



OK In Health's
August 2009
Health & Wellness On-Line Magazine

EDITOR'S MESSAGE

Greetings to all our OK In Health members,

AUGUST special discount rates - All workshops and event only \$20 each

I am ELATED!. I Googled "health and healing workshops" today and out of 550 million plus world-wide searches, OK In Health was on the top of Page 1. That is a big deal. Huge. Surreal. All the hard work has paid off and I thank YOU for your support. For those of you on Twitter and Facebook (& more) please let the world know!

Yes, our community is growing in leaps and bounds, and all of the creative out-of-the-box marketing is working. OK In Health is now the #1 place to post health & wellness events and workshops, so why not make this page your Home Page and stay connected with upcoming events!.

No doubt about it, August is a peach of a month. It has that slow and easy flavour to it - unrivalled by any other time of the year. We love to celebrate Summer! And there does seem to be more time available to us during these long sunny days in which to do it.

So why not factor in a treat for yourself?.... a leisurely all over body massage, a reflexology [treatment](#), join a [support group](#), a [nature walk](#) with a group or a friend. Check out our [courses](#) and [classes](#) below - while chilling out with your feet up. Take some time to read our [new articles](#) or check out some new [books](#). Try a [new recipe!](#) (You will find some new and interesting topics for you to browse through - one them may be just what you need right now to give you a lift.)

The sun is shining for you this Summer on our website www.OKinHealth.com with a wealth of ideas, suggestions and events for you to sample.

Thank you for reading this newsletter, I hope you get as much pleasure receiving it as I had sending it. Please feel free to contact me if there is anything I can do for you. We welcome you to our website and the whole team here at OK In Health wish you well. From Our Hearts to Yours,

Yours In Health,

Maria Carr

Publisher of OK In Health E-Magazine - www.OKinHealth.com



OK In Health-Your Wellness Community at your finger tips!!

Pull up a comfy chair with your favorite beverage and enjoy all the articles that tickle your fancy because this month's magazine is JAM-PACKED with new articles, tons of events, contests and recipes. We have so much information to share with you.

Next OK In Health's International Special Event are coming up soon - Still time to book your place!
Cranio Sacral Reflexology with Dr. Martine Faure-Alderson (England/Paris) [More details](#) September
Healing Touch for Babies with Rita Kluny (Texas) [More details](#) November

Stay Connected with your Wellness Community!

This month, we would like to send a special thanks to everyone who wrote such wonderful supportive and positive comments to us about OK In Health and a very special thank you to Joan Moffet for facilitating the Anatomy course for OK In Health Special Events.

- * Great newsletter, it took hours to see all the great ads & events - From Sharon
- * Please sign me up - Wanted to find out more about the healing group. thanks! - Cyndee
- * Please sign me up - searching for courses/training, thanks - Lori
- * Please sign me up - Thank you for the information on Local Practitioners - Don

Articles

Each author will write a different article every month on their area of expertise which we hope you will find interesting, informative and educational.

Naturopathic Corner with Dr. Tamara Browne

'For the Health of It' with Brenda Molloy



[New Articles](#)

[Workshops & Events](#)

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**Metabolic Weight Loss System
~ Part Two**
Macronutrients: The good and the bad
Food is divided into macronutrients and micronutrients. The macronutrients are CHO, fat, and protein. The micronutrients are vitamins, minerals, and other cofactors. Optimizing weight is mainly dependent on macronutrient balance and quality. Too much or too little of a macronutrient or [\[...Read More\]](#)



**Seasonal Adjustments –
Late Summer & Times of Transition**
Late summer is the beginning of harvest time. Ripe fruits begin to fall to the ground and vegetables are growing big and plump in the gardens. We begin to slow down and enjoy the warm evenings with the realization that soon the warm days of summer will make way for the cooler days of fall. Late summer and times of transition are associated with the Earth Element.... [\[... Read More\]](#)

"To Your Good Health" with David Dixon

Natural Beauty with Deanna Klan



The Cholesterol Connection
Over the years, cholesterol has been given a bad rap. But is it really the nasty killer substance as claimed? Apparently not, according to some of the latest information. Studies have shown that when people's intake of ... [\[...Read More\]](#)



Summer Feet Blues
Do your heels become dry, calloused and cracked during the summer? Here are the causes and the answers to smooth, soft, feet in quick simple ideas you can put into practice today. The main culprits for this problem lay in the ... [\[...Read More\]](#)

'Embracing Change' with Lyndsay Blais

'Soul-Full Journeys' Column with Pamela Shelly



Embracing an Attitude of Gratitude
In speaking with some residents who were evacuated from their homes due to the recent forest fires in the Okanagan, I was impressed by the sheer gratefulness that came forth. If you have been struggling to embrace some changes in your life lately, try cultivating an "Attitude of Gratitude". Let's take a closer look at the power in that statement. [\[... click here to read full article\]](#)



How Can I Connect With My Guides & Angels?
We all have at least one Guardian Angel that is with us from birth to our transition and many other Guides, Angels, Archangels, Elementals and Power Animals work with us throughout our lives. This month's article is about finding ways that we can open up more to our Angelic helpers and what hinders this communication [\[...click here to read full article \]](#).

' Parenting Tips' Column with Maggie Reigh

OK ~ for Healthy Animals



The Power of Play
Unleash your own playful spirit, create a meaningful bond with your child that will give you lasting influence and authority, and help your child develop skills that will enhance his future relationships, career, intelligence, and state of well being in life – all through the power of play! [\[...Read More\]](#)



Does Your Pet Need the Needle?
by Dr. Moira Drosdovech, Veterinary Care
Many veterinarians in the last decade have begun questioning whether over-vaccination, while not yet validated scientifically, may be causing a good deal of unnecessary chronic illness in our pets. What is a pet guardian to do? My position is that....[\[Read More\]](#)

'Soul Food' Column with Sharon Taphorn

Feng Shui Gems with Teresa Hwang



Manifestation
We are all constantly creating in our lives, the steps to understanding why sometimes we are seeing unwanted results in our lives lies in determining where I thoughts are on those things we wish to create. With a few simple tools in our belt, we can begin manifesting anything our hearts desire.... [\[click here to read full article\]](#)



Feng Shui Guide to Property Hunting
Here are some Feng Shui observations and guides to Property Hunting or changes we can make in our own properties:
· Road approach – Winding roads are better than straight roads.....
· Trees – well trimmed and maintained, should not overshadow the building, especially when it is directly in front of the front door... [\[...Read More\]](#)

Coaches Corner with Sue Chambers

Glorious Gardens Gems

Dealing with Difficult Times...
What do we do when we are faced with a crisis? How do we deal with the fear and

150 Natural Garden Tips
* Picking off flowers frequently encourage



anxiety that wreaks havoc in our minds? We all know what it is like to be anxious and have thoughts that are overwhelming, making it difficult to see ourselves getting through and being ok; but these experiences teach us things that turn our lives in a different direction...[\[click here to read full article \]](#)



most annuals to flower more abundantly.
 * Fertilize before a rain whenever possible.
 * Bare spots on your lawn?
 * Flowers that attract insect eating bats!

Read some useful ways to help keep your garden natural & healthy. [...[Read More](#)]

Dancing With Colour - with Patrisha Aherne O'Farrell



MAKING 'ART': How To Get Started

Have you heard, like I have, many times, someone saying "I can't draw a straight line"? Perhaps you've even said it yourself? Well, the truth is that straight lines are rarely required when it comes to 'art' – unless we're talking architecture or design. Even then, lines that are made with direction and spirit are vibrant and beautiful – be they straight or curvy. When it comes to drawing, this is a useful dictum: ...[\[... Read More\]](#)

Happily Holistic - Alexis Costello's Nutrition Column



"Value added" value meal?

I have to admit that I don't understand the flavoured 'vitamin enriched' water thing. If water was supposed to have vitamins in it, wouldn't it already? It's part of the "functional food" concept, an idea that is being hailed as the new defence against sickness and obesity by the companies promoting them. Some define it as "foods or dietary components that may provide a health benefit beyond basic nutrition"....[\[...Read More\]](#)

Body Plus Column



If You Haven't Had Your Shake, You Haven't Finished your Workout!

By Norm Danniels

What you consume immediately following your workout is almost as important as the workout itself. Every time you exercise, you deplete a significant amount of your stored muscle glycogen (carbohydrates) as well as your amino acid pool, and the stress of that exercise breaks down and damages your muscle cells. The good news is that those muscle cells grow bigger and stronger (provided they are properly nourished)...[\[Read More...\]](#)

OK In Health 's Favourite Picks from our OK members



Healing Touch for Babies - A True Delight by Rita Kluny, RN, CHTP/I, Texas

The experience of birth is truly one of Remembrance -- of the miracle of creation, of love, of Divine Presence. When looking into the eyes of a newborn, something in us stirs so deeply, perhaps the memory of our own innocence, the recollection of our original integrity. In that moment, we are invited to drop the outer world, and let ourselves be brought back to Being....[\[Read More\]](#)

Maria's Favourite Picks from our OK members



Calling all: Reflexologist, Cranio Sacral Therapists, Osteopaths, Podiatrists, Chiropractors, Naturopaths, Nurses and Doctors.

What is Cranio-Sacral Reflexology? by Dr. Martine Faure Alderson, England

By using the gentle techniques of Cranio-Sacral Reflexology, the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress. Cranio-Sacral Reflexology is suitable for everyone, from newborn babies to the elderly including those with fragile and acute medical conditions such as: ...[\[...Read More\]](#)

PRECISION
SPORT SUPPLEMENTS

Getting Healthy Never Tasted So Good.

ISO-PRO Low Carb & Decadent Whey Vanilla (500g)
 DECADEM Natural 100% Natural

www.precision-supplements.ca

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.

Join the OK in Health Association!

[Sign up for Newsletter](#)

3,000 members

OK In Health is an on-line Magazine that offers a variety of integrative information for our physical,

Estimated number of visits

emotional, and spiritual well-being. The Publisher, 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. We have the lowest rates around with the highest networking results. OK In Health now has a team that work on the website and newsletter and it also is supported by our amazing 3,000 members.

for okinhealth.com
by Statsbrain.com
1,260 visits per day. 3
million hits a year

Special International Events - Hosted by OK In Health-
Coming to Penticton, BC

Future OK Events -

Part of the OK In Health network is that we work together to bring in some international or special instructor or courses that might not necessarily come to the Okanagan or may not be offered without OK In Health's support. If there is an International Instructor/amazing teacher you would like to see in the Okanagan, contact OK In Health with more details. [\[Contact our Event Team\]](#)

Healing Touch for Babies with Rita Kluny RN, CHTP/I (Texas) [More details](#) . **November 7 & 8** in Penticton, BC.

The experience of birth is truly one of Remembrance -- of the miracle of creation, of love, of Divine Presence. When looking into the eyes of a newborn, something in us stirs so deeply, perhaps the memory of our own innocence, the recollection of our original integrity. In that moment, we are invited to drop the outer world, and let ourselves be brought back to Being[\[Read More\]](#)

Anatomy Refresher Course - Part One and Part Two - coming soon. [\[Contact our Event Team\]](#)

If you would like to host a course of ten students, OK In Health will come to your area. Host receives a free course.

Cranio Sacral Reflexology Course - April 2010 [\[Contact our Event Team\]](#)

with Dr. Martine Faure Alderson from the Paris/ England CSR institute and 4 International Teachers.

CSR Part One - April 6,7,8,9 - (refresher rates available) This course is already 1/4 full already

CSR Part Two - April 11,12,13,14 - (refresher rates available) This course is already 1/2 full already

April 15 - Exam day - for students wanting to be certified CSR practitioner

Hand course - April 16, 17 - This course is already 1/4 full already

Cranio Sacral Reflexology - with Dr. Martine Faure-Alderson (England/Paris) [More details](#) September 22- 25.
AND

Healing Touch for Babies - with Rita Kluny (Texas) [More details](#) November

Some August Events Posted on the OK In Health Workshop Directory - [More Events](#)

[More Articles](#) at www.okinhealth.com/articles/articles.html

Estimated number of visits for okinhealth.com by Statsbrain.com 1,260 visits per day

Up Coming Events

Creative Cognition
Gabriola Island, BC

**Artful
Communication** with
Theresa Greenwood
Kelowna

**CREATING
FLOWER
ESSENCES**
Kelowna

**Plug into your power! ~
6-month Intensive
With Norma Cowie**
Penticton

**Reiki Classes
with Anne Reid**
Kelowna

Nia Classes
Penticton & Kelowna

Reiki Classes
Kelowna

Reflexology
Vancouver

Prenatal Yoga
Penticton

Click on town for full details or [event calendar by Date](#) -
Larger Print - [Click Here](#)

Events by Town / Category

Workshops & events in:

South Okanagan area- [Click Here](#)
Central Okanagan area - [Click Here](#)
North Okanagan area- [Click Here](#) --

Kootenays - [Click Here](#)
Vancouver & Vancouver Island- [Click Here](#)
Alberta - [Click Here](#)
Across Canada - [Click Here](#)

Retreats - [Click here](#)
Animal Events - [Click Here](#)
Northwestern USA- [Click Here](#)
Ireland & UK - [Click Here](#)
FREE to attend - [Click Here](#)
Environment events - [Click Here](#)

[Fitness Classes and Walking Groups](#)
[Meditation Classes](#)

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

Please mention OK In Health to your contact person

Healing PathWay - Phase 2 - Vernon

**Cranio Sacral
Reflexology**
with Dr. Martine Faure-
Alderson (England/Paris)
[More details](#) September

**Healing Touch for
Babies** Penticton

Adrenal Support
Yoga Series
Penticton

**Beyond Cancer:
Yoga For Wellness**
Penticton

**RAC Certification
Foot Reflexology
Course**
Nanaimo

Seniors Symposium
Penticton

Destiny Women
Retreat ~
Plenty of deep inner work,
yoga, hiking to the falls,
swimming, healthy organic
meal, floating down the lazy
river or laying on the beach.
Winlaw, BC

**Riva's Healing
Retreats
Armstrong**

**Heart Resonance
Therapy
Kootenay Tour &
Penticton**

**Roots & Blues
Festival**

[More Events](#)

Sing Because You Can - Kelowna

Breathing 4 life- Pranayama - Kelowna

'Energize The Moves' Workshop - Kelowna

Master Charles Cannon - Vancouver and Kelowna

Basic Acupressure - Kelowna

Introduction to Shiatsu - Kelowna

[\[...More Details on all these events\]](#)

Plug into your power!
Penticton

P.A.T.H.Expo
Salmo, BC

Ecstatic Soul Retreat
North Okanagan

Chakras 101-
Kelowna - Sept

**Embrace the Divine
Feminine**
Kelowna - Sept

[MORE EVENTS](#)



Recipes

Happily Holistic - Alexis Costello's Nutrition Column



"Value added" value meal?

I have to admit that I don't understand the flavoured 'vitamin enriched' water thing. If water was supposed to have vitamins in it, wouldn't it already? It's part of the "functional food" concept, an idea that is being hailed as the new defence against sickness and obesity by the companies promoting them. Like genetically modified foods however, this idea sends up a red flag for many. In trying to do some research on functional foods, I realized that there are discrepancies as to what the term actually means. Some define it as "foods or dietary components that may provide a health benefit beyond basic nutrition"... [\[...Read More\]](#)

Coming

This Month's Recipe - Healthy Pasta Sauce

Health Facts:

Every cook needs a good recipe for marinara sauce. This one can be prepared in less than an hour and used in many ways. It is traditionally served over pasta, but is equally delicious with polenta or rice. It also makes a wonderful sauce for grilled vegetables or baked tempeh or tofu. We don't need to remind you that tomatoes cooked with oil provide a source of lycopene, one of the carotenes linked to protection from prostate cancer.

Ingredients:

2 tablespoons extra-virgin olive oil
2 medium onions, chopped
1 medium carrot, peeled and finely grated
1/4 teaspoon red pepper flakes, or to taste 1 large can (28 ounces) Italian tomatoes, crushed
1 large can (12 ounces) tomato paste
1 teaspoon sugar (optional)
1 bay leaf
2 tablespoons dried whole basil
1 teaspoon dried whole oregano
Pinch fennel seeds
1/4 teaspoon ground allspice
4 cloves garlic, chopped



Method:

1. Heat the olive oil in a large Dutch oven or saucepan (do not use cast iron or aluminum) over medium-high heat. Add the onions and carrot; sauté until the onions are translucent. 2. Add the remaining ingredients and stir well. Bring just to a boil, lower heat, and simmer uncovered for 30 minutes or until desired thickness. Remove the bay leaf. 3. Serve with your favorite pasta or polenta.

Cool Snack -

Looking for a healthy snack idea?

Try banana crunch pops. Place a small banana on a popsicle stick, coat with non fat or low fat vanilla yogurt, roll in crisped rice cereal and set on waxed paper. Freeze overnight. Enjoy a low fat, nutritious and cool snack tomorrow.



[Super Salsa Summer Fresca](#)
[Veggie and Chinese Chicken \(Crock Pot\)](#)
[Penne à la Broccoli](#)
[Potato-Rosemary Crusted Fish Fillets](#)
[Best-Ever Tofu Burger](#)

[More recipes....](#)

What our members are saying:

"The monthly articles, programs and connections to practitioners and events certainly make it easier to network and seek out the sometimes much needed services. Winning a contest can allow each of us to try out a service that we may not normally have tried. Thanks for all hard work and dedication. Keep up with your educational and inspiring newsletters offering many of us, our connections to Health and Wellness in the Okanagan." Celeste, Summerland

Thanks for your service. It has introduced me to some very special persons with unique health enhancement abilities which I have since used. I find the articles and profiles quite helpful. John, South Okanagan

Hi.... I really value all of your mail. It is awesome! THANKS!!!!!! Your site is wonderful!! I Love it!! Your need to be complimented for your time and effort!Harv, Salmon Arm

Health and wellness is available to us to get over the bumps in life and one of the easiest places to locate information about workshops is at www.OKinHealth.com. This web site will provide information about not only workshops, but also events, contests, tips, and recipes and a directory of practitioners, support groups, related businesses and general info on several disciplines in traditional and natural health practices. Click in to see what is new and helpful to you. by John
(See more comments below)

Get to know some of our OK In Health members!



Metaphysical Business For Sale

Business Opportunity: Established Metaphysical business for sale located in beautiful downtown Osoyoos. Owners would like to retire. Terms negotiable. Phone Neil Brimblecombe at 250-809-2602, at the Holistic Desert Connections - Alternative Health Store.

Office For Rent - on a full, part time basis

Would you like to share your healing gifts with your clients in a beautiful, nurturing office?
The Lovin Livin Centre, located above the Marmalade Cat Café, in the heart of Kelowna has an office for rent on a full, part time basis. Contact Geri at [E-mail](mailto:geri@lovinlivin.com) 250.470.1041

Registered Veterinary Nurse and Reiki Master

Heather Bundschuh offers Reiki for Dogs, Cats, and Horses (and their Humans) within the Okanagan Valley.

Please visit my website for contact and more information www.birdsongequinetherapy.net.

Or you may call me at 250-859-4378. Willing to travel within the Okanagan Valley.

I have had very good results with equine injuries and reiki, as an adjunct to professional veterinary services.

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! Ph 250-392-3850 Williams Lake, BC [Email Sue](mailto:Sue@lifecoaching.com)

Athenic Connections with Darcy

Thank you for the excellent service, I am new to the industry and appreciate the tremendous support offered. I hope to take advantage of the opportunities and resources you provide in the near future.
Trish, Sidney, BC



To Advertise on OK In Health - please contact Maria at [email](mailto:maria@okinhealth.com)

Psychic Reader/Counselor to connect you to your guides and beyond.
 Private and group readings available from Kelowna to Penticton.
 Get the information you need to change your life.
 Book a 'reading party' with four or more people and your reading is free!
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 Visit www.athenicconnections.com or call Darcy at 250-869-5911.

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**Workshops
 Practitioners
 Wellness businesses
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 Support groups**

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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.

Penticton 250-809-9762 [E-mail](mailto:) . Website: www.gemcarecounselling.com

REIKI - REVIVE! ---with Kathy Collins

Reiki has an innate intelligence that allows the body's natural flow and inherent energy force to clear blockages due to sickness, tension or unresolved conflict and stress.
 Kathy is a Reiki Master/teacher in Kelowna. [Summer Reiki Classes now on!](#)
 Take back your health and well-being with Reiki, flower remedies and holistic health choices.
 Contact Kathy @ 250-763-5997 or [click here for e-mail](#) Kelowna, BC



This site is great keep it coming, Terry, Kelowna

This is an excellent newsletter full of interesting & very helpful tips, great ideas & wonderful suggestions on improving & providing extra care & natural health aid for anyone, no matter what age they may be. Lana, Kelowna

Norma Cowie - Psychic Metaphysical Consultant



Norma Cowie is a Psychic Metaphysical Consultant and is available for Tarot Card Readings, Past Life Regression, Soul/Source Connection (Psychic emotional surgery) and Metaphysical Consulting. Join Norma every Wednesday at the [Meditation & Discussion](#) or at her many workshops such as: [Learn how to be a Past Life Regressionist](#) and [Plug into your Power, personal, psychic & intuition](#) (6 mth intensive inner journey). Also available are Norma's **New book** - "The Ghost I Took Home", and a range of other books, tapes, & DVD's. Visit Norma's website for more details at www.normacowie.com or contact Norma at Penticton, BC - 250 490 0654 or [E-mail](#)

Listen to Norma Cowie's Tarot World weekly Wednesday 4pm on www.theshiftradio.com and hear about the journey within the Tarot and how they symbols relate to your life.

Energy Directed Healing



ENERGY DIRECTED HEALING:
 Are you open to experiencing
ENERGY TRANSFORMATION - EMOTIONAL FREEDOM
 that may change your life physically and emotionally in a very profound way.
 If the answer is YES!
 then visit my web site: www.energydirectedhealing.ca
 In person (Prince George, BC) or distance healing options.

Your site is very interesting. I can stay for hours reading about articles and events. All the best, Guylaine, Kelowna

I really enjoy reading the articles and I always forward to my Education Committee. Thank you for sending the newsletter! Have a nice day! Almerinda, Toronto, Ont

DARE TO DREAM - Body, Mind & Spirit Centre

CELEBRATING 11 YEARS

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, Thai Foot Reflexology, Shamanic Healing, Crystal Therapy & Classes, Massage & Counselling. Meditations & Various Classes for Personal & Spiritual Growth.
 At #33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295 www.kelownadaretodream.cjb.net---- Join our e-mail [newsletter](#) for sales & classes.

Well done in producing this mag. I do enjoy it. Thank again for your good attention and intention to produce this work. LorRaine, OK Falls

[Click here for Practitioners in your town](#)

Wellness Tips

Fluids

Are you drinking enough fluids?
 A good indicator is the color of your urine. Light, pale urine usually indicates good hydration where as dark urine indicates poor hydration. Consider making a habit of drinking 8 -10 glasses (8 fluid oz) of water each day. ([More Wellness tips](#))



Some September Events

Artful Communication with Theresa Greenwood Kelowna

Golfers & back pain

Did you know that about 25% - 30% of all golfers suffer from low back problems? If you're a golfer, consider this back safety tip: bend your knees and keep your back straight when retrieving the ball from the green or when teeing off.

What is Cranio-Sacral Reflexology

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 Reflexologist can use cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. By using the gentle techniques of Cranio-Sacral Reflexology, the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress. [[Read More....](#)]

[Advertise](#) your classes & events early!

OK in Health's Contests

Win one of the many treatments and prizes in OK in Health's -

30+ Contests [Click Here!](#) + New contest ~



WEBSITE REMINDER

Hopefully you are enjoying this e-newsletter, may we remind you how easy it is to check out any workshop, event, article or practitioner by simply clicking on this link to our simple to navigate website. www.OKinHealth.com

What's New?

Kelowna Office For Rent - on a full, part time basis

Would you like to share your healing gifts with your clients in a beautiful, nurturing office? The Lovin Livin Centre, located above the Marmalade Cat Café, in the heart of Kelowna has an office for rent on a full, part time basis. Contact Geri at [E-mail 250.470.1041](mailto:250.470.1041)



Healing PathWay - Phase 2 - Vernon

Chakras 101-
Kelowna - Sept

Embrace the Divine Feminine
Kelowna - Sept

Breathing 4 life-Pranayama
Kelowna -Sept

Adrenal Support Yoga Series Stressed Out?
with Wildflower
Relieve the effects of adrenal overload and burnout to improve your digestive, reproductive and immune systems.
5:30pm Tuesdays,
4 week series [Penticton](#)

Reiki Course - with Anne Reid
Level 1 - Sept 26th
Level 2 - Sept. 12th
Kelowna

Sept to June 2010 Shiatsu Practitioner Training Program
- with Brenda Molloy
Diploma Program - 500 hr.
Graduates become skilled and knowledgeable shiatsu practitioners prepared for success. [Kelowna](#)

Sun, Sept. 6 & Sept. 27 RAC Certification Ear Reflexology Course
with Linda Baril [Victoria](#)

Sept 10, 17, 24, Oct 1, 8, 14
Sing Because You Can
With Michelle Bailly
Thursday Evenings
Each week will build your confidence & greatly improve your performance 'on stage' & in life. [Kelowna](#)

Sept 11, 12, 13, 26, 27 & Oct 10
RAC Certification Foot Reflexology Course
Chiquita Hessels
[Nanaimo](#)

Sept 19, 20; Oct 3,4, & 17
RAC Certification Foot Reflexology Course
[Victoria](#) Linda Baril

Sept 12th 9.30 - 4.30
Heart Resonance Therapy - Level I
Michelle Cubin
HRT is a high vibrational healing technique that focuses on the power of the Heart and Breath -- Simple yet powerful [Penticton](#)

Sept 18-20, 2009
Wise Women Festival

Kelowna Treatment Room for Rent

Cherry Blossom Acupuncture and Wellness has a treatment room for rent. Rates negotiable depending on expectations. See pictures at www.cherryblossomacupuncture.com Contact: Rhianda 250-878-6514

Looking for a novel party idea?

Book a 'reading party' with four or more people and your reading is free! Psychic Reader/Counselor to connect you to your guides and beyond. Private and group readings available from Kelowna to Penticton and surround areas. Get the information you need to change your life. Online and phone readings also available. Visit www.athenicconnections.com or call Darcy at 250-869-5911.

Urgent - Homes Needed for Cats!

"It was suggested I turn to OK In Health as I have been a member for years. I was recently diagnosed with a disability. I have been asked to leave where i currently reside and as of Friday I will be living out of my car. I have three awesome old cats that I am desperately trying to find homes for, Two neutered and one calico spayed female. They are 10-12 years old. It is too hot to keep them in the car with me." If you can help our member Debbie, please contact the OK In Health office by [e-mail](mailto:debbie@okinhealth.com).

Healers/Readers wanted!

Healing Oasis at Wise Women Festival, 18-20 Sep. All ages welcome. Work six hours, pay no fees, except accommodation. Sat & Sun breakfast & lunch included, bring pot-luck for Fri & Sat dinner. Contact Christina, [e-mail](mailto:christina@healingoasis.com), or phone 250-490-0735.

This month is dedicated to **World Breastfeeding Week:**

August 1st - 7th.

While recently visiting Paris with my 12 year old daughter, we had the great experience of visiting the Louvre and the Musée d'Orsay. I took photos of many of the art works celebrated breastfeeding and include some of these paintings here for you to enjoy.



copyrighted

[Naramata](#)

6 week course starts
Tuesdays Sept 22
Prenatal Yoga
with Wildflower
[Penticton](#)

Begins Sept. 25-27
Plug into your power!
~ 6-month Intensive
With Norma Cowie
[Penticton](#)

September 22 -25
Cranio Sacral
Reflexology
- By world renown
Dr. Martine Faure-Alderson
Last chance to take this
course as Dr. Martine is
retiring. [Penticton](#)

[More Events](#)



The OK Team & Staff.

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- **Spiritual Guidance**
Pamela Shelly
Sharon Taphorn

- **Positive Living**
Lyndsay Blais
Sue Chambers

- **Supplements & Health**
David Dixon
Norm Danniels (BP)
Nelson Narciso (BP)
Joanne Carr (BP)

- **Health and Beauty**
Deanna Klan

Thank you for taking the time to read this newsletter.
I hope you get as much pleasure receiving it as I had sending it.
Please feel free to contact me if you think there is anything I can help you with.
From Maria Carr and the OK in Health team



If you **LOVE** OK In Health and this free newsletter:

- Invite yours friends to sign up
Promote your events/business in OK In Health
Donate a treatment or prize to members
Hang our new posters up in your office or local boards
- Forward this on to those who would love it too
- Drop us an email for our [Message Board](#) and share with us your feedback about OK in Health we love hearing from you.

- Our Creativity
Patrisha Aherne O'Farrell

- Family Wellness
Maggie Reigh

- Nutritionist
Alexis Costello's

- Healthy Recipes
Shannon Larrett-Bliss

- Pet Wellness
OK In Health

- Enviroment/ Gardening
- OK In Health

OK Event Manager
Maria Carr

Health Shows
OK - Members

OK Distributors
(poster, leaflets, biz cards)

-- South to North Okanagan
Marion Desborough
-- Summerland
Denise DeLeeuw
-- Kamloops
Elaine Nolan
-- Calgary
Adele Graner
- Kootenays
Eveline John
Leeza Trione
and

to our many members
who have placed posters
in their offices, support
groups, local health stores,
wellness centres, and
community noticeboards.

Join The OK Team!
[E-Mail Us](#)

Maria Carr and the OK in Health Team
The OK in Health Website
www.OKinHealth.com
[Email](#)

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



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