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## OK In Health's November E-Magazine

Our new website is close to being ready. We are just finishing off the final touches and we promise you it will be well worth the wait. If you would like to post your business on OK In Health please contact our new sale representative, so you can be part of our grand opening launch and grand opening nights.



**Last month, as an Official Sponsor** OK In Health had the honour to be involved with bringing Dr. Deepak Chopra to the Okanagan. We found his talk very informative and inspiring. Thank you to everyone who wrote to us to say how much they enjoyed the afternoon. It was also a pleasure to have a special meeting with him and to also work with his amazing event producers Paul and Anne. OK In Health is working on bringing two other very well known speaker to the Okanagan, so watch your eMagazine for more details.

**Thank you Pentiction for your beautiful soul.  
I will remember your loving welcome. Xxx  
Deepak Chopra**

**Thank you** to our amazing volunteers at the Expo and *Seniors symposium*, Lyndsay Blais, Darlene Craine, Sheila Stephenson, Shannon Bliss, Raylene, Beth Haynes, Michele Harshenin, Brigid Kemp, Dale Bonke, Kim Greenhow, Sonya Patrick, and everyone who offered their support. Thank you to Pentiction's Whole Foods Market for donating gift baskets for our booth.



Some of our OK Volunteers Lyndsay Blais and Sonya Patrick at the Okanagan Expo

**This month's eMagazine** - is jammed packed! -we have so many great new articles, 100's of events, contests, recipes, and lots of information to share with you. Please take some time to check out the information that interests you? - pull up a comfy chair with your favourite beverage, and enjoy a good read!

**Energy Saving** -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.



OK Booth at the Senior's Symposium  
Photo by Brigid Kemp

**Columnist needed!** OK In Health is looking for a member who would be interested in writing a column on wholistic natural gardening.

**Events** - 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, towards more energy and wellness. Put yourself first and your health! and find something that inspires you - Check out our [Fitness Classes and Workshops](#)

**OK In Health Your Wellness Community at your Finger-tips!**

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



### Upcoming EVENTS & Courses

	See event calender for full events - click on links below		
Sunday Nov 14th at 3 pm	<b>The FORCE OF NATURE - The David Suzuki Movie Special Screening!</b>	Pentiction	
<a href="#">November 13 -14</a>	<b>Connect to Your Own Power Workshop</b> with Cindy Smith Angel Empowerment Practitioner™ Angel Therapy Practitioner® certified by Doreen Virtue Learn to connect to be all that you are! Embrace your angels. Embrace your self. Connect with your own inner wisdom, guidance & intuition.	<a href="#">Kelowna</a>	<a href="#">Cindy Smith</a>



<a href="#">November 26, 27, 28</a>	<a href="#">Yuen Method tm</a> <a href="#">Level Two and Three</a> Free Demonstration Thursday November 25 7-9pm	<a href="#">Penticton</a>	
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<b>December 2010</b>
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<a href="#">Dec 5</a>	Adam DreamHealer - Intention Heals Workshop	<a href="#">Vancouver</a>	
Dec. 11	<b>Bach Flower Essence Workshop</b> Bach Flower Essences are incredibly gentle and powerful tools for balancing emotional stress. Most physical ailments have some emotional component behind them that needs to be addressed before true healing can take place. Learn about the 38 Remedies, how they work and how to use them to create harmony in your relationships, workplace and with children, pets and plants. Flower Essences have no contraindications and so are safe for everyone under any circumstances..... <a href="#">read more</a>	<a href="#">Kelowna</a>	Alexis Costello and Holly Berezowski
<a href="#">Tuesday</a> <a href="#">December 21</a>	<b>Solstice Bliss</b> Experience respite from the buzz and busy-ness of holiday preparations in this luxuriously relaxing restorative yoga session tending to the light within. Embrace the transition from darkness to expanding light with gentle, supported poses, soothing breath work and guided meditation for a deeply calming and rejuvenating experience open to all levels of ability.....	<a href="#">Penticton</a>	<a href="#">Wildflower</a>

<b>2011</b>
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	<b>Reflexology Certificate Course</b> Are you interested in becoming a Reflexology Practitioner?	<a href="#">Penticton</a>	<a href="#">MORE DETAILS</a>
	<b>Angel Empowerment Practitioner™ - Certification Course</b> Are you interested in attending the Doreen Virtues Practitioner course in a 5 day retreat with Cindy Smith	<a href="#">Penticton</a>	<a href="#">MORE DETAILS</a>
January 12 - Feb. 6	<b>Certified European Lymphatic Drainage Class</b> European Lymphatic Drainage is a gentle and effective way of reducing the body's toxic load, water retention and even (dare I say it?) cellulite while improving the immune system. This class consists of 15 hours of anatomy theory, specializing in the muscular and lymphatic systems, then 15 hours of training in ELD massage, followed by a practical exam on the evening of your choice. Call us for the complete class breakdown and dates... <a href="#">Read More.</a>	<a href="#">Kelowna</a>	Launa Boire
<a href="#">January 15 and 16</a>	<a href="#">Yuen Method tm</a> <a href="#">Level One</a> Free Demonstration the 14th, 7-9pm	<a href="#">Vancouver</a>	<a href="#">Colette Stefan</a>
<a href="#">January 22 &amp; 23</a>	<b>Sound Healing Workshop</b> Working with the Hathors, Pamela will offer you a variety of tools and <b>experiential</b> exercises. This workshop is for self-healing and assisting others to heal. <b>No prior experience is necessary</b> for you to greatly benefit from this workshop. This workshop is also beneficial for anyone in the Holistic field who works with adults, children and animals. <b>Who are the Hathors?</b> <a href="#">READ MORE...</a>	<a href="#">Kelowna, B.C.</a>	<a href="#">Pamela Shelly</a>
<a href="#">January 22 and 23</a>	<a href="#">Yuen Method tm</a> <a href="#">Level One</a> Free Demonstration the 21st, 7-9pm	<a href="#">Penticton</a>	<a href="#">Colette Stefan</a>
January 22nd - 23rd	<b>Touch for Health ~ Level One</b> Level One is the core of Touch for Health. In this class we learn the fourteen basic energy meridians along with their placement and function in the body. We learn fourteen muscles that act as indicators for stress in those meridians, and five different ways of balancing them, including spinal reflexes,	<a href="#">Kelowna</a>	Alexis Costello and Holly Berezowski

	neurolymphatic points, neurovascular points, meridian tracing, origin/insertion technique and nutrition. Accurate muscle testing and pre-checks are also taught, along with simple and effective pain techniques and emotional stress release. There is so much more that..... <a href="#">Read More</a>		
<a href="#">February 19 &amp; 20</a>	<b>Sound Healing Workshop</b> Working with the Hathors, Pamela will offer you a variety of tools and <b>experiential</b> exercises. This workshop is for self-healing and assisting others to heal. <b>No prior experience is necessary</b> for you to greatly benefit from this workshop. This workshop is also beneficial for anyone in the Holistic field who works with adults, children and animals. <b>Who are the Hathors?</b> <a href="#">READ MORE...</a>	<a href="#">Calgary, AB</a>	<a href="#">Pamela Shelly</a>
<a href="#">March 2011</a>	<b>Mystery Of Egypt Spiritual Group Tour</b> Join Pamela and Egyptologist Elia Takla on the Trip of a Lifetime and awaken cellular memories of Ancient Times. Assist in anchoring the Hathor energies of unconditional love on the planet. The Hathors are Ancient Masters of Light and Sound who have come to assist us in our planetary evolution and ascension. They are the 'Healers of Healers', an ascended civilization of inter-dimensional masters, who embody Unconditional Love.	<a href="#">...read more</a>	<a href="#">Pamela Shelly and Elia Takla</a>
<a href="#">March 25-26th, 2011</a>	<b>Reiki Retreat - For all Reiki practitioners</b> This Reiki retreat is being offered as a way to connect with all Reiki practitioners regardless of their lineage and learn new and exciting ways to help others heal. This retreat is about sharing our wisdom, to learn from each other. We intend to excite you, delight you and have FUN doing it!	<a href="#">Kamloops</a>	<a href="#">.read more</a>
<a href="#">March 29 – April 2</a>	<b>Angel Empowerment Practitioner™ - Certification Course</b> Become a certified Angel Empowerment Practitioner™ (AEP™) and learn how to heal and connect with the angels. Take this certification for your personal development or use it as an opportunity to put psychic skills in to effect to enhance your spiritual, healing, counselling or energy based business. Perhaps now is the time to do something you have always wanted like to start your own spiritual business.	<a href="#">Golden, BC</a>	<a href="#">Cindy Smith</a>

## Articles

We will have more articles when our new website is launched. Join me in reading some of our favourite articles:

Naturopathic Corner with Dr. Tamara Browne -- [Vitamin D: Winter Blues, Winter Flus. A simple explanation ...](#)

Science Corner by David Suzuki with Dr. Faisal Moola - [Caring for ourselves goes hand in hand with caring for the planet](#)

"Paws 4 Thot" with Dr. Moira Drosdovech - [What is Animal Chiropractic?](#)

"To Your Good Health" with David Dixon - [Aches can be Such Pains!](#)

Natural Beauty with Deanna Klan - [Prepare your Skin for winter](#)

'Embracing Change' with Lyndsay Blais - [The Four Seasons of Change](#)

'Parenting Tips' Column with Maggie Reigh - [Make this School Year a Success for Everyone!](#)

'Soul Food' Column with Sharon Taphorn - [Healing the Heart - Forgiving the Unforgivable ...](#)

Coaches Corner with Sue Chambers - [Dealing with Difficult Times...](#)

Dancing With Colour- with Patrisha Aherne O'Farrell - [Replenishing the Well](#)

Happily Holistic - Alexis Costello's Nutrition Column - [Eating in season: how to hibernate](#) Plus a new recipes called "[The Lazy Lentil Stew](#)"

Also [What is the Nia Technique?](#)

[A natural approach to pregnancy and childbirth using Homeopathy](#) by Sara Fitzharris, Kelowna

[Put Your Mind on a Diet](#) By Carol Albano, Penticton, BC

[Back to November eMagazine](#)

## OK Member's Classifieds

[Please mention OK in Health during your enquiry]

### CLINIC SPACE FOR SALE - Kelowna

#### WALK IN AND START WORKING

Cherry Blossom Acupuncture is for sale, owner had to move out of province

The clinic is beautifully decorated with 3 spacious, fully equipped clinic rooms. Fully furnished waiting and front desk area located in the heart of downtown Kelowna. Please visit [www.cherryblossomacupuncture.com](http://www.cherryblossomacupuncture.com) for pictures.

If interested please contact Megan at 250-878-6514

### Practitioners Room for Rent - Penticton

Attention all practitioners, this is an opportunity to become a part of Bodies on Power; a fitness and wellness centre dedicated to increasing health and awareness in the South Okanagan. Your own room/office: \$550/month incl HST and many extras. For details call BOP 250-770-8303 or [E-mail](mailto:) and leave a message for Jo.

### For Sale: Health System, QXCI/SCIO

Health System, QXCI/SCIO Includes: SCIO Device and Software with most recent update. Serial Number SX1104074807. Bourne Protocols with Water Treatment Coil · Extra New Head Harness · Extra set of New Wrist and Ankle Straps ·

Dell Inspiron 8600 Laptop with a docking system and carrying case. Windows XP Professional S/N XCWRV-4BW8B-6VTW9-KX6TB-MBV36 included- no disks, but it is registered with Dell. · Extensive Training Materials. Payment: VISA, MasterCard, or Paypal. \$12,000. Carole Punt, [E-mail](mailto:) or 250-497-6867 77 words

### For Sale: NES Health System (Nutri-Energetics System)

The NES Health System measures the regulating field of energy and information that operates below cell level—the level called the Human Body-Field that feeds information to the cells. Remedies in the form of “Infoceuticals” are then recommended to reprogram the human body-field to correct blockages and distortions to help restore the health of body cells—sometimes dramatically.

Complete software comes with 21 infoceuticals, 22 NES Introductory DVDs, 3 “The Living Matrix,” the movie DVDs, and a package of introductory NES brochures. \$6,500. Available to health practitioners only. A training program is available from Integrative Life Solutions: <http://www.integrativelivesolutions.com/NESProVisionpractitioner.html> For more information, check: <http://www.neshealth.com/en-gb/homepage.aspx> Carole Punt [E-mail](mailto:) or 250-497-6867

### Champion Juicer

Champion Juicer, in excellent condition, for sale.....\$200. Maria 250 493 0106. Champion juicer parts are among the most powerful and durable on the market. It's heavy-duty, industrial strength motor. The bottom line: A Champion delivers the goods.

### 5th Wheel 27ft 1994 RV for Sale

Maria Carr is selling her

27ft, 1994 Layton fifth wheel - sleeps 6 and is very comfortable, clean, and in great condition

Two tables, bathtub, walk around queen bed, fold out coach, rear kitchen, rubber roof, and tons of cupboards - Priced to sell!!!! \$10,900.reduced for quick sale. Won't last long - Fall Special \$7,900. I need a Van asap.

Penticton 250 492 4759 - [email](mailto:)

More details - [click here](#)

Are you tired of putting the table down?

This has 2 tables - sleeps 6



[Huge kitchen](#)

### Wanted: a live-blood analysis

Wanted: equipment for a live-blood analysis business in the North Okanagan.

Contact Sally at 250. 833.2129 or [click here to E-mail](mailto:)

### Reasons to Advertise With OK in Health

- Our e-Magazine is read by more than 3,000 members
- Local network that can get your message out
- Wide range of readership interested in Health & Wellness information
- Members return to website many times a month
- Rich in content and information

OKInHealth.com has been the center on the internet for Integrative Health and Healing since 2004. Our members are like-minded people of all backgrounds, lay and professional, who support an interest in a natural and integrative approach to health care, from all over British Columbia and across Canada and the world.

Our goal is to have affordable low cost rates, that gets results.

According to Google Analytics, OK In Health attracts over 750 unique visitors per day and our stats show continued and consistent growth. Usage Statistics for okinhealth.com on Average are:

- Unique visitors per Day 765
- Hits per Day 28,213
- Unique visitors per Month 14,608
- Hits per Month 316,025
- Total unique visitors this year (Oct. 09 - Sept. 10) 142,903
- Total Hits this year 3,181,401 ( 3 million+)

If you would like to post your business on OK In Health [please contact our new sale representative](#), so you can be part of our grand opening launch, grand opening nights and this wellness network.

The screenshot shows the OK In Health website interface. At the top left is the logo 'OK In Health' with the URL 'www.OKInHealth.com'. To the right is a green box for 'FREE e-Magazine' with a sign-up link. Below the logo is a 'Recipe Index - Breakfast' section with a search bar and a list of recipes including Apple Oat-Bran Muffins, Berry Shakes, Blender Pancakes, Breakfast Protein Shakes, Broccoli Pancakes, Cream of Wheat Muffins, Crunchy Nut Porridge, Flax-Maple Pancake Syrup, Healthy Breakfast Muesli, and Homemade Granola. To the right of the recipes are several advertisements: 'The BodyTalk Studio' for a healthy body/mind alignment, 'Adventure Boot Camp' for personal bootcamp and functional training, 'Simply Horsemanship' for equine workshops, and 'OK In Health' advertising 3,000 members and a free monthly newsletter.

## OK In Health

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