



OK In Health's October E-Magazine

EDITOR'S MESSAGE

Greetings to all our OK In Health members,

Dear Members,

Thank you to everyone for writing, phoning, sending cards, all the distance healing, and get well wishes. I was very touched by everyone's support. I did suffer post-op complications from the burst appendicitis but I am please to say, " I am on the mend and the road to recovery".

As the nights draw in and we seek the warmth of home to comfort us, it's especially relevant to consider the effect of the energy we use. Here at OK In Health, we are mindful about our usage and are delighted that most of our members are too.

[Special fall discount - 50% off all workshops and events](#)



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 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.

Columnist needed! OK In Health is looking for a member who would be interesting in writing a column on wholistic gardening (indoor and out) and on Health Pet Care. We would love to hear your feedback on our new columnists and if you have a favourite section or articles.

Feedback - Let us know which column you enjoy the most and why!

There are plenty of workshops this autumn & winter to comfort and warm you, with an emphasis on fitness and natural health in October and there is still time to enter our contests. If you'd like to share any feedback, please [email](#) us. Warm wishes, from the OK In Health team

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

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](#)

[Wellness Tips](#)

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Healing Touch for Babies & Kids with Rita Kluny (From Texas)

[More details](#) November 7 & 8 Penticton, BC

Stay Connected with your Wellness Community!

This month, we would like to send a special thanks to everyone who wrote such wonderful supportive and positive comments to us about OK In Health and a very special thank you to

Joan Moffet, Sheila Balogh, Pat Fields and Tony, Sheila Stephenson, Rhea Niehe,

and to Cloti, John, Kathy, Ella, Laurie, Cindy, Marion, Christina, Angele, Stephanie, Yvette, Jean, Shannon, Chris, Dr. Sherri Ure, Pamela Shelly, and to all the amazing members who you send messages of support.

Wow, you must be excited. Congratulations. This is humongous news and achievement. I believe you have worked very



hard, yet it is not just that - you have held the energy for this and succeeded. Well done. Hugs, Judith Dunlop, Penticton

Thank-you so much for including Nia on your website. I have been to several classes and just love it. I will be starting the fall classes next week. Hope you can get some rest and get yourself well. Take care Namaste, Kathy Collins, Kelowna

I really enjoy the Children's article by Maggie Reigh - Waltraud Nikkel, Vancouver

Just a moment of your time... Thank you OK In Health for having the chutspah and desire to organize the Cranio Sacral Reflexology course in BC. It was so good to be revitalized! The knowledge and teacher were great, too. I sure hope you get mannnnnny good karma points for having done this! Merrie, Vancouver

OK In Health - Loved the CSR course. Thanks for everything! from Nahdia Nazaroff , Creston Valley, BC

Thanks again for organizing the course. I am most interested in taking it again next April and would also like to do the hands, from Denise DeLeeuw, Summerland

I really enjoy all the information posted on OK In Health, especially all the many events and workshops. The articles are always interesting too. Thank you from Lucy, Kelowna.

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



Dietary Guidelines - Part Two

Last month we look at some dietary guidelines for weight management, cardiac health, chronic disease management, vitality, and optimal health. This month, we are going to use some of these guidelines and incorporate them into some sample meal plans. So, let's start with some simple and interesting breakfast plans and steps to follow.... [\[...Read More \]](#)

'For the Health of It' with Brenda Molloy



Seasonal Adjustments – Late Summer to Autumn

Once again we are reminded by the cooler evening temperatures that autumn is quickly approaching. We begin to grieve the vision and optimism of spring, and the joys and pleasures of summer. We examine our harvest of the previous year weighing and judging the fruition of the growth of spring and summer. We receive the benefits from all the energy we have put into our lives during the last six months.... [\[Read More \]](#)

"To Your Good Health" with David Dixon



Aches can be Such Pains!

You're not (quite) as young as you once were – who is? Lots of body functions change as we 'age', including free movement. It diminishes for a number of reasons. Let's take a look at a couple of them and how to, possibly, make those movements a bit less painful..... [..\[Read More\]](#)

Natural Beauty with Deanna Klan



To Tweeze or Not to Tweeze!

Are you unsure about the best ways to rid yourself of unwanted facial and body hair? Does it seem like you are finding more and more of them when really you want less and less? Most hair can be described as being either vellus or terminal. Terminal hairs are those that are coarser and darker than others.... [\[Read More\]](#)

'Embracing Change' with Lyndsay Blais



The Four Seasons of Change

Just like the creative process of Mother Nature, there are 4 seasons of change we go through as living beings when our comfortable, known environment changes. Each stage has its challenges as well as it's gifts and we can approach each stage in one of two ways.... [\[...Read More \]](#)

'Soul-Full Journeys' Column with Pamela Shelly



The Longest Journey

This month's article is about going from our ego driven mind to our soul guided heart, this may be one of the longest journeys we take. For many years our society has become more and more fear driven... [\[... Read More\]](#)

' Parenting Tips' Column with Maggie Reigh

The Power of Empathy

Wouldn't it be nice if you could just fix everything for your kids? They'd have nothing to whine about; no struggles, no emotional outbursts, and everything would come smoothly and easily to them. You'd be able to keep them happy and

OK ~ for Healthy Animals

Animals & Their Reflexology Chakras

By Yvette Eastman, Vancouver, BC
PART ONE

Chakras are energy centres located throughout the body that translate a spiritual energy into a physical one. Many



perfect... Or would you? Perhaps more importantly, would you even want to?
[\[click here to read full article \]](#)



people who have animals wonder if they have chakra centres as we do. Animals are very sensitive to energy, more so than we are and respond very well to chakra work as well as any form of energy therapy...
[\[...Read More \]](#)

OK In Health is looking for a **new columnist** for Pet care and how to's - Please contact us if interested.

'Soul Food' Column with Sharon Taphorn



Prayers – The Asking

Prayer means something different to each of us. Many of us grew up on wonderful and well meaning mantra prayers. We said them every night before we went to bed, as we were told. Yet, did we really understand it. I know that I didn't. I knew I was honouring and thanking god and the angels, I wasn't sure for what. I think it was a way of preparing us to shut down for the night. As I grew to connect with source, to commune with my Creator, I once again began to use prayer in my life, not the same kind of prayer I grew up with, a way of speaking my heart..... [\[click here to read full article \]](#)

Feng Shui Gems with Teresa Hwang



The Guide to a Professional Feng Shui Consultant & School

So, for those who are bombarded with Feng Shui websites, all kinds of pseudo Feng Shui advice, recommendations for "cures," and superstition which is circulated in books (mostly written by people who have only attended a couple of Feng Shui seminars), it is very difficult for one to know who and what is genuine and effective.

If you are looking for guidance from a Feng Shui consultant, or wanting to learn from a bona fide Feng Shui school, here are some guidelines:...

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

Coaches Corner with Sue Chambers



Strategies for Healthy Eating "You Are What you Eat!"

Healthy eating is about feeling and looking great, having the energy to do the things you like and keeping yourself as healthy as possible. This can be achieved by learning some nutrition basics and using them in a way that works for you. Choose foods that improve your health and avoid foods that could harm you. Create a way of eating that works for you.....[\[...Read More \]](#)

Glorious Gardens Gems



Herbs Grow Well Indoors

Herbs grow very well indoors. They take no more time and effort than a regular houseplant once you decide on the best location for them. Use the different areas in your home to grow herbs with different needs. You will soon have delicious herbal additions to your home with little fuss.

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.

Dancing With Colour - with Patrisha Aherne O'Farrell



Replenishing the Well

There are other ways in which we can give ourselves a beneficial shake up. Like for instance opening Julia Cameron's book The Artist's Way. One of the Steps Julia recommends is to indulge ourselves weekly in what she calls The Artist Date. Here's how it works:.....[\[Read More \]](#)

Happily Holistic - Alexis Costello's Nutrition Column



Smashing Pumpkins for Supper

It always strikes me as funny that people tend to think about pumpkins as a decoration rather than as a food. Especially as they are very healthy and delicious! Less healthy when baked into a pie, I'll admit, but still good for you. When picking a pumpkin for your kitchen [\[...Read More \]](#)

Body Plus Column



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

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

OK In Health 's Favourite Picks from our OK members



Put Your Mind on a Diet By Carol Albano, Penticton, BC

What if good health really is about what your mind feeds your body?? What if disease is simply the result of discordant thoughts that have gone on an unhealthy binge for way too long? And what if instead of obsessing over what's wrong with you, you follow a new menu, and only feed your body, mind and spirit with kind, loving thoughts and positive encouragement.... [\[...Read More\]](#)

Maria's Favourite Picks from our OK members



Harvesting Garlic by Charlotte Ruechel, Lumby

Finding local garlic in the Okanagan 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... Do you want to learn how?... [\[...Read More\]](#)



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.

Join the
OK in Health Association!

[Sign up for Newsletter](#)

3,000 members

Estimated number of visits
for [okinhealth.com](#)
by [Statsbrain.com](#)
1,260 visits per day. 3
million hits a year

Special International Events - Hosted by OK In Health-

Coming to Penticton, BC

Future OK Events -

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

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

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

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

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

Cranio Sacral Refexology 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

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



Annual Seniors' Symposium & Conference
Penticton
 Free admission

Body and Soul Wellness Fair
Vernon

Beyond Cancer: Yoga For Wellness
Penticton

RAC Certified Reflexology
Surrey, B.C.

Yuen Method™ - Level one
Kelowna

2 yrs Conscious Counseling and Energy Healing Program
Edmonton, Alberta

Basic Acupressure
Kelowna

Sing Because You Can
Kelowna

Practitioners Reflexology
Vancouver

Shiatsu Face Lift Training - Professional Course
Agassiz Vancouver

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

[Quantum Fitness Studio - Walking Groups -](#)
[Art Therapist and Dru Yoga Instructor - Nia Technique -](#)
[BellyDancing Classes - African inspired Dance - Kundalini Trance Dance -](#)
[Core Dynamics Movement - Yoga off the Mat - Chakra, Hatha Yoga](#)
[Classes](#)

[Advanced Tools For Self - Mastery Workshop -](#)
[Kelowna, Calgary, & Toronto](#)
[Business Course For Wholistic Practitioners -](#) **Calgary**

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



David Hickey
 Autumn
 Okanagan Tour
 Oct 9, 10, 11

[Deepening Roots to Our Soul "A"](#)
 by Blanche tanner
 Family Constellation
[Penticton](#)
 Saturday, Oct 17th

RAC Certification Foot Reflexology Course
[Douglas College, New Westminister, BC](#)

Creative Cognition
[Gabriola Island, BC](#)

[Adrenal Support Yoga](#)
 Fertility Yoga
Prenatal Yoga [Penticton](#)

HEALING TOUCH FOR BABIES WORKSHOP
[Penticton](#)

Essential Advanced Reflexology
[Vancouver](#)

[Facial Reflexology](#)
 Sorensensistem
 -Parts 1 & 2
 Part 3 & 4
[Vancouver](#)

Introduction to Shiatsu [Kelowna](#)

Plug into your power! ~ 6-month Intensive
[Penticton](#)

[MORE EVENTS](#)



Recipes

Happily Holistic - Alexis Costello's Nutrition Column



Smashing pumpkins for supper

It always strikes me as funny that people tend to think about pumpkins as a decoration rather than as a food. Especially as they are very healthy and delicious! Less healthy when baked into a pie, I'll admit, but still good for you. When picking a pumpkin for your kitchen (and there are so many local farms that supply them), choose a small one with a hard rind that is free from blemishes. The stem should still be attached. The process of canning reduces the nutritional benefit greatly, it is always better to buy fresh..... [\[...Read More \]](#)

This Month's Recipe -

Butternut Squash and Apple Soup



1 med. butternut squash, 3 tart green apples, 1 med. onion, chopped, 1/4 tsp. rosemary or marjoram, 1/4 tsp. pepper, Chopped fresh parsley, 1 tsp. salt, 3 (10 1/2 oz.) cans of organic chicken broth (or make your own), 2 soup cans of water, 1/4 c. heavy cream

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

Are you really hungry?

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

English Muffins Vegetarian Pizzas - Great way to get kids to eat some veggies



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

Heat 1 tablespoon of olive oil in a skillet and add tomatoes. Cook until tomatoes are softened. Add salt, to taste. Spoon cooked tomatoes evenly over English muffin halves. In a skillet, sauté eggplant and onions in 1 tablespoon of olive oil. Add squash & zucchini & cook until tender. Do not over cook, since they will cook some more in the oven. Add salt & pepper to taste. Spoon sautéed vegetables evenly over the tomatoes. Sprinkle each mini pizza with balsamic vinegar. Top with mozzarella & feta cheese. Sprinkle pizza with Greek seasoning & basil. Bake 25 minutes, or until cheese is melted & crust is lightly browned. Makes six mini pizza.

Apple Mini Muffins

1 cup water, 2 cups sugar, 2 cups grated apples, 2 cups raisins, 1 cup (2 sticks) butter, 2 teaspoons ground cinnamon, 2 teaspoons freshly grated nutmeg, 1/2 teaspoon ground cloves, 1 cup chopped walnuts, 2 teaspoons baking soda, 3 1/2 cups all-purpose flour. Preheat the oven to 350 degrees F. Great for Lunch bags. Combine the water, sugar, apples, raisins, butter, cinnamon, nutmeg, and cloves in a saucepan; bring to a boil. Remove the pan from the heat and cool completely. In a large bowl, stir the nuts and baking soda into the flour. Add the cooled mixture to the bowl, and stir until blended. Fill greased miniature muffin tins with batter to the top. Bake for 15 minutes. Note: Extra muffins can be stored in a re-sealable freezer bag and kept in Freezer.

How to Cook Quinoa!

Quinoa means "mother grain" in the Inca language. This crop was a staple food of the Inca people and remains an important food crop for their descendants, the Quechua and Aymara peoples who live in rural regions. Quinoa is a highly nutritious food. The protein quality and quantity in quinoa seed is often superior to those of more common cereal grains. Quinoa is higher in lysine than wheat, and the amino acid content of quinoa seed is considered well-balanced for human and animal nutrition, similar to that of casein. Quinoa is used to make flour, soup, and breakfast cereal. Most quinoa sold is as whole grain that is cooked separately as rice or in combination dishes such as pilaf. Quinoa flour works well as a starch extender when combined with wheat flour or grain, or corn meal, in making biscuits, and bread.



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

Applesauce Raisin Molasses



Coming Soon
an

OK In Health

Special

International

Event



Healing Touch for Babies

and Kids

with Rita Kluny

(Texas)

[More details](#)

November 7 and 8, 2009

Hosted By

Maria Carr

&

OK In Health

[E-mail
Maria Carr](#)

more information

This course is already
50% full.



Oatmeal Cookies Beat: 1 c. butter, 2 1/2 c. sugar, 4 eggs, 2/3 c. molasses. Alternate add with 1 cup applesauce: 3 1/2 c. flour, 2 tsp. baking soda, 2 tsp. cinnamon, Stir in: 4 c. oatmeal, 2 c. raisins, 1 c. chopped walnuts.

Drop on ungreased sheet. Bake for 15 - 17 minutes at 375 degrees .Extra cookies can be stored in a re-sealable freezer bag and kept in freezer. Molasses is a great source of Iron. Great for Lunch bags.

Almond Pudding



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

Combine first seven ingredients in a medium sized bowl. Place quinoa in a greased baking dish, and cover with coconut and raisins. Pour the liquid mixture over top, and bake at 350 degrees for about 45 minutes, or until set. Serve hot or cold.

Tools: Mixing bowls, measuring spoons and cups. Rich, sweet, high protein and delicious!

[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!



Classical Homeopathy with Katharina Riedener

Experience how Homeopathic Medicine can treat the real cause of your problems! Homeopathy can be very beneficial in chronic disease as well as acute illnesses. Homeopathy has helped people all over the world for 200 years! Homeopathy is safe for anybody at any age and in any condition of health including your pets!

Katharina has run a family practice for 10 years and offers consultations in Osoyoos, (South Okanagan), Penticton, BC and Red Deer, Alberta on a regular bases and also offers Homeopathic First Aid course . Consultations are also available in German.

Katharina Riedener DHom, RCS Hom, HMC - Click here for Email or Phone: 1 - 250 485-8333, www.homeokat.com



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

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](#)

New Archangel Healing & Empowerment CDs.

Free support & full 6 mo. money back guarantee!
 Find out what others are saying at www.AtlantisHealthCenters.com or 250-448-6114

Looking for a novel party idea?

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

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](#)



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 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](#)

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

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, Sound Healing, 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



Norma Cowie - Psychic Metaphysical Consultant

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



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. Lana, Kelowna

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

more details at www.normacowie.com or contact Norma in Penticton, BC - 250 490 0654 or [E-mail - Listen to Norma Cowie's Tarot World weekly Wednesday 4pm on www.theshiftradio.com](mailto:Norma@theshiftradio.com) and hear about the journey within the Tarot and how the symbols relate to your life.

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

Wellness Tips

Harvesting and Storing Pumpkins

Harvest pumpkins when they have developed a deep uniform color, and have a hard rind. The rind will be firm and resist denting when pressed with a thumbnail. Harvest all mature pumpkins before a hard freeze. A light frost will destroy the vines and should not harm the fruit, but a hard freeze, can damage the fruit, so get your pumpkins in before damaging hard frosts arrive. When harvesting pumpkins handle them carefully to avoid cuts and bruises which can provide entrances for various rot-producing organisms. After harvesting, cure the pumpkins at a temperature of 80 to 85° F (27 to 29° C) and at a relative humidity of 80 to 85 % for about 10 days. After curing, store pumpkins in a cool, dry, well-ventilated location. Storage temperatures should be 50 to 55° F (10 to 13° C). Never store pumpkins near apples, pears, or other ripening fruit. Ripening fruit release ethylene gas which shortens the storage life of pumpkins. When storing pumpkins, place them in a single layer where they don't touch one another. Good air circulation helps to prevent moisture from forming on the surfaces of the fruit and helps prevent the growth of decay fungi and bacteria. Avoid placing pumpkins in piles. This generates unwanted heat which may result in the rotting of some fruit. Periodically check pumpkins in storage and get rid of any fruit which show signs of decay. Properly cured and stored pumpkins should remain in good condition for 2 to 3 months or longer depending up on the variety. If you follow the above steps, you will be assured a successful harvest, and you can use your pumpkins any way you want after that!

What is - Healing Touch for Babies by Rita Kluny, RN, CHTP/I, Texas

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

Irish Tradition Soak pine cones in your favourite herb oil appropriate to the season. Place on radiators or over heat sources in home/workplaces. The aroma will gently and delicately waft through rooms, bringing well-being and pleasant fragrances to all. From Patrisha, from Dublin, Ireland.

Getting Into an Exercise Routine When starting an exercise program, many professionals recommend trying to schedule your workout at the same time each day. This helps build the habit of making exercise a regular part of your life.

Olive Oils

Is 'extra virgin' olive oil better than regular? The terms 'virgin' and 'extra virgin' refer to the acid content of the oil. 'Extra virgin' has less acid than 'pure' or 'virgin' oil, but otherwise has no nutritional significance.

Storing Olive Oil According to dietitians, you can keep an open bottle of olive oil for several months. Store it away from light and heat, in a tightly sealed container. If you store olive oil in the refrigerator it will turn cloudy, but this will not affect its flavor or quality. Substituting olive oil for other fats can be a heart healthy cooking strategy!

Fish and Intelligence A recent study indicates that women who eat more fish during pregnancy raise their child's intelligence. However, this finding balances against the fact that some fish contain mercury. Mercury can reduce infant intelligence. If you are pregnant or planning to get pregnant, don't let mercury scare you into avoiding all seafood. Be sure to discuss safe fish consumption guidelines with your doctor or Naturopath Doctor

Cruciferous Vegetables Please pass the cruciferous vegetables. This vegetable family includes kale, cauliflower, broccoli, and brussels sprouts. They seem to be linked to reducing cancers, preventing cataracts, fighting heart disease and regulating blood pressure. Try to include this group of vegetables in your diet at least 2-3 times per week. They are best when raw or lightly cooked.

Incline Walking Did you know that you could significantly increase the number of calories you burn on the treadmill by increasing the incline? If you walk at about 3.5 miles per hour at no incline, a 150-pound person will burn about 275 calories per hour. The same speed at a 7.5% incline burns roughly twice as much.

Dining Out When dining out, remember the budget rule. If you spend a lot of your fat budget on French fries, consider saving on other parts of the meal. You might choose low-fat complements such as a grilled chicken sandwich (hold the greasy sauces and cheese), and vegetables. Spending too much of your fat budget on one meal can lead to a high daily or weekly fat intake.

Vary your workouts The average person stops making good progress after repeating the same workout for 4 to 6 weeks. Consider making monthly or bimonthly changes to your routine. This can challenge your muscles and make improvement more likely.

How to Graduate from Walking to Running Are you bored with walking but intimidated by running? Slowly add some running to your workout. For example, walk 4 or 5 minutes, and then run for 1 minute. Repeat the pattern several times. Once you feel more comfortable, try to increase from 1 minute of running to 2, and then from 2 to 3. Eventually you will be running much or all of the time.

Health in the News Have you ever read or heard about new and amazing health research findings? Be careful. Don't immediately accept them as proven facts. A single research study does not always provide reliable evidence. Continue to look for more studies. Are most of them for or against the early report?

Greens Have you heard of arugula? It is a green, leafy vegetable that contains about 20 times more beta-carotene and vitamin



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

**P.A.T.H. Expo Salmo Valley
[Kootenays](#)**

C, and 8 times more calcium than iceberg lettuce. When making green salads at home, consider opting for dark green leaves, such as arugula, romaine, chicory and thinly sliced kale. Substituting these greens in salads and on sandwiches creates a more nutrient dense meal.

OK in Health's Contests

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

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

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** pilates 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 workshops



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?

Seniors' Symposium & Conference Trade show -

October 21, 2009 at 9:00 - 4:30.

Featuring 100 displays of the latest products and services for adults over 55. It is the biggest and the best show, catering to seniors in one of the best-known retirement communities in the country. There is no cost to attend the show and participants are treated to entertainment all day.

Over \$5000 in raffle prizes are available to be won. Exhibitor - Now is the time to book your exhibitor booths.

Penticton Trade & Convention Center [more info](#) **Free Admission**



Body and Soul Wellness Fair - Oct 31/Nov 1st

The Body & Soul Wellness Fair is Vernon's premier holistic wellness event - bi-annually held in Spring and Fall. A very popular event highlighting holistic businesses from the Okanagan and elsewhere who are in business to bring you wellness for your body & your spirit. Choose from an array of practitioners, bodyworkers, healers, nutritional and health and beauty products. [more info](#) **Free Admission**

New Support Group

New Hope - Grief Support Group - A monthly support group meetings for widows and widowers in Vernon and Kelowna.

RAC Certified Reflexology
[Surrey, B.C.](#)

Yuen Method™ - Level one
[Kelowna](#)

2 yrs Conscious Counseling and Energy Healing Program
[Edmonton, Alberta](#)

Annual Seniors' Symposium & Conference [Penticton](#)
Free admission

Basic Acupressure [Kelowna](#)

Sing Because You Can
[Kelowna](#)

Practitioners Reflexology
[Vancouver](#)

Shiatsu Face Lift Training - Professional Course
[Agassiz Vancouver](#)

RAC Certification Foot Reflexology Course [Douglas College, New Westminster, BC](#)

Creative Cognition
[Gabriola Island, BC](#)

Prenatal Yoga [Penticton](#)

HEALING TOUCH FOR BABIES WORKSHOP
[Penticton](#)

Essential Advanced Reflexology
[Vancouver](#)

Introduction to Shiatsu [Kelowna](#)

Plug into your power! ~ 6-month Intensive [Penticton](#)

Body and Soul Wellness Fair

New group beginning in S. Okanagan: contact Fran at 250-497-7850 or email zeeuwfw@telus.net. Also an annual spring retreat and regular newsletter. For men and women of any age who are grieving the death of a spouse, particularly in the first three years. <http://www.newhope-grief.org/>
Also there is a **Teen Grief** www.newhope-grief.org/teengrief

Vernon

Bereavement Walking Group Friday mornings at 9:45 a.m. This group for those who have suffered a loss. Each walk is a time to walk at a relaxed pace with others, benefit from fresh air and from support. Walk together rain or shine at a relaxed pace for an hour. Support and information about grief. Optional coffee time afterwards. Sponsored by Hospice with a social worker and hospice volunteers joining the walks. Venue: Japanese Gardens at the Penticton Art Gallery, 199 Marina Way, Penticton, B.C. Cost: Free. Contact for more details: phone: 250-492-9071 (ext. 2203) or [Email](mailto:www.pentictonhospice.com) url: www.pentictonhospice.com.
Date: Fall Session is September-October; - Spring Session- April - May.

For more support groups and meetings - visit [OK In Health's support groups page](#)

New Address

Dr. Tamara Browne, Naturopathic Physician, has moved from Penticton to The Okanagan Chelation Center, 13206 Kelly Ave, Summerland, BC V0H 1Z0 250-494-4166 phone 250-494-4116 fax

Wanted a Therapy Table

I am looking for a therapy table for sale in the Okanagan area. If anyone has information on one, please contact Jorg Mardian at 250-498-2727.

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.

Penticton Office For Sale: 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

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 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 www.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.

Vancouver Seminar Room for Rent Room Size: 450 square feet (a pproximately 18'x 25') also Healing Rooms - Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver, B.C. Also FOR SALE La Fuma Zero Gravity Recliner Lounge Chairs and Faulkner Recliner Chairs, Reflexology T-Shirts, Maseur Massage Sandals, Reflexology Foot, Hand & Ear Charts, Books, DVD and self-help tools... www.pacificreflexology.com (604) 875-8818 or 1 (800) 688-9748

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Guided Meditation cd's

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Beautiful gemstone pendants and necklaces

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

This Month is Dedicated to:

Autism Awareness Month,
Breast Cancer Awareness Month,
Celiac Awareness Month,
Eye Health Month,
Healthy Workplace Month,
Influenza Immunization Awareness Month

International Walk to School Month,
Learning Disabilities Awareness Month,
Lupus Awareness Month, Occupational Therapy Month,
Psoriasis Awareness Month,
and SIDS Awareness Month (Sudden Infant Death Syndrome).

Week:

Fire Prevention Week * 17-23

Day:

* 1st - International Day for Older Persons
* 10th - World Mental Health Day
* 10th - International Day for Natural Disaster Reduction



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- Healthy Recipes

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- Pet Wellness

OK In Health

- Enviroment/ Gardening

- OK In Health

* 16th -World Food Day
* 22th -International Stuttering Awareness Day

OK Event Manager
Maria Carr

Health Shows
OK - Members

OK Distributors
(poster, leaflets, biz cards)

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

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

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

**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.**

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 visit our website www.OkinHealth.com, and [sign up for our Free newsletter](#) .

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