



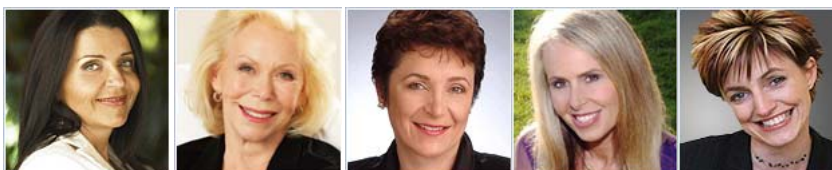
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### May 2008 OK In Health E- Magazine

May 2008 Issue



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

**2008 SOWINS  
Health & Wellness  
Award**



Hello Everyone,

I am back from a marvellous week of seminars in Mexico on the *I Can Do It! At Sea* - cruise with Hay House. I was so blessed to meet and hear speak, Wayne Dyer, Louise Hay, Caroline Myss, Doreen Virtue and I even had a reading from *Sylvia Browne*. I spent seven nights on an intimate cruise with psychic Sylvia Browne, plus spiritual intuitive Colette Baron-Reid, stress management and humour consultant Loretta LaRoche, and psychic medium Lisa Williams! Sylvia explored the many temples and halls that exist on the Other Side and explains how they all hold wisdom for us all. I would like to thank my friend Diane, as a mother of three young kids, this was a gift that was beyond even my imagination.



Wayne Dyer, Sylvia Browne, and Maria

[I Can Do It! Conference](#) will be in Las Vegas - June 26 - 29 see our [event calendar](#) for more details. Sylvia is on her farewell tour and will be in [Victoria](#), [Calgary](#), [Edmonton](#) in May and, [Seattle](#), [Portland](#) in October.

Loretta LaRoche and Sylvia



If you have any events coming up this summer or fall, now is the time to post them. Do you have visitors coming to stay with you this summer? why not suggest they go for a [relaxing treatment](#) during their stay.

We invite you to come visit OK In Health website for the full details. Thanks you for your support of OK In Health by receiving this free health and wellness E-Magazine. -----  
-----Caroline Myss

Wishing you all a magnificent May and thank you all for your amazing support of this network,

Yours In Health,  
From Maria Carr & the OKinHealth Team - The Integrative Health & Healing Information Center- Est.2004



**Scroll down to see our latest articles, May events, Favourite book of the month, yummy recipes, 31 brand-new contests and the new Practitioners who have just joined OK In Health.**

# OK in Health Articles

**Glutamine... The Healing Protein** by Elaine Munro, *an active business woman and training athlete, who conducts seminars focussing on active lifestyle & healing nutrition, as well as raising consumer awareness about the natural health industry.*

Glutamine is the most abundant amino acid in the body, but in stressed, healing or active individuals, the demand outweighs the supply. What is truly amazing is the variety of functions that depend upon or are improved with abundant supplies of glutamine. Glutamine supports the natural synthesis of our key anti-oxidant and immune-boosting chemical, "glutathione", which provides overall disease-fighting insurance. It also helps prevent pathogens from entering the system, primarily through the intestinal wall. [\[Read More\]](#)

**Thyroid Disease and What You Need To Know** by Christiane Northrup, M.D.

Statistics show that one in eight women between the ages of 35 and 65 and one in five women over the age of 65 have some form of thyroid disease. Hyperthyroidism results from the body producing too much thyroid hormone, but far more common is hypothyroidism, the result of not making enough thyroid hormone. About 26 percent of women in or near perimenopause are diagnosed with this condition.<sup>1</sup> The thyroid is a butterfly-shaped gland located in the area of your neck just below the Adam's apple. [\[Read More.\]](#)

**Fibromyalgia National Awareness Day is May 12**

**Myalgi... what?** by Sheryl Ann Wilson, Founder / President of SOFA – Sunny Okanagan FM-ME Assoc  
 Friends talking: "Your friend is just not the same, she seems to be no fun anymore. She's not coming out to skate and ski and do all the fun things you always did together, what's up with her anyway? I don't know, she said she has something called, myalgi. . . I don't know, I can't even say it, so how can I know what it is?" It is FIBRO – MY – ALGIA (Fibromyalgia). This is a devastating illness where the person looks on the outside completely fine, but on the inside, they are very ill. [\[ Read More\]](#)

More info on other [Support Groups](#)

**Essential vs Fragrance Oils - Part 1:** by Klaus Ferlow, Vancouver

While Canadians are familiar with synthetic fragrance oils, by and large, they have little or no knowledge about therapeutic health benefits of genuine, pure essential oils. Unlike North America, in Europe, high quality botanical plant derived essential oils are prescribed for internal use by medical doctors in hospitals. In the last decade essential oils have become a popular item, sold everywhere, which raises the question, "Does the consumer really know what they are getting?" [\[ Read More \]](#)

**What is a stroke?**

A stroke is a sudden loss of brain function. It is caused by the interruption of flow of blood to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die. The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason and read and write. [\[ More details\]](#)



Advertisement

## Up Coming Events

### To View all

Workshops, Movies, Retreats, & Events Calendar

[- Click Here](#)



Annie Reid - Healing the Inner Child Workshop



Learn how to be a

For Events by Town / Category :

Workshops & events coming to **Penticton** area- [Click Here](#)  
 Workshops & events coming to **Kelowna** area - [Click Here](#)  
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To view **Animal retreat/ clinics** - [Click Here](#)  
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**For full Details of Spring & Summer events - [click here:](#)**

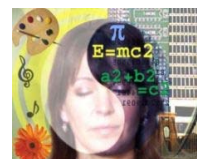
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BreakThrough  
From Becoming to Being



Christine Bennett - Yoga



Mindscape - Develop Your Intuition

<b>Cranio Sacral Reflexology - with Dr. Martine Faure-Alderson</b>		
	<p>Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly.</p> <p>Mrs Martine Faure Alderson is a fully qualified Osteopath with 40 years experience in private practice. In addition, in 1970, Mrs Alderson was awarded a Doctorate in Homeopathy and General Medicine. She is also qualified in Acupuncture, Herbal Medecine and Reflexology. She has a school in Paris and has taught Postgraduate students of reflexology since 1968. She holds her seminars throughout Europe and teaches in America, South Africa, Australia and New Zealand.</p> <p style="text-align: center;">More Details: <a href="#">Click Here!</a></p> <p style="text-align: center;">Contact Maria Carr at <a href="mailto:info@okinhealth.com">info@okinhealth.com</a></p>	
<p><b>November 13 &amp; 14 Thurs &amp; Friday Basic Level and Nov 15 &amp; 16 - advance course</b></p> <p><b>Penticton, OKanagan</b></p>		<p>Direct Flights are available to flight from Calgary &amp; Vancouver to Penticton &amp; a shuttle bus from Kelowna airport to Penticton. Also flights from Kelowna to many cities in Alberta, BC, &amp; USA with West Jet airlines, Air Canada, &amp; Horizon.</p>

18th annual **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@canwestshows.com](mailto:virginia@canwestshows.com) for more info and pricing.

<b>May Upcoming Events</b>		<a href="#">More Details</a>	
<a href="#">Click Here for more events &amp; workshops in the Summer and Fall</a>		<a href="#">Click Here</a>	
<b>May 21st 6.30pm - 9pm</b>	<p style="text-align: center;"><b>Mother-Daughter Gathering for Pre-Teens and Teens</b> This will be a fun and festive gathering with lots of interaction and movement as we explore ways to stay connected and communication tools to help deal constructively with conflict. Moms and daughters 9 through 12 - celebrate your relationship. <a href="#">[also in June]</a></p>	<a href="#">Kelowna</a>	Maggie Reigh
23rd May	<p style="text-align: center;"><b>Holistic Reflexology: An Introduction</b> An informational talk and "hands-on" presentation.</p>	<a href="#">Vancouver</a>	Pacific Institute of Reflexology
May 23 - 25	<p style="text-align: center;"><b>Learn how to be a Past Life Regressionist with Norma Cowie.</b> Learn several techniques for taking people back to their past lives</p>	<a href="#">Penticton</a>	<a href="#">Norma Cowie</a>
May 23, 24, 25	<p style="text-align: center;"><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 both weekend and evening course formats, and consists of twenty hours of group instruction, five hours home study and forty hours of practicum. Enrolment is limited to fourteen participants</p>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a> Pacific Institute of Reflexology
Friday May 23rd	<p style="text-align: center;"><b>Celebrate Love &amp; Light Event</b> We each have the potential to live an amazing life. Simply by being aware of this potential and allowing it to flow is the secret to making the shift. Celebrate Light and Love is about making this potential realized in our lives. It is a place beyond belief system where common ground is shared by all that is to be an expression of Light and Love.</p>	<a href="#">Vernon</a>	Chris Madsen
May 24, 25, 26	<p style="text-align: center;"><b>Riva's Healing Retreats</b> "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.</p>	<a href="#">Armstrong</a>	<a href="#">&amp; Animal &amp; Retreat Page</a>
May 24 & 25	<p style="text-align: center;"><b>Angelic Healing II</b> If you are wanting tools to assist yourself with more insights and clarity in all areas of your life or want to assist family and friends or incorporate these tools into a professional practice, then this course is what you are looking for.</p>	<a href="#">Kelowna</a>	Pamela Shelly
May 24,31	<p style="text-align: center;"><b>BODY REFLEXOLOGY – MIRACLE POINTS</b> with Yvette Eastman at Touchpoint Institute of Reflexology &amp; Kinesthetics</p>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology page</a>
May 24 -Sat	<p style="text-align: center;"><b>Conscious Channelling Workshop™</b> with Allison Scott from South Africa Channelling is the ability to quiet the busy mind, attune to the higher vibrational frequencies of the Angelic and Celestial realms, and bring through messages of love and wisdom from your Higher Self, Spirit Guides, Ascended Masters and Angels. The technique you will learn is "Conscious" channelling, where you are able to connect with the higher realms and still stay fully present in your body.</p>	<a href="#">Vancouver</a>	Allison Scott
May 22 - 25	<p style="text-align: center;"><b>Keremeos - Music Under the K May</b> Various locations around the village Music festival for all ages.</p>	<a href="#">Keremeos</a>	
May 26,28, June 2, 5	<p style="text-align: center;"><b>The Business of Being Born</b> A free documentary film exploring birth in America by Abby Epstein, produced by Ricki Lake presented by the Okanagan Birth Community. The film will make its Okanagan premiere and will be followed by an open panel discussion with maternity care providers who will address the differences between the Canadian &amp; American models of care &amp; explore the needs &amp; interests of childbearing families in the Okanagan Valley.</p>	<a href="#">Penticton</a> May 26, 7 pm; <a href="#">Kelowna</a> May 28, 7 pm; <a href="#">Vernon</a> June 2, 7 pm; <a href="#">Salmon Arm</a> June 5, 6 pm	
	<b>Imago Couples Weekend NEW</b>		Susan McBride RN

<b>Sat / Sun May 31st / June 1st</b>	Based upon the book by Harville Hendrix "Getting the Love you Want" Who Is It For -couples at the beginning stage of a committed relationship who want to avoid problems in the future - couples in a committed relationship that works, but who want to stretch into a marriage that is truly great -couples in a difficult relationship who want to resolve longstanding conflicts -couples who may be ending their marriage but are open to a last effort to get their needs met.	<a href="#">Kelowna</a>	<b>MTS RSW and Mark Cornfield MD FRCPCC</b>
<b>May Fri/Sat. 30th / 31st</b>	<b>The Art of Manifesting Abundance™</b> with Allison Scott from South Africa YOU CAN CHANGE YOUR LIFE RIGHT NOW. LEARN TO CREATE YOUR LIFE TO REFLECT ABUNDANCE ON EVERY LEVEL. CHANGE YOUR NEGATIVE OR LIMITING BELIEFS AROUND ABUNDANCE AND PROSPERITY. LEARN HOW TO BRING YOUR DREAMS INTO REALITY!	<a href="#">Arrowwood Calgary Alberta</a>	Allison Scott from South Africa
<b>May 31-Sat</b>	<b>Ac-Scentuating Your Destiny</b> An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy	<a href="#">Vernon</a>	Teresa Min Yee Hwang & Carla Briggs

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

**This is our favourite picks on the month**

**Favourite Picks of the Month**

**Books -----Audio CD-----**

 <p><a href="#">Temple on the Other Side</a> Sylvia Browne <b>Best Price CDNS 0.20</b> or Buy New CDNS 16.98</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Messages from Spirit</a> Colette Baron-Reid... <b>Best Price CDNS 6.47</b> or Buy New CDNS 11.51</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Meditations for Entering the Temples...</a> Sylvia Browne <b>Best Price CDNS 8.90</b> or Buy New CDNS 15.29</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Journey Through the Chakras</a> Colette Baron-Reid... <b>Best Price CDNS 2.58</b> or Buy New CDNS 11.66</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Advancing Your Spirit</a> Wayne W. Dyer Dr. ... <b>Best Price CDNS 14.10</b> or Buy New CDNS 18.24</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>
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**DVD and -----Children`s books -----**

 <p><a href="#">You Can Heal Your Life</a> <b>Best Price CDNS 12.34</b> or Buy New</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Unstoppable Me!</a> Wayne W. Dyer Dr. ... <b>Best Price CDNS 9.90</b> or Buy New CDNS 12.96</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Incredible You!</a> Wayne W. Dyer <b>Best Price CDNS 4.05</b> or Buy New CDNS 15.12</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>	 <p><b>Books</b></p> <p><a href="#">Click here</a></p> <p><small>Privacy Information</small></p>	 <p><a href="#">Thank You, Angels!</a> Doreen Virtue PhD... <b>Best Price CDNS 11.16</b> or Buy New CDNS 13.68</p> <p><a href="#">Buy amazon.ca from</a></p> <p><small>Privacy Information</small></p>
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**More Dvds, Books, and Cds.**

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We receive 2.cents for each item clicked or purchased thru OK In Health.  
**All Amazon income is sent to our support fund for practitioners  
in new businesses or fund raising events.**

OK In Health has never turned anyone away and this would help us to continue support to the many new businesses.

[To Main Book Store Page](#)

# OK in Health Recipes

- [Spinach and mushroom lasagna](#)
- [Roasted Vegetables and Feta](#)

## How to make stuffed courgettes!

Fill your courgettes with goodness and just savour the flavours

### Ingredients

- 3 medium courgettes
- 2 tbsp olive oil
- 1 onion, finely chopped
- 120g carrots, grated
- ½ tsp paprika
- 1 tsp cumin seeds
- ¼ tsp turmeric
- 120g creamed coconut, grated
- garnish with parsley

Preheat oven to 190°C / Gas Mark 5.

1. Wash the courgettes and cut in half lengthwise, then remove the flesh using a teaspoon leaving the shell intact. Chop the flesh finely.

2. Heat the oil and sauté the onion for a few minutes, then add carrots, courgette flesh, spices and cook, stirring frequently for a further five minutes until softened. Remove from the heat and stir in the creamed coconut.

3. Put the mixture into the courgette shells making sure you cover the exposed part of the flesh, then place the courgettes in a greased oven proof casserole dish and cook at 190°C / Gas Mark 5 for 45 minutes. Serve immediately.

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



### 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 office on the Westside of Kelowna.

Contact Sara Fitzharris at Horizon Homeopathic 250 769 7280 or [sarafitzharris@aol.com](mailto:sarafitzharris@aol.com)

### Life Coaching with Sue Chambers

LIFE COACHING is a new, relaxed way of helping you look at your life from a different perspective, allowing you to answer your hard questions; and find out what is holding you back from the life you want! Determine and set your goals, remove obstacles; and achieve what you desire in your life. Realize the unlimited possibilities and create the successful, abundant life you desire! CALL 250-392-

3850 Williams Lake, BC [create--success@hotmail.com](mailto:create--success@hotmail.com)

### 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.

Annette Erickson, Registered Professional Counsellor, Healing and growing through the written word.

[see contests] (250)807-2746 or 1-888-807-2367. [annette@innerpathways.ca](mailto:annette@innerpathways.ca)

Website: [www.innerpathways.ca](http://www.innerpathways.ca)



Healing Arts Association of the Okanagan

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

### Sole 2 Soul



Offers wellness services that specialize in: Reflexology treatments, Relaxation massage, Infrared sauna therapy, Nutrition counseling. The practitioner is: a certified reflexologist, has training in relaxation massage and is a nutritionist. The studio is located in Summerland. It also operates a bed and breakfast business: [www.sollyroadbnb.com](http://www.sollyroadbnb.com) Come and stay or just take advantage and book one of the spa services at our Wellness and Spa Services, 6313 Solly Rd, Summerland B.C.  
Contact Nora at 250-494-8032 [tishie1@shaw.ca](mailto:tishie1@shaw.ca)

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

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

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

### DARE TO DREAM - Body, Mind & Spirit Centre

CELEBRATING 11 YEARS - during MAY STOREWIDE SALE!! New age & Self help Books, CDs & DVDs, Crystals, Semi-precious stones & Jewellery, Tarot & Oracle Cards, Incense & Oils, Feng Shui, Chakra Energy & Himalayan Salt Products. Psychic Readings, Reiki & Shamanic Healing & Classes, Crystal Therapy, Massage & Counselling. Meditations & Various Classes for Personal & Spiritual Growth. At #33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295 [www.kelownadaretodream.cjb.net](http://www.kelownadaretodream.cjb.net) Join our e-mail [newsletter](#) for sales & classes.

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



**REIKI** energy flows where it is needed with the intention to heal. If you have energy blockages due to unresolved stress or tension, this non-invasive therapy can help.

**FAMILY MEDIATION** is a community-based practice empowering people to resolve conflict and negotiate separation agreement terms in a non-violent, collaborative way. A parenting plan is included.

**An Holistic Practice of Family Mediation and Reiki** is a compassionate process of conflict resolution for coping with separation & divorce, enabling the body & mind, to restore balance & make key decisions in an empathetic, integrative environment.



**Cathay Gibson**, M.A. Candidate Ph.D -----Reiki Master/Teacher, **Kathy Collins**  
[cathay@shaw.ca](mailto:cathay@shaw.ca) (250) 763-5636 ----- BBBBernard Avenue, Kelowna, BC --- 250-763-5997 [kathycee@shaw.ca](mailto:kathycee@shaw.ca) [ [see contests](#) ]

### Classical Homeopathy and Reflexology

Experience how Homeopathic Medicine can treat the real cause of your problems! Katharina Riedener DHom, RHom, Classical Homeopath, Reflexologist, Osoyoos, 250 485-8333, [www.homeokat.com](http://www.homeokat.com)



Linda Buhler, Maria Carr, and Christina Ince at the OK In Health booth at the Penticton Market.  
Photo sent to us by Brigid Kemp.

### Naturopaths

**The Natural Family Health Clinic** Dr. Tamara Browne, Naturopathic Physician. Individualized health care programs for chronic disease management & prevention. Complete lab analysis. Scientifically based. Featuring Chelation for a healthy heart and heavy metal detoxification plus Neural Therapy for pain management. By appointment at The Natural Family Health Clinic, 3048 Skaha Lake Road, Penticton, BC, V2A 7H2 (250) 493-5377 office (250)

**Canadian Biologics Naturopathic Medical Clinic** 1-888-840-2057 - Whistler, BC  
**Alta Vista Naturopathic Clinic** (604) 736-3800 - 2678 West Broadway, Suite 210 - Vancouver  
**Bloom Family Wellness Centre** (604) 988-1411 - 1-3046 Edgemont Boulevard - Vancouver  
**Body Balance Integrated Health Clinic** - 203-1811 Victoria Street, Prince George, BC 250 649 0886

# Contests

Thank you to all our members who entered our last contest. The response was amazing.  
Here are some of the Feb/Mar winners:

*Sue Skidmore, Candice Tasker, Petrine, Sean Pegg, Shiela Stephenson, Michaela Belanger,  
Tricia highley, Joan moffet, Lynda Allen, Carolyn Metz, Linda Maliepaard, John Dorig, Marcia Browne,  
Deborah Bloomingdale, Lisa Lungul, Andrew Steven, Lana Teichmann, Cathay Gibson, Janice Johnson,  
Laurie Hoas, Sharon O' Connor, Birgit Larsen, Mindy Rollins, kathy sanford, Bonnie Griffiths,  
Wendy Murtomaki, Sherry Postma, Jenny Puls, lorie day, and Sherilyn Williams.*

## We have a brand new contest open

from now until July 24th 2008. Best of luck everyone.

[Enter here or below](#)

### Enter to Win - 33 Treatments & prizes:

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 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](http://OkanaganWellnessCentre.com) (250) 276-9485

##### Rental needed in Penticton

Wanted for May or June, 2008, Penticton area. Short or Long-term Rental for single, Environmentally Conscious, non-smoking woman and her non-barking, non-shedding, 8lb. Benji. "We" are moving from Ottawa, Ontario, to Penticton, B.C., so the easiest way to contact me, Annie O'Connor, is via email: [aconnorannie@yahoo.com](mailto:aconnorannie@yahoo.com) or I can telephone you.

##### Glendale Motorhome for Sale in mid May. [Propane & Gas]



1989 Royal Classic Motorhome Ford Class C 27', 114,000kms, Duel 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! [o.i.h.i.c@shaw.ca](mailto:o.i.h.i.c@shaw.ca) - serious inquires only or Call Okanagan, BC 250 492 4759 for viewing. See [Web Page](#)

##### Great Horned Owl Release

The South Okanagan Rehabilitation Centre for Owls will be releasing a on Sunday, May 4, 2008 at 2:00 P.M. The location will be in Penticton at the Garnet Fire Interpretive Site. The site is located 6.4 kms up Carmi st. from the hospital, then turn right onto the Beaverdell rd., follow that road 2.2 kms



to the Garnet Fire interpretive site. You can also follow the signs to the Lost Moose Lodge as it also leads to the interpretive site. look forward to seeing you there.

### 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](#)? -----

### How to know when you are buying Organic or GMO?

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.



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

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- [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](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](#) .

**Please mention OK In Health to your contact person.**

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