anthony Turner are regular member of OK In Health and you can find there upcoming classes on [OK In Health's animal care](#) page. Wit's End Farms Equine Rehabilitation Centre & Spa is located on the famous Sumas Mountain, in Beautiful British Columbia's Fraser Valley. Here, horses can relax, enjoy big stalls and large turn-outs. Wit's End Farms Equine Rehabilitation Centre is also hosting workshops with International trainer **Craig Stevens**, see OK In Health website for [upcoming classes](#). Website: www.classical-equitation.com

Yemaya Horse Retreat

This newsletter written by Stevi Weissbach, from Yemaya Horse Retreat from Princeton B.C., Stevi's newsletter has a wonderful articles and also classified page with horses and pony's for sale. Call 250-295-0571 or [email](#). Stevi kindly shared about OK In Health on her newsletter - Thanks Stevi!

How to know when you are buying Organic or GMO?

[So many OK members wrote to us to say they enjoy this information, we felt it worth repeating]

Fruit Stickers or labels are attached to fruit to speed up the scanning process at checkout. Check the label on your next apple or Banana.

For **conventionally grown fruit**, the PLU code on the sticker consists of four numbers .

Organically grown fruit has a five-numeral PLU prefaced by the number **9** .

Genetically engineered fruit has a five-numeral PLU prefaced by the number **8**

Conventionally grown banana would be 4011, an organic banana would be 94011, and a genetically engineered banana would be 84011.

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



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
- Or 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

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

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, and [sign up for our Free newsletter](#).

Please mention OK In Health to your contact person

OK In Health

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