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

#### Publisher's Message



Welcome to the OK In Health Autumn E-Magazine!

We are very excited to announce that our new website will be launched very soon. We will be emailing you an update about this shortly.

Thank you for all the members who offered to help volunteer at the South Okanagan Expo. Welcome to all our new members. Next we will have a sponsor's table at the [Deepak Chopra](#) events and a booth at the largest seniors trade show in Western Canada, the [Seniors Symposium Wellness Fair](#) Penticton.

It's that time of year again and begins with Fall fun classes and workshops! Fall class registration is now underway. Visit our event calendar page on OK In Health's website for more details.

As an Official Sponsor, OK in Health is pleased to announce: An Afternoon with Deepak Chopra in the Okanagan Presented by the Autopoetic Ideas Festival Penticton Trade and Convention Centre Sunday, October 17th, 2010 at 2:00 pm Tickets available...  
[CLICK HERE FOR FULL DETAILS](#)



In this issue, we also have some new wellness articles from our OK In Health columnists, new recipes, and wellness tips too...

Wishing you all a Spectacular Fall,  
Yours In Health,  
Maria Carr and The OK In Health Team [[see our OK Staff and Team's members](#)]  
Publisher of OK In Health E-Magazine - [www.OKinHealth.com](http://www.OKinHealth.com)

So please show your support for OK in Health and Invite 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](#)

### Up Coming Events

**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](#).

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

Oct. 12th - High Energy Tibetan Bowl Concerts with John Or - [Penticton tickets still available](#)

Oct 14th - **This I Believe** - Kelowna

Oct 17th - **An Afternoon with Deepak Chopra** - Penticton tickets still available

**OK In Health official media sponsor - Deepak Chopra FULL DETAILS** - [CLICK HERE](#)

October 20th 2010 - **Seniors Symposium Wellness Fair** Penticton **OK In Health media sponsor**

Oct. 21. - **Okanagan Health Forum 2010** - Kelowna

Oct. 22.- **Okanagan Health Forum** - Summerland

Oct. 23 & 24 and Nov. 20 & 21 - **Restorative Yoga Teacher Training** - Penticton

Sat & Sun Oct. 23 & 24 - **Touch for Health - Level Three** - Kelowna

Oct 23/24th - **Patient Voices Network Training** - Kamloops

Oct 23/24th - **Peer Coach Training** - Kamloops

Oct 22 - 24 - **Indian Head Massage** - Vancouver

• **October 23 - 24 - Connect to Your Own Power Workshop** - Calgary, AB

Oct 29 **Free Demonstration of the Yuen Method tm** Penticton

Oct 30 and 31 **Yuen Method tm Level One** Penticton

Nov 3 - **An Evening with Christiane Northrup, M.D.** **OK In Health sponsored event**

**Women's Bodies, Women's Wisdom: Flourishing in a Female Body!** - Vancouver

• **November 6 – 7 - Connect to Your Own Power Workshop** Whistler, BC

Nov 6th - **Have You Had A Spiritual Experience?** - Penticton - Free Event

• **November 13 -14 - Connect to Your Own Power Workshop with Cindy Smith** - Kelowna, BC



**Cindy Smith - certified by Doreen Virtue**

Nov 26, 27, 28 **Yuen Method tm Level Two and Three** Penticton

Dec. 21 - **Solstice Bliss** - Penticton

March 2011 - **Mystery Of Egypt ~ Spiritual Group Tour** - [click here](#)

March 29 – April 2

**Angel Empowerment Practitioner™ Certification Course** - Golden, BC

March 25-26th, 2011

**Reiki Retreat - For all Reiki practitioners** Kamloops

Every Tuesday - **Energy Healing - Horse & Crystal** - Vancouver

Last Sunday of every month - **OHM - Okanagan Holistic Market** - Kelowna

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

**Sound Healing Workshop** ~ Kelowna and Calgary

**Business Course For Holistic Practitioners** ~ Kelowna and Calgary

On Going - **The Original Stone Therapy Certification courses** - BC, AB, MB, SK

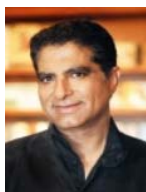


**Animal Care Page** - [click Here](#)

**October 17th – ADVANCED EQUINE FIRST AID** Vancouver

**November 7th – BASIC INTRODUCTION TO EQUINE MASSAGE** Vancouver

**Deepak Chopra - Okanagan 2010**



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'.

**OK in Health is pleased to have been the first to announce:**

**An Afternoon with Deepak Chopra in the Okanagan  
Presented by the Autopoetic Ideas Festival  
Penticton Trade and Convention Centre  
Sunday, October 17th, 2010 at 2:00 pm  
Tickets available online or at the SOEC box office**

Follow this link: [http://okinhealth.com/deepak\\_chopra\\_penticton\\_oct\\_17.html](http://okinhealth.com/deepak_chopra_penticton_oct_17.html) - and more details

**Be The first to hear!**

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, special password for early-tickets, and many more.

**OK Member's Classifieds**

[Please mention OK in Health during your enquiry]

<p><b>For Sale: Health System, QXCI/SCIO</b></p> <p>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 ·</p> <p>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. <a href="#">E-mail</a> or 250-497-6867 77 words</p>
<p><b>For Sale: NES Health System (Nutri-Energetics System)</b></p> <p>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.</p> <p>Complete software comes with 21 infoceuticals, 22 NES Introductory DVDs, 3 "The Living Matrix," the movie DVDs, and a package of introductory NES brochures. <b>\$6,500.</b> Available to health practitioners only. A training program is available from Integrative Life Solutions:</p> <p><a href="http://www.integrativelivesolutions.com/NESProVisionpractitioner.html">http://www.integrativelivesolutions.com/NESProVisionpractitioner.html</a> For more information, check: <a href="http://www.neshealth.com/en-gb/homepage.aspx">http://www.neshealth.com/en-gb/homepage.aspx</a> Carole Punt <a href="#">E-mail</a> or 250-497-6867</p>
<p><b>La Fuma reflexology chair</b></p> <p>La Fuma reflexology chair, hardly used, for sale.....\$200. Sheila 250-493-3768</p>
<p><b>Champion Juicer</b></p> <p>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.</p>
<p><b>Wanted: a live-blood analysis</b></p> <p>Wanted: equipment for a live-blood analysis business in the North Okanagan. Contact Sally at 250. 833.2129 or <a href="#">click here to E-mail</a></p>

**Articles**



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**With a "Hey Noni Noni"**

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**Conscious Eating –  
You don't have to say "No"**

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

**"Empowered Living" with Shari Montgomery**



**Astrology is Good Medicine**

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**Living Your Authentic Self**

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**Raw Foods Column by Cleo Murray**



**Raw Food as a "Diet"?... [Read more](#)**



**To Advertise  
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at [email](#)**

**Maria's Favourite OK Picks**



**Back to School - Healthy Lunch Box ideas**

A healthy lunchbox can help to improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients. Here are some healthy snack ideas for back to school. Organic Bananas, Yogurts, Sliced Carrots, Boiled egg, Multi-grain sandwiches, Whole-grain breads or crackers, Light canned tuna fish, Cooked pasta, Raw vegetables that can be cut into slices, Fruits. Encourage the kids to make sandwiches with whole-grain breads or bagels; tortillas; or colorful wraps. Try different sandwich fillings, such as tabouli mixed with feta cheese in a pita pocket, or a veggie burger. To avoid food warming up and risking our kids' safety it is important to ensure our children's lunch boxes stay chilled. Juice and water can be freezed and put it into your lunchbox to keep your food cool.



**Join the  
OK in Health  
Association!**

**For Sale**

**Ready to go camping,  
snow birding, or touring?**

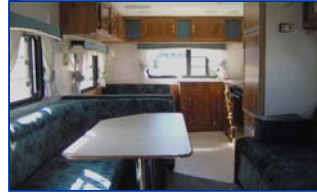


**Maria Carr is selling her**

**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!!!! ~~\$10,999~~.reduced for quick sale. Won't last long - \$7,900. I need a Van asap. Penticton 250 492 4759 - [email](#)  
More details - [click here](#)

**Are you tired of putting the table down?  
This has 2 tables**



*Recipes*



**Blissfully Delicious! - Shannon Bliss's OK Recipes Column**

**Shannon's Salsa Recipe**

- 2 or 3 large tomatoes – diced
- 1 or 2 bell peppers (yellow, orange, red or green) - diced
- 1 onion – diced
- 1 jalapeno pepper – diced finely with seeds
- 1/2 fresh squeezed lemons
- 1 or 2 tablespoons olive oil
- 1 or 2 cloves of garlic – to your taste
- Cilantro diced – as much as you like
- Sea salt and pepper to taste

Mix together in a bowl, adjust spices to your tastes, refrigerate at least one hour before serving. Enjoy!

This is a refreshing addition to many of my meals or just as a health snack with some organic corn chips. To make this colourful use a variety of yellow, green and orange peppers.

This recipe is from the Bliss kitchen.  
Shannon Larrett-Bliss CNP, ROHP, RNCP

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

**OK Raw Food Recipes Column! - by Cleo Murray's OK Raw Foods Recipe Column**

**CAULIFLOWER MASHED POTATOES**

- 2 – cups cauliflower
- 1/4 - cup raw macadamia nuts
- 1/4 - cup olive oil
- 1 – tsp. sea salt
- 1 – very small clove garlic (peeled)
- Freshly ground black pepper to taste

In a food processor, combine all of the ingredients, except the pepper and process until the mixture looks fluffy, like conventional mashed potatoes. Top with freshly ground pepper. I personally like to add chopped cilantro to mixture along with the pepper. Yummm! TO LIVE FOR

**More Recipes**



[More recipes....](#)

## Alert!

One of our OK members wants to kindly inform you of a scam. She got a phone call from someone stating she won the grand prize of a trip. They told her she had entered a contest at a Kelowna health show. All she had to do was cover the taxes.... We have notified the police and thank our member for sharing this with us.

## Wellness Tips

### Drying Fresh Herbs

To dry fresh herbs quickly, wash and place them between paper towels, then microwave on the highest setting for two to three minutes. If they are not yet dry, run the microwave for another 30 to 60 seconds and check again. Repeat until herbs are dry and crumbly. Date, store and use within one year for best flavor. Dried herbs are stronger than fresh, so just 1 teaspoon dried equals 1 tablespoon fresh for equal strength and zest.



### Save your Back!

Did you know that good posture helps to protect your back? Other ways to avoid back pain include regular exercise, proper lifting and stretching. When you lift objects from the ground, use your legs instead of your back. When lifting with your upper body, keep your back straight and allow your arms to do the work.

**Heirloom Seeds.** Many seed varieties available today have been developed for the commercial grower. They are bred for qualities such as uniformity and long shelf life; taste is usually the last consideration. Heirloom seeds have been passed down through the generations and are cherished for their outstanding characteristics, such as superior flavor, vibrant color, adaptability and vigorous growth. All the seed we offer is open pollinated, untreated and free of genetic engineering. Planting and seed saving instructions are provided. See your Local Health Stores.

**Bat Houses** Did you know that one brown bat can catch 600 mosquitoes an hour? The Cedar Bat House provides a very specific roosting environment which attracts these misunderstood insect eaters.

**Push Lawn Mower** Not like what your father had..! Today's push lawn mower is lightweight and easy to use. They're good for the environment and they're good for your yard, snipping the grass for a clean, quiet, precise cut.

Organic Lawn Care Organic lawn care takes a holistic, preventative view rather than reacting to various problems using chemical pesticides or herbicides. By building healthy soil many of the problems with lawns are solved, eliminating the need for poisons and harsh reactionary measures.

**Composting** Convert kitchen, yard and garden waste into soil-nourishing organic matter with our backyard tested compost bins and supplies. Decreasing household waste and building your soil has never been so easy!



**Turn off lights and equipment when a work area isn't being used.** Even better, if you don't need them, don't turn the lights on in the first place. Natural light saves energy and is easier on your eyes. And a computer that runs 24 hours a day uses between \$75 and \$120 worth of electricity each year. You can save about \$15 on your annual energy bill with an ENERGY STAR qualified computer in standby mode.

**Install a low-flow showerhead** Install a low-flow showerhead with a shut-off lever. This do-it-yourself project takes only minutes. But it delivers big savings in water consumption and water heating, because it allows you to interrupt water flow. A low-flow showerhead uses 60% less water than standard fixtures.

**Avoid using chemical pesticides or fertilizers** Avoid using chemical pesticides or fertilizers on your lawn and garden. Chemical fertilizers are a source of nitrous oxide, a GHG. Try using organic products - they are better for our environment and healthier for your lawn and your family.

**Food and Our Environment** 'Carotenoids in fresh food can actually offset the effects of exposure to environmental toxins such as air pollution and cigarette smoke', says David Kitts, professor of food, nutrition and health at the University of British Columbia." (orange fruit and vegetables). Always try and wash your fresh foods before eating or peeling.

[More healthy tips](#)

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](#)

### **Community Events at your fingertips!**

Have you ever wanted to attend a community event, health show, weekend retreat, workshop, movie, fitness class, or find a local practitioner or support group?

Well, OK In Health is a website that is a great resource for finding all this.

OK In Health is an on-line Magazine that offers a variety of integrative information for our physical, emotional, and spiritual well-being. The Publisher, Maria Carr started OK In Health in 2004, as she felt there was a need to have one place to help communities to connect. She felt that it was better to hear about an event before rather than afterwards. Since then, the website has become the main place to find community events, workshops, fitness classes, wellness information, contests, articles, and more. We have the lowest rates around with the highest networking results. OK In Health now has a team that work on the website and newsletter and it also is supported by our amazing 3,000 members. [www.okinhealth.com](http://www.okinhealth.com)

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