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October E-Newsletter - www.okinhealth.com/Newsletter/o8oct.html

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Please take a moment to check it out the Fall newsletter!

Dear Members,
 As the nights draw in and we seek the warmth of home to comfort us, it's especially relevant to consider the effect of the energy we use. Here at OK In Health, we are mindful about our usage and are delighted that most of our members are too.
 There are plenty of workshops on this autumn & winter to comfort and warm you, with an emphasis on fitness and natural health in October and there is still time to enter our contests.
 If you'd like to share any feedback, please [email](#) us. Warm wishes, from the OK In Health team

The #1 website for health & healing events with 2,500 members. OKinHealth is an comprehensive holistic health directory offers a variety of alternative healing modalities, integrative, and complementary medicine information, up-to date workshops, movies, events, and information for our physical, emotional, and spiritual well being.

Autumn/ Fall is here and we have a huge range of wonderful practitioners, harvest recipes, contests, and workshops on our Calendar of events.

For more details, come visit us www.OKinHealth.com.

News

Missing Pets	Indy- stolen	Stella - Peachland	Copper -South OK
<p>Some of our OK in Health members are missing their pets. Visit our missing pet section on our animal care page for more details. [Click Here..]</p>			

The best way to lose weight is to close your mouth - something very difficult for a politician. Or watch your food - just watch it, don't eat it. -- Edward I. Koch



Wellness Articles on OK In Health

For more articles come visit our Health & wellness article page : [Click Here](#)

Stephen Jenkinson looks to transform our views on death

Society needs to take a different perspective when it comes to death, according to Stephen Jenkinson. "People's expectations around their own death don't come from themselves," he explained. "People don't generate this stuff, they're heirs to it. "It comes from somewhere — all our fears and beliefs about death come from a much broader context, and the context is culture." Jenkinson, is featured in the documentary Griefwalker and has two workshop. Stephen is a Harvard-trained theologian who has traveled far from Western religion, Jenkinson says there is a "hole inside most of us and it's in the approximate shape of a soul." Jenkinson bears a message that most do not want to hear: that death is not something to be denied or avoided-but "befriended. *"The skill of dying is the same skill as deep Living. I'm trying to teach dying people something of how to Love their dying life."*



- Stephen Jenkinson.
Watch [Movie trailer for Grief walking...](#) [[Read more](#)]

Your Brain Health and Aging

Have you ever forgotten a name or a fact and attributed it to age? Of course you have if you are human. The relationship between memory and aging plus the potential causes and risk reduction for Alzheimers is of paramount interest in our communities. We have the oldest population in British Columbia. Life expectancy in BC is the highest in the country – 70 years for men and 83 years for women. [[Read More...](#)]

Creatine - So Much More Than a Sport Supplement, by Nelson Narciso B.Sc., R.P.

Creatine is an essential and naturally occurring nutrient produced in the liver, kidney, and pancreas from the three amino acids methionine, arginine, and glycine, but begins to decline with age. It is naturally present in several foods but higher quantities are found in herring, salmon, and beef. For years creatine has been seen as the ultimate sports supplement, as a large body of evidence has shown that creatine can increase strength, speed up muscle recovery, and reduce lactic acid levels, to name a few. However, many fail to recognize the enormous therapeutic benefits it can offer. Listed in this article are some of the conditions creatine has been clinically shown to benefit...[[Read More](#)]

Have you heard of the Charter of Health Freedom? by Lorna Hancock

Maybe by now, you have heard about the Charter of Health Freedom and are wondering what it is? A bit of background... government has repeatedly asked natural health consumers what we want for natural health products, and we've repeatedly said "We want natural health products to be treated separately, differently, than drugs. We want them to be legislatively protected, and appropriately regulated, so that all of our choices can be there for us. [[Click Here to read full article](#)]

Knowing your Pulse / Heart rate

Your pulse is your heart rate. It is the number of times your heart beats in one minute. Pulse rates vary from person to person. At rest your pulse rate will be lower and it increases when you exercise. It increases because the heart needs to beat faster to pump through and supply more oxygen-rich blood to the working muscles. How to take your pulse: [[Read More...](#)]

Home Canning - Fruit's of your labour

Now that the garden is producing wonderful vegetables & fruits, let's talk about preserving the produce. Home canning, freezing & dehydrating are great ways to enjoy the "fruit's of your labour" long after the growing season. Along with a sense of accomplishment, and a source of pride, home canning lets you control the ingredients and quality of the foods you eat. Read some simple recipes for your tomatoes, apples and grapes... [[Read More](#)]

Add a personal touch to their Lunch boxes.



Lunchboxes stay closed until mealtime, so a lunchbox or cooler is the perfect place to add a reminder or personal note to your child (or spouse). Have something special planned for after school? Tell them about it! You can also include jokes, interesting food facts or trivia questions. They'll have something fun to discuss with their friends, and they'll look forward to lunchtime each day.


Children aren't happy with nothing to ignore, And that's what parents were created for.
-- Ogden Nash, 1902-71

What is Quantum Biofeedback? by Marie-Jeanne Fenton, Cert. Biofeedback Specialist.



Quantum Biofeedback is a computerized energetic device that detects stressors in the body, and then emits healthy patterns back to your body. It is designed to scans the body for their individual reaction to thousands of compounds in a matter of minutes and then provides corrective feedback to bring the body back into balance.

[\[Click here to read more\]](#)

Certified Quantum Biofeedback Specialist	
	The LIFE System is an advanced Quantum Biofeedback device designed to scan the body for individual reaction to thousands of compounds in a matter of minutes, and then provides corrective biofeedback to help bring the body back into balance. Address your pain, fatigue, disease, and release stressors in your energy flow. Marie-Jeanne Fenton - offers Quantum Biofeedback Treatments, also certified in Touch for Health, Reiki, Quantum Touch, & EFT. Contact Energy Balance in Kelowna. Click here for Email address or Website or (250) 862- 5121. See article: What is Quantum Biofeedback?

For more articles come visit our Health & wellness article page : [Click Here](#)

Contests

Enter to win some great prizes

Win an OK In Health Prize: September to closing date is October 26th
All prizes have been donated by our OK In Health members.

- One free Distance Journeying for Power Animal Retrieval with Dawn Dancing Otter (reading by phone or internet)
- One free workshops pass to Exploring Homeopathy with Pat Deacon.
- One signed copy of the Fantasy novel "FireDrakes by Okanagan author David Korinetz
- One free 30 min Lemurian Oracle Reading with Sharon Taphorn (reading by phone or internet)
- CD 'Seagull in Flight' by Chris Madsen.
- Win 1 of 2 "Every Drop Counts" T-Shirts - Donated by Penticton `s Water Conservation Department

Treatments:

- One free 'Concept Shifting' session with Sherri Mogenson
- One free 'Energetic Realignment' session with Sherri Mogenson
- One free consultation in the area of Family Mediation with Cathay Gibson
- One free Feldenkrais session with Sandra Bradshaw
- One free European lymph drainage massage or Deep tissue massage with Larry Petty
- One free Reiki Treatment at Holistic Choices with Preben.
- One free Shiatsu treatment from Rite-Way Health with Marie Sperling.
- One free pass to One Free Chakra Yoga Class with Aunaray at Flowering Consciousness
- One free Reiki Treatment at Relax and Revive, with Kathy Collins
- One free Reiki Session at Yin Yang Chi Healing with Donna Phalen
- One free Pet treatment at 'Colour Me Healthy' with Linda Buhler
- One free Organic Facial Treatment at Daydream Esthetics Studio
- *One free* first time Homeopathic Consultation with Pat Deacon
- *One Free Reflexology treatment at Christina's Holistic Centre, with Christina Ince*
- One free Aqua-Chi detox footbath session at Christina's Holistic Centre, with Christina Ince
- One Free Reiki treatment at Christina's Holistic Centre, with Christina Ince
- One free session hypnosis, or psychological, or energy work, with Joy Green, Psychologist
- One free Tarot Card Reading with Norma Cowie
- One Free Energy Reflex testing/health consultation with Summerland Reflexology

Discount Gift Card

- 50% discount on the "Room to Write" on-line workshop by Annette Erickson, at Inner Pathways.
- Receive a \$25.00 off discount for one-day private massage training for a couple at Christina's Holistic Centre
- \$25.00 off discount for a Healing Touch Treatment at Maya Healing Centre with Shirley Pretty

Workshop Contests

- Receive a \$25.00 discount towards Angelic Healing workshops with Instructor Pamela Shelly at Mastering Wellness.
 - Receive a \$25.00 discount towards Conscious Parenting workshops with Reiki Master/Instructor Pamela Shelly
- Receive a \$25.00 discount towards Reiki Level 1 & Level 2 classes at Christina's Holistic Centre

[Enter Contests](#)

New quick & easy entry forms - submit one form only



OK In Health Workshops, Courses, Movie, and Events

Cranio Sacral Reflexology Course

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 as this course is filling up fast!!

DATE	TITLE	VENUE
Click here to go to main event calendar	<p>Fall Workshops, courses, & Events</p> <p>For more events, larger print, and full details - Click Here</p>	Click here to go to main event calendar
Fall Nia Classes	<p>Nia - Meaningful fitness for everybody.</p> <p>3 levels of weekly classes; Classic, Gentle, and Self healing. Nia delivers cardiovascular fitness, core strength and flexibility. Nia is fun, playful, timeless and just plain exhilarating!</p>	Penticton
Every Monday, 5:30 pm	<p>Men's Kundalini Yoga and Meditation</p> <p>Cultivate your confidence as a Man, feel your authentic masculinity and uncover your gentle hearted nature. This yoga is suitable for the most inflexible beginner. Kundalini Yoga is an ancient technology of breath, movement, relaxation, meditation & mantra. It balances the glandular system, the nervous system, & calms the mind & emotions.</p>	Penticton & Men's pages
Wed. 7:30pm	<p>Kundalini Chakra Series - 8 Weeks</p> <p>Learn to manage your own energy, tap into your innate power and courageously meet every challenge in your life. Gain experience of your chakras and how they run your life. This 8 week series will explore each chakra through the ancient technology of Kundalini Yoga and Meditation, as taught by Yogi Bhajan. All classes include an in depth handout for each chakra.</p>	Penticton & Fitness & pages
Wed. 4:00 - 5:30 pm	<p>I'm All That - Yoga for Youth (13 -19)</p> <p>Feel good about yourself, handle stress & boost your energy with Kundalini Yoga. Build respect for yourself & others. Kundalini Yoga strengthens the nervous system and glandular system to balance mood swings. Become calm, focused and confident in the face of any challenge. Each class includes, breath work, dynamic yoga set, relaxation, and meditation. This yoga is suitable for the most inflexible beginner.</p>	Penticton & Fitness page
Wed.evenings, at 7:00pm	<p>A Course in Miracles - A Workbook Experience</p> <p>Come gather with other ACIM students as we work our way through the workbook.</p>	Kelowna

This Fall	Fall Yoga Classes with Wildflower Gentle, Restorative, and Vinyasa (flow yoga). Explore and experience the many benefits of yoga with wildflower's gentle and supportive guidance.	Penticton & Fitness Page
Oct, Nov, & Dec	Basic Kinesiology Programme (BKP) The BKP is a stand-alone course giving you powerful basic kinesiology techniques for use on yourself and with family and friends. In addition, it will provide you with a solid foundation in kinesiology, which you can build on as you become confident. The BKP form is the Foundation Training of the PKP Certification Programme and the ICPKP Diploma of Kinesiology.	Winfield BC
Every Tuesday	Core Dynamics Body Mastery An artistic integration of Pilates, Yoga, & dance techniques for greater mind/body connection, more nuanced strength & flexibility, less overall body tension, and greater ease of movement. If you like yoga and Pilates, but crave a more artistic approach that deeply focuses on self-healing, this class is for you.	Penticton
Every Tuesday	Dance Alchemy This is an Ecstatic, freeform, style of dance expression. Each week, we will focus on one chakra (body energy centre) and express the characteristics, symbolism, gifts, and challenges of each chakra through breath, amazing world music, and movement. Every'body' 16-99+ is welcome, regardless of movement challenges or previous experience. Free your Mind...Breathe your Heart...Dance your Soul!	Penticton
October		More Details
Oct 14 & 15 Level 1 Oct 16 & 17 Level 2	Touch for Health - Level 1 and Level 2 This is a system of natural health care made simple and easy to learn and use. It was designed to empower everyone to take care of their & their families' needs. It teaches muscles testing and a range of gentle yet powerful techniques to improve health, well-being and vitality. Touch for Health uses the muscles as a biofeedback mechanism.	Winfield BC
Wed s tarting October 15 mornings	Yoga PlayTime - for you and your child Gentle and playful yoga fun for you and your child. Old Yogini had a farm, shanti shanti om! Explore gentle & playful yoga postures, songs & rhymes with your child.	Penticton
Oct 16 - 19	Australian Bush Flower Essences Workshops - Level 1 & Level 2 * History of Flower Essences * Understand how emotional patterns affect your health * Learn how to make a Flower Essence	Vancouver
Saturday, Oct 18	Homeopathic First Aid course - Just posted Learn the basics about Homeopathy and how to use homeopathic remedies for daily ailments and emergencies!	Osoyoos
Oct 20	Women's Wellbeing and Bush Flower Essences ~spiritual & metaphysical aspects of femininity and the female energy system~ How Bush Flower Essences can assist with-Menstruation, Menopause, Enhancing relationships, Sexuality, Infertility and conception, Pregnancy, Healthful birthing, Nurturing the spirit in the child.	Vancouver
Oct 17 - 21 Weekend	The Gems of Excellence : Level I A fun filled experiential course where you are integrated in a group using the language of Geotran, a digital, numeric, geometric language which speaks directly to the memory fields that hold the record of who you are and what your potential is.	Kelowna
Oct 17 - 21	Angelic Healing Intensive 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.	Kelowna
Oct 18 & 19 Sat & Sun	Meditation Intensive - 2 day Intensive Workshop learn to get out of their head and focus on the present. The more time spent focused on the present the less time spent feeding the ego, and the natural result is to become in alignment with the Truth of who we are and what we want.	Kelowna
Oct 24 - 26 Weekend	The Gems of Excellence - Level II Gems of Excellence II is designed for you to return to the classroom free of learning stresses and learn the process of integration for yourself and others.	Kelowna
Oct. 25.	Spiritual Beginnings	

Nov. 15, Dec. 6 10 to 12:30am	Spiritual and Psychic Development and Training. This course will be given once a month & will lead you by the hand with meditations & techniques to explore & practice, as well as spiritual concepts to build your own awareness & expand your own levels of consciousness.	Kelowna
October 25 2:00 to 3:30	Kid's Play Spiritual Exploration for kids 6-9 years old In these classes, which will be offered once a month, I will be offering a variety of teachings on angels and spirit guides and how to contact/communicate with them. We will also explore how to work with Light.	Kelowna
October 24, 25, 26	Basic Ear Reflexology Certificate Weekend Course	Vancouver
Oct 25 & 26	Vancouver Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals
Oct 25 - 27	PRACTITIONERS COMPLETE REFLEXOLOGY 3-day Intensive Practitioner programs: with Yvette Eastman	Vancouver
Oct 25 - 28	BodyTalk System - Introductory Modules 1 & 2 BodyTalk can be used as a stand-alone system to treat many health problems, or seamlessly integrated into any health care system to increase its effectiveness & promote faster healing. It is suitable for health care professionals as well as lay people who may want to learn the BodyTalk system.	Kelowna
Oct 25 & 26	Business Course For Wholistic Practitioners This course will benefit anyone who is considering operating a small business, or is currently in one, especially a wholistic practice. This course will be a very well rounded wholistic viewpoint including the practical business areas as well as the metaphysical side to creating and attracting what you desire.	Kelowna
Oct 25 & 26	E=mc2 Chakra Empowerment What the e=mc2 do we know about vibrational medicine?"This fascinating and timely workshop is for those that want to develop more deeply the understanding of vibrational medicine and energy anatomy. Since the movie "What the bleep do we know" there is a growing awareness of the importance of intent in our daily lives.	Salmon Arm
October 27, 7-10 pm	Temples on the Other Side - Sylvia Browne 2008 Farewell Tour Featuring Colette Baron-Reid and Sylvia Browne. Listen to Sylvia as she explores the many temples and halls that exist on the Other Side and explains how they all hold wisdom that can dramatically improve your life!	Seattle
October 29, 7- 10 pm	Temples on the Other Side - Sylvia Browne 2008 Farewell Tour	Portland
	November	More Details
Nov. 1 & 2, 10am-3pm	Freeing the Soul Spiritual Expansion with published author, Denise Obidowski. This workshop will be based on Denise's second book. Topics we will explore are: what is true service according to the Beings of Light; the ego machinations that can get in your way; higher level meditations (practice included). Higher spiritual knowledge and concepts will also be presented.	Kelowna
Nov 1, 2	HAND REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Nov 1, 2 Sat & Sun	Imago Couples Weekend Based upon the book by Harville Hendrix "Getting the Love you Want". This is an intensive 2 day workshop for married and unmarried couples to rediscover the joy and spiritual potential of being together while using their relationship for personal change & growth. It is designed to help couples begin to heal the history each brought into the relationship and the history they have created together ... to rediscover the joy of being together.	Kelowna
Nov 2, 3	Animal Reflexology and Other Natural Therapies with Jackie Segers from New Zealand	Vancouver
NOV 6-11	TOUCHPOINT ESSENTIAL ADVANCED REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
	Brain Gym 101 Learn twenty-six Brain Gym exercises, the Edu-K Balance process, & Dennison	

Nov 7,8,9 Weekend	Laterality Repatterning. Discover a permanent tool for reaching personal goals. Applications for students, teachers, parents, artists, athletes, health care practitioners, & business professionals.	Penticton
Nov 7, 8, 9	Basic Holistic Foot Reflexology Certificate Weekend Course	Vancouver
November 7, 8, 9	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
November 8th 8:00am to 6:00pm	Strengthening Ties: Women in Agriculture Conference A conference supporting women in agriculture, designed to support women in agriculture by providing access to information. A variety of workshops, plenary sessions and keynote speakers designed to encourage & inform women in agriculture. Drop by and say Hi to OK in Health members at booth	Penticton
November 9	Intro to Equine Massage therapy Wit's End Farms - Equine Rehabilitation Centre. Learn Anatomy, Physiology, how muscles work, the signs of pain, and different massage techniques.	Abbotsford
Nov 13 & 16 2008	Cranio Sacral Reflexology- Basic & Advanced Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. Dr. Faure-Alderson has a school in Paris and England and is coming to the OKanagan. BC - More Info	Penticton, Okanagan, BC
Nov 14	November 14th is BC Bereavement Day Grief is a highly complex and absolutely normal reaction to a death. It affects each person differently. It takes time to work through, often much longer than people expect. Many people feel isolated in their grief and pressured by society's expectations to "get over it and move on".	See Support group Page
Saturday, Oct 15	Homeopathic First Aid course - Just posted Learn the basics about Homeopathy and how to use homeopathic remedies for daily ailments and emergencies!	Osoyoos
Nov 15th, Sat at 2 - 4 pm	The Straight Goods on Slouching. Get out of the slumps and change that well-worn posture that stresses our backs and creates all manner of problems as we age.	Kelowna
Nov 15 2:00 to 3:30	Kid's Play Spiritual Exploration for kids 6-9 years old In these classes, which will be offered once a month, I will be offering a variety of teachings on angels and spirit guides and how to contact/communicate with them. We will also explore how to work with Light.	Kelowna
Nov 14- 16	Classical Equitation with Craig Stevens 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.	Langley, BC (Van)
Nov 15 Saturday	'Spirituality for Dummies' - Introductory Workshop This is the perfect course for those who are brand new to the idea of spirituality. We will cover many of the most common spiritual practices, healing techniques, and schools of enlightenment. An action packed day full of tons of fun and lots of hands on. Children over the age of 8 yrs are welcome.	Kelowna

Nov 19 - 20	MERIDIANS ON THE FEET REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Nov 22, 11 to 1pm	New Age Crystals Discover the crystals that are emerging during this new age of enlightenment. Certain crystals have been emerging in this new age of enlightenment. Come learn what they are and what properties they hold. Many of these crystals have extremely high energies. Many tend to work with your own specific needs. These are highly healing, aligning, and expanding crystals!	Kelowna
Nov 22 - 23	Journeying and Power Animals - Level 1	Victoria
Nov 22, 23	Basic & Advanced Vertical Reflexology Therapy Weekend Course	Vancouver
Saturday, Nov 22	Homeopathic First Aid course - Learn the basics about Homeopathy and how to use homeopathic remedies for daily ailments and emergencies!	Penticton,
Nov 23 10 - 3pm	Divine Laws of Success This workshop will look at the elements needed to bring forth more success in your life through better partnership with Spirit and Divine Laws. Tools and techniques will be explored throughout the day.	Kelowna
Nov 29 Saturday	Healthy Body Image Come join Sherri for a fun-filled action-packed day of health! During this full-day workshop you will learn how to change to way to feel about your body, and thus, how you treat it. With simple explanations and easy to follow steps, creating a healthy body image is a simple and fun process.	Kelowna
Nov 29 .30 Sat & Sun	Shiatsu Face Lift Training The Shiatsu Face Lift 2 day course focuses on improving facial appearance and enhancing Qi. It also improves ones' physical and emotional balance.	Agassiz Vancouver
Nov 30	CHAKRAS ON THE FEET with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Sunday, Nov 30	An Afternoon with Dr. Deepak Chopra - Live in Kamloops BC Deepak will discuss the nature of consciousness as a fundamental reality that differentiates in-to cognition, moods and emotions, perception, behaviors, biology, social interactions, personal relationships, environment & the forces of nature.	Kamloops.
	For more events, larger print, and full details - Click Here	
Great Articles	Free Events & Health Shows & Festivals Fitness Classes Support Groups Directory and weekly Meditation Classes & groups	More Details

To lengthen thy life, lessen thy meals. -- Benjamin Franklin



Health & Wellness Tips & Recipes

It's apple and squash season!

Butternut Squash and Apple Soup

1 med. butternut squash, 3 tart green apples, 1 med. onion, chopped,
1/4 tsp. rosemary or marjoram, 1/4 tsp. pepper, Chopped fresh parsley, 1 tsp. salt,



3 (10 1/2 oz.) cans of organic chicken broth (or make your own), 2 soup cans of water, 1/4 c. heavy cream,

Combine all ingredients. Bring to a boil, then reduce heat and simmer uncovered for about 45 minutes. Cool, then put in blender until smooth. When ready to serve, heat again. Add a swirl of half and half after you transfer the soup to the serving bowls. Garnish with some chopped parsley.

Are you really hungry?

Before you reach for the biscuit tin or the second helping - rate your food hunger. On a scale of 1-5 (1= starving, 5= feeling of fullness). Aim to eat before you reach '1' and stop eating at '4'. This is an exercise worthwhile doing.

English Muffins Vegetarian Pizzas

Great way to get kids to eat some veggies

2 tablespoons extra virgin olive oil, 3/4 cup halved grape tomatoes, 3 English muffins, sliced in 1/2, 3 cups diced eggplant, 1/4 Vidalia onion, sliced 1 small yellow squash, thinly sliced 1 small zucchini (grated), Salt and pepper, 1 tablespoon balsamic vinegar, 1/2 cup grated mozzarella, 1/3 cup crumbled feta cheese, 3/4 teaspoon Greek seasoning, 1/4 cup shredded fresh basil leaves. Preheat oven to 400 degrees F.

Heat 1 tablespoon of olive oil in a skillet and add tomatoes. Cook until tomatoes are softened.

Add salt, to taste. Spoon cooked tomatoes evenly over English muffin halves.

In a skillet, sauté eggplant and onions in 1 tablespoon of olive oil. Add squash & zucchini & cook until tender. Do not over cook, since they will cook some more in the oven. Add salt & pepper to taste.

Spoon sautéed vegetables evenly over the tomatoes. Sprinkle each mini pizza with balsamic vinegar. Top with mozzarella & feta cheese. Sprinkle pizza with Greek seasoning & basil. Bake 25 minutes, or until cheese is melted & crust is lightly browned. Makes six mini pizza.



How to Cook Quinoa!

2 cups water ; 1 cup quinoa. Rinse the grain thoroughly. Bring to a boil, then reduce heat and let the grain simmer until the water is absorbed, about 15 minutes. One cup dry quinoa will make three cups of cooked grain.

Applesauce Raisin Molasses Oatmeal Cookies

Beat: 1 c. butter, 2 1/2 c. sugar, 4 eggs, 2/3 c. molasses. *Alternate* add with 1 cup applesauce: 3 1/2 c. flour, 2 tsp. baking soda, 2 tsp. cinnamon, *Stir in:* 4 c. oatmeal, 2 c. raisins, 1 c. chopped walnuts. Drop on ungreased sheet. Bake for 15 - 17 minutes at 375 degrees. Extra cookies can be stored in a re-sealable freezer bag and kept in freezer. Molasses is a great source of Iron. *Great for Lunch bags.*

Apple Mini Muffins

1 cup water, 2 cups sugar, 2 cups grated apples, 2 cups raisins, 1 cup (2 sticks) butter, 2 teaspoons ground cinnamon, 2 teaspoons freshly grated nutmeg, 1/2 teaspoon ground cloves, 1 cup chopped walnuts, 2 teaspoons baking soda, 3 1/2 cups all-purpose flour. Preheat the oven to 350 degrees F.

Combine the water, sugar, apples, raisins, butter, cinnamon, nutmeg, and cloves in a saucepan; bring to a boil. Remove the pan from the heat and cool completely. In a large bowl, stir the nuts and baking soda into the flour. Add the cooled mixture to the bowl, and stir until blended. Fill greased miniature muffin tins with batter to the top. Bake for 15 minutes. Note: Extra muffins can be stored in a re-sealable freezer bag and kept in freezer.



Great for Lunch bags.

Almond Pudding

2 cups vanilla almond milk
1/3 cup honey, 2 eggs, lightly beaten
2 tbs organic butter or Earth Balance margarine, 1 tsp vanilla extract
1 tsp cinnamon, 1/2 tsp lemon zest
1/2 cup raisins, 1/2 cup shredded coconut
2 cups cooked quinoa
sliced almonds for garnish

Combine first seven ingredients in a medium sized bowl.

Place quinoa in a greased baking dish, and cover with coconut and raisins.

Pour the liquid mixture over top, and bake at 350 degrees for about 45 minutes, or until set.

Serve hot or cold. Tools: Mixing bowls, measuring spoons and cups.

Rich, sweet, high protein and delicious!



Put Your Heart Into It Crackers

1 1/2 cups oat flour
1/3 cup oats

Mix all of the ingredients together in the order shown here. Set the oven to 350 degrees. Roll the dough very thinly and use heart-shaped cookie cutters. Really you can use any shape of cookie


1 tbsp honey
 1/2 tsp sea salt
 1 tbsp baking powder
 1/4 cup butter, melted
 1/4 cup hemp milk
 2 tbsp hemp hearts (shelled
 hemp seeds)
 3 tbsp brown sesame seeds.

cutters that you like, but it's always fun to have some hearts to hand to friends. Place the hearts on an un-greased cookie sheet, and bake for 15-18 minutes.
 Hemp seeds and milk have are very high in omega3 and 6 essential fatty acids – the good fats that help your skin and hair look good, your heart work well, and your brain think quickly. They also have lots of protein to feed your muscles.

Tip: These crackers are extra tasty when used to scoop up freshly made Humus Hooray!

Tools: large bowl, measuring cups and spoons, rolling pin, cookie cutters, cookie sheet.

For more healthy recipes visit OKinHealth [Recipe page](#) and [wellness tip page!](#)

Sole 2 Soul---	
<p>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 Vernon. Contact Nora Donovan-Ward at 250-488-5107 or chick here for email address -----</p>	

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