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## OK In Health Monthly E-Magazine - JUNE 2010

### Publisher's Message

Greetings to all our OK In Health members,

### OK Announces Two Major Events.

OK In Health, now proud sponsors of two new major events coming this Fall.



We are working with 'Autopoetic Ideas Festival' to bring [Deepak Chopra](#) to Kelowna this Fall. We are reaching out to members of the Kelowna & Okanagan health and wellness community and our OK In Health members, to see if we can build interest and support to bring Deepak Chopra to Kelowna. If you would like to participate as a community partner or sponsor [click here](#) for more information. We would love to hear from our members to know how you feel about this event to come to the Okanagan. [Feedback](#)

Deepak is the author of more than fifty-five books translated into over thirty-five languages. Time magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century and credits him as 'the poet-prophet of alternative medicine'.

Deepak Chopra  
Okanagan 2010

### Be The first to hear!

As OK In Health is a proud sponsor of this event, we will have the latest information, dates, and early-bird discount tickets. If you are not already a member and receive our free e-magazine, then [sign up](#) to be the first to hear about this event and many more.

OK In Health is also a sponsor of the 'Body Soul & Spirit Expo - South Okanagan 2010' coming this Fall. This large Health show is happening on September 24th - 26th in [Penticton](#), BC. For Penticton Exhibitor Registration and Information - [click here](#).



### Be The first to hear!

As OK In Health is a proud sponsor of this event, we will have the latest information, dates, and early-bird discount tickets.

### OK New Columnists

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

First is [Michael O'Connor](#), who is a full time professional Astrologer/Numerologist. Michael has been a student of these and related disciplines for 30 years and a practitioner for 17 years. A popular columnist, lecturer, presenter and workshop facilitator, Michael brings enthusiasm, passion and a wealth of knowledge. Catering to an international clientele Michael is dedicated to assisting people to be more self aware, in-tune, authentic, healthy, professionally satisfied, happy and successful.



Michael's Column "Wisdom Astrology" is about bringing the natural wisdom of Astrology down to earth for greater fulfillment in everyday life.

Second is [Shari Montgomery](#), who has been working in the healing arts since 2003 and is an Advanced PSYCH-K® Facilitator, EFT and Massage Practitioner. With a passion for health, wellness and balance, she has worked with clients from all walks of life to help them make shifts in their lives, and keeps mobile by frequently working out of various locations.



Shari's column "Empowered Living" is about the mind/body connection and holistic health solutions for co-creating wellness.

## OK on Tour

The first was at the [Vernon's Body and Soul Wellness Fair](#) on May 1st and 2nd and we had a wonderful turn out. Thank you to all the new members who joined OK In Health and a special big thank you to Nora Donovan-Ward for her amazing help as our Vernon Representative, and also Kianna and Maggie Reigh who helped us at the booth. Also to Whole Food Market, BodyPlus/Progressive and Vernon's Nature Fare who donated wonderful gift baskets. Delia Haskell won the Nature's Fare basket and Kim won the other basket from BodyPlus basket.

Then we went to the Kelowna [Diversity Health Fair](#) on Saturday, May 15. Two of our OK In Health columnists, [Maggie Reigh](#) and [Lyndsay Blais](#), spoke on behalf of OK In Health at the Diversity Health Fair. This show was covered by CHBC TV News and OK In Health was shown on the CHBC TV news.



## OK Contest Winners

Our Spring contest has come to an end and we are pleased to announce the winners. See below for the Spring contest winners. Thank you to all our OK In Health practitioners who donated these wonderful prizes. Visit our [contest page](#) to enter the new Summer contests.

**And... we have some great new articles from our OK In Health columnists - see below.**

Wishing you all a lively Spring 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](http://www.OKInHealth.com)

## Some more feedback from our members

- \* Good way for keeping abreast of what is happening. from Rayne J. Kelowna
- \* I've read articles such as, David Suzuki, about milk not being good for you, and the pet parasite program, all excellent articles. From Sonja
- \* I really like your website, well-done and lots of healthy infos! from Sylvie Harel
- \* I would be very interested in attending a conference/speaking of Deepak Chopra as an individual participant - good luck in promoting him to Kelowna and keep us posted. Charlene L.

## Up Coming Events

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

### Please mention OK In Health to your contact person

Here are only some of the events, for full list see [OK In Health's event calendar page](#).

**June 1 & 2 Shiatsu Face Lift Training Agassiz BC**

**Tuesday, June 1 - Styrofoam Round Up - Vernon**

**Wednesday, June 2 - Clean Air Day - Vernon**

**Thursday, June 3 - Local Food - Vernon**

**June 3 - Have You Had A Spiritual Experience ~ Free Workshop Armstrong**

**Friday, June 4 - Water Day Every Drop Counts - Vernon**

**Saturday, June 5 - International Trails Day - Vernon**

**June 6th - Rhythm of Life Run and Walk - Burnaby**

**June 7th - Sound Healing Workshop Calgary, AB**

**June 8th - Disability Management Conference Kelowna**

**June 19th - Sat. Advanced Reiki Training (A.R.T.) Level 3 ~ with Anne Reid. Kelowna**

**June 19th - Bach Flower Workshop - Kelowna**

June 27th, - Free Yuen Demonstration - Moose Jaw, Sask

June 2010 Certified Traditional Chinese Feng Shui Practitioner - Modules 1 -4 Vernon

July 17 and 18 - Yeun Level One in Penticton and Free Yuen Demonstration on 16th

July 23rd - Free Yuen Demonstration - Regina, Sask

July 24, 25 - Yuen Method tm - Level One - Regina, Sask

**June 28th - Heal Your Life Workshop - Vernon**

August 6th - Free Yuen Demonstration - Regina, Sask

August 7 & 8 - Yuen Method tm -Level Three - Regina, Sask

August 14 & 15 - Touch for Health - Level One - Kelowna

Sept. 3 & 4 Business Feng Shui Vernon

Sept. 10, 11, 12 & 13 FSRC Four Pillars of Destiny Essential Course Vernon

Sept 13 to 16, Oct 4 - Shiatsu Full Body, 4 day course - Vancouver/Agassiz

September 24 - 26 - Body Soul & Spirit Expo - South Okanagan 2010 - Penticton (OK Sponser event)

Sept. 25- 26, or Sept.28 -29 - Physics and Spiritual Healing for Healers - Calgary

Fall - An Evening with Deepak Chopra - Kelowna ( OK Sponser event)

October 20th 2010 Seniors Symposium Wellness Fair Penticton ( OK Sponser event)

Every Tuesday - Energy Healing - Horse & Crystal - Vancouver

Advanced Tools For Self-Mastery - Kelowna - Vancouver - Calgary - Toronto

**Animal Care Page** - [click Here](#)

**June 5th & 6th – Classical Equitation Series: Weekend Workshop** [Vancouver](#)

**August 15th – Movement and Gait analysis** [Vancouver](#)

**August 6th - 8th – Horse Intuitive Sessions: Weekend Workshop** [Vancouver](#)

**September 19th – EQUINE BASIC FIRST AID** [Vancouver](#)

**October 17th – ADVANCED EQUINE FIRST AID** [Vancouver](#)

**November 7th – BASIC INTRODUCTION TO EQUINE MASSAGE** [Vancouver](#)

[MORE EVENTS](#)

## 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 one**

It is hard to imagine an area of study that is more misunderstood and confusing to the public than diet and nutrition. We are bombarded with information, much of it conflicting, much of it changing rapidly, and understandably we lose our way in our

**Science Corner** by David Suzuki with Dr. Faisal Moola



### **What the Gulf oil disaster tells us!**

We've been assured many times that the technology is safe, but the Gulf disaster shows that no technology is foolproof. Can we really afford the risk? When a disaster of this magnitude occurs, we should stop to re-examine



### Healing the Heart – Forgiving the Unforgiveable

Forgiveness is choosing to love. It is the first skill of self-giving love ~Mahatma Gandhi Letting go of anger and resentment, and feeling yourself healed is such an important gift we can give ourselves.....[read more](#).



### Where chocolate grows on trees

The first time we saw the tree it seemed very ordinary. Medium height, long leaves, nothing to really make it stand out from the other trees in the garden except for the large oblong fruit growing from the trunk of the tree. If you break one of the fruits open, it is filled with .....[read more](#)

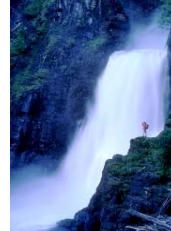
### "Coaches Corner" with Sue Chambers



#### 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 and follow through with our fitness goals.....[read more](#)



### Glorious Gardens Gems

#### Why Use Rain Barrels?

Rain barrels conserve water and help lower costs (a rain barrel can save approximately 1,300 gallons of water during peak summer months). A rain barrel can be used to save water for plants during dry periods. Rain barrels can also be arranged to slowly release the collected rain fall to areas that can soak up the water, reducing stormwater runoff and increasing groundwater recharge.

### "Wisdom Astrology" with Michael O'Connor



#### Astrology is a Great Tool for Life

Astrology is a powerful tool. It measures the relationships we share with nature and with the natural cycles of time. It teaches us that our nature, our character and destiny are interwoven. ....[read more](#)



### "Empowered Living" with Shari Montgomery

#### A Holistic Approach to Wellness

The link between mind, body and emotions can no longer be denied, and it's critical to consider this three-fold approach for wellness and living your best life. It's much like a loop between the physical, emotional and mental. One aspect of your being affects the other.....[read more](#)

### Body Plus Column

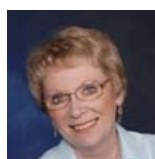


#### It takes more than an apple a day by Norm Danniels.

Green food supplements are continuing to gain in popularity, offering a wonderful bridge between food and supplements. Made up primarily of whole food concentrates and extracts, they are nutritionally denser than the foods we consume, and contain a wide variety of vegetables that would otherwise never make it to our table. Vegetables don't play much of a role in today's fast food world, but they are nutritional powerhouses that must be included in our diet. This is where green food supplements make their greatest contribution. They are highly alkaline, contain significant levels of phytochemicals and trace nutrients and make a tremendous contribution to our nutrient intake. [\[Read full article\] .....](#)



### OK In Health's Favourite Picks from our OK members



#### The Journey of Life by Carole Fawcett

*"Perhaps early in life you adopted a thought about yourself that defined you as small, ugly, incapable or unlovable. Most of us did. And perhaps you went on to live as though that identity was true. And perhaps, like many, you collected a pool of tears in your heart and went through life*





Get to know some of our OK In Health members!



## The BodyTalk Studio

BodyTalk is a healthy body/mind alignment that addresses the general well-being of the whole person. The body is designed to heal itself, however when we experience stressors, our internal communication can break down resulting in illness or injury.

BodyTalk is a simple, safe, and effective healthcare system that helps restore natural communication, balance, and harmony within the body. Call and experience how it can work for you!

Eileen Malesan CBP (250) 801-7538 [www.thebodytalkstudio.com](http://www.thebodytalkstudio.com)



### A Mindful Connection



*Carole Fawcett is a professional psychotherapist and counsellor who believes that we all have the ability to self-heal the hurts of our life journey. Carole comes from a place of empowerment and gently assists her clients to find themselves through the power of their minds. Carole is a professional speaker and offers workshops on stress, laughter and life management.*  
[www.amindfulconnection.com](http://www.amindfulconnection.com) 250-550-0316  
***“helping you to find the answers”***

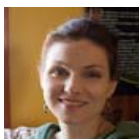
### SunStar Astrology with Michael O'Connor



**T**une-in to your life!  
 Astrology is an ancient and powerful tool for developing a better understanding of your relationships, health, career, changes and core nature.  
 Gain a deeper self-awareness and attunement to the natural cycles in your life. Michael provides personal Readings for individuals and couples, workshops and lectures and frequently travels throughout the northwest.

[www.sunstarastronomy.com](http://www.sunstarastronomy.com)

### Holistic Practitioner, Shari Montgomery



As a Holistic Practitioner, Shari works with the interconnectedness of the body, mind and emotions. Her skills for helping people achieve wellness include; deep tissue or chair massage, Advanced PSYCH-K® as a direct way to identify and change limiting subconscious beliefs, and EFT as a meridian based therapy for clearing negative emotions.

## 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

#### Quinoa Salad

- 1 cup quinoa
- 1 1/2 cup cold purified water
- 1 chicken stock cube (or substitute water & cube for homemade stock)
- 1/4 cup sprouts – pea sprouts are my favourite
- 1 tomatoe – diced
- 2 green onions – diced
- 1/4 cucumber – diced
- 1 tsp fresh basil – chopped
- 1 tablespoon olive or flax oil
- 1 tablespoon balsamic vinegar

Measure and rinse quinoa, pour into medium sauce pan, add water and stock cube. Bring to boil and reduce to simmer. Simmer for 10 minutes, removed from heat, cover and let cool. Mix oil and vinegar. Transfer quinoa to glass bowl, mix in vegetables, sprouts and basil. Add oil and vinegar and toss. This is a great lunch or side dish. Quinoa is an ancient grain and a good source of protein. This recipe is from the Bliss Kitchen.

Recipes submitted by

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

[More recipes....](#)

# The Body Soul & Spirit Expo

Canada's Holistic & Spiritual Lifestyle Event

## South Okanagan



**Kelowna  
Penticton  
Vernon  
& Area**



## 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 won't 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!

## Book and Audio Books



### Such is Life (book) by P. Ann Turner - Vancouver, B.C.

A journey through life - facing challenges like sexual abuse and a violent home invasion. Many women, mothers, girls and men can relate to the story of triumph over adversity, but how many people had horses as their counsellors? This is a story of personal struggle, a life after the pain, where peace was found, confidence regained and a life transformed by encounters with 4 footed life coaches. [More details .....](#)



### Suí ~ Mindfulness Meditation & Relaxation package - Ireland

"Suí Mindfulness Meditation & Relaxation package" (double CD & step by step booklet) by Derval Dunford, Co. Mayo, Ireland

Sui is the Irish word for sit and it is pronounced in a similar fashion to the English word 'see'. Being guided effortlessly through these simple yet powerful practices, builds up your inner resources for dealing with stress. It allows the mind and body to REALLY rest and rejuvenate. It promotes restful sleep and brings balance to your life.

*" I am privileged to have listened to Derval's meditation CD 'Sui'. It is lovely to come across a CD which contains something for people at all levels. Tracks range from 5 minutes to 20 minutes. The first CD is divided into sections alternating speech with Tibetan bowls. I was also very impressed with the booklet. I have no hesitation at all in recommending it, especially to those who, like Derval, come to know that embracing 'illness as messenger' is Sine Qua Non to healing. Derval's soft Irish voice is such pleasure to listen too." - Maria Carr*



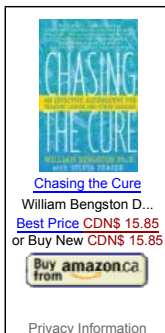
**THE ESSENCE OF SOUND by EVELYN MULDER** - Lake Country, Okanagan  
On SALE NOW! - Order your copies today! [Website](#) Ph: 250-766-2005 [Email](#)

I opened Evelyn's book The Essence of Sound and my soul grinned. I stand in awe of this woman's gifts, abilities, and insights. She is a visionary and is committed to sharing her wisdom with us. To me, this is an encyclopedia of sound meridians, chakras, auric field and figure eight energies. It's for the beginner and the advanced. She has beautifully combined, in such a user friendly way, the core of energy work into one great book. I immediately felt it to be one of the most comprehensive books on the subject. I'm excited for all the possibilities and I appreciate the heart and love that is in this book. It's wonderful. - Tawni K. Lawrence, LMT,CLP.

"The Essence of Sound is a welcome, comprehensive, and highly sophisticated guide to the body's energy systems. It teaches you how to use sound, herbs, crystals, gemstones, aromas, colours and affirmations to orchestrate the energies of your meridians, chakras and aura into a beautiful symphony. Beyond this, it integrates the body's complex energy systems into an encyclopedic guide we can all use and understand. I recommend it highly"  
- Donna Eden , Author of Energy Medicine -

**Chasing the Cure**

An Effective Alternative for Treating Cancer and Other Diseases by William Bengston with Dr. Sylvia Fraser  
Published March 13th, 2010 Price:\$21.95



**Can energy healing cure cancer?**  
You be the judge! Virtually all Eastern healing practices are premised on a belief in the existence of an invisible energy system; the Western world is alone in rejecting that view in favour of a materialistic, technological, drug-based medical system. While the accomplishments of the Western system are undeniable, the general public is well ahead of Western medical professionals in accepting and seeking out alternative health methods. The only thing missing has been a clinching argument to bridge the gap between Eastern tradition and Western skepticism— until now. Chasing the Cure tells the story of how Dr. Bengston discovered and developed his healing talent; how he pursued it through laboratory research despite the heated skepticism of scientists who dismissed his results as "too good to be true;" and how he began to gather high-level support. It also contains a teaching supplement, describing Dr. Bengston's healing methods.

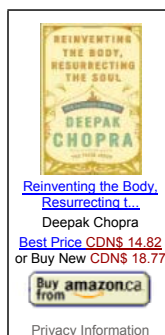
**Our Members Review:**

"Chasing the Cure" Beautifully written, capturing your imagination, turning skepticism into believing. Teaching the alternative approach to our North American Medicine. This book, written like an autobiography and a hands on

guide,using human energy phenomana.  
From Hydee, Penticton

A very interesting read - highly recommended. William Bengston concisely explains the fascinating results of his many experiences both in scientific research on energetic healing, as well as the many positive results obtained with his own clients. He explains how the average person can learn to tap into his own innate healing abilities and generously shares his detailed techniques and observations for doing so.  
A good read for both therapist and layman alike!  
From Carol, Montreal

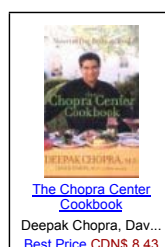
**Reinventing the Body, Resurrecting the Soul: How to Create a New You (Hardcover)**



I've been interested in self healing for a little while now, but didn't know where to start researching further. This is an awesome book to help open your mind and introduce you to how much more complex your body, as well as your life really is. I recommend it to anyone that's looking for alternative answers to any personal problems regarding health.

[Reinventing the Body, Resurrecting the Soul](#)  
Deepak Chopra  
[Best Price](#) CDNS 14.82  
or Buy New CDNS 18.77  
[Buy amazon.ca from](#)  
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**The Chopra Center Cookbook: Nourishing Body and Soul (Hardcover)**



This cookbook is great, the recipes are absolutely delicious, but the most important part of this book is the spiritual aspect that goes along with cooking and eating food. Eating is important for all the obvious reasons, but really nourishing yourself is an incredibly important part of living a vital, healthy life. Everything from the type of food we choose, to the way we prepare it, to the mood we create everytime we sit down to eat, affects our life and health. This book is a great guide to cooking some fantastic meals and really showing you the spiritual side of cooking and eating.

[The Chopra Center Cookbook](#)  
Deepak Chopra, Dav...  
[Rest Price](#) CDNS 8.43





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

June to 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

Our Spring contest has come to an end and we are pleased to announce the OK In Health winners.

Hope Stubbs, Abbotsford - Anna Marie Spiller, Vernon - Marie Bazell, Lumby - Brigitte Demeter, Kelowna - Susan Nelson, Vernon - Cara Christiansen, Kelowna - Joni Hara, West Kelowna - Angie Szerepi, Kelowna - Linda Grant, Penticton - Orian Hartviksen, Okanagan Falls - Audrey Goran, Kelowna - Paulette Chamberlain, Okanagan Falls - Tina Doherty, Okanagan Falls - Patricia Gulyas, Kelowna - Delana Bergmann, Penticton - Leigh Hancen, Westbank - Donlea McCombs, Enderby - Lu Narine, Regina, SK - Patrika Watkinson, Westbank - Oonagh Ward, Co. Limerick -

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

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

### Enter to Win New Summer Contest

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



### Special Referral Contest

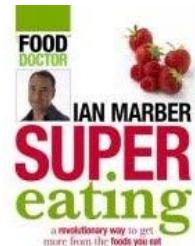
**Refer your friends**, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The person with the most referrals from now until September 24th wins a special Prize -

**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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