

-----February 2008 - OK in Health E-Magazine



2008 Health & Fitness Educator Award

Dear OK in Health Members,

As you will see, this has been a very exciting Month for OK in Health.

Need a novel idea for a Gift ?

Find a luxury therapy, treatment or workshop to delight your Loved One! Scroll down through the list below to request an E-Gift Voucher or visit our [event page](#) or [Practitioners pages](#).

We attended the [South Okanagan Health Show](#), and our Booth was a hotbed of activity. Our sincere appreciation goes especially to all the amazing people who volunteered and those who dropped by to say hi to us. We extend a whole-hearted welcome to our new members who signed up for their Newsletter and for joining this network that supports all our community events and everything to do with our health & environment.

OK in Health won the 'Health & Fitness Community Educator Award'.

It was presented on Friday Feb. 1st at the South Okanagan Health Fair, by MLA Rick Thorpe & the SOHF committee. Shaw Cable are working on a special **TV show** about presentation of this award to OK in Health and it should be aired shortly. There is also great coverage in **newspapers** & news websites, as well. [Thank you] This was such a great honour for OK in Health to receive this award and to be recognised. As I went up to receive the award on behalf of OKinHealth, (full of butterflies) I just couldn't stop smiling as the applause and cheers for OK in Health were so amazing.

I have listed some of the [many emails](#) we have received from our members with warm congrats and messages. I am so very touched by this award and by our members response as without **you and everyone's support, OKinHealth would not be the network it is to-day!** Thank you all.

Thank you to Alan Thom for publishing a full page article on OK In Health winning this award on the local news website :Okanagan Similkameen. [Penticton Today](#)

OK In Health has been nominated for SOWINS 2008 Health & Wellness Award!

I have just been notified that we have been nominated for another awesome award: The 2008 SOWINS Women Front & Centre Award, in the category of Health and Wellness. *Congratulations! You have been nominated for a Women Front & Centre Award. Clearly, your contributions to the community have not gone unnoticed. To recognize exceptional practitioners/ business – either in traditional or non-traditional fields of health and wellness. This event happens on March 8th at the SOWINS 3rd Annual Women Front & Centre Dinner and Awards Gala, Penticton Lakeside Resort . To book your table at this great **charity event** : contact [SOWINS](#) or for more detail on this event - see [OKinhealth event page](#).*



Next, we head off to the [Kelowna Health show](#) on Feb 16 & 17.

It was a chance to meet some of our Volunteers & Members. Many people had a mini-treatment. Our sincere appreciation goes to all the people who offered to volunteer and for the many new members that signed up.. Please drop by to say hi to us.

OK In Health reaching communities.

We will also have a Booth at the March 8th [International Women's Day Market and Music](#) at the Penticton Cannery and March 14/15th during "[Strengthening Ties](#)" [Women in Agriculture Conference](#). We plan to attend many Shows this year - in as many

communities as I can.

Let us know if you have a great local health show, event, or fair in your community?



Comments

A big congratulations on your recent award. It is much deserved.
Tamara Browne, ND.

Congratulations OK in Health on receiving this prestigious award.
Way to go!!!!
Brenda Molloy

CONGRATULATIONS!!
What an amazing award.
OKinHealth deserve it
.Catherine Awai,
Vancouver

MORE COMMENTS BELOW

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

[Sign up](#)
for your health &
Wellness
E-Magazine
[unsubscribe](#)

Congratulations to
OKinHealth!



This month`s Magazine - Is jammed packed! -we have so many great new articles, news of events, contests, recipes, and lots of information to share. Please take some time to check out the information that interests you? – pull up a comfy chair with your favourite beverage, and enjoy a good read!
So many members are happy to share information with YOU! = 5 minutes!
 Start with newsletter, then go on to articles, events, or what ever takes your interest!
 Take some time to relax - it could make a difference in your life or a loved one!.

February is Heart Health month.

Check out our new article on
 Flax oil, - [The Health Benefits of Essential Fats](#) by [Nelson Narciso B.Sc., R.P.](#)
[Diabetes, Insulin Resistance, and Elevated blood glucose](#) by Dr. [Tamara Browne](#) - Penticton N. D,
[Fluorescent bulbs and mercury questions?](#) sent to OK in Health from the David Suzuki Foundation, and many more new articles.



We invite you to join us in our 2008 goal of inviting 1,000 new members to sign up for our OK In Health Newsletter this year. You can share in our aspiration by forwarding this email on to a friend - if this would meet your need for connection and support in our community.

Wishing for you all a lively Spring in your step and in your hearts ...

Yours in Health
 Maria Carr,
 Editor of OK In Health On Line Health E-Magazine & Website.

That is great news Maria,
 you must be ecstatic.
 Keep up the beneficial and
 valuable work that you do.
 Lorrie Hundal

Congratulations!
 Appreciate your
 newsletter.
 Dianne Poty

Congratulations
 OKinHealth,
 Nora Moore

Continued good luck
 with your website.
 Alan Thom

Congratulations ! For all of
 your hard work and
 dedication..... best
 regards, Tracy Lydiatt,
 Sweden



The Health Benefits of Essential Fats By [Nelson Narciso B.Sc., R.P.](#)



The quality of the fats we consume has become a commonly discussed topic, and many people are now recognizing that they are not created equal. Omega-6 and omega-3, the Essential Fatty Acids (EFA's), have a profound impact on our health and well being. The benefits of EFA's include, but are not limited to, increased metabolism and energy levels, optimal hormone production, well lubricated joints, proper brain, retina, adrenal and heart function, reduced allergy symptoms, lowered cholesterol and blood pressure, and the alleviation of migraine headaches. Studies have also shown EFA's to be important in less obvious ways..... [[Read Full Article](#)]

Fluorescent bulbs and mercury questions?

Email to specially to [OKinHealth from the David Suzuki Foundation](#). Compact fluorescent bulbs contain trace amounts of mercury! In terms of the environmental effectiveness of using these bulbs, the big consideration is that by using these bulbs, consumers are greatly reducing their need for electricity in general. [[Read Full Article](#)]



Diabetes, Insulin Resistance, and Elevated blood glucose



by [Dr. Tamara Browne - Penticton Naturopathic Doctor.](#)

Disorders of blood glucose are reaching epic proportions and account for a great number of chronic degenerative diseases such as Diabetes, heart disease, stroke, kidney failure, cataracts, retinopathy, and neuropathy. Diabetes is very much a disease of modern western civilization. Ninety percent of cases are non-insulin dependent or type II Diabetes which is caused by poor diet and lifestyle choices. Diabetes is relatively uncommon in undeveloped areas of the world. Many diabetics are overweight indicating that high blood glucose levels hinder weight loss and encourage weight gain. Elevated blood glucose is toxic to organs, especially the heart, kidney, and eyes. Pre-diabetes, also known as Insulin Resistance, is a wake-up call that will progress to Diabetes if not caught and treated early..... [[Read Full Article](#)]

The Story of Stuff ? Review by [Maria Carr](#)



We live in a world where we just consume without thinking about the consequences. From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. The Story of Stuff is a free 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way



Wholesome
 and
 organic
 for the
 maintenance
 of good health



**The Health
 Benefits of
 Essential Fats**

you look at all the stuff in your life forever so gathering the kids and friends around the computer and enjoy on line free video.....[\[Read More\]](#)

By Nelson Narciso

[Article](#)

What is Feldenkrais? by Darcy Nybo, OKanagan, BC

Technically speaking, Feldenkrais® is a system of neuro-motor training and reconditioning that includes hands-on and verbally directed techniques to promote integrated movement.

The Method concentrates on increasing the body's efficiency through improving coordination.

In simpler terms, Feldenkrais® uses gentle, slow movements done within each individual's comfort zone, to help you boost your capacity to move effortlessly. The Feldenkrais Method® is for anyone who wants to reconnect with their natural abilities to move, think and feel.

Whether you want to be more comfortable while on the job, sitting at your computer, or playing with your friends and family; Feldenkrais® has gentle lessons that can improve your overall well being. The Feldenkrais® Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. It doesn't matter if you are an athlete who wants to improve your performance, or someone suffering from chronic pain, Feldenkrais® can help..... [\[Read Full Article \]](#) and also some [upcoming workshops with Sandra Bradshaw](#)



The Foundation of Supplementation

Written by Elaine Munro

[Article](#)

General Feng Shui Tips for Love & Relationship by Teresa Hwang - Vernon



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. Feng Shui is also about change, what we do in our environment will affect the outcome of different aspects of our lives. Here are some tips on how to improve the love and relationship aspect: Do close all the bedroom doors, including ensuite bathroom door before you go to bed; install a door or curtain if there is no door connecting the two rooms. [\[Read Full Article \]](#) also see [upcoming workshops](#)



Do you need Business Cards, Leaflets, & Logo designs Banners, Website, Ad Design & Signage?

Check out our Local Mind, Body, & Soul **Business Page!**

The Natural Family Health Clinic



Dr. Tamara Browne, Naturopathic Physician.
Individualized health care programs for chronic disease management & prevention. Complete lab analysis. Scientifically based.
Featuring Chelation for a healthy heart and heavy metal detoxification plus Neural Therapy for pain management.
By appointment at
The Natural Family Health Clinic, 3048 Skaha Lake Road, Penticton, BC, V2A 7H2
(250) 493-5377 office (250) 485-7227 cell

Comments

Concerns about Bisphenol A?



In December, Vancouver-based Mountain Equipment Co-op became the first major Canadian retailer to pull polycarbonate containers from its store shelves. The buzz on bisphenol A — the controversial chemical used to make many hard plastic toys, our Water bottles, Baby bottles, and food containers — is proving perplexing for many consumers and retailers. As the ever-growing debate about the potential health effects of BPA rages on, consumers are left puzzled as to whether they should keep or clear their cupboards of polycarbonate products.. [\[Read Full Article \]](#)

Congratulations much deserved for all your hard work!! blessings, Pamela Shelly

Congratulations! That is so very awesome. Dr. Radka Ruzicka, AB

Chemicals in some baby creams, & adults shampoos can be harmful, study suggests.

Baby shampoos, lotions and powders may expose infants to chemicals that have been linked with possible reproductive problems, a small study suggests. The chemicals, called phthalates, are found in many ordinary products including cosmetics, toys, vinyl flooring and medical supplies. They are used to stabilize fragrances and make plastics flexible. In the study, they were found in elevated levels in the urine of babies who'd been recently shampooed, powdered or lotioned with baby products, showed..... [\[Read Full Article \]](#)

Congrats Maria! Well done. Shepherd

Linda Khandro: Harp Music in Service



Linda Khandro (MAT, CMP) provides music of the harp for many services: weddings, restaurants, galleries, private functions, funerals, retirement homes, hospices, and birthing centers. For booking rates & availability in the Shuswap, Thompson, and Okanagan regions. Contact Linda at: lmk@lindakhandro.com
Her cd's *Transition*, *Full Hearts Empty Mind* and *Tethys* are popular recordings used by many therapists in their clinical practices.

For details on her work as geologist & musician please visit: www.lindakhandro.com. 250-517-9547



Comments

WOWEEEEEE!!!



News and Announcements

Are you practitioners, do you run a small Business, or planning to attend an upcoming show ?

Do you need Business Cards, Leaflets, & Logo designs for your business? Banners, Website, Print or web Ad Design & Signage? Do you need some interesting art work, ornaments, books, Himalayan lamps or African drums for you or your office. Check out our Local [Mind, Body, & Soul Business Page!](#)

Calling all Healers, Body workers, Performer, Artists, and Healing art practitioners needed for upcoming Health show & Fairs!!

[International Women's Day Market and Music](#) - at the Cannery. March 8th

[Women in Agriculture Conference](#) - on March 14/15th?

[Vernon Health show](#) - in April has booths available to rent

Brent Hobbs – the English Channel Swimming Hopeful.

OKinHealth would like to let our readers know about Brent Hobbs. He will chronicle his journey to swim the Channel over the next six months. Brent is from [Kelowna](#) and is slated to cross the Channel July 25th-31st 2008. Here is his online link to his journal or "blog" (www.englishchannelogopogo.blogspot.com) or check out our [classified & news](#) page on OKinHealth.

OK in Health would like to send Brent our support and best wishes on his upcoming adventure.



February is Heart Month

Canada's heart health up in the air The 2008 Heart and Stroke Foundation Report Card on Canadians' Health says that air pollution is a year-long threat to the heart health of Canadians. Air pollution comes from such sources as car exhaust and factories. Yet a national poll by the Foundation has revealed that only 13% of Canadians have made the connection between air pollution and cardiovascular disease. See how your province ranks. [Read the full report.](#)

This months - Thoughtful Message from a member!

I was so inspired by Linda's words, that i wanted to share them with our members. Such a simple but loving message - that is worth sharing with us all and add to our lives!

"This is a good time to really stop & think about all the people in your life that are important to you. I'm not talking about just your close friends & family, but people you may see daily, weekly or maybe only a few times a year. Think of people that help & serve you or even the ones that you serve. How about people you see regularly on the bus, at the fitness center, golfing. Let them know that they are important in your life with a kind word, a candy or a flower. From Linda" Linda owns the Dare to Dream, Kelowna Store: [Specials for this month are 20% off Books and Jewellery, plus up to 50% on our clearance table.](#)

MESSAGE TABLE FOR SALE! SOLD

[BEAUTIFUL TIBETAN BUDDHIST THANKAS](#), FOR SALE!

Feng Shui health tips for Valentine Month.

Always sleep with the bedroom windows and doors closed and a solid headboard is most essential for good health and relationships. [Full articles & More Tips](#), and also [Feng Shui workshops](#)

Need a novel idea for a Gift ? Find a luxury therapy, [treatment](#), or [workshop](#) to delight your Loved One! Scroll

down through the list below to request an E-Gift Voucher.



[Practitioners - Full details by area](#)

[Penticton and South Okanagan](#)

[Kelowna and Central Okanagan](#)

[Vernon and North Okanagan](#)

[Vancouver & across B.C.](#)

[Alberta and Across Canada](#)

[Kootenays Area](#)

Special Offer: Your Gal or Beau's favourite photo transformed into a professionally painted PORTRAIT in oils on canvas. Special Rate \$350 Canadian Dollars (Post & Packaging included. See www.dial-a-portrait.com for details. E-Voucher available.

THE LOVE CARDS SYSTEM & DESTINY REPORT

CONGRATULATIONS
A MILLION TIMES !!!
I am so happy because
OKinHealth has been
honoured in this
wonderfully Validatory way
by your community and
your work valued and
appreciated and
acknowledged. It is truly
perfect that you have won
and may this honour bring
you renewed courage and
motivation to proceed as
you are doing. Patricia

Hey, good for you!!! You
deserve that award. You
are a fine example of how
to manifest what you want
in life – with vision,
courage & stamina. Good
luck in the future, Linda &
the Dream Team

SOWINS - Women Front & Centre Dinner & Awards Gala [Penticton](#)

What a great honour for
you to win the 2008 Health
Educator's Award !
Congratulations for your
achievement an for all
your outstanding work. It's
nice to see you receive
recognition for all your
dedicated efforts! With my
admiration and deepest
respect,
Tanya Swaren



Reiki - Level one [Kelowna](#)

Way to go, OKinHealth!
Linda Khandro

What your Birthday reveals about you and your Personal Relationships!
Unique Opportunity to know your next 12 months ahead.....The Forecast reveals specific details
on Relationships, Career, Love, Travel, Romance, Real Estate, Finances.

20 Pages of fascinating information!

We use NUMEROLOGY/ASTROLOGY/DESTINY CARDS.

Thousands of clients indicate satisfaction and 90% accuracy. 12 month forecast \$59.00.

Contact Jaysone Tylor with Birthdate, Name & Address, mailing same day service.
jaysone@vip.net Phone 250-488-1360 www.knowingyourfuture.com

Well done, you've worked
so hard and deserve that
award.
Christina Ince

Contests

Enter to Win One CD - 'Seagull in Flight' by Chris Madsen. 16 instrumental solo guitar works that
will carry you away to blissful states. (Made in Canada 2007) *New*

Penticton

One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance
Pilates and fitness.(value \$60)

Penticton

One Free personal coaching session with Lyndsay Blais Consulting.

Penticton

One free Aqua-Chi detox footbath session (regular fee \$30)at Christina's Holistic Centre, with Christina Ince.

Penticton

One Free Reiki treatment at Christina's Holistic Centre, with Christina Ince.

Penticton

One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk
therapy. Joy Green, Psychologist

Penticton

Win 1 of 2 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton's [Water Conservation](#)

Department

Summerland

One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin
([What is ERT?](#))

Kelowna *New*

One free Feldenkrais session (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner,
in Kelowna, BC [See [upcoming workshops](#) & [What is Feldenkrais](#) -Article]

Kelowna

Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at
Natural Sense Aromatherapy.

Kelowna

One free Reiki Treatment at [Holistic Choices](#) with Preben.

Kelowna

One free Reflexology session from [Rite-Way Health](#) with Marie Sperling.

Osoyoos *New*

One free one hour Massage or a Reiki session at Yin Yang Chi Healing.

Oliver *New*

One free Pet treatment at 'Colour Me Healthy' with Linda Buhler

Kelowna *New*

One free pass to One Free [Charka Yoga Class](#) with Aunaray at flowering Consciousness, Kelowna.

Kelowna *New*

One free Reiki Treatment at [Relax and Revive](#), with Kathy Collins. in Kelowna.

Discount Cards Receive a \$25.00 discount towards Workshops and Treatments

Enter Contests
Plus full details

[Click Here!](#)

Christina Ince - Holistic Health Practitioner & Reiki Master/Teacher Reiki.

Reiki Treatments and one-on-one teaching for all Reiki levels, refresher courses.

Aqua-Chi detox footbath; relaxation massage; hypnosis:
(stop-smoking, weight-loss, self-esteem, past lives).

Private courses for couples: relationship-enhancement, pre-marriage,
and massage-your-partner. christina@holisticcounsellor.com

Phone 250-490-0735 www.holisticcounsellor.com



**Joan Casorso
African Drumming
Yoga Classes
Kelowna**

Congratulations on your
award which you are
totally deserving of. You
have put much effort into
your newsletter and
website and have even
allowed those of us who
are not members of your
group to have some
exposure for which I
personally am very
grateful. Hope you win
many more in the future.
Love & Light, Donna
Phalen

**Conscious
Parenting
Workshops
Kelowna**

CONGRATULATION ...
I had know doubt that
OK in Health would win
and for sure deserved to
win !!! you have made
such a difference in the life
of others, and in the health
and well being of the
whole Okanagan and
beyond, and have shared
your own time and family
time to help others, which I
believe is our propose
here on this planet is to
share and serve and you
do it with such Joy and
grace and I am pleased
that you & OKinHealth
is being honoured for your
wonderful service,
keep up the good
works!! .. a whole hearted

By appointment at our Penticton Downtown Practice
- [See up coming workshops & contests](#)



supporter ..
Linda Buhler

Congratulations to the November 2007 to January 2008 Contest Winners:

Audrey Rossi, Denise Turcot, Tara Vinnel, Maureen Fazekas, Marie-Jeanne Fenton, Marty Stephans, Dina Pileberg, Katia Heines, Colleen Schmidt, Kim Greenhow, Kalie Tomiuk, Lorrie Hundal, Nicol Stone, Monica Chursinoff and Movie winners Cara Christiansen, Judy Johnson, Tara Vinnel.
Year to Create tickets- Dave McBride & Kathy Willcox.



Reflexology Courses Vancouver

Yayyyy Maria!! What great
News!!
Lyndsay Blais



Ideas to add your Flax oil or EFA oil into your diet.

Shakes and smoothies: It's especially nice to add it to your smoothies.

Hot cereals: Add oil to slightly cooled cereal.

Vegetables: Use as you would 'butter.' Pour a small amount over raw or cooked-and-cooled veggies; stir to coat. If the flavor is too strong, use less and combine with vegan spread or seasonings.

Fruits: Purees such as applesauce can get the flaxseed oil treatment. Fruits served with yogurt can be lightly coated in oil. Some kids will happily dip apple slices in the oil.

Juices: Add appropriate amount to your child's favorite juice - it's unlikely they'll notice. If they do, cut back on the amount.

Sauces, dressings and dips: Add oil once the sauce has cooled to serving temperature. Add to salad dressings (your favorite brand, or make your own). Works well in gravies, tomato sauce, pesto, veggie dips, hummus, ketchup.

Spring & Summer Retreat

[See our Retreat page!](#)

Salmon Omega Salad Supreme with Walnuts and Asparagus.

You will get over 2.5 grams omega-3s in this nutrient rich salad.

Diet Types: Dairy Free, Low Carbohydrate, Wheat Free. Serves: 4 Cooking Time: Under 30 minutes

Ingredients: 1/2 cup chopped walnuts 1 1/2 pounds salmon, skinless and boneless 1 pound fresh asparagus 1 tablespoon lemon juice 1 1/2 tablespoon lemon zest 1 1/2 teaspoons white wine vinegar 1/8 teaspoon dry Thyme or a little fresh chopped freshly ground black pepper to taste 1 ounce sliced prosciutto, trimmed of fat and cut into 1/4" strips 1 head butter lettuce cut into thin ribbons 1 tablespoon olive oil or walnut oil.

Instructions: Preheat oven to 350 degrees. Arrange walnuts in a single layer on a baking sheet and toast until lightly browned, about 5-7 minutes. Cool and set aside. Increase oven heat to 400 degrees. Place salmon on a parchment lined baking sheet and bake for 10-12 minutes, until firm to the touch. Set aside. Wash asparagus and trim tough ends. Blanch in boiling water for 3 minutes. Plunge into a bowl of ice water to stop cooking. Cool, drain, and pat dry. Select 8 spears for garnish and cut off tips into 3" lengths. Set aside. Slice remaining spears at a steep angle 3/8 inch thick. In a small bowl, place asparagus slices, walnuts and prosciutto. Using a zester or fine grater, remove zest from lemon. Juice lemon. Combine 1 1/2 tablespoons lemon zest, 1 tablespoon lemon juice, capers, vinegar, oil, pepper and thyme. Place a small mound of lettuce on each of 4 plates. Divide fish evenly and place next to lettuce. Combine asparagus and lemon juice mixtures. Toss lightly and mound on top of fish. Garnish with reserved asparagus. Serve immediately.



Nutrition Facts Serving Size: 1 Servings per Recipe: 4 Amount Per Serving Calories 375 Calories from Fat 223 % Daily Value* Total Fat 25g 38% Saturated Fat 4g 20% Mono Fat 7g Cholesterol 76mg 25% Sodium 140mg 6% Total Carbs 8g 3% Dietary Fiber 4g 14% Sugars 0g Protein 32g Iron 13% Calcium 7% Vitamin C 27% Vitamin E 12% Vitamin A 10% Vitamin B-12 55% Vitamin B-6 50% Pantothenic acid 21% Niacin 56% Riboflavin 18% Thiamin 40% Folate 50% Selenium 95% Manganese 40% Copper 25% Zinc 11% Potassium 25% Phosphorus 42% Magnesium 21% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Congrats!!!!!!!
That is wonderful news for
OKinHealth!!! Glad this
has happened because
now your site will REALLY
take off!!!!!! Yippeeeee!
Take care!! Laurie

Wow wee Mar, Well done
and well deserved!
from Ro

Spirit of BC week [Free Community](#)

Skate, swim, and light up
the Night Walk. Music,
games, refreshments,
prizes and fun for all.

Flax & Herb Salad Dressing - Non Dairy

Ingredients: 3/4 cup (180 ml) Flax Seed Oil, 1/4 cup (60 ml) Apple Cider Vinegar, 1 tsp (5 ml) Dijon mustard, 1 tsp (5 ml) Tamari sauce (optional), 3-5 cloves Garlic, crushed, 6 drops Tabasco sauce, 1 Tbsp (15 ml) Sweet basil, 1/2 tsp (2 ml) Tarragon, 1/2 tsp (2 ml) Oregano, 1/2 tsp (2 ml) Maple syrup, 1 Tbsp (15 ml) Capers (optional)

Congratulations!
The award is well
deserved for the great
work you have been doing.
Namaste,
Janet Taylor

Directions: Blend all ingredients except oil in blender or food processor for 10 seconds. Mix with oil. Store in a sealed container in the refrigerator to protect the EFAs in the flaxseed oil. Dressing will keep for several days. Yield 1 cup.

[More Recipes & celiac recipes](#)

Graphic Designs by Aunaray

Aunaray is a qualified Graphic Designer who is available to work with you to create the visual look you need to market your businesses professionally with originality, flare and expertise. Whether your needs are for a Logo design, business cards, brochures, web skins, signage, or packaging for products etc. She does it all! Westbank B.C. PH:250-469-2212



Web: www.floweringconsciousness.com email aunaray@floweringconsciousness.com
Graduate of Emily Carr College of Art and Design &
Communications Design from Corporate Communications College.

February's Workshops, Events, Classes, Health show, Free events



For full details and for February, March, April, May .events - [Click Here for full Details](#)

[All workshops & Events - Calendar](#)

Full details by area

[Penticton and South Okanagan](#)

[Kelowna and Central Okanagan](#)

[Vernon and North Okanagan](#)

[Vancouver & across B.C.](#)

[Alberta and Across Canada](#)

[Kootenays Area](#)

[Correspondence Courses](#)

[Fitness classes](#)

[Animal workshops & events](#)

[Children's & Maternity courses, classes, & events](#)

[Retreats & Festivals](#)

[Free Events & Meditation, Fairs & Farmer Markets](#)

[Reflexology Information](#)

Reflex Integration and Its Implication for Development and Learning Introductory night

Join Dr. Svetlana Masgutova - Founder of The International Developmental NeuroKinesiology Institute, for an evening of information and discussion at the Okanagan College, KLO Campus, 1000 KLO Road, Kelowna, Lecture Theatre, S-104, Thursday, February 28, 7:00pm -9:00pm.

Neurokinesiology Birth and Post-Birth Reflexes Integration with Dr. Svetlana Masgutova.

This class offers a unique perspective (knowledge and understanding) of the stages of the birthing process through Dr. Svetlana Masgutova's expertise in Infant, Childhood and Life Long Reflexes.

Chakra Yoga Classes Each class will be 2 hours long focusing on one of the seven chakras.

SOWINS 3rd annual "Women Front & Centre" Dinner & Awards gala on March 8th (International Women's Day).

Reiki - Level One with Davina Huey Reiki Master, CBP, Bsc.

Silent Meditation Retreat - This retreat takes place in a beautiful location nested in nature with a flowing river with lots of trees and birds. The food will be delicious, healthy vegetarian food..

Pain in the Neck! -

Neck and shoulder pain are a pain - workshop
Sandra Bradshaw
[Kelowna](#)

You go girlfriend!
wildflower

Ac-Scentuating Your Destiny.

An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy, and Professional Feng Shui Course
[Vernon](#)

Congratulations Maria. You are doing excellent work. Oh ya, I'm taking a workshop this weekend.
Dhane



Reflexology Courses Vancouver

Congratulations on a job well done! All da best,
Conti

Good job, Maria & OKinHealth. Be very, very proud of your accomplishments in this regard. Roberta

Basic Kinesiology Program

Evelyn Mulders
[Kelowna](#)

Congratulations !!!! from
Cathy MacArthur

Try Something New for only \$3- and meet some new friends.
Badminton, Baseball, Pickleball, Senior Volleyball, Sunday night Volleyball Table

Wellness Wednesdays Evenings - \$5 or free for PSO

Nia Fitness Classes - Improve posture, alignment, & balance. Become aware of what you are doing & why. Weekly fitness classes that are the ultimate way to tone your body, mind, & spirit.

Inner Rhythms - "Yoga Plus" - Weekly Class Series

- All levels & uniquely integrates Yoga postures, Tai - Chi, Self management, Reflexology, & Relaxation Techniques.

Talk on CANCER - summerland

Art Talk: A Philosopher's Café Conversation with Lake Country Artist David T. Alexander.

Homeopathic First Aid Classes - Friday mornings - During the course we will learn remedies for treating common household emergencies and will explore a bit about homeopathy's history, philosophy and its uses for a variety of medical conditions.

Inner Rhythms African Drum & Dance Workshop - Djembe Drumming, Dance, & Rhythm Based Communication Activities - Rhythm & Oral teaching techniques are the key components that will be explored.

Fibromyalgia - Pain to Pleasure - A roadmap on becoming pain free

Angelic Healing I - Come spend a weekend with the Angels and Ascended Masters to connect with their unconditional love for a weekend of personal healing and assisting others in healing.

Releasing - Releasing for joy and peace. Learn a wonderful method to help you release failure habits, let go of attachments/aversions, allow you to trust yourself and feel love and peace with much ease. (This is not EFT).

BREATHE, MOVE & MEDITATE - In this series of 8 classes students will explore practical breathing, movement, chanting & meditation techniques. Each week a new technique will be introduced.

Inner Rhythms - African Drumming - class Series - This series will integrate both the beginner & seasoned drummer. Focus: A fun, interactive & informative adventure of African hand Djembe & Sabar drumming. A kinesthetic, auditory & visual way of learning fundamentals, ensemble, solo playing, rhythm layering.

Laughter Yoga - Is a series of breathing and easy movement exercises designed to teach the body to laugh without depending on jokes or humor.

Spirit of BC week - Free Community Skate, swim, and light up the Night Walk. Music, games, refreshments, prizes and fun for all.

Intuitive & Psychic Development - What are your gifts? Have fun discovering various techniques!

TABLE SHIATSU - In this hands-on workshop you will learn a basic table shiatsu routine that will enhance your practice. The techniques shared are relaxing & therapeutic.

Calgary Health Show 2008 - Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...

The Grace of Inspiration - Discover how to be open to receive solutions through inspiration and how to have peace of mind by mentally re-tuning. Learn powerful Ho'oponopono tools.

Basic Kinesiology Program (BKP) - Kinesiology the foundation of Energy Balancing. learn muscle testing protocol to detect and correct various imbalances related to stress, nutrition, learning problems, injuries and other daily issues. Proficiency certificate program developed by the ICPKP International College of Professional Kinesiology Practice.

Inner Rhythms "Yoga Plus" - Focus: Somatics & Micro Movements - Learn /Practice/Integrate micro movements to help heal & prevent injury, plus increase playability, flexibility & strength of the body/mind/soul. Included in this workshop are elements from educational kinesiology, Somatics - red light /green light, Relaxercise - based on Dr Mosche Feldenkrais work, restorative yoga postures, breathing postures & relaxation techniques.

Ac-Scentuating Your Destiny - An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy

Angelic Healing II - If you are wanting tools to assist yourself with more insights and clarity in all areas of your life or want to assist family and friends or incorporate these tools into a professional practice, then this course is what you are looking for.

Kelowna Health Shows - Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more Drop by and say Hi to OK in Health members at booth K in lobby - follow the harp music

Meditation Sampler - Tired of the same old meditation - try a variety from various teachings! Not every meditation method is right for everyone. Come explore various meditation methods, ranging from breath meditations, to light and love meditations, to angel meditations and much more!

PRACTITIONERS COMPLETE REFLEXOLOGY - PR 101 Douglas College Practitioner Weekends: with Yvette Eastman

Professional Feng Shui Course Modules 1 & 2 - Learn Traditional Chinese Feng Shui in detail, and to become a proficient professional Feng Shui practitioner.

Wellness Wednesdays Evenings - Managing Cholesterol - \$5 or free for PSO

Professional Feng Shui Course Modules 3 & 4 - The course consists of theory and on-site practice. There will be an examination after Module 4. Successful candidates will receive a Diploma, and will be recognized as a practitioner trained at the Feng Shui Research Centre.

VAJRAYOGINI PRACTICE - Tibetan Nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. This yogic practice connects us to the Earth keeping us grounded and vibrant, especially as we journey through the seasons of our lives (pregnancy, motherhood, menopause ...). Women only.

Theosophy 101 - Ascended Masters and All That Good Stuff!

Public Channeling - Come hear the comforting words of the Beings of Light!

Two Hours to a Better - Back Get rid of back pain - Back pain can seriously affect the rest of your life and your lifestyle. In this workshop Sandra will share new information on pain and how it works. Understanding pain is your first step in relieving it. You will create new strategies to ease your back pain

A Course in Miracles - It's all about peace of mind!

Wellness Wednesdays Evenings - Staying Healthy with Diabetes - \$5 or free for PSO

Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation.

Basic Holistic Foot Reflexology Course Prepares you to competently practice foot reflexology.

Wow Maria, congratulations. What a wonderful affirmation of your dedication and commitment too! Sounds like leaving your "other job" was none too soon eh??? I'm very happy for you. Do bask in the glow of a lovely achievement Take good care. Eileen from Vancouver.



Meditation Sampler

Denise Obidowski
[Kelowna](#)

Congratulations,
Katharina Riedener,
Osoyoos,



VAJRAYOGINI PRACTICE
with Brenda Molloy
[Kelowna](#)

That's awesome Maria, soooo exciting ! I will try to watch it on TV, Marie Sperring

**For full details and for March, April, May.....events -
[Click Here for full Details](#)**

REIKI -REVIVE! - with Kathy Collins



RELAX and REVIVE
your body's natural flow and inherent energy force.
With its innate intelligence Reiki energy flows to blockages in your body due
to sickness, tension or unresolved stress.
Kathy Collins is a Reiki Master / Teacher in Kelowna.
Reiki treatments and classes.
Flower remedies and holistic health choice guidance.
Contact Kathy Collins at 250-763-5997 or kathycee@shaw.ca
[Kelowna Practitioner](#)

Full details by area
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[Vancouver & across B.C.](#)
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[Reflexology Information](#)
[Local Support groups](#) and Practice meetings in BC
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