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OK In Health Monthly E-Magazine - JULY 2010

Publisher's Message Greetings to all our OK In Health members,

This month we met with Paul MacInnis, (DEEPAK CHOPRA's producer) and OK In Health will be the first to announce the dates and venue very soon. OK In Health members will have a special advance notification and advance option to buy early-bird tickets. Be the first to hear the full details!

This is only for OK members who are signed up for free e-magazine and on our e-mailing list. Invites your friends to-day to sign up. <http://okinhealth.com/forms/contact.html>



Be the first hear details and for early-bird tickets [new members - sign up here](#)

Bela Blystone

To our OK In Health members that knew Bela, I am extremely sad to learn this weekend of the sudden death of my friend Bela Blystone of Summerland, BC. Bela has a massage, reflexology and a cranio sacral reflexology practise in Summerland. She gave the best massage and reflexology treatments I ever had. As some of you may already know, Bela, who was only 40 and died in a tragic car accident in Revelstoke on July 23 when a.....[read more](#)



OK New Columns

This month we are also very excited to welcome two new columns to OK In Health.

First is Alexis Costello, who is a natural health practitioner specializing in applied kinesiology, Bach Flower Remedies, massage and herbology. Her 'passion for plants' brought her and her family to Costa Rica for six months of adventure studying herbs in the rainforest; learning everything she could from 'curanderos', medicine men, shaman and the local folk medicine. Now that she has returned to Kelowna, Alexis is working on starting up a fun integrated learning/healing centre called Happily Holistic.

Alexis's new column "Wandering Herbalist" (Alexis formerly wrote the column on nutrition for OK in Health), she shares some of her experiences and the healing plants she enjoyed most.

Second is Lisa Kilgour, RHN, is a Holistic Nutritionist practicing in the beautiful Okanagan Valley. Lisa has a passion for whole food and educating people about healthy eating habits and the road to optimal health. As a Registered Holistic Nutritionist, Lisa breaks down the multitude of confusing information about food and nutrition into easy to understand and practical bite-sized pieces. Lisa has been working in the Health and Wellness industry for 8 years, graduated from the Canadian School of Natural Nutrition (CSNN) with top honours, and is a certified CSNN instructor.

Lisa's nutrition column is will help to bring awareness to the food you eat and your eating habits. She'll help take a bite out of the confusion most of us feel around what is healthy.

Ticket Give-Away

We also have two tickets to give-away to our members, to go see **SYLVIA BROWNE**, Kelowna, on August 6th. And two tickets to the **BODY, SOUL, & SPIRIT EXPO**, Penticton, Sept 24 - 26th (see below)



And... we have some great new articles from our OK In Health columnists - such as [\[see below\]](#)

Do you wonder what chemicals are in your bathroom products?

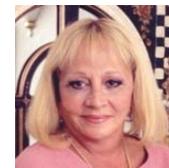
- Take this informative survey and win prizes [.....see below]

Wishing you all lots of Summer joy in your step and in your hearts ...

Yours In Health,

Maria Carr and The OK In Health Team [\[see team's members\]](#)

Publisher of OK In Health E-Magazine - www.OKinHealth.com



Upcoming Events

[Saturday, July 24th.](#)

["No Numbers: Identity beyond measure" Movie Afternoon](#)
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



Debunking Dietary Myths: Fats do not make you fat! - Part two

What are some good fats? The benefits of fresh organic coconut oil, extra-virgin olive oil, fish oil and butter. These healthy fats and oils contribute greatly to optimal health, prevention of disease, and longevity. Knowing how and when to use them is..... [\[Read full article\]](#)

Science Corner by Dr. David Suzuki & Dr. Faisal Moola



What are you putting on your body?

Every day, we slather ourselves with liquids, lotions, and potions – from shampoo and soap to deodorant and makeup. After all, most of us want to look and feel clean and to smell nice. It's not uncommon for a single person to use 10 or more personal-care products daily. We don't usually think of our cosmetics as a source of pollution. But..... [Read More](#)

"To Your Good Health" with David Dixon



A Few Healthy Traveling Tips

There are so many healthy suggestions to consider when traveling; Bringing your four-legged along? Going to a hot place? There are some herbs that can be taken to help alleviate uncomfortable reactions [Read More](#)

Natural Beauty with Deanna Klan



The Shape of your Brows

If eyes are the windows to the soul, then eyebrows must be the window treatments! Anyway they are very important to how you look and form a large part of the first impression someone makes of you. Depending upon their appearance, they can make you look... [Read More](#)

Grief and divorce by Kathleen Ciavarella



Grief and divorce

Going through a divorce is a life-changing experience and we tend to muddle through it with a mixed bag of emotions by our side. On the one hand, we want to be happy but on the other hand we do need to grieve for the loss of our marriage. Grieving is an important part of [read more](#)

'Soul-Full Journeys' with Pamela Shelly



The Time Is NOW

The Time is NOW is about feeling worthy and adequate enough to offer our gifts and abilities to those precious souls written in our Soul Contracts who we are here to assist in this time of great transition [read more....](#)

' Parenting Tips' with Maggie Reigh



Handling Aggressive and Challenging Behavior

Have you ever felt so frustrated, overwhelmed, embarrassed or irritated by your child's acting out behavior that you didn't know what to do? Perhaps it sent you into acting out mode and your behavior became aggressive, fueling your child's aggressive behavior. To tell you the truth, I've... [read more....](#)

"Paws 4 Thot" with Dr. Moira Drosdovech



Boating with Pets

Because it's summer time and that means a lot of us are out on lakes or on the sea, we should address the issues surrounding taking a pet with you on board your boat. Some of you might even be thinking about taking a longer term ocean cruise with your sailboat and your pet..... [Read More....](#)



Be Happy

Happiness! It is something we strive for yet many of us struggle to achieve it. Sometimes we become complacent and just accept the circumstances of our lives as this is just the way it is. By shifting our current thought processes we can move beyond the stressors and obstacles that we feel are surrounding us and have a more meaningful and beautiful life experience...[read more....](#)



You put the lime in the coconut

In the town of Zancudo as you travel down the one dirt road, you'll see a sign that says "Se vende aceite de coco" (Coconut oil for sale). The matriarch of the family living there is named Maria Lydia Espenosa Solis and she is known for making excellent coconut oil. She starts with one.... [Read More...](#)

"Coaches Corner" with Sue Chambers



Wellness and the Chakras

Chakras connect mind, body and spirit. Exploring the movement of our energy by way of the chakras helps to understand where blocks exist that may be causing symptoms and illness..... [Read More....](#)

Nutrition column with Lisa Kilgour



Stress and Our Body

What is stress? Traditionally, stress is our body's reaction to danger, as it kicks into survival mode. For example, a bear is attacking us. Gulp! Our body reacts in a sophisticated way to keep us alive. In an instant, it raises both our...[read more](#)

"Wisdom Astrology" with Michael O'Connor



Jupiter Conjunct Uranus at 0 Aries

Many people can name the stars and know how to read the star charts. Some know where the planets are on any given date. Observing the relationships the planets share between each other is the next natural step. For the sake of healthy awareness, I wish to inform you of some exciting and potent planetary alignments occurring at this.... [Read More....](#)

"Empowered Living" with Shari Montgomery



The Body Mind Connection

We live in interesting times, and are witnessing a quantum leap in awareness about how consciousness affects matter. Just seeing the fascinating effects of prayer on water molecules thanks to Masaru Emoto's gift to mankind is enough to convert anyone stuck in the old paradigm of thinking....[Read More...](#)

Get to know some of our OK In Health members!



OK In Health's Practitioners Corner

What's New!



OK In Health is now on FACEBOOK with daily wellness tips and articles - [Click Here](#) to Become a Facebook Fan

OK In Health's Special Summer advert discount- 50% off all workshops and events advertisements. It is only \$20 to post an event, fitness classes, or classified advert. This is a limited time offer.... [[More Details](#)]

See our latest events,workshops, new health shows posted, and retreats and classifieds... **below**



Recipes

Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Blender Pancakes

1/2 cup short grain brown rice
1/2 cup quinoa
1/2 ripe pear or banana
2-3 Tbsp. organic shredded coconut
A pinch unrefined salt
1 1/2 cups pure water

- Soak grains separately overnight.
- In the morning, discard the soaking water and wash thoroughly.
- Place grains in a blender with 1 1/2 cups water; add cored and cut pear, coconut and salt.
- Blend into smooth batter, adjusting the consistency by adding more water or coconut if necessary to achieve the desired consistency of thicker pancake or thin crepe batter.
- Bake slowly on a dry surface and keep in a glass or porcelain dish, covered, to retain moisture.
- Serve with the Flax –Maple Pancake Syrup or spreads of your choice.

Flax-Maple Pancake Syrup

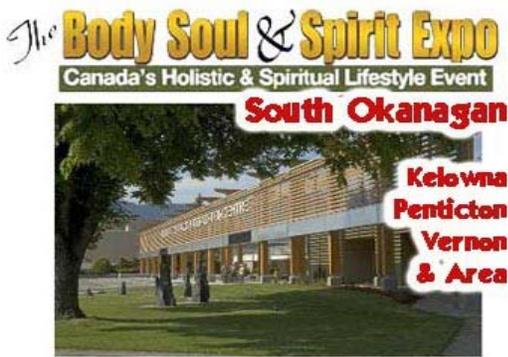
This delicious blend of flax oil and maple syrup is especially healthy since it combines the concentrated mineral nutrition of maple syrup with the w-3 rich flax oil. When these two are whipped together in half-and-half proportion, they surprisingly remain together and form nice thick syrup.

Method:Wisk together equal portions of flax oil and maple syrup and enjoy!

Recipe by Eva Cabaca

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

[More recipes....](#)



Wellness Tips

Embrace Life - always wear your seat belt

This is the new "wear your seatbelt" ad the UK is doing - started by a man not hired to do it, but because the cause is important to him, he came up with this idea, and now it's being hailed across the world as a "beautiful" commercial. And now the video has gone "viral" - which means, it has spread all over the world in a very short time.... [see video...](#)

Brown Recluse Spider

The brown recluse (*Loxosceles reclusa*) is a poisonous spider most commonly found in U.S. and Canada and has been found in the Okanagan and within B.C. The brown recluse will hide in dark, quiet, out-of-the-way areas where it will not easily be disturbed but they can be found in the house and gardens, so please wear gloves while gardening and springing the house and garages.... [read more](#)

Healthy hearts need clean air by Dr. François Reeves

Have you ever heard of pollution killing someone? I saw this question posted in response to a blog denouncing "eco-condriacs". With June 2 being Clean Air Day, it's an appropriate question to consider. It's often difficult to pinpoint direct proof of pollution's harmful effects on human health, except in cases of acute poisoning. The most famous and tragic example of acute pollution poisoning is the.... [read more.....](#)

Environmental chemicals and cancer by Kristan Aronson

A couple of years ago, I reviewed a landmark report on the connection between breast cancer and the environment. State of the Evidence 2008 made headlines with its conclusion that "a significant body of scientific evidence links exposures to radiation and synthetic chemicals to an increased risk of breast cancer." On the whole, an estimated 80 to 90 per cent of cancers can be attributed to.... [read more.....](#)

Oily disasters: When will we ever learn? By David Suzuki with Faisal Moola

The Gulf of Mexico oil disaster was the worst accidental spill in history. No, not the one getting the headlines today, but the one in 1979 – although the current spill may eventually prove to be larger. Those of us old enough to remember may be experiencing déjà vu. On June 3, 1979, a blow-out preventer failed on the *Ixtoc I* drilling platform off the coast of Mexico. The well was owned by Mexico's state oil company, Pemex, but the drilling was being done by Sedco, which later became Transocean, owner of the *Deepwater Horizon* rig where the current disaster is unfolding. As with today's crisis, the experts tried to control the.... [read more....](#)

What chemicals are in your bathroom products?

- Take this informative survey and win prizes

How to get toxic chemicals out of your bathroom!

Lots of weird ingredients are added to bath and body products. And most people use about 10 of them a day – on your skin, absorbed in your body, and washed down the drain. You probably know some ingredients are bad for you. But did you know that about 1 in 8 ingredients is an industrial chemical? They make you feel squeaky clean, but they could cause problems – big ones like cancer, reproduction problems, and hormone disruption.

But we're here to help you choose safe products, and avoid the bad ones:

- **Step 1.** Go to your bathroom, grab a bottle or two, and come back to your computer. Go on. We'll wait. Just remember to come back!
- **Step 2.** Welcome back! Now look at the ingredients list.
- **Step 3.** [Take our survey](#) and check off which harmful chemicals are in that product. You'll find out if there's anything bad in there, and your participation will help us push the government to enforce stricter laws on toxic chemicals in body products.

Time to clean up the bathroom! Get a bottle, [take the survey](#), and get toxic chemicals off of your skin.

You Could WIN!

When you participate in the survey, you will be entered into a draw. You'll have a chance to win a locally, handmade makeup bag or shaving kit full of safer cosmetics OR an autographed book.

OK in Health's Contests



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

Closing date September 24th 2010 - New Summer contest ~ [Click Here to enter!](#)

Enter all the contests numbers on to your entry form (example...# 1 CD, #14 pet, #21 reiki,)
Enter as many contests as you want that are **within your area**

Thank you to all our OK In Health practitioners who donated these wonderful prizes.

Visit our [contest page](#) to enter the new Summer contests.

Also an **OK In Health special members draw -**

A special prize draw of 2 of \$25 gift certificate ([HAAO Dollars](#)) redeemable at the Okanagan Holistic Market toward a Holistic session. Valid on July 25, August 29, September 26, October 24, November 28. Not valid for products. [Email to enter here](#). [Please mention you are an OK in Health member when entering OHM draw]

Enter to Win New Summer Contest

Enter as many contests as you want that are **within your area**

[Enter Here](#)

Special Referral Contest

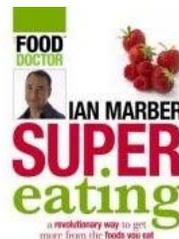
Refer your friends, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The person with the most referrals from now until September 24th wins a special Prize -

Supereating: a revolutionary way to get more from the foods you eat
by Ian Marber (Author)

Reviews

I love all the Food Doctor books and regularly follow Ian Marber's recipes. This book is truly informative about what foods are good for particular conditions and what enhances the properties of various foods too. It's well worth reading even if you don't make any of the recipes. I'm looking forward to enjoying lots of culinary delights as I try all the suggestions in this book. Review by Susan Kersley.

"Well explained, easy-to-read charts stop it from being complicated or time consuming." -- Marie Claire



Thank you for taking the time to read the OK In Health e-magazine.
I hope you get as much pleasure receiving it as I had sending it.
Please feel free to contact us if you think there is anything I can help you with.
From Maria Carr and the OK in Health team

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