



EDITOR'S MESSAGE

Greetings to all our OK In Health members,

Sorry for the delay on sending the July newsletter. I went back home to Ireland to see my Nana. I just got back from two weeks in Ireland and a weekend in Paris with my 12 year old daughter. I would like to send a very special thank you to everyone who wrote to me with concern about my Nana Aine, especially Carol Albany, Christina Ince, and Karen Hornby. My Nana passed away in her 97th year peacefully at home, surrounded by her loving family. I had the gift to be there with her in her final week and to see all my wonderful family at the wake. Up to her last 4 weeks or so, she walked up the town each day, cooked all her own meals, and even travelled. She once told me her secret to feeling good was to get out for a walk each morning and a nice nap in the afternoon. She had the gift to make everyone she met feel that they were such a very special person. Many of Aine's childhood memories of village life in the 1920s in Nohoval, South Cork, were published recently in Co. Cork's Tracton News and in an Anthology published by the Wolfhound Press called [No Shoes in Summer](#). She will be missed.

This month we launch our newly designed newsletter and we hope you like it. In June we welcomed our new OK In Health Columnists and this month each author will write another article on their area of expertise which we hope you will find interesting, informative and educational. You can follow your favorite author monthly or go by topics. Please check them out below.

At OK In Health, we believe Laughter is one of the best medicines!



I always have such fun when I get out and attend a class or workshop plus there is often much laughter too.
Give yourself some time to look over some of the many options that OK In Health offers in information about upcoming classes, take a course, read an article to learn what suits you best.... and invite a friend to take a step with you, toward more energy, wellness, and laughter.
Put yourself first and your health! and find something that inspires you -
Check out our [Fitness Classes and Workshops](#)

This weekend, I attended the [Integrative Anatomy course with Joan Moffet](#). It was excellent. There are also many great [Retreats](#) , Summer classes, and [weekend workshops](#) coming up over the summer, that I recommend you check into.

I hope you enjoy the updated design and layout of our newsletter and our new OK Columnists. If so, you might like to [drop us an email](#) and tell us what you enjoyed or found interesting.

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.



[New Articles](#)

[Workshops & Events](#)

[Calendar](#)

[Events by Town](#)

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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

* I just wanted to say welcome back and to let you know I appreciate your newsletter, Brenda M.

* I just like to let you know that I have been enjoying your healthy e-mails for awhile now and I thank you very much for all your useful information. keep up with your excellent work. Sincerely yours. Mercedes.

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



Metabolic Weight Loss System & Improving Health the Natural Way ~ Part One

As a Naturopathic Doctor my main concern is patient health and well-being. Weight loss is a major step in achieving optimal health and well-being for many people. However, factors which interfere with weight loss must be addressed before success is achieved... [\[...Read More\]](#)

'For the Health of It' with Brenda Molloy



Shiatsu – A Healing Gift from the Past

What is shiatsu? Where are its roots? How can it help?

In ancient eastern healing practices the body is seen as a reflection of the environment in which we live. Each person is a unique landscape similar to our Earth with wells, springs, streams, rivers & seas of qi /chi (energy)..... [\[Read More \]](#)

"To Your Good Health" with David Dixon



Don't Let Sleep Slip Away

Sleep is a determinant in health, especially in today's stressful lifestyle. Physical stresses can be just as devastating as emotional and when the two are combined it is not surprising that people have difficulty in sleeping....

... [\[Read More \]](#)

Natural Beauty with Deanna Klan



Beautiful Nails and a Beautiful Garden

Yes, you can have both! Every year at this time I see people who are saddened that they have destroyed their fingernails for the sake of their gardens, and they think it has to be this way. But it truly doesn't, here is an easy plan to be able to have the best of both worlds... [\[... Read More\]](#)

'Embracing Change' with Lyndsay Blais



There's No Time Like The Present!

We've all heard this saying, and when it comes to embracing change and working on our goals, whether you like it or not, this moment is really all we have. Today many people among us, maybe even you ~ are waiting for "some day."..... [\[click here to read full article \]](#)

'Soul-Full Journeys' Column with Pamela Shelly



Are You Settling?

This article is about looking at areas of your life and seeing where you are compromising your true self. Many of us compromise who we truly are throughout our lives for a variety of reasons. Because we all want to be loved and accepted... [\[... read more...\]](#)

' Parenting Tips' Column with Maggie Reigh



"Life is where I put my attention."

Where are you putting your attention? Too much attention to correcting acting out behavior often magnifies the behavior. Read on to discover how you can shift your attention to create what you want... [\[click here to read full article \]](#)

OK ~ for Healthy Animals



Treat your animals to Reflexology

By Yvette Eastman

Animals are excellent candidates for Reflexology. They benefit from Reflexology as much as people do and perhaps even more than petting! It is time for us to give them something very special. When you first work on an animal, you need to relax them with and ... [\[... Read More \]](#)

'Soul Food' Column with Sharon Taphorn



Breathing - The Breath of Life

We require oxygen to breath, yet are we feeding our entire being with our breath and can we? There are many styles and ways we can use breathing techniques to help you relax, refresh and revitalize our lives.... [\[click here to read full article \]](#)

Feng Shui Gems with Teresa Hwang



Feng Shui and Decor

When we live in harmony, there is balance between the Yin (passive) and the Yang (active) components of the energies (Qi); as they combine and form a harmonious flow between the five different elements of Qi in our environment, and also the Qi within all of us. ... [\[... Read More \]](#)

Coaches Corner with Sue Chambers

Glorious Gardens Gems



A New Earth....

A New Earth, written by Eckhart Tolle asks many profound and radical questions. Are we as humans ready for a transformation of consciousness? What can we do to bring about, or speed up this shift? Can we remove our egoic way of thinking and allow the new consciousness in?... [\[...Read More\]](#)



Glorious Garlic

 by Charlotte Ruechel, Lumby

Finding local garlic is not difficult. We are lucky to have great Farmer's Markets all around us offering a rich assortment of garlic varieties, some more pungent than others.

But it is also a lot of fun to grow your own..... [\[... Read More\]](#)

Dancing With Colour - with Patrisha Aherne O'Farrell



Mapping For Treasures

So – someone says to you “all you have to do is be true to yourself”... One of the ways I periodically check in with myself, in order to get a glimpse of who I am at this present time, is with the exercise of Treasure Mapping... [\[... Read More\]](#)

Happily Holistic - Alexis Costello's Nutrition Column



A little fruity

As the weather gets warmer, there is a definite shift in the foods needed to be healthy. While winter months encourage rich and warming dishes such as stews and soups, spring and summer comes with lighter fare. We emerge from hibernation craving salads and fresh fruit. Fruit can be tricky..... [\[...Read More\]](#)

Body Plus Column



The importance of eating your berries

 by Norm Danniels.

It's no secret that fruit, especially berries, contain many of nature's most potent antioxidants and phytochemicals. Unfortunately, few people consume enough to adequately battle the environmental toxins, stress and excessive free radical exposure we face each day. Free radicals are reactive compounds that damage surrounding cells and, when left unchecked, contribute to the erosion of good health. The ability of berries to support our body in neutralizing free radicals makes a concentrated berry supplement one of our most effective defenses.... [\[...Read More\]](#)

OK In Health 's Favourite Picks from our OK members



Healthy Homes 101

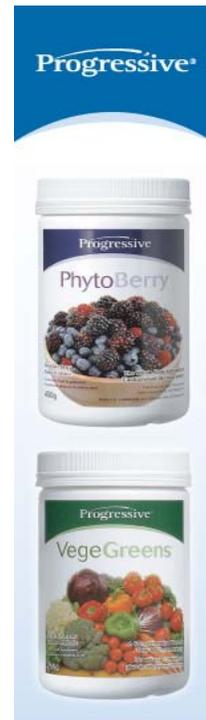
Written By Cathy MacArthur, BID, MEDes
A new wave of health consciousness is hitting us close to home - literally, right in our homes. While there has always been a contingent of “eco-friendly or sustainable builders, architects and designers, it is now at the consumer level that change is really starting to take place..... [\[click here to read full article \]](#)

Maria's Favourite Picks from our OK members



How Psychic Are You?

From dreams of dear Aunt Fran to knowing who is on the phone, we all have psychic experiences. Do you possess natural psychic ability or just a basic intuition? Answer these simple questions to find out! [\[...Take the Quiz\]](#)



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, 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

Estimated number of visits for okinhealth.com

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.

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

Special International Events - Hosted by OK In Health-
Coming to Pentiction, 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 Pentiction, 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](#) Sept.

Healing Touch for Babies

with Rita Kluny (Texas) [More details](#) November

[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

**Sing
Because You Can**
Kelowna

**Life Mastery
Workshop**
Peachland

Reiki Classes
Kelowna

Reflexology
Vancouver

Prenatal Yoga
Pentiction

**Riva's Healing
Retreats**
Armstrong

**Heart Resonance
Therapy**
Kootenay Tour &
Pentiction

**Cranio Sacral
Reflexology**
Pentiction

**Healing Touch for
Babies** Pentiction

P.A.T.H.Expo
Salmo Valley

[More Events](#)

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

[\[...More Details\]](#)

**Advanced Tools
For Self-Mastery**
Calgary

**Adrenal Support
Yoga Series**
Pentiction

**Beyond Cancer:
Yoga For Wellness**
Pentiction

**RAC Certification
Foot Reflexology
Course**
Nanaimo

Seniors Symposium
Pentiction

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

Yoga with Horses
Retreat ~ Langley

Plug into your power!
Pentiction

Nia Classes
Pentiction & Kelowna



Recipes

Happily Holistic - Alexis Costello's Nutrition Column



A little fruity

As the weather gets warmer, there is a definite shift in the foods needed to be healthy. While winter months encourage rich and warming dishes such as stews and soups, spring and summer comes with lighter fare. We emerge from hibernation craving salads and fresh fruit. Fruit can be tricky. On one hand, most people don't get anywhere near the recommended number of daily servings for fresh fruit and vegetables. On the other hand, some people who are sensitive to sugar can find themselves reacting badly or even slightly addicted to certain fruits that are high glycemic. Overall, fruits provide much needed fiber and a variety of vitamins, minerals and antioxidants.....[\[...Read More\]](#)

This Month's Recipes

Homemade Chicken Nuggets

Health Facts:

Chicken meat is rich in protein - which is essential for growth and cell repair - and low in fat. It also provides important B vitamins. Shop-bought or take-way chicken nuggets are high in fat and often made from poor quality meat, so it's always worth making your own.

Ingredients:

- Sunflower oil, for greasing
- 2 medium slices wholegrain or wholemeal bread, made into fresh breadcrumbs
- 1 medium free-range egg, beaten
- 2 boneless, skinless free-range chicken breasts, each about 140g/5oz
- Freshly cooked seasonal vegetables or a large salad

Method:

Preheat the oven to 200°. Lightly oil a non-stick baking tray. Divide the breadcrumbs between two cereal bowls. Place the beaten egg in a third bowl. Cut each chicken breast into 8-10 bite-sized pieces. Dip the chicken pieces, one at a time, into the beaten egg, then coat evenly in the breadcrumbs. Place on the baking tray. Use one bowl of breadcrumbs at a time and change to the second bowl when the crumbs become too sticky to use effectively. Bake the chicken nuggets for 16-18 minutes until pale golden brown and cooked through. Carefully remove from the oven and turn halfway through the cooking time. Serve with lots of lightly cooked vegetables or a large salad.

Nutritional information:

per serving: 27 calories 4g protein 1g fat (of which 0.2g saturated fat) 1g carbohydrate 0.1g fibre 0.07g salt. Serves 4-6 children (makes about 20 nuggets)

Raspberry Jam Salad Dressing:

Add Organic when you can - take a couple of tablespoons of raspberry jam ,warm it until runny, strain the pips out mix with a tablespoon of olive oil or omega 3, 6, 9 oil and cider vinegar & whisk together, and dress salad. From Dave

Grilled Rainbow Trout with Mushroom Stuffing - Fish, Hot Off the Grill

- Ingredients 6 (1 1/2-pound) dressed rainbow trout - 1/4 cup olive oil - 2 shallots, minced -
- 1/2 pound fresh mushrooms, chopped - 1/4 cup fine, dry breadcrumbs -
- 1 tablespoon fresh thyme leaves - 1/2 teaspoon salt - 1/2 teaspoon pepper -
- 2 lemons, thinly sliced - 12 fresh thyme sprigs.

Preparation Brush inside of trout with oil. Combine shallots and next 5 ingredients; spoon evenly into trout. Place lemon slices and thyme sprigs on stuffing and outside of fish; tie trout with string. Brush outside of trout with oil. Cook, covered with grill lid, over medium-high heat (350° to 400°) about 8 minutes per side or until fish flakes easily with a fork. Yield 6 servings



Curried Noodles with Tofu

Coming Soon
an
OK In Health Special
Event

**Integrative Anatomy
Course**
When was the last time
you reviewed
or studied your
anatomy?

This course is for
Practitioners, Health
Care workers, and
Nurses.

[More details](#)
July 18 - 19

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

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

Hosted By Maria Carr
& OK In Health

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

Coconut milk gives this meatless dish a velvety richness. Look for curry paste in the Asian foods section of your supermarket and Whole Foods markets. Use it conservatively, a little goes a long way.



Ingredients - 6 ounces uncooked rice sticks (rice-flour noodles), angel hair pasta, or vermicelli 1 cup of light coconut milk 1 tablespoon sugar 2 tablespoons low-sodium soy sauce 1 1/2 tablespoons bottled ground fresh ginger (such as Spice World) 2 teaspoons bottled minced garlic 1 teaspoon green curry paste 1/2 teaspoon salt Cooking spray 1 (12.3-ounce) package extra-firm tofu, drained and cut into 1-inch cubes 1 cup red bell pepper strips 4 cups shredded napa (Chinese) cabbage 1 cup chopped green onions 3 tablespoons chopped fresh cilantro or parsley.

Preparation - Place noodles in a large bowl. Add hot water to cover; let stand 5 minutes. Drain. Combine coconut milk, sugar, soy sauce, ginger, garlic, curry paste, and salt in a small bowl. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add tofu; sauté 10 minutes or until golden brown. Remove tofu from pan; keep warm. Add bell pepper to pan; sauté 1 minute or until crisp-tender. Add cabbage; sauté 30 seconds. Stir in noodles, coconut milk mixture, and tofu; cook 2 minutes or until noodles are tender. Stir in green onions and cilantro. Yield 4 servings (serving size: 1 1/4 cups)

Nutritional Information - CALORIES 300(15% from fat); FAT 4.9g (sat 2.3g,mono 0.4g,poly 1.1g); IRON 3.6mg; CHOLESTEROL 0.0mg; CALCIUM 89mg; CARBOHYDRATE 51.4g; SODIUM 678mg; PROTEIN 11.5g; FIBER 4.5g

Coming Soon

Steamed Asparagus with Lemon Butter Recipe

Ingredients - 1/2 pound fresh asparagus - Salt - 2 tablespoons unsalted butter - 1 teaspoon lemon zest or Lemon Pepper - 1 tablespoon lemon juice.

Preparation - Wash asparagus and trim off bottom of stems by about 2 inches. In a large skillet, bring about 1/2 inch of water to a rapid boil. Season the water with salt and add the asparagus. Cook the asparagus for 2-3 minutes or until bright green and just tender. Drain the asparagus and add butter to the skillet. Stir in the zest and juice. Return the drained asparagus to the skillet and toss to coat. Serve immediately.

Blackberry Sherbet

Ingredients: 4 cups fresh blackberries, 2 cups sugar, 2 cups buttermilk, Garnish: fresh blackberries

Preparation: - Stir together 4 cups blackberries and sugar in a bowl; let mixture stand 30 minutes. Process blackberry mixture in a food processor or blender until smooth, stopping to scrape down sides. Pour through a fine wire-mesh strainer into a 9-inch square pan, discarding solids; stir in buttermilk. Cover and freeze 8 hours. Break frozen mixture into chunks, and place in a bowl; beat at medium speed with an electric mixer until smooth. Return to pan; cover and freeze 3 hours or until firm. Garnish, if desired. Note: 2 (14-ounce) packages frozen blackberries, thawed, may be substituted for fresh blackberries.



Apricot-Glazed Carrots

Ingredients 1 pound baby carrots, 1 1/4 teaspoons salt, divided 3 tablespoons butter or margarine, 1/3 cup apricot preserves, 1/4 teaspoon ground nutmeg, 1 teaspoon grated orange rind, 2 tablespoons fresh orange juice.

Preparation Cook baby carrots and 1 teaspoon salt in boiling water to cover in a large saucepan 15 to 20 minutes or until carrots are tender; drain. Melt butter in saucepan; stir in preserves until blended. Stir in remaining 1/4 teaspoon salt, nutmeg, orange rind, and orange juice; cook 5 minutes. Add carrots; gently toss to coat. Yield 4 servings

[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.

Caring Karen ~ Nelson, BC

Karen Hornby RNBSN is a certified Reiki Practitioner, Certified in Accupressure and Shiatsu.

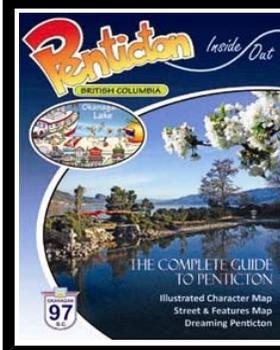
She has a private practice in Nelson and offers treatments such as; Acupressure, Reiki, Shiatsu, Distance Healing, Energetic assessment, Colour Healing, and Healing Touch. Contact Karen to make an appointment at 250-509-1850 or [click here for email](#) website at www.caringkaren.com

Horizon Homeopathic

Help your body heal itself... Homeopathy uses natural remedies both to help the body heal itself and be free of disease as well as helping the immune system perform at it's optimum. Having studied in England, I now live in the beautiful Okanagan and practice from my home on the Westside of Kelowna. Contact Sara Fitzharris at Horizon Homeopathic 250 769 7280 or [click here to e-mail](#) and Website: www.horizonhomeopathic.com

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](#) 250.470.1041



Penticton Inside~Out is the Complete Guide to Penticton!

Pick up your copy at the Penticton Visitor Centre at 553 Railway Avenue or participating merchants and organizations.

We encourage everyone to support the sponsors, organizations and merchants that are part of this creative, community collective project! The project consists of an illustrated map by well known local artist, Larry Hunter, a brand new, comprehensive street map and stories and images of beautiful Penticton. This project has been brought to you by Renaissance People. You can find out additional information at www.renaissancepeople.ca.

Sole 2 Soul ~ Vernon

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 at 250-545-2747 or [click here for email address](#)



Quantum Fitness Studio – classes for your body and soul

Strengthen your body. Stimulate your senses. Release stress. Expand your awareness. **Quantum Fitness Studio** located at Bodies on Power in Penticton, offers a “buffet” of classes within one all-inclusive flex schedule. Create your own unique version of wellness and balance through dance, stillness, conditioning/sculpting, cardio/aerobics, Pilates, Yoga, stretching, meditation as well as a variety of workshops. Recharge. Refuel. Renew.

Website: www.quantumfitnessstudio.com. Phone: 250.770.8303

Rite - Way -Health - with Marie Sperling



Marie Sperling is a Reflexology Therapist, Shiatsu practitioner, and has certifications in Therapeutic Massage, Reiki, Iridology, Kinesiology, Cranial Sacral Reflexology, and

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



Workshops Practitioners Wellness businesses Non-profit Support groups

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.

also offers Health and Wellness Coaching. Marie has been working in the field for ten years and her focus is to enhance her clients' health and empower them to take their health to higher and higher levels of wellness. [\[see contests\]](#) Phone Rite-Way Health, 250 - 212-2431 or [click here for e-mail - Kelowna](#).

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.animalreikitherapy.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.*



Inner Bliss BellyDancing- with Jenny Puls

Classical Egyptian Cabaret Bellydance Teacher & Performer.
Come have fun and release your inner goddess. All ages and sizes welcome.
Improve cardio, increase flexibility, strengthen core muscles, and your body's movements.
Bellydancing for Beginners, Advance, Health & Fitness,
Classes and Private Lessons, in Penticton & Okanagan Falls.
Also Children Parties, Anniversaries, and Special Occasions.
BD Costume Supplier. Call: 250- 497-1189 Email - [Click Here](#)



South Okanagan Naturopathic Clinic

Allergy Testing, Bowen Therapy, Chelation, IV Therapy, Women's Health
Dr. Sherry Ure, Naturopathic Physician, provides an eclectic approach to health and wellness.
She utilizes botanical medicine, clinical nutrition, physical medicine, hydrotherapy,
homeopathy, and prevention and lifestyle counselling to help patients learn to manage their
own long-term health. By appointment at, 461 Martin St., Penticton, B.C. Canada, V2A 5L1
Telephone: (250) 493-6060 [E-mail](#)

Glimpse Intuitive Skincare



The first and only product in the world to deliver the performance driven nutrients of the mangosteen fruit. Glimpse Nourishes your skin with clean & toxin-free formulations using pure, natural botanicals to produce firm, supple, radiant and healthy looking skin. Demos, Wholesale Packages & Business Opportunity.
Contact Krista Gustavson at 1 250-498-5499 or for email [Click Here!](#) and at www.GlimpseSkincare.com and www.KristaGustavson.com
Gift Certificates Available



Safe for the whole family

Footworks Reflexology & Footcare - with Kathryn Smith



In just one reflexology session you can feel the stress of your life melt away!
Kathryn M. Smith, RN, RCRT (Reflexology Association of Canada).
Specializing in Maternity Reflexology. Reflexology helps to maintain the body's homeostasis, an inner balance that is essential for the body to function properly. Gift Certificates available. By appointment at Footworks Reflexology & Footcare at 250 276-6309 or [E-mail](#) Also taking appointments for home visit or Retirement Centres. [see [contest page](#)]

Studio Chi



Studio Chi is registered with the Private Career Training Institutions Agency of BC (PCTIA) and currently offers Shiatsu Practitioner & Therapist Diploma Programs as well as numerous [workshops](#) in Shiatsu, Acupressure, SoundHealing, Yoga, Reiki, and Feng Shui. The studio overlooks beautiful Okanagan Lake and is 15 kms from downtown Kelowna. The school is within walking distance to the beach, waterfalls, and hiking trails that take you into nature. This peaceful, serene setting is advantageous for learning and students are encouraged to discover what nature has to offer during the breaks. Phone Brenda Molloy at 250-769-6898 www.studiochi.net Kelowna

Lana, Kelowna

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

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

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

Wellness Tips

Are you ready to feel better this Summer and put YOU first?.
It is not- all about just losing weight but it is about feeling well!
Having more energy! tackling a walk or those stairs,
bring down your cholesterol or blood pressure,
being able to move with ease
breaking free of your stress and worrying?

So let's have some fun about it!

[See our fun wellness events & classes](#)

Ready to head to the market?

Here are four basic tips on buying and storing berries:

1. Avoid buying bruised or oozing berries. Turn the see-through baskets over to check the berries on the bottom.
2. Look for firm, plump, full-colored berries.
3. When you bring them home, cover them and refrigerate them until ready to serve.
4. Use them quickly. If they're perfectly ripe the day you buy them, they can become soft and moldy within a couple of days. The exception to this rule is blueberries, which can be stored up to about five days.

11 Easy Ways to Get More Berries in to your diet!

1. Add fresh, frozen, or dried berries to hot or cold cereals.
2. Use in or on top of waffles and pancakes to add colour, flavour, and nutrition.
3. Add to green salads for color and sweetness. Berries work well with a vinaigrette dressing.
4. Toss them into a fruit salad. The red and blue colors make a splash in the sea of yellow, white, and green.
5. Mix into yogurt, or add as topping to light vanilla ice cream.
6. Whip them into a smoothie. Berries complement traditional smoothie ingredients such as bananas, nonfat frozen yogurt, and fruit juice.
7. Stir them into your favorite muffin batter. Oatmeal muffins become Blueberry Oatmeal Muffins. Corn muffins become Raspberry Corn Muffins. Lemon Muffins become Lemon Strawberry Muffins. You get the picture.
8. Feature them in a coffee cake, or serve your coffee cake with a fresh berry topping.
9. Use them to make sauces that dress up desserts like angel food cake or chocolate truffle cake, or complement grilled meat, fish, or poultry.
10. Use them as a colorful garnish for your plate at breakfast, lunch, or dinner.
11. Celebrate summer with a traditional berry dessert like strawberry shortcake, or berry cobbler, grunt, or crisp.



I get your newsletter, I just want to make sure I will still get it. I love it. Have a great weekend. Margaret, Penticton

I forward your email on to the people on my list. Kay, Okanagan

Thank You for providing this newsletter. I have been receiving your emails. Kaley, Salmon Arm.

Thank you for a wonderful read. Leona, Penticton

I'm getting your newsletter and look forward to it each month. Thanks. Linda, Peachland

Wow!! OK in Health -the news letter is awesome, interesting articles and workshop info... Noelle - Kelowna, BC

Summer Festivals & Fun Food

From peach cobbler topped with ice cream to fried everything you can imagine, summer festivals and all of their interesting foods can be a fun and memorable part of summer. But, how do you have a great time at summer outdoor events and still eat healthfully? Here are a few tips for enjoying without overindulging: Look at all food options before choosing your favorites; share with a friend; choose smaller portions when possible; put it all on one plate rather than munching as you go; and sit down, eat slowly and enjoy!

Don't Sweat It

Exercisers of all ages are at increased risk for dehydration during these hot summer months. Dehydration can diminish energy, impair performance, and have serious health consequences. Even a 2% loss of body weight through sweat—3 pounds for a 150-pound exerciser—can mean trouble. Maintaining proper hydration is important for all fitness enthusiasts. Weighing yourself, without clothing, just before and after you exercise is one way to measure fluid losses. Each pound lost is equivalent to about 15 ounces of dehydration.

Eating Before Exercise

Your body clearly needs food, but too much just before exercise can impair your performance and make you feel sluggish. Try to strike a reasonable balance. Eat your larger meals 3-4 hours before exercise. Eat small meals if you eat during the last hour or two before starting to exercise.

Keep It Spicy!

Seasonings can add loads of flavor to reduced-fat recipes. Try basil to spruce up poultry, cilantro or salsa with fish, and dill in low-fat cottage cheese. Use cracked black or red pepper for more exciting pasta, and add turmeric to rice dishes. A little spice goes a long way toward making fat-modified dishes taste great.

Think Small for Pasta Portions

Did you know that one serving of pasta is a 1/2 cup cooked, or a portion about the size of half a baseball? Depending on gender, age and level of physical activity, most people need between 6 and 11 servings of grains each day. Heaping plates of pasta may end up providing more calorie-dense carbohydrates than you need. For a well-balanced meal, try limiting portions of pasta to 1/2 - 3/4 cup; consider whole wheat, if available; and include plenty of vegetables and lean meat, fish, chicken or tofu.

Correct Breathing While Lifting

Correct breathing during exercise helps keep blood pressure down and avoid unnecessary stress on the arteries. The National Institute on Aging recommends exhaling while you lift and inhaling as the weights return to their starting position. You should never hold your breath while lifting weights.

The Link Between Smell and Food Choice

If you hold your nose while eating chocolate, you might have trouble identifying the chocolate flavor. This is because taste and smell are closely linked. Smell can account for up to 90% of your ability to detect the flavor

We are amazed at your fast and efficient service to us. The success of our workshops have a great deal to do with the results from our OK in Health. Thank you for the great service you provide to us and the whole Wellness Community. Pete, Grand Forks, BC.

I will forward the next newsletter to my contacts who could be interested. Have a great evening. Annick, Penticton

Thanks for all your hard work in making this website so successful, Sara, Kelowna

Thank you for doing such a great job!! It is appreciated more than you know. Linda, Penticton

I love the connections you provide! Leah, Oliver

of some foods. Those with a decline in the ability to smell due to allergies, medications or aging often eat foods containing higher amounts of salt or sugar. Consider using more spices like basil, cumin or chili powder to increase flavor and offset a decreased sense of smell.

[More Wellness Tips](#)

OK in Health's Contests

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

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

1. **New #A ~ Prince George Area & All Areas**
One complimentary Transformational Energy Healing session (\$60 value) with Cindy Peever at [Energy Directed Healing](#).
2. **New # B ~ White Rock - Vancouver Area**
One complimentary Heart Resonance Therapy session or pilates reformer session with Michelle Cubin at Pilates & Healing Studio. ([see upcoming HRT workshops in Kootenays & Penticton](#))
3. **New # C ~ Kelowna area**
One complimentary ½ hour psychic reading by [Darcy of Athenic Connections](#). Connect to your guides and get the messages you need to hear.
4. [see our other 30 contests..... See more](#)



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, in the heart of Kelowna has an office for rent on a full, part time basis. Contact Geri at [E-mail](#) 250.470.1041

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.

Kelowna - Stride Fitness Adventure Walking Club

Want to create your best day? Well then, start off on the right foot - or the left! Join us for an early morning walk to inspire and invigorate you. Laugh a little, learn a little, meet others, be fit, and feel great. Our walk begins with a warm up and a loop for those who would like a shorter distance, then continues for about 1 hour. We end with a stretch (1 hour option). Cost: Free. When: Every Friday at 8:30 am (please call or check the [website](#) for current schedule). Where: Meeting at Nature's Fare, 4624 Lakeshore Drive in Kelowna. Contact: Maggie Dwernychuk 250-764-3295 or 250-764-3295 or [Email](#)

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 stories on Random Acts of Kindness' - Send by E-Mail and I'll report them on contacttalkradio.com Saturdays at 12 noon PST on the Anne Marie Evers Show. Joyanna Anthony.

The Shift Radio ~ Is an interesting and thought provoking program designed to nourish your soul and feed your heart with loving, enlightening guests who are making a difference in the lives of others.

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Maria Carr

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OK Distributors
(poster, leaflets, biz cards)

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 your 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.

-- 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



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Please feel free to pass it on to anyone you feel may enjoy the information it contains.
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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

Any content included in these articles or wellness tips are intended as a guide only and should not be used as an to seeking professional advice from either your doctor, naturopath, or a registered specialist for yourself or anyone else.

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