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Your Wellness Community at your Finger-Tips!

Greetings to our OK In Health members,

Thank you for your patience while we updated our mailing list and for all your very kind, supportive words. Please see: " *What our members had to say this month*" by scrolling down the page.

This month we are very excited to launch our new newsletter and welcome our new OK In Health Columnists. [see below]

Each author will write a different article every month 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.



Last month, I had the wonderful opportunity of attending the [Medical Intuitive Course](#) with Kim Seers. In this course, we learned techniques on seeing into the physical body, its systems and some causes for the imbalances, as well as some practical tools for expanding our intuition. As always, I love attending workshops and learning all the newest information that is available out there.

Next month, OK In Health is excited to host another special event, the [Integrated Anatomy Course](#), at the request of our members. When was the last time you reviewed or studied anatomy? Anatomy is such an important part of understanding our own health & wellness, as well as our client's. This course is suitable for all levels-those new to anatomy, nurses and others who have studied it before, as well as those presently working as healers or practitioners.

Many of the courses and workshop listed on OK In Health website are not only a great way of expanding our understanding in health, healing and wellness, some of them also qualify for continuing education credits. [To view all workshops, Movies, Retreats & Events Calendar-click here.](#)

Please remember to post your own events, retreats or workshops as early as possible to ensure participants have enough notice to attend the event/s.



And last but not least, I am excited to be a guest with Sharon Taphorn on **Saturday June 13th at 11:00am** pacific on The Shift Radio. It will be 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. www.theshiftradio.com

Thank you for reading this months E-Magazine, 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 on our website and the whole team here at OK In health wish you well, from our heart to yours,
Yours In Health & Light,
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 JAMMED packed with new articles, tons of events, contests and recipes. We have so much information to share with you.

June 2009



[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 and a very special thank you to Michelle Cubin, Barbara Wellborn, Michelle & Lorna at Hans, Jane Shaak and an anonymous angel. OK In Health was also featured in the HANS Magazine (Health Action Network Society). You can find a copy of their summer issue in local health stores and other wellness places or on-line at www.hans.org.

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



Diabetes, Insulin Resistance, and Elevated blood glucose

Disorders of blood glucose are reaching epic proportions and account for a great number of chronic degenerative diseases such as Diabetes, heart disease, stroke, kidney failure, cataracts, retinopathy, and neuropathy...

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

'For the Health Of It' Column with Brenda Molloy



'Seasonal Adjustments – Spring to Summer'

created by Brenda Molloy is about discovering how and choosing to live in harmony with the seasons. This issue explores the transition from spring to summer.....

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

'Embracing Change' Column with Lyndsay Blais



Embracing Change

Oftentimes we are faced with changes in our reality that we either weren't expecting or aren't too thrilled about, as in the sudden death of a loved one, divorce, job loss or health issues that leave us feeling victimized, angry and with little energy to move forward. Does any of this resonate with you? Well if it does, the good news is you are human... [\[click here to read full article \]](#)

'Soul-Full Journeys' Column with Pamela Shelly



Who Is In The Driver's Seat?

This article is about the extreme fear consciousness on our planet and taking a look at how it may be affecting you. Find out how you can make a positive contribution...

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

'Parenting Tips' Column with Maggie Reigh



Keeping Children Safe

Authors Stephen Glenn and Jane Nelson say that we are the only species that actually puts our young at risk by overprotecting them... Isn't it time we talked about what keeping our children safe is really all about?

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

'From The Animals' Column with Liz Mitten Ryan



What Animals Teach Us About Spiritual Freedom

The things that confine humans are constructs of fear, manifested on the physical plane. There is nothing to fear but fear itself for fear limits freedom and we are free except when we choose otherwise ...

[\[read full article \]](#)

'Soul Food' Column with Sharon Taphorn



Healing the Heart- Forgiving the Unforgivable

Becoming a whole balance being experiencing this physical journey often requires us to release past emotions, thoughts, and deeds that no longer serve us, Healing the Heart is a way to gift ourselves with this process.

[\[Click here to read full article \]](#)

Feng Shui Gems with Teresa Hwang



Feng Shui – An Introduction

Feng Shui has been in practice in China for over five thousand years. The knowledge was handed down through generations of Feng Shui Masters. Originally, the Feng Shui Masters were retained exclusively for the Emperors, the rich and ruling classes. The knowledge was made public by a book written by Master Jiang during the Qing Dynasty. [\[Click here to read full article \]](#)

Coaches Corner with Sue Chambers



What's Stopping You?

How many of us procrastinate when it comes to fitness and healthy eating? We all want to be healthy and happy, yet we can't seem to make a commitment to ourselves. Why is it so easy for some of us and such a struggle for others? One simple reason could be time.[\[click here to read full article\]](#)

'From My Heart to Yours' Column with Michelle Cubin



Lovin Learning Lavender...

Known for it's amazing smell, lavender is the little miracle flower that goes the mile. Beautiful to look at, with it purple eye catching flowers, the uses for lavender range from healing burns to lavender ice cream. Easy to grow in any climate, this plant is a must have around your home.....the uses will amaze you!

[\[Click here to read full article\]](#)

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 editor, 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.

Hosted by OK In Health- Coming Soon to Penticton, BC

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](#) Sept.

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

Body Plus Column



Wheying" the need for protein this summer

by Nelson Narciso B.Sc., R.P. A well respected nutritional researcher, consultant & educator on Natural Health Product's.

With the arrival of summer comes a general feeling of wellness and a sense of health and vitality. As a result, many of us feel we can stop using key nutritional supplements that have the potential to benefit us year round. One such product is whey protein ...[\[Read More...\]](#)

Dancing With Colour with Patrisha Aherne O'Farrell



Dancing With Colour

Did you know that the full spectrum of colour is there for us all to see in the rainbow?

Ring Out Ye Great Bells In Victory.

Red, Orange, Yellow, Green, Blue, Indigo and Violet

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

Celtic Corner with Maria Carr



Ten Steps to a Healthy Father's Day

Forget the tie or the power tool, the best way to tell your dad you love him this Father's Day is to give him a gift that will help him live a long, healthy and happy life.

While making an appointment to get his prostate checked may be a wee bit too clinical (and controversial) for Father's Day, and giving him the grandchildren he's been begging for may not be in the cards, there are loads of great ways to give the gift of health to the dad in your life. Here are 10 important tips to share to ensure your Dad remains healthy and fit for life..... [\[... Click here to read full article\]](#)



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3,000 members

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

3 million hits a year

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www.okinhealth.com/articles/articles.html

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

Up Coing Events

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

Reiki Classes
Kelowna

Table Shiatsu
Kelowna

**Body Reflexology
Miracle Points**
Vancouver

**Kim Seer's
Workshops**
The Path to
Fearless Living &
Medical Intuition
Penticton

**Riva's Healing
Retreats**
Armstrong

**Heart Resonance
Therapy**
Kootenay Tour &
Penticton

Anatomy Course
Penticton

[MORE EVENTS](#)

Events by Town / Category

[Full Event Calendar by Month](#) - [Larger Print](#) - [Click Here](#)

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

**Advanced Tools
For Self-Mastery**
Kelowna & Calgary

**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**

**An Intro to A
Course In Miracles**

Kelowna

**Yellow Rose
Workshop**
Tune into the rhythms of
Mother Earth . Kamloops

**Developing
Your Core**
- 2 hrs to a Better Back
Kelowna

[MORE EVENTS](#)

Recipes



Happily Holistic - Alexis Costello's Nutrition Column

Coming Soon



[Spring salads – moving beyond boredom](#)

Salad: the perennial diet food. When working with people on nutritional programs, I hear two big complaints about salads. One is that they are boring. The second goes something like this, "I'm eating all this salad, so why haven't I lost any weight?"

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

This Month's Recipe - Chunky Lentil and Vegetable Soup

Health Facts:

Lentils are a good source of soluble fibre and have a low GI rating, which means they help keep the blood sugar levels stable. Sweet potatoes contain more vitamin E than any other low fat food, which together with betacarotene and vitamin C helps fight harmful free radicals in the body. Leeks and onions are rich in sulphur-containing phytochemicals which help protect against heart disease and cancer.

Ingredients:

1 tbsp virgin olive oil ~ 2 garlic cloves, peeled and crushed ~ 2 medium onions, peeled and sliced ~ 1 heaped tsp finely grated root ginger ~ 1 tsp hot chilli powder ~ 3 medium carrots, peeled and sliced ~ 2 medium parsnips, peeled and cut into small cubes ~ 1 large sweet potato, peeled and cut into small cubes ~ 175g / 6oz red split lentils ~ 1 organic vegetable stock cube ~ 1 medium leek, washed, trimmed and sliced ~ Fresh parsley sprigs, to garnish (optional). Serves 6.

Method:

Heat the oil in a large saucepan or flame-proof casserole over a low heat and cook the garlic and onions for 5 minutes until softened but not coloured, stirring occasionally. Add the ginger and chilli powder and cook with the onions for a few seconds before adding the carrots, parsnips and sweet potato. Add the lentils to the pan and stir well. Crumble the stock cube on top and pour over 1.5lts / 2 ¾ pts cold water. Bring to a boil, then reduce the heat and simmer gently for 10 minutes, stirring occasionally. Remove any foam that rises to the surface with a spoon. Add the sliced leek and simmer for a further 8-10 minutes until the lentils are tender. Serve in warmed bowls, garnished with fresh parsley if liked. Alternatively, blend the soup for a smoother texture, then serve topped with spoonfuls of low fat bio yogurt and fresh chopped coriander.

Nutritional information per serving:

208 kcals ~ 3g fat (of which 0.5g saturated fat) ~ 10g protein ~ 38g carbohydrate ~ 6g fibre ~ 0.4g salt.

Recipe Tips:

This soup will keep well in the fridge for up to two days. Cool, then transfer to a rigid container before chilling. Heat through thoroughly before serving. It also freezes well, but is better blended first. You can use any root vegetables you like for this soup, just keep quantities roughly the same and don't be afraid to add extra water if the soup seems too thick. If you don't have fresh root ginger handy, just add a teaspoon of ground ginger instead.

[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

I forward your email on to the people on my list. Kay, Okanagan
(See more comments below)

Penticton Inside~Out

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

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

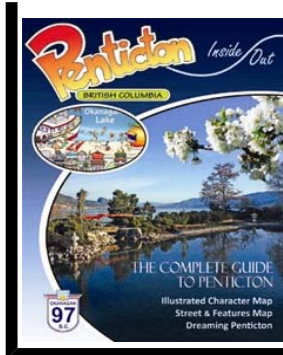
with Dr. Martine Faure-Alderson (England/Paris)
[More details](#)
September

Healing Touch for Babies

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

**Hosted By
Maria Carr &
OK In Health**

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



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.

Get to know some of our OK In Health members!



Okanagan Nia classes

Now is a good time to get into your body with Nia.
Weekly Nia classes in Penticton and Kelowna with expert and professional instructors.



Michelle Parry
Brown Belt Instructor
Penticton
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The Nia Technique (nee-ah) has been the hottest trend in fitness for 25 years with over 1500 teachers in 30 countries. Nia blends marial arts, dance arts and healing arts for mindful, healing, joyful movement. Nia is exhilarating! Discover how you can consciously connect to the voices of the body as you grow strong, balanced, centered, and organically alive. Watch [Nia Video](#). Read 'What is Nia?' Article. [Learn more about Nia at www.NiaNow.com](http://www.NiaNow.com)



Patti Tennessy
Black Belt Instructor
Kelowna
[Website](#)
250-768-2517
[E-mail](#)

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



Life changing experiences with the consciousness of a magical land and it's horse guides attract visitors from around the world to experience their own epiphanies and healings. Book your life-changing workshop today and be the change you want to see in your world! Equines are resurfacing everywhere as teachers and healers. When we connect heart and mind with a horse, a powerful new relationship is brought to light. This all-inclusive experience in "Understanding the Infinite" will illuminate your life and personal journey forever. Facilities at Gateway 2 Ranch, in Kamloops, include a native spirit lodge and spirit quest wall tents. For more details visit our [Website](#) or contact Liz Mitten Ryan at 250-377-3884 or [Click here to E-mail](#)

Athenic Connections with Darcy

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! Online and phone readings also available.



To Advertise on OK In Health - please contact Maria at info@okinhealth.com 250 492 4759

Visit www.athenicconnections.com or call Darcy at 250-869-5911.

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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](http://www.normacowie.com) or at her many workshops such as: [Learn how to be a Past Life Regressionist](http://www.normacowie.com) and [Plug into your Power, personal, psychic & intuition](http://www.normacowie.com) (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](mailto:)

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.

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!](http://www.kathyreiki.com)

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](http://www.kathyreiki.com) Kelowna, BC



Acupuncturist - Bonnie Deyaeger RAc--

Bonnie Deyaeger RAc, A State of Health in Balance, Cawston BC. As a Registered Licensed Acupuncturist with a Diploma in Traditional Chinese Medicine obtained from ACOS in Nelson BC. I offer Acupuncture, Tai Na (Chinese Body Works), Qi energy work, and classes in Qi Gong. Acupuncture is now listed as one of the alternatives with MSP for persons with a lower income. A combination of alternatives up to 10 per year. Phone: 250-499-7852

Energy Directed Healing



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Are you open to experiencing
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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.



**Workshops
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**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**

**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**

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

[Click here for Practitioners in your town](http://www.cherryblossomacupuncture.com)

Wellness Tips

Two Minute Relaxation

You're at work and the daily stresses are piling up...STOP!! Fully supported in your chair, sit up tall, spine straight, shoulders relaxed and feet planted firmly on the ground, now focus your attention on what's around you, see what is there. Now turn your attention to listening to the sounds around you, hear the sounds and name them in your mind. Once you feel that, turn your attention inward and feel the rhythm of your breath- count 10 breaths- nice big inhale and a nice big exhale. Follow the breaths by affirming in your mind: "I am present here and now. All is well". Feels better already, doesn't it?

A Supplement for Your Skin

As springtime comes into bloom so can skin woes, including inflammation, hives and allergic reactions. To help prevent or lessen the effects of these skin disorders (including eczema and psoriasis) as well as hair and nail problems, such as dry, brittle, or splitting hair or nails, try evening primrose oil. Pressed from the tiny seeds of a native wildflower (*Oenothera biennis* L.), this oil is a rich botanical source of gamma-linoleic acid (GLA), an essential fatty acid that helps support skin, hair and nail health. Available in gel caps, look for products that are cold pressed without the use of solvents. Skin Care Solutions Antioxidants such as vitamins C and E have been linked with an improved appearance of the skin, not to mention beneficial effects on the body.

Trick Yourself into Walking Faster

Walking briskly as opposed to slowly is a great way to achieve, maintain and kick up your fitness level. Keeping your elbows close to your body at 90 degrees, simply swing your arms faster, and your feet will soon follow! Breathing fully on your inhale and exhale will oxygenate your muscles leaving you feeling more loose and limber.

Pets in the Family

Pets can instill a sense of well-being and happiness in the loves of owners. Studies have shown that pet owners, particularly the elderly, have lower blood pressure, are less likely to suffer depression and have higher self esteem than people in the same age group who don't care for a pet. Take time this month to celebrate what your pet adds to your life and your home.

Tips to Help Quit Caffeine

Caffeine--an addictive drug that four out of five Americans consume everyday. Are you addicted to caffeine and want to quit once and for all? Try these helpful tips:

Start during a time when you are relaxed, like a long weekend, when you don't have a lot to do, then make a commitment to try 3 caffeine-free days, how do you feel? Be prepared to experience tiredness, irritability and headaches within the first 24 hours so try to take a walk, spend time gardening or any other activity you find therapeutic. Try avoid activities that would aggravate some of the symptoms like spending time in front of the t.v or reading without proper lighting, the busier you stay with energy inducing activities, the more likely you wont think about it. The side effects do diminish and before you know it, the most challenging part will be over and in the long run, you will feel better.

Another option is to wean yourself off by gradually cutting back your caffeine intake by setting a goal of what you are allowed per day-decreasing your intake as the days go by. Replace the caffeine drink with water, green tea, decaf, or adding mineral water to your favorite juice. Breath work, physical exercise and a diet rich in grains, fruits and vegetables may also help reduce the severity of side effects. There are also some wonderful vitamins and minerals that increase your energy naturally and affirmations on positive change go along way!

OK in Health's Contests

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

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

New #A ~ [Prince George Area & All Areas](#)

One complimentary Transformational Energy Healing session (\$60 value) with Cindy Peever at [Energy Directed Healing](#).

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](#))

New # C ~ [Kelowna area](#)

1 complimentary ½ hour psychic reading by [Darcy of Athenic Connections](#). Connect to your guides and get the messages you need to hear.

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

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

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

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.

WEBSITE REMINDER

Seeing how you're already 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

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

Annick, Pentiction

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, Pentiction



Family Support Group for families who have a child with a disability [New group]

Join other parents and come together for support, information and DINNER. On the 1st and 3rd Wednesday each month @ 5-7 PM. Children are welcome and child care may be arranged if needed. 1295 Manitoba St Pentiction. Please contact Karen Brough 250-493-0512 ext 113.

Clay - Pascalite The Indians called it EE-WAH-KEE (the earth that heals). Skin, hemorrhoids, stomach and gum problems. www.pascalite.ca Phone 250-446-2455 for **FREE SAMPLE**

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.

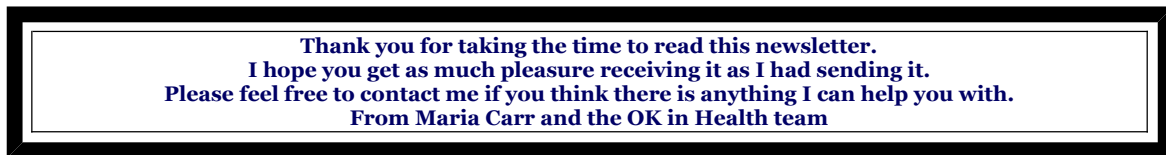
The Shift Radio ~ I am excited to be a guest with Sharon Taphorn on **Saturday June 13th at 11:00am** pacific on The Shift Radio. It will be an interesting and thought provoking program designed to nourish your soul and feed your heart with loving, enlightening guests who are making a difference in the lives of others. www.theshiftradio.com

This Month is dedicated to:

ALS Awareness Month (Lou Gehrig's Disease) ~ National Athletic Therapy Month ~ National Spina Bifida and Hydrocephalus Awareness Month ~ Relay for Life ~ Seniors Month ~ Stroke Awareness Month.
Week ~ May 31 - Jun 6 is Canadian Environment Week
Days ~ June 5 is World Environment Day
~ June 7 National Cancer Survivors Day
~ June 8 Clean Air Day
~ June 14 World Blood Donor Day
~ June 21 National Aboriginal Day..

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

I love the connections you provide!
Leah, Oliver



That's all for this month - Join us again next month!



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.**

•
Maria Carr and the OK in Health Team
The OKinHealth Website
www.OKinHealth.com
info@Okinhealth.com

Health Care Practitioners & Healing Workshops – Natural Environment, Animal, Maternity, Women’s & Families Info. Health Stores & natural Businesses - Great Articles & Recipes, Local Events & support groups and more

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](#) .

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