



**EDITOR'S MESSAGE**

Greetings to all our OK In Health members,

Wishing all our OK In Health members a wonderful and relaxing festive holiday - full of fun, joy, peace, and laughter.



This month we are delighted to welcome Dr. Moira Drosdovech as our new OK In Health's animal care columnist. Dr. Moira is a fully licensed veterinarian and has been helping pets stay healthy in Kelowna since 1990 by offering a naturopathic approach to health care. See below for Dr. Moira's article as well as our other amazing columnists.

Last month, we announced that we have started a new facebook page for OK In Health. If you haven't had a chance to join this fan group, and would like to..... [click here](#) for weekly updates and the latest news.



This month, OK In Health hosted and flew in Texas Instructor, Rita Kluny. We had a very full class of people all across BC and we all had an amazing weekend workshop. It was a joy for me to meet so many wonderful people.

During or after the holidays may be a lovely time to go for a relaxing treatment. We invite you to check out the many suggestions you will find on the listings on the OK In Health website ..... even a nice 'not too taxing' workshop to be part of a group; be among people in a relaxed easy-going healing get-together.... or just a treat of time and fantasy pampering for you on your own or with a friend in a warm and relaxing setting. Or you may just like to read of some of the interesting articles or be tempted by some of the 'special offers' listed ..... before having to get back to your busy lives .

So ... do take a moment and come visit OK In Health - explore the many suggestions and have yourself a good read !



Enjoy !

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 and The OK In Health Team [see team's names below]  
Publisher of OK In Health E-Magazine - [www.OKinHealth.com](http://www.OKinHealth.com)



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[Workshops & Events](#)  
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**OK In Health is a GREEN Business since 2004**

	<p align="center"><b>Feedback -</b></p> <p>We would love to hear your feedback on our new columnists and if you have a favourite section or articles.</p>		<p align="center">OK In Health Wholistic Gardening Columnist needed!</p>	
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**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**



**MANAGING WOMENS' HEALTH NATURALLY: MENOPAUSE, BIO-IDENTICAL HORMONES, ETC - PART TWO.**  
Last Month, we looked at " What is Menopause, what causes it, is it a disorder or a natural period of transition? ". In Part Two, we will look at " Suggestions for Balancing Hormones and Sailing Smoothly Through Menopause" ....[Read More](#) ]

**'For the Health of It' with Brenda Molloy**



**Yin / Yang Insights**  
The balance between deficiency and excess in functional activity of the organs which is the basis of Chinese medicine's view of health versus dysfunction. **The Yang organs** are the hollow organs, stomach, intestines, biliary system, urinary bladder plus urethra and ureter. **The Yin organs** include the solid ones, the liver, spleen, pancreas, kidney, heart, pericardium, lungs.

**"To Your Good Health" with David Dixon**

**All That Glitters...May Well be Silver**

There are multitudes of claims for colloidal silver and often it's very difficult to separate fact from fantasy. Of this much I am aware: Colloidal silver

**Natural Beauty with Deanna Klan**

**Clearing Skin in the Teenage Years (Part One)**

It can be heartbreaking to see your teenage son or daughter troubled by skin problems. Young



was exposed to about 650 different kinds of bacteria and viruses – in vitro – and every single one of the aforementioned nasty little critters died. They cannot live in a silver medium, apparently. “How can this be?” you might ask..... [\[...Read More\]](#)

**'Embracing Change' with Lyndsay Blais**



adults often have pressures of the media images and the scrutiny of their peers making them feel less confident about themselves, so this is no time to have blemishes and breakouts as well. Here are some great ideas to help correct the problem and keep those eruptions away for good... [\[...Read More\]](#)

**'Soul-Full Journeys' OK Column with Pamela Shelly**



**Embracing the Holidays, - the Stress-Free Way!**

Many people find themselves experiencing holiday stress due to lack of time to fit it all in. If you would like to experience a less-stressful December this year, try these easy to apply tips to reduce holiday stress and embrace the holiday season... [\[... Read More\]](#)

**' Parenting Tips' OK Column with Maggie Reigh**



**Expressing Love and Compassion**

This month's column is about looking at our core issues and how they profoundly affect us.

They often relate to feeling unloved, unworthy, inadequate, deserted and unimportant. Learning to love and accept yourself comes first... [\[.....Read More/\]](#)

**"Paws 4 Thot" Column with Dr. Moira Drosdovech**



**What Memories Will YOU Create this Christmas Season?**

What Christmas memories do you have – and what memories do you want your children to have? Read on and discover simple activities that will create memories that last a lifetime... and will deepen the love and appreciation in your family forever..... [\[ click here to read full article \]](#)



**Christmas Holidays and Pets**

Holiday hazards abound at Christmas time for pets and now is a good time to warn you of what to be careful of. The more obvious hazards include chocolate, tinsel and electrical cords, but there are others. Below is a summary of what to watch for, what to avoid and what to do if you suspect a problem.... [\[...Read More\]](#)

**'Soul Food' OK Column with Sharon Taphorn**

**Feng Shui Gems with Teresa Hwang**



**The Light that Surrounds Us**

Everything on and around planet earth has an energy field. In physics they call it the subtle organizing energy field, in metaphysics we refer to this field as the Aura or Human Energy Field. Science has used electromagnetic experiments to prove this field exists and numerous research projects and papers have given both communities much data to ponder and discuss. [\[ click here to read full article \]](#)



**Feng Shui & The Holidays**

The Holiday celebration happens a few days after the Winter Solstice, when the Water energy is strongest – most Yin time of the year, which is reflected by the cold temperature outside, and the shortest daylight hours during the day. In order to maintain a balance, we would need to activate the Yang energy in the form of: Lighting – both for the exterior & interior of the house. Activities – good time to have family gatherings around the... [\[...Read More\]](#)

**Coaches Corner with Sue Chambers**

**Glorious Gardens Gems**



**Living Life....**

What does this mean, to live life? We all aspire to have a happy, successful life.

Does this mean something different to each of us, or are we all aspiring to the same things?

.....[\[ click here to read full article \]](#)



**Plants in Winter**

Generally speaking, if you are comfortable, so is your plants. DO use a large, roomy shopping bag to protect your plant when transporting it. DON'T place plants near cold drafts or excessive heat. Avoid placing plants near appliances, fireplaces or ventilating ducts.

OK In Health is looking for a **new columnist** for this section on natural gardening tips and gardening how to's - Please contact us if interested.

**Body Plus Column**



**Good to The Bone - Calcium Supplements for Kids** by Joanne Carr

Bone density, strong teeth, blood circulation, muscular contraction, brain function and the central nervous system all rely on calcium. During childhood and adolescence, the body uses calcium to build strong bones, but bone calcium begins to decrease as early as young adulthood... [\[... Read More \]](#)

**OK In Health 's Favourite Picks from our OK members**

**What Are The Ancient Solfeggio Frequencies?** by Marie-Jeanne Fenton, Kelowna

These original sound frequencies were apparently used in Ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost



centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses. These powerful frequencies were rediscovered by Dr. Joseph Puleo and described in the book Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz, and they are helping return these lost frequencies back to humanity...[[Read More](#)]

**Maria's Favourite OK Picks from our OK members**



**The Story of Stuff** - review by Maria Carr, Penticton

We live in a world where we just consume without thinking about the consequences. From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. The Story of Stuff is a free 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever..... so gathering the kids and friends around the computer and enjoy this on line free video...[[Read More](#)]



**Progressive®**  
**Helping Kids  
 Grow Big  
 & Strong!**

**Join the  
 OK in Health Association!**

**[Sign up for Newsletter](#)**  
 3,000 members



What's New  
**OK In Health**  
 is now on  
**FACEBOOK**  
[Click Here](#) to  
 Become a Facebook Fan

**Community Events at your fingertips!**

Have you ever wanted to attend a community event,  
 health show, weekend retreat, workshop, movie, fitness class,  
 or find a local practitioner or support group?  
 Well, OK In Health is a website that is a great resource for finding all this.

OK In Health is an on-line Magazine that offers a variety of integrative information for our physical, emotional, and spiritual well-being. The 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.

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

Estimated number of visits for [okinhealth.com](http://okinhealth.com) by Statsbrain.com 1,260 visits per day

*Up Coming Events*

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

**Events by Town / Category**

**Workshops & events in:**

[Mon. Dec. 21 Solstice Bliss](#) [Penticton](#)

**Beyond Cancer:  
 Yoga For Wellness**  
[Penticton](#)

**Prenatal Yoga**  
[Penticton](#)

**Sun. Jan. 24  
 KRYON  
 UpClose 2010**  
[Kelowna](#)

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](#)

[January 2010](#) **Advanced  
 Tools For Self-  
 Mastery**  
[Toronto, Ont.](#)

[March 1 & 2](#)  
**Shiatsu Face Lift  
 Training**  
[Aqassiz, B.C.](#)

[March 26 & 27](#)  
**Business Feng Shui**  
[Vernon](#)

[March 2010](#)  
**FSRC Four Pillars of  
 Destiny Essential  
 Course** [Vernon](#)

[March 2010](#)  
**Certified Traditional**



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

**Chinese Feng Shui Practitioner**  
 - Modules 1 -4 [Vernon](#)

**April 2010**  
**Cranio Sacral Reflexology**  
 Part One, Part Two, and Hand course [Penticton](#)

**May 1 & 2**  
**Body and Soul**  
**Wellness Fair [Vernon](#)**

[MORE EVENTS](#)

**1st Monday Adrenal Support Yoga Series**  
[Penticton](#)

**January 14th**  
 Wise Women's Circle - Workshop [Penticton](#)

**January 15, 16 & 17th**  
**Advanced Tools For Self-Mastery**  
[Kelowna](#)

**Jan 2010 RAC Reflexology Course**  
[Surrey](#)

[MORE Details](#)

	<p><b>Special fall discount</b>          - 50% off all workshops and events to place an advert          = only \$20 to post an event or classified advert. This is a limited time offer. ....</p>
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**Special International Events - Hosted by OK In Health**

**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. [\[Contact our Event Team\]](#)

**Anatomy Refresher Course** - Part One and Part Two - coming soon. [\[Contact our Event Team\]](#) in Penticton, BC. 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** [\[Contact our Event Team\]](#) in Penticton, BC. 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  
**CSR Hand course** - April 16, 17 - This course is already 1/4 full already

 <p>What's New <b>OK In Health</b> is now on <b>FACEBOOK</b>  <a href="#">Click Here</a> to Become a Facebook Fan</p>	<p>This month, we would like to send a special thanks to everyone who wrote such wonderfully supportive and positive comments to us about OK In Health and a very special thank you to:</p> <p>Martha Newfield, Dirk and Tamara Myltoft, Trisse, Beverly, Ray, Sheila Stephenson, Pam Westwood, Cynthia Jones, and Joanne Mac Gregory...</p> <p><b>OK In Health reaches people who are already interested in health &amp; wellness!</b></p> <p>Thanks for the Wellness Tips and I enjoyed the Equine movie too !        A great on-going success from Patricia.</p>	 <p>Support Recycle! and aim to only buy recycle wrapping paper and products.</p>
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*Recipes*

**Happily Holistic - Alexis Costello's Nutrition OK Column**



**Company's Coming**

For many people, even those of us who don't celebrate Christmas, the holiday season means a house full of guests. It's funny because usually my job is to get people thinking about how to make healthier choices, but what do you do when you have family or friends staying with you that eat in a very different way?..... The solution here is to compromise....[\[...Read More\]](#)

**Coming Soon**  
 an **OK In Health Special Event**

**Cranio Sacral Reflexology**  
 with Dr. Martine Faure-Alderson (England/Paris)  
[More details](#)  
 April 2010

## Blissfully Delicious! - Shannon Bliss's OK Recipes Column

### Holiday Shortbread Cookies with Quinoa

- 1 lb butter, 3 cups organic flour, 1/2 cup brown rice flour, 1/2 cup quinoa flour, 1 cup granulated sugar cane

Beat butter until soft, add remaining ingredients. Roll out and cut with cookie cutter. Bake at 325 degrees for 12 minutes. Quinoa is an ancient grain and provides a good source of protein, thus slowing down the absorption of the sugar content of this cookie. To make this recipe *gluten free* use buckwheat, millet, teff or amaranth flour in place of wheat flour. I hope you enjoy!

Recipes submitted by Shannon Bliss, CNP, ROHP, RNCP, Certified Nutritional Practitioner and Certified Live Cell Microscopist. Kelowna 250-801-2798

Hosted By  
Maria Carr &  
OK In Health

[E-mail](#)  
[Maria Carr](#)  
more information

### Live Almond Nog....good for Holidays from Leah Lougheed, Oliver, BC

1 cup of raw sprouted almonds (soak overnight), 2C water, 4-5 dates, 1t ground nutmeg, 1/4t sea salt (optional). Blend all ingredients in blender until smooth. Strain through nut milk bag. Pour into jar. Serves 4.

### More Holiday RECIPES

- [Nana's Eve's Pudding](#)
- [New Simple Eve's Pudding](#) New
- [Recipe for Christmas Holiday Joy](#)
- [Holiday Brussels Sprouts Healthy](#)
- [Low-Fat Smoked Salmon Spread](#)
- [Champagne Fooler Healthy Recipe](#)
- [Orange Fruit Nut Truffles](#)
- [Fruit Platter Healthy Holiday Recipe](#)
- [Best Ever Coleslaw Diabetic Recipe](#)
- [Kwanzaa Recipes- Collard Greens with Coconut Milk](#)
- [Greek Holiday Tea Biscuit](#)
- [Chanukah Zucchini Potato Latkes](#)
- [Kolach - \(Ukrainian Braided Ring-Shaped Bread\)](#)

### More recipes....

### What's New?

#### This Month is Dedicated to:

Month \*The Lung Association's Christmas Seal Campaign  
Day

\* 1 World AIDS Day

\* 3 International Day of Disabled Persons

\* 6 National Day of Remembrance and Action on Violence Against Women In Canada.

#### This month's support groups, just posted on OK In Health

##### Grandmothers for Africa

This is a non-profit group of grandmothers and grand 'others' in the S. Okanagan. We fundraise for the Stephen Lewis Foundation who in turn sends the money to Aids ravaged sub Saharan countries in Africa, where the grandmothers are now struggling to parent their orphaned grandchildren. We meet the second Wednesday of the month at the Community Centre, at 10 a.m.. For more information contact Norma Lippa, 250 - 492 - 7883.

##### Green Drinks

Free social event for people who care for the environment and/or work in the environmental field. Free networking and organic drinks and snacks served. First Tuesday of every month from 5pm to 7pm at Whole Foods Wheat grass Cafe, 1770 Main Street, Penticton B.C. Contact Dale Bonke at 250-770-1816 for more information or [E-mail](#)

For more support groups in your area - [click here](#)

Every Other Day Paintings - Róisín O'Farrell		
		Having discovered the fun of regular blogging, Róisín posts 3 -4 small oil paintings each week on her blog <a href="http://www.everyotherdaypaintings.blogspot.com">www.everyotherdaypaintings.blogspot.com</a> Róisín is an Irish artist from a family of talented artists and writers. Having turned to the medium of oil, she has embraced the Daily Painting Movement. This exciting and growing movement allows art lovers a chance to follow experienced artists and new artists from early in their careers. <a href="#">Sign up for free RSS feeds</a> and be inspired every other day!
		

#### Need a novel idea for a Christmas Gift ?

Find a luxury therapy, relaxing [treatment](#), or a inspiring [workshop](#) to delight your Loved One! Request an Gift Voucher from one of our many practitioners or workshop organizers..



Practitioners - Full details by area  
[Penticton and South Okanagan](#)  
[Kelowna and Central Okanagan](#)  
[Vernon and North Okanagan](#)  
[Vancouver & across B.C.](#)  
[Alberta and Across Canada](#)  
[Kootenays Area](#)

### Dial A Portrait



Irish artist Patricia Aherne O'Farrell, ATC PTA specializes in portraits, and pet portraiture. Her website features her history as an artist, and a gallery of her paintings. Special Offer: Your Gal or Beau's, family, Pet, or cottage favourite photo transformed into a professionally painted PORTRAIT in oils on canvas. Special Rate (Post & Packaging included). See [www.dial-a-portrait.com](http://www.dial-a-portrait.com) for details. E-Voucher available.



### Guided Meditation cd's

Pamela Shelly has created 4 Guided Meditation cd's for \$19.95 each and has a wide variety of Crystal Skulls available, see [www.pamelashelly.com](http://www.pamelashelly.com) under Products for more info. Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to [www.pamelashelly.com](http://www.pamelashelly.com) [Email](mailto:pamelashelly@pamelashelly.com) or phone Pamela at 250-861-9087 in Kelowna.

### Beautiful gemstone pendants and necklaces

Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to [www.pamelashelly.com](http://www.pamelashelly.com) e-mail [Email](mailto:pamelashelly@pamelashelly.com) or phone Pamela at 250-861-9087 in Kelowna.

### Infrared Sauna - For Sale

One year old Infrared Sauna, carbon elements, with two seats, and has a ceiling to floor tinted glass window. Asking \$1600. Photos available. 250-545-2747

### Detox Foot Spa Machine - For Sale

A professional quality Detox Foot Spa machine (Platinum Energy is the Canadian company). Asking \$900. Photos available by E-mail. Phone 250-545-2747.

**New Archangel Healing & Empowerment CDs.** Free support & full 6 mo. money back guarantee! Find out what others are saying at [www.AtlantisHealthCenters.com](http://www.AtlantisHealthCenters.com) or 250-448-6114

### Nutritionist Book

Our OK Nutritionist, Alexis Costello has her new book on nutrition available as an ebook on her website. She is offering a special download to our OK In Health members, if you are interested? The pdf file is \$5.99 to download and the intro is there for you to read if you like. Her website is [www.happilyholistic.ca](http://www.happilyholistic.ca)

**Tired of renting your practice office??**  
Own your own office space and create it into how you want it!

**Business for Sale - Nelson** Successful business of massage with its own niche for sale with everything already laid out for you. Assets, publicity, web site, training and customers come with it. Its distinct brand, with an already established clientele and an outstanding reputation over the past 8 years, is a dream opportunity for an energetic massage professional coming from a Spa background, massage or any type of bodywork or for a RMT. This voted #1 service of massage is located in Nelson, beautiful BC, a very alternative and dynamic town. Call 250-352-6804 or visit [www.rubitinmassage.com](http://www.rubitinmassage.com) .

**Penticton Office For Sale:** 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, non-profit group office or any business that needs their own space, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Reduced to \$73,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

### South Okanagan Offices for Rent

New offices for rent in complementary health clinic. In a great area of Penticton, lots of parking. \$500.00 per month. Contact Dr. Tamara Browne 250-485-7227.

### 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, 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

### Kelowna Treatment Room for Rent


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

**Osoyoos 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.

### Youth Writing Contest

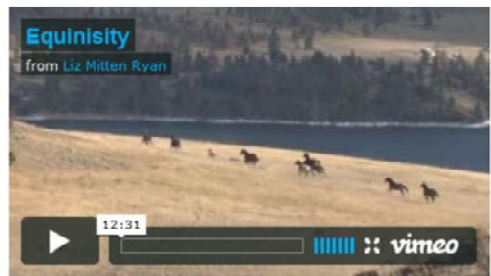
Penticton Writers and Publishers invite young British Columbia writers age 10 – 18 to enter their best short story (5 pages max) or 5 poems (one per page) for a chance to win a spot to attend the 2010 Youth Write Camp to be held from July 4-9, in Penticton, British Columbia. Contest deadline - December 31, 2009 ... [[...Read More](#)]

**EQUINISITY - THE MOVIE**



Whether you spend your life with horses or have always wanted to know one, experience an incomparable spiritual journey with real footage of participants from all over the world in the E.A.R.T.H. (Equine Assisted Re-connective Therapy and Healing) program.

**Please visit**  
[www.lizmittenryan.com/media](http://www.lizmittenryan.com/media)  
to view the trailer for EQUINISITY  
and to purchase the 4 hour movie for \$39.95 visit our store at:  
<http://www.lizmittenryan.com/store>



Equinicity  
from Liz Mitten Ryan

12:31

vimeo

*What our members are saying:*

Keep up the great work OK In Health! from Jo-Anne von Schleinitz

Thank you so much for sending me OK In Health newsletter, much appreciated. Sincerely, Teresa

Keep up the great work! Marianne Lobel, Penticton

It would be great to have a listing for health practitioners from Northern BC also! from Franzl.....

-- Thank you Franzl for this suggestion - Here is the new page for [Northern BC Practitioners](#)

Love the Newsletter!... from Gay, Osoyoos. B.C.

I've just applied to receive your e-newsletter and my mom would like to receive it too, from Elizabeth

Love this newsletter and contest - thanks!from Shannon Holand, Kelowna

"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!! You 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!*



**Find Your Local Practitioner**

**Dr. Jese Anne Wiens, B.Sc., N.D. - Naturopathic Doctor**  
Natural treatments for digestion, menstrual problems, allergies, menopause, fatigue, and more.  
Do more than just treat the symptoms!  
Acupuncture, nutrition plans, botanical medicine, & homeopathy.  
Heal chronic pain with Bowen therapy, a gentle technique for low back pain, frozen shoulder, sciatica, and most injuries. Contact Dr. Jese Anne Wiens at 318 Main Street, Penticton BC.  
Phone: 250-276-9485 - [www.okanaganwellnesscentre.com](#)

**Massage in Motion**  
Improve your mind, body & spirit with a soothing, relaxing massage.  
Therapy includes full body massage and accupressure at my Salmon Arm practice.  
Your employees will benefit from a stress easing chair massage during busy seasons.  
I offer personal massage for workshops, business seminars and yoga retreats.  
Travel will be considered for groups of three or more.  
Patricia Larmand. [Email for more Details](#)

**Ann's Angel Readings**  
Readings are \$75 an hour and can be recorded.  
You can pay by MasterCard or Visa, phone to book appointment with Ann Turner, Abbotsford, B.C. Ph: 604-504-5909 or Toll Free: 1-877-835-0444 or [Click Here to E-mail](#) - Website is [www.annangelreadings.com](#)  
"Having an angel reading by Ann was a wonderful, healing, and an uplifting experience". Alissa Van Egdorn



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](#) 250 493 0106

**Chrysolinthe, Database & Office Support – Virtual Office Assistant**

We assist small businesses and consultants to achieve their goals, by managing the information they require and providing administrative & secretarial services, virtually and on-site. Check our website for contact information [www.chrysolinthe.com](http://www.chrysolinthe.com)



**Caring Karen ~ Nelson, BC**

Karen Hornby RNBSN is a certified Reiki Practitioner, Certified in Acupressure and Shiatsu. She has a private practice in Nelson and offers treatments such as; Acupressure, Reiki, Shiatsu, Distance Healing, Energetic assessment, Colour Healing, and Healing Touch. Contact Karen to make an appointment at 250-509-1850 or [click here for email](#) website at [www.caringkaren.com](http://www.caringkaren.com)

Workshops  
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Wellness businesses  
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**Sole 2 Soul ~ Vernon, BC**

Offers wellness services that specialize in: Reflexology treatments, Relaxation massage, Infrared sauna therapy, Nutrition counseling, and Detox foot spa service . 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 250-545-2747 or [click here for email address](#)



This site is great keep it coming,  
Terry, Kelowna

**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 [E-mail](#)

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

**Catherine Campbell - WHOLE SPECTRUM HEALING**

Catherine Campbell is a Spiritual Healer, Chakra balancer, Psychic and Medium. Teacher/Trainer of Healing and Metaphysical subjects. WHOLE SPECTRUM HEALING, Gorey, Co Wexford country : Ireland (011 353) 53-948 0519. See [Ireland workshops](#), events, and health & healing courses [www.wholespectrumhealing.com](http://www.wholespectrumhealing.com)

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

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Safe for the whole family

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

**Linda Buhler - Colour Me Healthy - Your Animal Advocate**



Colour Me Healthy is a "MOBILE" holistic health pet care service that provides assessments, healing and caring services for the animal and the owner in their own environment. These services address the dietary, behavioural, physical, and emotional needs.i.e. joint problems, fear of loud noises, allergies, pain,etc. Linda's services are complimentary to more extensive health care treatments for our special family members and Angels in fur.  
**Linda Buhler**, Pet Practitioner, Reiki Master.  
[E-mail](#) - Phone 250 - 485 7116. Oliver, BC  
Visit website at [www.colourmehealthy.com](http://www.colourmehealthy.com)



*Note: It is important to consult with your holistic veterinarian when your pet is unwell. Also visit OK in Health's [animal natural care](#) page*

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

**Remember that the economy, just like the body, runs on its own cycle and rhythms.**

Through all the depressions, recessions and the hard times we've had, we've always bounced back. And while some people will struggle, others will thrive by exercising their power of choice to remain centered, grounded, and optimistic. Self-development and the healing arts traditionally experience less of a slow down than others. Indeed, we are doubly blessed to have specialized therapies that relieve symptoms and conditions at their source.

That makes the healing arts more valuable to patients who don't want to take more time off to go see their doctor or pay their pharmacies again and again. Use this time to advance your training (self awareness).

I firmly believe that something good comes out of every experience. If you experience a momentary slowdown, let it work for you by honing your skills, uncovering your hidden talents and abilities or finding/allowing someone to help in this area.

Take the time to attend a workshop, course, or a wellness class. So, keep the routines that feed you as consistently as possible. Take/make time to meditate, exercise, eat right, and stay hydrated. Preserve your inner and outer strength to keep financial stress at bay.



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

## Wellness Tips

### What Affects Iron Absorption?

Iron supplementation can be beneficial for some people who are at risk of deficiency such as pregnant women, female athletes or women with heavy menstrual cycles. To get the most out of iron supplements, avoid taking them with coffee, tea or milk. These beverages contain substances that can inhibit the absorption of iron. Wait 90 minutes or more to drink coffee, tea or milk, after taking iron. Vitamin C and meat proteins can improve iron absorption. Check with your physician before adding an iron supplement to your diet.

### Weight Lifting for Strength

Assuming that you have warmed-up properly, the key to weight training for increased strength is to work muscles beyond their present capacity. Consider choosing a weight for each exercise that causes you to work harder during the last few repetitions than during the first few. But never sacrifice your form. Proper form and technique help reduce the risk of injury.

### Vitamin D - Best Sources

Vitamin D aids in the absorption of dietary calcium, which is essential for bone health. Very few foods naturally contain vitamin D. The major dietary sources of vitamin D in the U.S. are fortified products such as milk, some brands of orange juice and ready-to-eat cereals. The body also makes it after exposure to sunlight. If you feel you might not be getting enough vitamin D, or if you are thinking of taking a supplement, consult your physician or a dietitian.

### Vegetarian Diets and Iron

Are you a vegetarian or mostly a vegetarian? Our registered dietitian recommends consuming plenty of iron-rich plant foods such as lentils, kidney beans, black beans, dark green leafy vegetables, dried fruit and whole grains. Iron-enriched products such as cereals and breads are also good sources. To enhance iron absorption, consume vitamin C-rich foods at the same time you eat iron-containing foods. These include strawberries, green peppers, tomatoes, broccoli and citrus fruits. By following these simple guidelines, most non-meat eaters will get enough iron.

### Turn Down the Heat with Spicy Foods

Do you ever find your mouth on heat overload when eating spicy food? When this happens, don't reach for a glass of water to cool down. Water actually spreads the hot sensation inside the mouth. Your best bet is to drink skim or low-fat milk, which contains a protein that calms down the heat from peppers. Nibbling on a piece of dry bread, chips or plain rice can also help. All will help ease the pain and burning from too many hot spices.

### Turmeric, More than a Spice

Turmeric is a spice commonly used in foods such as curry powders, mustards and cheeses. New evidence suggests that its active ingredient, curcumin, might prevent or treat some diseases. The National Institutes of Health is recruiting patients for clinical trials to test curcumin against pancreatic cancer, multiple myeloma (a form of cancer), Alzheimer's and colorectal cancer. Curcumin is not thought to be toxic but high doses or long-term use may cause indigestion. Stay tuned for future updates.

### Traveling Abroad?

If you are headed to an international location this year consider taking the following precautions: Pack a health kit that contains your daily medicines in their original containers along with your written prescriptions; pain relievers; diarrhea medicine; first aid items; hand gel (at least 60 percent alcohol); insect repellent; and malaria prevention medicine if needed. Check your health insurance plan to see if it will cover your health needs abroad.

### Tips to Lower Sodium Intake

Have you been advised to limit your sodium intake? If so, try to eat a variety of raw, dried and frozen vegetables. Most of them are naturally low in sodium. Canned vegetables generally contain a significant amount of added salt unless the label states that it is low in sodium. Look for descriptions such as "no salt added" and "reduced sodium" on the Nutrition Facts labels when buying canned vegetables.

### Wash Those Hands!

Cleaning our hands is the single most important thing we can all do to reduce the spread of various infections, reports the Centers for Disease Control and Prevention. In a recent study, the American Society for Microbiology found that only 77% of people actually wash their hands after using a public restroom. For better health, always wash your hands after using the restroom and before handling food.

### Storing Olive Oil

Olive oil is not like a good wine; it does not improve with age. According to our registered dietitian, once opened, you should use the oil within three months for optimum flavor. Store it away from light and heat, in a tightly sealed container. If you store olive oil in the refrigerator this is OK too. Some believe that this might affect its flavor a little bit but it also improves the shelf life of your oil. Substituting olive oil for other fats can be a heart-healthy cooking strategy!

### Sponges and Hidden Kitchen Germs

Did you know that sponges are great places for bacteria to grow even after they dry? Keep your kitchen sanitary. Wash sponges carefully and replace them regularly. The bacteria found in dirty sponges can recontaminate your dishes and countertops. Wash sponges in the hot cycle of your dishwasher, or disinfect them in a chlorine bleach solution.

### Restless Leg Syndrome

Restless Leg Syndrome (RLS) is a disruptive neurological disorder characterized by the irresistible urge to move the legs when at rest. It is often followed by unpleasant sensations described as creeping, tugging or pulling. If you think you may have RLS, see a health care provider; don't diagnose yourself. Once other conditions have been ruled out and you have been diagnosed with RLS, it can be managed.

### Potato Power

The potato's reputation as a high-carb, white starch has removed it from the meals of many who are trying to lose weight. Did you know that potatoes are actually very healthful and can fit into even the most calorie-conscious eating plan? They are not only fat and cholesterol free but are also rich in antioxidants, dietary fiber, vitamin C and potassium. The key is to choose toppings carefully. Top with low-fat, low-calorie options such as salsa, chopped veggies, herbs, beans, nonfat sour cream or low-fat shredded cheese.

## OK in Health's Contests

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

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

### Special Referral Contest.

Refer a friends, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The

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### The OK Team & Staff.

**Publisher/ Founder**  
Maria Carr

**Proof Readers**  
Please be patient as we  
proof read the website

**Policy's & OK Standards**  
Joan Moffet

**Web Designer**  
Maria Carr

### Consultants:

- **Health & Wellness**  
Dr. Tamara Browne  
Brenda Molloy  
Teresa Hwang

- **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

- **Our Creativity**  
Patrishia Aherne O'Farrell

- **Family Wellness**  
Maggie Reigh

person with the most referrals from now until January 24th wins a special audio CD called - 'Seagull in Flight' by Chris Madsen (Vernon). It includes 16 instrumental solo guitar works that will carry you away to blissful states. This is another way of us trying to say thank you to everyone who has helped OK In Health grow over the last five years and to bring in new members to connect with.

**Central Okanagan Area**

- One complimentary 1/2 hour psychic reading
- One complimentary a Shiatsu session
- One complimentary consultation in the area of Family Mediation
- One complimentary Feldenkrais session
- One complimentary Reiki session
- One complimentary European lymph drainage massage with aromatherapy or Deep tissue massage
- One complimentary Reiki session

**South Okanagan Area**

- One complimentary Fitness pass
- One complimentary Reconnective Healing session
- One complimentary Reflexology session
- One complimentary 1.5 hrs Organic Facial session
- One complimentary first time Homeopathic consultation
- One complimentary Reflexology session
- One complimentary Aqua-Chi detox footbath session
- One complimentary Reiki session
- One complimentary Shiatsu Face-Lift session
- One complimentary session - hypnosis, or psychological, or energy work
- One complimentary Tarot Card Reading
- One complimentary cranio sacral reflexology treatment
- One complimentary Pet session at "Colour Me Healthy"

**Prince George Area & All Areas**

- One complimentary Transformational Energy Healing session

**Vancouver Area**

- One complimentary Heart Resonance Therapy session **or** pilate's reformer session
- One complimentary 30 min Lemurian Oracle Reading

**All Areas**

- One complimentary Distance Journeying for Power Animal Retrieval session

Plus Discount Gift Card for upcoming workshop...



**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](http://www.OKinHealth.com)

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
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- Donate a treatment or prize to members
- Hang our new posters up in your office or local boards
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- Drop us an email for our [Message Board](#) and share with us your feedback about OK in Health we love hearing from you.

Maria Carr and the OK in Health Team  
**The OK in Health Website**  
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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!**  
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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.

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