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OK In Health Monthly E-Magazine - May 2010

PUBLISHER'S MESSAGE

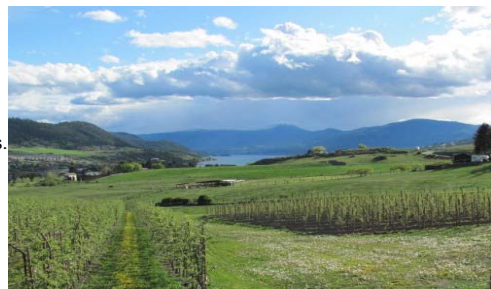
Greetings to all our OK In Health members,

Hi There,
This month I've been thinking about Moms and how they balance their many roles.

Also, OK goes on tour! Find out more about visiting us at a health shows in you area.

Balance for busy Moms

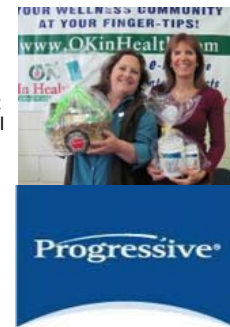
Many of the Moms I see, whether they work outside the home or not, struggle to find a healthy balance between their "Mommy" roles and the other roles that give their lives value and meaning. According to a recent Canadian survey, today's mothers are increasingly stressed out by trying to maintain strong commitments to their families while juggling multiple priorities. – There's a surprise!



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.

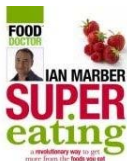
Then we went to the Kelowna [Diversity Health Fair](#) on Saturday, May 15. Two of our OK In Health columnists, [Maggie Reigh](#) and [Lyndsay Blais](#), spoke on behalf of OK In Health at the Diversity Health Fair. **This show was covered by CHBC TV News and OK In Health was featured on the news.**



And... we have some great new articles from our OK In Health columnists such as:

- Taking a Well Deserved Break
- Staying younger longer The Natural Way
- Benefits of Facial Massage
- Technological fixes can have serious consequences
- Milk. It Does Nobody Good
- The Gift of Sound Healing
- Pet Parasites – More than just Poop Patrol!
- Feng Shui for the Home - Top Ten
- Emotional Rescue
- The Heart of the Soul - Book review
- An Interview with Hanne Marquardt
- Coffee confessions of a health nut
- and some interesting new recipes to bump up those morning pancakes
- see below

If you have any events coming up this summer or fall, now is the time to post them. All events are only \$20. OK In Health reaches people that are already interested in health and wellness and attending local events.



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 **May 24th** wins a special book Prize -

Lastly, We're real excited here at OK in Health that our new web programmer and new web designer team have begun the process of building a new improved website. So if you have any thoughts, tell us what features you would like to see.

We are looking for a small group of fun opinionated members who love to check out our new website in it's development stages, feedback on new design and have time to share your opinion with us. We would love to have your feedback on issues such as(music on site, do you like the design, do you find the new system easy to use.....) No experience needed, just your feedback on what you like.

This is your network and a team effort, so if you would like to be involved in how the new website looks, please email me to be part of the team.

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 names below]
Publisher of OK In Health E-Magazine - www.OkinHealth.com

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 Winter 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

Feedback

OK In Health and Reiki Revive

There is no doubt in my mind that placing my ad in OK In Health works. I have received clients from Australia and out of province within days of the ad appearing. Thanks Maria - you make it all possible, from [Kathy Collins](#), Kelowna [Thank you Kathy!](#)

Thank you very much for your kind attention. I am very thrilled with this e- magazine. As I have only had 2 editions. And I must congratulate you for this and all others that work with you on this. William A. [Thank You William for your kind words](#)

I have a request. Your Magazine is produced on a large computer, and I read it on a Mac laptop that is 9 1/2 inches across. Would you set your work so it will shrink to fit any computer? That way I will not have to move it from side-to-side on my laptop in order to read the entire page. Thanks. Sally

[Thank you Sally, for your great suggestion. I have passed your request on to our new web programmers and we will make this change to our new website.](#)

Up Coming Events

[Click Here for full list & more details](#) and for more event in 2009 ...more



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250-770-8303
www.quantumfitnessstudio.com www.bodiesonpower.com

FITNESS CLASSES
VIBRATION TRAINING
WORKSHOPS
HEALTH PRACTITIONERS

#102-500 Railway Ave., across from the Wine/Visitor Centre next to the Chevron at the Channel Parkway intersection

Friday May 7th evening - The Yuen Method tm Free Demo [Penticton Free Demo](#)

May 8 & 9 The Yuen Method tm - level one [Penticton](#)

Monday May 10th International "Move Day" Free events in Summerland, BC (OK Sponser event)

May 10th to 16th Bike To Work Week - free events prizes, BBQ, and fun [Vernon](#) (OK Sponser event)

Starts May 10th - Simply Symmetria Pilates and Health - 6 Weeks To Summer Shape Up [Kelowna](#)

Dru Yoga Spring Classes [Penticton](#)

May 15th - Diversity Health Fair in [Kelowna](#) - free events (OK Sponser event)

May 13th The Kansa Vatki and Indian Champisassage on May 14,15,16. [Delta, BC](#) ([Vancouver](#))

May 14-16 Canadian Society of Questers ~ Western Canada Spring Conference [Alberta](#)

May 17th Sound Healing Workshop [Kelowna](#)

Thursday, May 20th - Crystal Skull Meditation Group - [Kelowna](#)

What Is Spirit's Message For You? [Penticton](#) on **May 27th from 7-9pm**

DEVELOP YOUR PSYCHIC ABILITY (FOR A NEW WORLD) WORKSHOP

with **NATASHA J. ROSEWOOD** - [Penticton, BC](#). **Sunday, May 30th from 10-4**

[May 29 & 30 MUNAY-KI ~ The Foundation Rites Workshop Williams Lake](#)

[May 28th Quantum Touch ~ free intro night - Vernon](#)

[May 29th & 30th - Quantum Touch ~ 2 day Workshop - Vernon](#)

[May 30th - Sound Healing Workshop Kelowna](#)

[Sunday, May 30 - Celebrate Green Leadership in Your Community - Vernon](#)

[Monday, May 31 - Commuter Challenge Kick-off - Vernon](#)

[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 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 2010 Certified Traditional Chinese Feng Shui Practitioner - Modules 1 -4 Vernon](#)

[Sept. 3 & 4 Business Feng Shui Vernon](#)

[Sept. 10, 11, 12 & 13 FSRC Four Pillars of Destiny Essential Course Vernon](#)

[October 20th 2010 Seniors Symposium Wellness Fair Penticton \(OK Sponser event\)](#)

[Advanced Tools For Self-Mastery Kelowna - Vancouver - Calgary - Toronto](#)

[Animal Care Page - click Here](#)

[May 8th – Equine Lecture Series - Four Vancouver](#)

[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



**Steps Towards -
Staying younger longer
The Natural Way**

- A) Healthful fats
- B) Hormones
- C) Diet and Nutrition
- D) Cleansing
- E) Exercise
- F) Homeopathy....

Science Corner by David Suzuki with Dr. Faisal Moola



Technological fixes can have serious consequences

We often look to technological fixes without acknowledging our ignorance about how the world works, and then we end up trying to correct the unexpected problems that result. When we began to use CFCs in large amounts, scientists had no idea they might affect the ozone layer. Salmon farms seemed like a good idea, but no one anticipated parasitic sea-lice outbreaks that



Meditation – The Answering

Mediation is simply the conscious act of altering your state of consciousness. We change our state of consciousness all of the time. The lists of possible states of consciousness's we go through during any given day are numerous. So, what is Meditation?.....
[[Read More...](#)]



Feng Shui for the Home - ANOTHER TOP TEN

Feng Shui is the study of **qi / chi** – energies in our environment, which is specific to every space, relative to the time when the building was constructed, and to the people who are living or working within that space. Here are some general guidelines on your Feng Shui improvements:[read more.....](#)

Coaches Corner with Sue Chambers



THE HEART OF THE SOUL book review - by Gary Zukav

The Heart of the Soul is a very exciting and interesting book. Gary Zukav explains that the longest journey that we will make in our lives is from our heads to our hearts! He explains that the journey into the heart is our future and our only way of creating a future. Being a movement toward wholeness, integrity, and compassion...
[[click here to read full article](#)]



Glorious Gardens Gems

At long last, spring weather is securely in place. As soon as the weather is warm and settled, it's the perfect time for sowing seeds right into the garden. Good choices are summertime kitchen garden staples like squash, beans, lettuce, cucumbers and melons. Seeds sown directly into well-prepared warm soil will grow effortlessly at this time of year, outperforming six-pack nursery transplants with ease. Remember that if your first sowing comes up unevenly you can plug in more seeds. They'll come up and catch up quickly at this time of year.



The Foundation of Supplementation - Written for OK In Health, by Elaine Munro

The importance of investing in our health is something we all need to remember. While the intricate details of what we consume and the activities we engage in are of obvious significance, the need for supplementation is often overlooked. Health food stores are filled with hundreds of products with almost countless applications. While there are condition-specific supplements required for some people, these top 5 foundation supplements will cover the bases for most. They address the significant nutritional concerns of a contemporary lifestyle including.....[read more....](#)



Formulas As Individual As You Are



Formulated by Michael Moore, D.Sc., N.D.
Michael Moore, D.Sc., N.D. has been instrumental in the development of the most advanced and effective nutritional supplements for over 20 years. His natural health products are the result of his research and scientific expertise.

www.progressivenutritional.com

OK In Health's Favourite Picks from our OK members



An Interview with HANNE MARQUARDT

Hanne Marquardt is a student of the "mother" of modern Reflexology, Eunice Ingham. During Hanne's lifetime she has further developed and refined Reflexology, and thanks to her efforts, this health modality has become widely known in Europe. You have to travel deep into the countryside to find the famous German Reflexologist, Hanne Marquardt. More precisely, to the small town of Burgberg in the Black Forest of Southern Germany. She lives in a beautiful wooden house. In the lower level we find her renowned Reflexology School, where more than 30,000 Reflexologists over the years have earned their Reflexology diploma.

Maria's Favourite OK Picks



Emotional Rescue By Alexis Costello. Kelowna

Flower Essences are homeopathic Essences that work on negative emotions in the body by flooding the individual with the opposite, positive emotion. There are many different systems out there, originating all over the world. There are even

An OK In Health Members Survey

Would you be interested in attending these practitioner training courses with OK In Health Events, in Penticton, B.C.?

Reflexology course or
Healing Touch International practitioners course or
Cranial Sacral training course or
Medical Intuitive training course
or German New medicine
or Integrative Energy Healing (CS) a three-year certificate program

[E-mail your feedback to OK In Health Events](#)

Get to know some of our OK In Health members!



DARE TO DREAM - Body, Mind & Spirit Centre

Store wide sale - May 1st - May 16th
plus 50% off treatments
CELEBRATING 13 YEARS

New age & Self help Books, CDs & DVDs, Crystals, Semi-precious stones & Jewellery, Tarot & Oracle Cards, Incense & Oils, Feng Shui, Chakra Energy & Himalayan Salt Products.
Psychic Readings, Reiki and Massage and Classes, Thai Foot Reflexology, Shamanic Healing, Massage & Counselling, Meditations & Various Classes for Personal & Spiritual Growth.
At Dare To Dream Store, #33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295 www.kelownadaretodream.cjb.net
Join our e-mail [newsletter](#) for sales & classes.

Shen Ti Therapy with Chad Genereux



SHEN TI THERAPY

Through the use of Acupressure, Reflexology and Trigger Point Release, Shen Ti Therapy looks to not only eliminate your aches and pains, but more importantly, address the underlying causes of your physical health problems, therefore achieving optimum health and wellness.

Contact Chad Genereux at Orchard Chiropractic & Wellness
at #110-1980 Cooper Rd. Kelowna, BC PH: 250-717-7732 www.orchardchiro.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 250-550-0316

“helping you to find the answers”



Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



Coffee confessions of a health nut

I have a health confession to make: I am a full-fledged coffee addict. I love the stuff. This makes for interesting conversations in my office when people come in for nutritional advice, because so many people are terrified that the first thing I'm going to tell them is that they have to give up their morning java. And, sometimes, I do. But for most people, coffee is ok, as long as you are educated about exactly what it is you are taking into your body.

The great Sam Graci, a guru in the natural health field, and author of several excellent books, states that one or two cups of coffee a day are actually good for you under the right circumstances....[read full article....](#)

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. • Ser

ve with the Flax –Maple Pancake Syrup or spreads of your choice.

Recipe submitted by

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

More recipes....

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

How to make stuffed courgettes!

Fill your courgettes with goodness and just savour the flavours

[More recipes...](#)

OK In Health Member's Classifieds

Wanted: To Rent - a home in the Okanagan

Looking to rent a one level home in Vernon or Kelowna or somewhere in between or in surrounding area. Widow, 58 yrs.old seeking QUIET, CLEAN, maintenance free yard rental home that welcomes pets. Needed for June or July. Prefer rancher with few stairs. Prefer home with lots of windows since I love sunlight. Would also consider a mature spiritual, clean, quiet roommate. I've lived in Vernon and Kelowna years ago and returning to the Okanagan where I have lots of spiritual support. Love nature. Have great references.
Kindly contact Barbara - [click here to email](#) or 1 (519) 713-9226.



Kelowna Treatment Room for Rent

Treatment room to rent on a full time basis at Cherry Blossom Acupuncture 1462A St. Paul St. Kelowna BC Please contact Megan at 250-878-6514 for further information Website: www.cherryblossomacupuncture.com

Do You Enjoy Art!

Róisín O'Farrell is an Irish artist from a family of talented artists and writers. Pick a beautiful painting on line and it will be mailed to you or your loved one, anywhere in the world. [Website](#)

Beautiful gemstone pendants and necklaces

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

Wanted:

Equipment for a live-blood analysis business in the North Okanagan. 250-833-2129 or [click here to E-mail](#)

Infrared Sauna - For Sale

One year old Infrared Sauna, carbon elements, with two seats, and has a ceiling to floor tinted glass window. Asking \$1600. Photos available. 250-545-2747

Detox Foot Spa Machine - For Sale

A professional quality Detox Foot Spa machine (Platinum Energy is the Canadian company). Asking \$900. Photos available by E-mail. Phone 250-545-2747.

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

Guided Meditation cd's

Pamela Shelly has created 4 Guided Meditation cd's for \$19.95 each and has a wide variety of Crystal Skulls available, see www.pamelashelly.com under Products for more info. Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com [Email](#) or phone Pamela at 250-861-9087 in Kelowna.

Beautiful gemstone pendants and necklaces

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

Nutritionist Book

Our OK Nutritionist, Alexis Costello has her new book on nutrition available as an ebook on her website. She is offering a special download to our OK In Health members, if you are interested? The pdf file is \$5.99 to download and the intro is there for you to read if you like. Her website is www.happilyholistic.ca



Two more BUDGIES available

2 precious young healthy budgies are available at the BCSPCA. Mated pair (female and male) so they can be together in one cage. They are curious, very gentle and are now learning to interact by coming out of their cage, eat from your hand, and sit on your finger. Female is deep emerald green and yellow, male is cinnamon green and yellow with cerulean blue tones in his tail feathers. Cage and accessories are included. Call BCSPCA 250 493-0136 (photo is not of actual birds)

Tired of renting your practice office space??

Own your own office space and create it into how you want it!

Business for Sale - Nelson Successful business of massage with its own niche for sale with everything already laid out for you. Assets, publicity, web site, training and customers come with it. Its distinct brand, with an already established clientele and an outstanding reputation over the past 8 years, is a dream opportunity for an energetic massage professional coming from a Spa background, massage or any type of bodywork or for a RMT. This voted #1 service of massage is located in Nelson, beautiful BC, a very alternative and dynamic town. Call 250-352-6804 or visit www.rubitinmassage.com.

Penticton Office For Sale: 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, non-profit group office or any business that needs their own space, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Reduced to \$73,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

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.

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.

Computer Instruction and Professional Writing Services

Let me assist you with:

- . computer training
- . writing services
- . technical manuals, reference guides
- . website editing, policies and procedures
- . for print and online
- . computer services for vacation relief at your location or in my office

Twenty years experience. Special rates for non-profit/charitable organizations.
Catalpa Computer Consulting.
 Contact Bobby Krause at 250. 770. 8294 or by E-mail

Wellness Tips

May is..

Month	
	Cystic Fibrosis Month
	Foot Health Awareness Month
	Hepatitis Awareness Month
	Huntington's Disease Awareness Month
	Medic Alert Month
	Multiple Sclerosis Awareness Month
	National Physiotherapy Month
	Speech and Hearing Awareness Month
Week	
*	1-7 National Summer Safety Week
*	1-7 Spinal Health Week
	2-10 Naturopathic Medicine Week
	3-9 Emergency Preparedness Week
	3-9 North American Occupational Safety and Health Week
	3-9 National Hospice Palliative Care Week
	4-10 National Mental Health Week
	11-17 National Nursing Week
	12-18 National Road Safety Week
	19-22 Aboriginal Awareness Week
Day	
	3 Annual Hike for Hospice Palliative Care
	5 World Asthma Day
*	8 World Red Cross Day
*	10 WHO, Move for Health Day
*	12 International Nursing Day
*	12 Canada Health Day
*	12 Fibromyalgia and Chronic Fatigue Syndrome National Awareness Day
*	17 International Day Against Homophobia
	19 World Hepatitis Day
*	28 National Multiple Births Awareness Day
*	31 World No-Tobacco Day

Just posted on OK In Health

Kelowna Canoe & Kayak Club

Regular monthly meetings start at 7:30 p.m. on the second Tuesday of each month, from April through September, at the The May Bennett Wellness Centre 135 Davie Road. (Corner of Davie Rd & Hwy 33, Rutland) [email](#)
 Meetings feature news on upcoming trips and activities, education presentations, and slides or videos of club trips.

Osoyoos Arthritis Community Group

Meet 3rd Monday each month at 1 PM Osoyoos Health Centre. More info (250)495-8041

Come visit



at the

2010 Seniors Symposium
 Wellness Fair

Presented by the
 South Okanagan Seniors Wellness
 Society

**October 20th
 Trade Fair & Flu
 Clinic**

9:00 am to 4:00 pm
 Penticton Trade &
 Convention Centre

**Largest seniors trade
 show in Western
 Canada.**

- ✓ Over 100 displays of the latest products and services for seniors.
- ✓ Thousands of dollars of raffle prizes to be drawn during the event.
- ✓ Entertainment all day: music, dance, and more.
- ✓ Community displays: bonzai, model boats & planes and quilting.
- ✓ Free admission for the public.

Suggested donation of \$2
 For the Healthy Aging Fund.
 Supporting seniors in our
 community.

Osoyoos Market-on-Main

at Town Square Sat 8am-1pm May22-Sept 6 Info (250) 495-3537

For more support group - [click here](#)

Add your support group - free - [click here](#)

Post your Farmers Market's full details for the Summer - \$20 - [Click Here](#)



Wellness Tips

Do you get frustrated when videos like YouTube, stop and starting?

Here is a good tips on how best to watch YouTube videos (for those who may not have watched them before). You need to let the video download completely before watching it because you will watch a couple of seconds and then the video hangs as it continues downloading and then plays for a couple of seconds and then hangs again. This happens because it plays quicker than it can download.

Here's how you do it:

When you click on the video, just below the actual video screen there will be a play pause button...wait for the pause button to show as it starts playing...then push the pause button...you will see a red line going along the time line. Wait until this gets right to the end (red line indicates how much of the video has been downloaded). Then push play and the video will play right through without interruption.

Garlic

Since 1986, responsible medical journals published 31 studies on how garlic affects blood pressure and cholesterol. Many suggest that garlic lowers both. Experts recommend roughly 1-4 cloves per day for heart-healthy benefits. The final word on garlic awaits even more research, but eating modest amounts seems safe and probably good for us. Try adding garlic to salads, pastas, rice dishes, soups, potatoes, and even sandwiches.

Eye Protection During Sports

Do you participate in sports that involve a moving ball, swinging stick, or physical contact? These include sports like hockey, tennis, racquetball or baseball. According to the International Federation of Sports Medicine, the use of protective gear significantly reduces eye injuries in sports. Be safe, not sorry. Buy and use sport appropriate goggles or a facemask. Make eye protection a priority while you play.

Lots of Diets

Did you know that 65 million Americans go on a weight loss diet each year? And that as many as 48 million Americans are on a diet on any given day? Try on this idea: Dieting is not the solution for being overweight or obese. At best, diets are only a very temporary fix. Adopting gradual, but sustainable improvements to your eating and exercise habits are what can last you a lifetime.

Fructose

Fructose occurs naturally in fruit, along with many other healthy nutrients including vitamins, minerals and fiber. Current nutrition guidelines indicate most people should be eating more fruit. However, when used as an additive in candy, drinks and baked goods, fructose isn't any better for us than its chemical cousin, sucrose (regular sugar). Fructose provides just as many calories and can have a laxative effect if consumed in large amounts. So, eat your fruits, but try to avoid added fructose.

Fast Food

Did you know that a plain fast food hamburger may be a better nutritional bet than a chicken sandwich? One plain patty, with bun but no cheese, provides about 260 calories and 9 grams of fat. A fried chicken sandwich has almost 500 calories and 23 grams of fat! When dining out, consider opting for plain items, such as burgers. Hold the cheese and sauces, or opt for grilled (not fried) chicken sandwiches with mustard instead of a rich sauce or mayo.

Interval training

Interval training mimics the behavior of our hunting-gathering ancestors better than continuous exercise that maintains a constant pace for 20-40 minutes. Interval training can be defined as short, high-intensity exercise periods alternated with periods of rest. Periods of high and low intensity are repeated several times to form a complete workout.

Weight management

Weight management is about managing a healthy body composition, staying at your ideal body weight, balancing stress and adding life to your years and years to your life. Long-term health should be the ultimate goal of any exercise or weight management program." - Tracy Holly

Addressing Muscle Soreness

The smartest way to address muscle soreness is to avoid it. When starting a new training program, or upgrading an existing one, go into it gradually. Take several weeks, even longer if necessary. Should you experience soreness along the way, give your muscles a day or two of rest to recover.

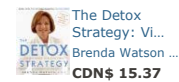
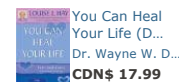
Stay Safe on the Basketball Court

Do you know anyone who plays basketball? Avoid injuries on the court by wearing the proper shoes. Good basketball shoes increase shock absorption and supply appropriate traction. They help reduce the amount of stress normally transmitted to the knees.

Gaining Weight

As hard as this is to believe, some people have trouble gaining weight. If you are trying to build muscle, add calorie dense snacks between meals. Examples include dried fruit, nuts, protein powders between meals, peanut butter and bananas. An extra 400-500 calories per day is usually all most people need. Get plenty of rest each night. Avoid smoking.

We Recommend



1 2 >



Get Widget

Privacy

Persistence is an amazing thing

You don't have to be the best or the smartest, but if you keep working at something and don't give up, it's incredible what you can accomplish."- Cory Holly

Spaghetti Squash

A 1/2 cup of baked spaghetti squash contains only 25 calories and is a good source of nutrients. Try topping cooked spaghetti squash with warmed tomato sauce or salsa, and enjoy as a healthy side dish or snack.

Icing for injuries

Icing many types of injuries aids the healing process. But, using ice improperly can actually do more harm than good. Use these precautions when treating injuries: Do not leave the ice pack on an injury after the skin becomes numb. Never fall asleep with ice on your skin. Don't use ice on open blisters or wounds. If an injury does not respond to self-treatment within 24 hours, see a doctor

Lower Fat Baking

Looking for a way to lower the fat in baked goods while maintaining moisture? Try pureed fruit. Experiment with pureed prunes, pears, figs, peaches and applesauce. All will provide flavour and moisture with fewer calories and no fat.

This Month's Book Reviews

THEE ESSENCE OFF SOUND by EVELYN MULDER



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 ~

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More Favourite Picks of the Month

Book and Audio Books

We Recommend



Igniting Intuition
Christiane Nort...
CDN\$ 72.00



Chasing the Cure: An Effortless Path to Healing
William Bengsto...
CDN\$ 15.85



Gut Solutions: Natural Solutions for Digestive Health
Brenda Watson ...
CDN\$ 20.76



O Canada Crosswords ...
Dave Macleod, ...
CDN\$ 9.95



You Can Heal Your Life (D...
Dr. Wayne W. D...
CDN\$ 17.99



TOTAL Reflexology
Martine Faure-a...
CDN\$ 18.80



Supereating: A Revolutionary Approach to Weight Loss
Ian Marber (Pap...
CDN\$ 15.64

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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](#)



" [Sui 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*

<p>Click here Privacy Information</p>	<p>Messages from Spirit Colette Baron-Reid... Best Price CDNS 6.47 or Buy New CDNS 11.51 Buy amazon.ca from Privacy Information</p>	<p>Meditations for Entering the Temples... Sylvia Browne Best Price CDNS 8.90 or Buy New CDNS 15.29 Buy amazon.ca from Privacy Information</p>	<p>Journey Through the Chakras Colette Baron-Reid... Best Price CDNS 2.58 or Buy New CDNS 11.66 Buy amazon.ca from Privacy Information</p>	<p>Advancing Your Spirit Wayne W. Dyer Dr., ... Best Price CDNS 11.57 or Buy New CDNS 18.24 Buy amazon.ca from Privacy Information</p>
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DVD and Children`s books

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More Dvds, Books, and Cds.

[DVD's - CD's & Audio Books](#) - [Books](#) - [Families Books](#) -

OK in Health's Contests

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

February to May 24th 2010 - New 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

Enter to Win - sessions & prizes:

Special Referral Contest - See below for more information

Special CD Contest for all our all members - See below for more information

1. **Williams Lake**
One complimentary 30 min Lemurian Oracle reading with **Sharon Taphorn** from Playing With the Universe..
2. **All Areas**
One complimentary Distance Journeying for **Power Animal Retrieval** session by **Dawn Dancing Otter** (reading by phone or internet).
3. **closed**
4. **White Rock - Vancouver Area**
One complimentary Heart Resonance Therapy session or pilates reformer session with **Michelle Cubin** at Pilates & Healing Studio.

CENTRAL AND NORTH OKANAGAN AREAS

5. One complimentary ½ hour psychic reading by **Darcy** of **Athenic Connections**. Connect to your guides and get the messages you need to hear
6. one complimentary a Shiatsu session from **Rite-Way Health** with **Marie Sperling**.
7. One complimentary Feldenkrais session (regular fee \$65) with **Sandra Bradshaw**, Guild Certified Feldenkrais Practitioner
8. One complimentary Reiki session at **Holistic Choices** with **Preben**.
9. Win a complimentary European lymph drainage massage with aromatherapy or Deep tissue massage with **Larry Petty** at **Natural Sense Aromatherapy**.
10. One complimentary Reiki session at **Relax and Revive**, with **Kathy Collins** in Kelowna

SOUTH OKANAGAN AREAS

11. One complimentary **Adrenal Support Yoga Session** at **Shanti Wellness** with **Wildflower**.
12. *One complimentary* Fitness pass to a class of your choice at the **Quantum Fitness Studio**
13. One complimentary **Reconnective Healing®** session with **Bernice Granger**
14. One complimentary Reflexology session at **Footworks Reflexology** with **Kathryn Smith**
15. One complimentary 1.5 hrs Organic Facial session (value \$69) at **Daydream Esthetics Studio - A Holistic Approach** with **Deanna Klan**. Using only organic / chemical complimentary products
16. *One complimentary* first time **Homeopathic consultation** with **Katharina Riedener**
17. One complimentary session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. **Joy Green**, Psychologist
18. One complimentary **Tarot Card Reading** with **Norma Cowie**
19. One complimentary Pet Health consultation at "**Colour Me Healthy**" with **Linda Buhler**, certified Pet Practitioner
20. One complimentary Cranio Sacral Reflexology treatment at **Summerland Reflexology** with **Denise DeLeeuw**

Discount Gift Card

21. **Vernon** - Energy based healing session at **Maya Healing Centre**. Healing Touch, Shamanic Practices, Extractions, Soul Retrieval, and Spiritual counselling. First session \$25.00 complimentary discount. Review, release and rejoice!
22. **Kelowna** - 50% discount on the "**Room to Write**" on-line workshop which has a value of \$150.00 by **Annette Erickson**, at **Inner Pathways**.

Workshop Contests

23. **Alberta** Receive a \$40 discount for the **Advanced Tools For Self-Mastery courses** with Instructor Pamela Shelly at **Mastering Wellness**.
24. **Kelowna** Receive a \$40 discount for the **Advanced Tools For Self-Mastery courses** with Instructor Pamela Shelly at **Mastering Wellness**.

Special CD Contest



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

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

25. **Ireland, UK, & Europe OK Members**
One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " **Suí Mindfulness Meditation & Relaxation package**"
26. **Canada and USA OK Members**
One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " **Suí Mindfulness Meditation & Relaxation package**"

27. Special Book Contest - all areas.

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

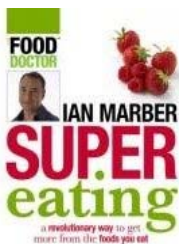
their councillors? This is a story of personal struggle, a life after the pain, where peace was found, confidence regained and a life transformed by encounters with 4 footed life coaches. [More details](#)

Take note of the contest numbers and enter them on to your entry form below
(example...# 1 CD, #14 pet, #21 reiki, ...)

Enter as many contests as you want that are within your area
Watch for your next OK In Health's e-magazine for contest information.

[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 May 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

Supereating is a breath of fresh air after all the hype one food or one nutrient seems to attract on a regular basis. Instead the approach is to understand how to obtain the most benefit by combining the foods we eat. Ian Marber is an inspiring writer and always in a practical, balanced and understandable way. It's a fascinating read and the more I read the more I want to learn to combine the right foods for health and wellbeing. It's got a comprehensive guide to nutrients and how they work together and in some cases against each other (depending on quantities). I Like the section on probiotics too, I think they're very important for good digestion. Then on to health and wellbeing issues such as boosting the immune system and energy levels by combining the right foods. There are some delicious snack and meal suggestions which I'm already putting into my diet. Praise to Ian Marber for looking beyond the 'super food' hype and for writing an innovative and stimulating approach to healthy eating and wellbeing! A highly recommended buy. Review by Kristen.

Congratulations to Sheila Stephenson, who won the last 'referral contest' and 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..

[Enter Contests](#)
Plus full details

Thank you for taking the time to read this 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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