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Wishing all our OK In Health members a wonderful and relaxing festive holiday - full of fun, joy, peace, and laughter.

During or after the holidays may be a lovely time to go for a massage or a reiki treatment, reflexology or other of one of the many suggestions you will find on the listings on the OKinHealth website even a nice 'not too taxing' workshop to be part of a group; be among people in a relaxed easy-going healing get-together.... just a treat of time and fantasy pampering for you on your own or with a friend in a warm and relaxing setting or you may just like to read of some of the interesting articles or be tempted by some of the 'special offers' listed before having to get back to your busy lives

So, take a moment and come visit OK In Health - explore the many suggestions and have yourself a good read !

Wishing you all a heart-warming festive season ... from OK In Health

December 2007 Newsletter----- QUICK OVERVIEW

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Check out OKinHealth
NEW low rate adverts for
Practitioners and health related
businesses

[Special rate for yearly advert!](#)



[Subscriber info](#) - see end of page

Classifieds - [News & announcements](#)

RECIPES

CALENDAR - New [Workshops, courses, free events, & movies!](#)

This Health & heling directory has
over 80 workshops and events to choose from. [Click Here!](#)

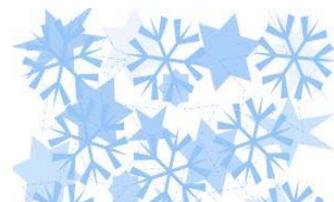
New ARTICLES

- [Salba - the Gluten-Free Ancient Grain](#) - By Maria Carr
D.S.A. - Editor of OKinHealth, Reflexologist
- [What is Heartburn / Acid Reflux?](#) - Brenda Watson,
Naturopathic Doctor, colon hydrotherapy, & founder of the Renew Life
School of Natural Therapies
- [You Are What You Eat !](#) - By Bobbi Krien - Herbalist,
sports nutrition specialist, & Manager of Penticton's Natures Fare
Market.
- [The Ultimate Libido Boost](#) - By Brad J. King, M.S.,
M.F.S. - Performance Nutritionist Nutritional Researcher
- [Candida Diet Myths](#) by Vicky Zhou, New York Herblist.
- [The Face as a Mirror of the Body](#) - By Yvette Eastman
- Director of Touchpoint Institute of Reflexology & Kinesthetics.
- [Treat your animals to Reflexology](#) - By Yvette
Eastman - Director of Touchpoint Institute of Reflexology and
Kinesthetics.

CONTESTS - [Win a free treatment!](#) - 22 different contests
to choose from!

PRACTITIONERS -
[Directory](#)

WELLNESS TIPS - see
below



[Recipe for Christmas Holiday Joy](#)

- [Salba Irish Hummus](#)
- [Salba Salsa](#)
- [Salba Cranberry Muffin](#)
- [Stuffed Potatoes with Broccoli](#)
- [Chanukah Zucchini Potato Latkes](#)
- [Champagne Fooler](#)
- [Kwanzaa Recipes- Collard Greens with Coconut Milk](#)
- [Greek Holiday Tea Biscuit](#)
- [Chanukah Zucchini Potato Latkes](#)
- [Kolach - \(Ukrainian Braided Ring-Shaped Bread\)](#)
- [Holiday Brussels Sprouts Healthy](#)
- [Low-Fat Smoked Salmon Spread](#)
- [Orange Fruit Nut Truffles](#)
- [Fruit Platter Healthy Holiday Recipe](#)
- [Best Ever Coleslaw Diabetic Recipe](#)

- [Salt Substitutes](#)
- [Probiotics](#)
- [Chicken Soup](#)
- [Bugs Bunny was right!](#)
- [Grand-kids coming over?](#)
- [Help for Bowel Irregularity](#)
- [How Healthy Is Your Pet Food?](#)
- [At your Desk Calf Exercise](#)

[Support Group Directory - Click Here](#)



Seasons Greeting From the Editor, Maria Carr and the OK In Health team.

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What is Heartburn / Acid Reflux? - - Brenda Watson, Naturopathic Doctor, colon hydrotherapy, & founder of the Renew Life School of Natural Therapies

Heartburn is a burning discomfort that is felt in the chest just behind the breastbone. The burning sensation results when harsh stomach juices come in contact with and irritate the delicate lining of the esophagus. Almost 30% of Canadians have upper gastrointestinal problems. Of that 30%, roughly 43% were heartburn. Many different things can cause heartburn to occur. Too much stomach acid (hyperacidity) Overeating Processed foods Carbonated beverages Restrictive clothing Not Enough Stomach Acid A large portion of people with heartburn actually have too little stomach acid being produced. When there is a lack of stomach acid, the stomach is no longer a sterile environment....
[[To read more - Click Here!](#)]



Salba - the Gluten-Free Ancient Grain - By Maria Carr D.S.A. - Editor of OKinHealth, Reflexologist, Digestive care adviser, & health columnist.



Salba is a variety of ancient plant species belonging to the mint family called Chia. Its botanical name is *Salvia hispanica L.* and it has been used in the diets of humans for hundreds of years. The remarkably advanced Aztec nation cultivated *Salvia hispanica L.* which they called Chia, as one of their nutritional foundations. The brilliant Aztecs used Chia to sustain them on long and arduous hunting and trading expeditions and in battle. They referred to Chia as "Running Food" because it provided extraordinary energy and power. Chia was to the Aztecs what Ginseng is to the Orient: the nutritional secret for restoring vigor and prolonging life..... [[Read More](#)]

You Are What You Eat ! By Bobbi Krien - Herbalist, sports nutrition specialist, & Manager of Penticton's Natures Fare

Market.

How many times have we heard this phrase... and then laughed? Well it is very true, and should be taken very seriously. Everything, we put into our mouths affects all of our cells, which make up our being. Eating proper foods is the most important factor in the basis of our health, along with water. Most disease and ailments could be avoided by simply making better food choices, this does not mean eating all vegetables and never eating a dessert or pizza again! It means, the majority of the time you are paying attention to ingredients on labels, and making a conscious choice of what you will put into your body. Small changes such as picking whole grain bread over white bread, cooking fresh vegetables as opposed to..... [[To read this article in full](#)]



The Ultimate Libido Boost By Brad J. King, M.S., M.F.S. - Performance Nutritionist Nutritional Researcher



Men hit their *so-called* sexual peak in their late 20's, however this peak is most often defined by a man's energy, stamina and of course his sexuality!

The truth is that a man's sexuality is largely controlled through the production of a powerful hormone called testosterone . In today's society, most men experience a decline in sexual energy--caused by waning testosterone levels--as they age. Aside from the fact that overall health is negatively affected as we lose this vital hormone, this dip in testosterone also



leads to low mood, loss of lean muscle tissue and strength and a drastic decline in the libido that once never failed us.

In other words, testosterone is the primary hormonal message behind a man (and a woman's) sex drive.

Not just a man's hormone - It is well accepted that most women after menopause experience a less than adequate sex drive. This low libido status can often be due to lowered testosterone levels. [[To read this article in full](#)]

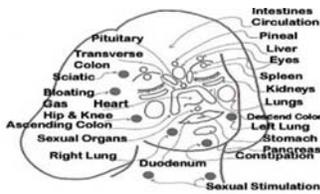
Candida Diet Myths by Vicky Zhou, New York Herblist

There are many myths as to what you really should eat and not eat if you have candida. Many of these are spread because someone heard them from someplace, and as a result everyone seems to think they're true. These myths can addle anyone, so let me try and bust them. **Myth 1:** You should not eat any cultured foods....



[[Read more of this article](#)]

The Face as a Mirror of the Body By Yvette Eastman - Director of Touchpoint Institute of Reflexology & Kinesthetics



Face Reflexology - "From head to toe" is an amusing phrase for us as Reflexologists since we know that the toes contain all the reflexes to the head. So one of the first things that would give you the perfect Face Reflexology session might be to rub your toes! But that's not why you are reading this article so let me give you some very wonderful visual cues on Face Reflexology. Many of you are already people watchers..... This article will show you specific traits to observe and what stories they can tell you. [[Read More](#)]

Treat your animals to Reflexology By Yvette Eastman - Director of Touchpoint Institute of Reflexology and Kinesthetics

Reflexology To the Rescue - Animals are excellent candidates for Reflexology. They benefit from Reflexology as much as people do and perhaps even more than petting! They walk and live in the same stressful settings as we do, breathe the same air, drink the same water and lead noisy, angry, deprived lives. For the love of humans, they have given up much of their freedom, and most of their instincts. It is time for us to give them something very special. When you first work on an animal, you need to relax them with and ... [[... Read More](#)]



See up coming [Pet Reflexology workshps](#)

For more wellness articles and information - visit [OKinHealth`s Article page](#)



[Top .](#)



Practitioners' Directory

Eclectic Spirit Grand Opening



I'm very pleased to open the doors of my center "Eclectic Spirit".
Come for my free introductory talk
which will present you with a variety of paths
and philosophies I will be teaching over the year 2008.
Some of these paths are deeply transformative but not well-known.

Date:

January 16th at 7:00pm, and again January 19th at 1:00 in the afternoon

Facilitator:

Denise Obidowski (spiritual teacher and author). Denise is a spiritual teacher, author, and intuitive reader. She has been working in the field for 5 years.

Location:

185 Dell Rd. address : Kelowna, BC, Canada Phone: 250-860-5529
desoterica@hotmail.com Website: www.enlightenedtransformation.com

Dr. Tamara Browne - The Natural Family Health Clinic

Naturopathic Physician. Individualized health care programs for chronic disease management & prevention. Complete lab analysis. Scientifically based. Oliver, B.C. (250) 498-0505 office (250) 485-7227 cell

Pat Deacon - Homeopath



Pat Deacon, RSHom. HMC Offering homeopathic consultations by appointment.
(250) 492 - 0336 - www.patdeacon.ca

Her particular areas of interest have been people with severe allergies, digestive disorders, IBS, skin problem, Depression, treating children on the Autism Spectrum; ADHD, childhood illnesses, pregnancy, birth and post partum care; and the homeopathic treatment of auto-immune disorders. She regularly supervises new practitioners, holds workshops for midwives and birth attendants on the use of homeopathy, and teaches the

Advanced Practitioner Training program with Jude Dawson, RSHom (NA) CCH.. She practices from her home office in Penticton, in the South Okanagan Valley of BC, where she lives she also travels to Vancouver to see patients there.



Pawsitive Veterinary Care pet wellness naturally



Look to us when you are thinking of health care for your pet.

We offer a holistic approach to pet care including Homeopathy, Herbal Medicine, Integrative Medicine, Natural Raw Diets, Bowen Therapy and Chiropractic Care as well as the usual Surgeries, Dentistries, and conventional medicine when needed. Owners welcome to stay for all procedures, Minimal Vaccinations, Minimal Drugs. Helping Pets Naturally, One at a Time.

6-1551 Sutherland Avenue, Kelowna. Phone: 250-862-2727. -**Website:**

www.pawsitivevet.com

Also visit OK in Health's [animal natural care page](#).

CHRISTINA INCE - Holistic Health Practitioner

Workshops. Retreat Speaker christina@holisticcounsellor.com Phone: 250 - 490 - 0735 www.holisticcounsellor.com

Linda Buhler - Colour Me Healthy - Your animal's advocacy

Alternative treatments in Health & Behavioral Problems for Pets.
Reiki & Tellington Touch & Bach Flower Essence For Animals.
Aids in stress reduction, improve self confidence & performance, strengthens & rehabilitates the body, and works with the physical, emotional, & mental natures of the animal.
Linda Buhler, Pet Practitioner, Reiki Master.
lcbuhler@hotmail.com Phone 250 - 485 7116. Oliver, BC
Note: It is important to consult with your veterinarian when your pet is unwell.



Also visit OK in Health's [animal natural care page](#).

Katharina Riedener - Homeopath & Reflexologist

Classical Homeopathy and Reflexology Experience how Homeopathic Medicine can treat the real cause of your problems! Katharina Riedener DHom, RHom, Classical Homeopath, Reflexologist, Osoyoos, 250 485-8333, www.homeokat.com

Mike Antoniak - A Touch of Heaven Wellness Studio

Certified Raynor Therapist – Specializing in Deep Tissue, Swedish and Sports Massage.
Aromatherapy Massage and Products. Foot Spa Detoxification.
Osoyoos, BC - 250-535-0274



Robyn Harden - Blendz Aromatics

CFAP Aromatologist, organic/certified organic essential oils, custom blending, consultations. Editor CFA 'Aromascents' Journal.
Contact Robyn Harden: Penticton. 250 493 0363 robyn.harden@shaw.ca

Sally Bouchard - By Your Side - Doula Service

By Your Side - Doula Service A birth doula provides emotional, physical and informational support for expectant, labouring and postpartum mothers and their families. Research shows that women supported by doulas are more satisfied with their ability to make informed choices and had higher satisfaction rates regarding their birth experience. Contact Sally Bouchard - sallyb-lakeside@shaw.ca 1 250 493-1200



Fresh Air Spaces

Can't sleep, always sneezing, watery eyes, coughing, shortness of breath, these are some of the signs that you may have mould growing in your home or office. An underestimated source of illness in our communities is right inside our homes and workplaces. It's called Poor Indoor Air Quality. Canadians typically spend close to 90% of their time indoors. Have you had your Indoor Air tested Lately?

[see Article](#) www.freshairspace.com Email: info@freshairspace.com Ph: 250-769-2891 Fax: 250-769-2808



Healing Hand Networking Directory

South Okanagan Naturopathic Clinic - Dr Sherry Ure, ND - 461 Martin St., Penticton, B.C. (250) 493 6060
Vital Path Health Centre - Dr. Nicole Shortt, BSc, ND - 5300 – 26th Street Vernon, BC (250) 549-1400
Penticton Naturopathic Clinic Dr. Alexander Mazurin ND, 106 - 3310 Skaha Lake Road Penticton 492-3181
Michael Reierson 12300 Henry Avenue Summerland 494-0020
The Core Chiropractic, Dr. Tater & Dr. Erika Holenski, ND, 102-1441 Ellis St Kelowna, (250) 862-2673
Body Balance Integrated Health Clinic - 203-1811 Victoria Street, Prince George, BC 250 649 0886
Acubalance Wellness Centre (604) 678-8600 - 250 - 828 West 8th Avenue - Vancouver
Bloom Family Wellness Centre (604) 988-1411 - 1-3046 Edgemont Boulevard - Vancouver
Sole 2 Soul - "Where Smart Feet Shop" certified reflexologist. Mobile services available in the Penticton, Summerland, Peachland, Westbank and Kelowna areas. Contact Nora at 250-494-8032
Kelowna Naturopathic Clinic Dr. Swetlikoff, ND, - #160 1855 Kirschner Road Kelowna, BC, 250.868.2205



DARE TO DREAM - Body, Mind & Spirit Centre

Products, Services, and classes for relaxation, growth & healing. Books, CDs & DVDs, crystals/gems, Salt lamps, Feng Shui,



etc... Treatments by appointment. See ['Holistic Choices'](#)

Our December SPECIALS are:

20% off Tarot & Oracle Cards and 20% off all Colour Energy Products- colour bath, chakra & therapeutic oils, body sprays. Plus weekly specials: 20% Off

Dec.2 – 8th, Blownglass & Crystal suncatchers, Incense & Holders

Dec. 9 –15th, Oils & burners/diffusers, Salt lamps & bath salts

Dec. 16 –22nd, Books, Tibetan singing bowls & tingshas

PLUS Dec. 26 – Jan.31st - STOREWIDE SALE!!

#33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295

[Top .](#)



WELLNESS TIPS

Salt Substitutes

Use salt substitutes sparingly, if at all, unless you consult with your doctor. Some salt substitutes contain very high levels of potassium. This may be unhealthy for those with certain medical conditions. Instead of relying on a salt substitute, try seasoning foods with pepper, flavorful herbs and spices.

Grand-kids coming over? or are you looking for a healthy snack idea?

Try banana crunch pops. Place a small banana on a popsicle stick, coat with non fat or low fat vanilla yogurt, roll in crisped rice cereal and set on waxed paper. Freeze overnight. Enjoy a low fat, nutritious and cool snack tomorrow!



Carrots Bugs Bunny was right - carrots are good for your eyes. Carrots are a rich source of beta-carotene. When converted to vitamin A in the body, this nutrient helps to maintain proper vision. This includes adjusting to night vision, too. Some studies have linked beta-carotene with cataract prevention. Along with carrots, rich food sources of beta-carotene include dark red, yellow and orange fruits and vegetables, such as sweet potatoes, red bell pepper and mango.

Help for Bowel Irregularity

Constipation and irregular bowel movements are common problems, especially among women and older people. A diet rich in fiber and antioxidants, along with a regular exercise routine and stress-reduction techniques can help to keep your bowels healthy. While bowel function may not be near the top of your list of priorities when it comes to health, it should be - irritable bowel syndrome (IBS), inflammatory bowel disease and colon cancer are all serious issues.

Probiotics.

If you plan on traveling, are taking antibiotics, have slow digestion or experience excessive gas, probiotic supplements may help by promoting healthy levels of friendly bacteria. Choose a probiotic supplement containing one billion bacteria or more per standard dose, and always take them with food.

Lettuce Comparisons

Is lettuce just lettuce? Not when it comes to nutrition! Iceberg lettuce is one of the most popular lettuces sold. But its nutritional value pales in comparison to that of dark leaf lettuces, such as romaine, redleaf, or spinach. Per serving, romaine lettuce has 78 times as much vitamin A, 6 times as much vitamin C, 2 times as much fiber, 2 times the calcium and almost 3 times as much iron as iceberg lettuce. Color is a good guide. Darker greens are generally the nutrition superstars.



How Healthy Is Your Pet Food?

With this year's pet food scare, pet owners may be wondering what to feed their dogs and cats these days. When choosing pet food stay away from anything containing animal by-products, rendered or recycled meats, poultry, or

fats, and looks for meat protein that is properly cooked before it's consumed. Always check pet food labels to make sure that they clearly state that the food does not contain added growth hormones, antibiotic-fed protein sources, or rendered meats, fats and poultry.

Chicken Soup

It's true. Chicken soup really does help to relieve the symptoms of a cold. The hot vapors help break up congestion, making it easier for you to breathe. Vegetable soup should also do the trick if you are a non-meat eater. Don't forget to drink plenty of fluids. Avoid caffeinated beverages which can dehydrate the body.

At your Desk Calf Exercise

Good calf exercises can be very simple. Our fitness experts say you should consider the following: 1) Lift and lower both heels while keeping the balls of your feet planted firmly on the floor; and 2) Work the opposing muscles by lifting and lowering the balls of your feet with your heels on the floor.

For more healthy tip visit our [Wellness Tips](#) page.

[Top](#)

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Recipe for Christmas Holiday Joy



Ingredients:

1/2 cup Hugs
4 teaspoons Kisses
4 cups Love
1 cup Special Holiday Cheer
3 teaspoons Christmas Spirits
2 cups Goodwill Toward Man
1 Sprig of Mistletoe
1 medium-size bag of Christmas Snowflakes (the regular kind won't do!)

Directions:

Mix hugs, kisses, smiles and love until consistent.
Blend in holiday cheer, peace on earth, Christmas spirits and goodwill toward men.
Use the mixture to fill a large, warm heart, where it can be stored for a lifetime, (it never goes bad!).
Serve as desired under mistletoe, sprinkled liberally with special Christmas Snowflakes.

Stuffed Potatoes with Broccoli

Description

It can be difficult to coax your loved ones into eating five servings a day of vegetables (as nutritionists recommend). That's why this recipe cleverly incorporates broccoli into a baked potato. Broccoli is an excellent source of fiber and cancer-fighting antioxidants. Potatoes are a universally loved vegetable loaded with vitamins C and B-6, potassium and fiber. And, best of all, this recipe is low in fat. You can make the stuffed potatoes ahead and reheat them when everyone is ready to eat.

Ingredients

3 large baking potatoes	1/2 teaspoon salt
2 large stalks broccoli	1 tablespoon extra-virgin olive oil
2 tablespoons grated Parmesan cheese	1-2 tablespoons lowfat milk, rice milk or soy milk

Instructions

1. Scrub the potatoes and make shallow cuts around their middles to make it easier to cut them in half after baking. Bake the potatoes at 400 degrees until soft, about 1 hour, depending on the size of the potatoes.
2. Meanwhile, cut the ends from the stalks of broccoli and peel some of the outer skin off to make the stems more edible. Steam the broccoli until crunchy-tender and bright green. Drain and chop fine.
3. Cut potatoes in half and scoop out the insides into a bowl. Add the salt, olive oil and just enough rice or soy milk to allow you to mash the potatoes into a smooth paste. Add the Parmesan cheese and the chopped broccoli and mix well.
4. Pile the mixture back into the potato shells, arrange on a baking dish and heat them to desired temperature

Champagne Fooler



Ingredients: 1/3 cup chilled unsweetened apple juice or apple cider, 1/4 teaspoon fresh lemon juice, about 1/2 cup chilled club soda.

Directions: Chill a champagne glass or wineglass. Measure apple and lemon juices into a measuring cup. Add enough club soda to make a total of 3/4 cup; stir gently to blend. Pour into chilled champagne glass or wineglass. Serve immediately. Recipe makes one serving.

Nutrition information per serving: Calories: 40 Fat: 0g Cholesterol: 0mg Sodium: 25mg

Chanukah Zucchini Potato Latkes



2 pounds zucchini
2 large potatoes
1 medium onion
3 eggs
1 teaspoon vegetable oil
3/4 cup matzah meal
Salt and pepper to taste
Vegetable oil for frying
Makes 18 large pancakes to serve 6-8. Serve hot with sour cream or applesauce.
Note: You can also add carrots, parsley and dill to this recipe.

Peel the zucchini and grate down to the seeds (discard the seeds). Squeeze out the liquid. Peel the potatoes and grate into the zucchini. Once more, remove the liquid. This is important! Grate the onion and add to the zucchini mixture. Add the eggs, oil and matzah meal, starting with 1/2 cup matzah meal and continuing to add more if necessary, until there is body to the mixture. Season with salt and pepper to taste and blend well. In a large, heavy frying pan, heat some vegetable oil until almost smoking. Using a large tablespoon, spoon a round portion of zucchini mixture into the pan and brown on both sides.

Salba Irish Hummus



Hummus is a chickpea paste that is popular in various local forms throughout the Middle Eastern world, but its origins are unknown. In Arabic the word hummus is used to describe the dish or just chickpeas.

- 1 cup chickpeas from a can, drained
- 1/2 lemon, juice
- 1 glove garlic
- 1/4 cup olive oil
- 1/4 cup sunflower oil
- 1 cup fresh parsley, (keep some parsley to garnish)
- 1/4 teaspoon chilli powder
- 1/2 cup water
- 1/2 teaspoon unrefined sea salt
- 2 tablespoon Salba®, whole seed

Mix all the ingredients with a blender until it's smooth and creamy. Garnish with parsley. Serve with toast, crackers or vegetable sticks.

Salba Cranberry Muffin



2 cup whole wheat flour
2 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 tablespoon canola oil
1 teaspoon vanilla
1 cup applesauce
1/3 cup honey or agave syrup
1 cup dried cranberries
66 gram Salba whole seeds

Preheat the oven to 300 degrees F. Prepare the muffin tins with some oil to prevent the muffins from sticking. Mix the following ingredients in a bowl: whole wheat flour, baking powder, baking soda, salt and Salba®. Mix in a second bowl the cranberries, canola oil, applesauce, vanilla, and honey. Put everything together and mix it fast. Put the mix in the muffin tins. (Do not use paper muffin tins; the

muffin will stick to the paper.)
Place the muffins in the 300
degrees oven for 25 minutes.
Enjoy!

Salba Salsa

You can add Salba to every tasty dish so why not make a
topping for
bruschetta or a dip for tortillas?



- 2 tomatoes, finely chopped
- 1 green onion, only the white part
- chopped 1 tablespoon fresh coriander
- 1 teaspoon lemon juice
- 1/2 yellow pepper, finely chopped
- 1/2 teaspoon salt
- 2 tablespoon Salba whole seed
- Put all the ingredients together in the food processor and push the button of the processor only 4 times. The salsa should still contain chopped parts.
- Very nice on garlic bread.

Check out our [Celiac page](#) and - [send us your feedback](#)

More Festive Recipes



- [Kwanzaa Recipes- Collard Greens with Coconut Milk](#)
- [Greek Holiday Tea Biscuit](#)
- [Chanukah Zucchini Potato Latkes](#)
- [Kolach - \(Ukrainian Braided Ring-Shaped Bread\)](#)
- [Holiday Brussels Sprouts Healthy](#)
- [Low-Fat Smoked Salmon Spread](#)
- [Orange Fruit Nut Truffles](#)
- [Fruit Platter Healthy Holiday Recipe](#)
- [Best Ever Coleslaw Diabetic Recipe](#)

[Top](#)

Did you know that *OK In Health* has a weekly newspaper health column?

It is called "**A Healthy Focus**" and is published in:

- The Osoyoos Times
- The Similkameen Spotlight
- The Boundary Creek Times
- The Keremeos Review and
- Okanagan Falls Review
- Oliver Chronicle and more



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OK **IN** Health - **IN**tegrative Health & Healing website



DATE	TITLE	VENUE	FACILITATOR
	See our new Fitness Classes page - Yoga Clasess. Nia Technique - Classes S.h.a.p.e. classes -	More Details	Fitness Classes
	Free Events Support Groups Directory and Meditation Classes	More Details	Free Events
Fall classes	Nia Technique - Classes & Therapeytic Nia Classes Weekly fitness classes that are the ultimate way to tone your body, mind and spirit. Improve posture, alignment and balance. Become aware of what you are doing and why.	Penticton	& Fitness page
	December	More Details	
	Book your Christmas/Holiday Fair, Concerts, & January Events		
On going	Nia Technique - Classes & Therapeytic Nia Classes Weekly fitness classes that are the ultimate way to tone your body, mind and spirit. Improve posture, alignment and balance. Become aware of what you are doing and why.	Penticton	& Fitness page
	Morris Dancing	Penticton	& Fitness page
Dec 3 - 7	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.	Kelowna	Evelyn Mulders
Dec 5 Wed 7 - 9pm	Taste of Christmas @ Nature's Fare Market	Penticton	Sign up for this free event
Dec 7th	2012 The Odyssey - The movie. The Mayan Calendar is ending on December 21st 2012. What will happen to us between now and then? Are there other prophecies that also predict the closing of this world age and the start of a new beginning?	Kelowna	By Donation
December 7	Holistic Reflexology: An Introduction	Vancouver	& Reflexology Page
December 7,8,9	Basic Holistic Foot Reflexology Course	Vancouver	& Reflexology Page
Dec 14, 15, 15	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.	Cochrane, Alberta	Evelyn Mulders
Dec 20	Solistic Bliss Experience respite from the buzz and busy-ness of holiday preparations in this luxuriously relaxing session tending to the light within. Embrace the transition of darkness to expanding light with gentle supported poses, soothing breath work and guided meditation for deep calm and rejuvenation.	Penticton	Wildflower
Dec 31st	SS Sicamous Restoration Society. Fundraising Event for to help repair the vandalism to SS Okanagan. New Years Eve event/party.	Penticton	
	January 2008	More Details	
Jan 3 - 24 Every	Spiritual Principles of Wealth Understanding the spiritual principles as they apply to wealth, so your whole life is		

Thurs	enhanced. If you want more money, joy, love, health or to understand the spiritual principles of money then this is the course for you.	Penticton	Norma Cowie
Jan 11, 12, 13	Healing Massage Course The purpose of this workshop is to teach participants a holistic technique of massage which is unique to the Wellness Spa (Focus Bodywork Ltd.). It is designed to be a first step to a series of weekend workshops. The intention is to teach healing massage to beginners, as a profession or to offer those who already do a form of bodywork a different perspective.	Kelowna	Sharon Strang
Jan 11 to August (weekends)	Touchpoint Reflexology Diploma Program Includes Feet, Hands, Face, Ear, Body, Reflexology, Meridian, Chakra, Hot stone, EFT Pawspoint Reflexology for Animals, Structural Reflexologies, Shoulder Release, Aromatherapy Intro, Chair, Body, & Indian Head Massage, Anatomy, Business Skills, and more.	Vancouver	& Reflexology Page
Jan 11,12,13	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.	Cochrane, Alberta	Evelyn Mulders
Jan.12,13	PAWSPPOINT – REFLEXOLOGY FOR ANIMALS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
Jan 12 & 13	Business Course For Wholistic Practitioners This course will benefit anyone who is considering operating a small business, or is currently in one, especially a wholistic practice.	Kelowna	Pamela Shelly
Jan 16th and 19th	Eclectic Spirit Opening - Come for a free introductory talk	Kelowna	Denise Obidowski
Jan 19	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Kelowna	Pamela Shelly
January 19 & 20	Victoria Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals	
Jan 20	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, severing vows of poverty and much more.	Kelowna	Pamela Shelly
January TBA	Homeopathic First Aid Classes 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.	Penticton	Pat Deacon
Jan. 23 to Feb. 6 Wed. evenings	Qabalah 101 - The Tree of Life Discover the tree of life as a map that shows the stages and levels of our consciousness. Learn about the ego, the Soul, and the Highest Self, as well as techniques for entering each level.	Kelowna	Denise Obidowski
Jan 25, 26, 27	Adamus Saint-Germain's DreamWalker Ascension In this intensive three-day School, Saint-Germain will discuss the process of going through an in-body ascension.	Kelowna	Tammie O'Rielly & Faye Stroo
Jan 28 - Feb 1	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.	Kelowna	Evelyn Mulders
Jan. 28th to Mar. 3rd- Monday evenings	Tarot 101 More than just card reading!	Kelowna	Denise Obidowski
	February	More Details	
Feb 2 & 3	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.	Kelowna	Pamela Shelly
Feb 2 & 3	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	Kelowna	Denise Obidowski

	feel love and peace with much ease. (This is not EFT).		
Feb 8 -10, 2008	Laughter Yoga Laughter Yoga is a series of breathing and easy movement exercises designed to teach the body to laugh without depending on jokes or humor.	Kelowna	Allan O'Meara & Bev Miller
Feb 9 & 10	Intuitive & Psychic Development What are your gifts? Have fun discovering various techniques!	Kelowna	Denise Obidowski
Feb 9 & 10	Calgary Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals	
Feb 13	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.	Kelowna	Denise Obidowski
Feb 15,16,17	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.	Cochrane, Alberta	Evelyn Mulders
Feb 16 & 17	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	Pamela Shelly
Feb 16,17, 23, 24,& Mar 1, 2	PRACTITIONERS COMPLETE REFLEXOLOGY – PR 101 Douglas College Practitioner Weekends: with Yvette Eastman	Vancouver	& Reflexology Page
Feb 15,16,17,18	Professional Feng Shui Course Modules 1 & 2 Learn Traditional Chinese Feng Shui in detail, and to become a proficient professional Feng Shui practitioner.	Vernon,BC	Teresa Hwang
Feb 20,21,22, 23	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.	Vernon,BC	Teresa Hwang
Feb. 21 to Mar. 13, Thurs. evenings	Theosophy 101 Ascended Masters and All That Good Stuff!	Kelowna	Denise Obidowski
	March	More Details	
March 3 - 7	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.	Kelowna	Evelyn Mulders
March 8th	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Vancouver	Pamela Shelly
March 9th	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, severing vows of poverty and much more.	Vancouver	Pamela Shelly
March 8 & 9	Kelowna Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals	
March 14,15,16	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.	Cochrane, Alberta	Evelyn Mulders
March 15	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Kelowna	Pamela Shelly
	EMOTIONAL FREEDOM TECHNIQUE		

Mar. 15,16,	with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
March 16	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, severing vows of poverty and much more.	Kelowna	Pamela Shelly
March 21-25,	TOUCH FOR HEALTH - LEVELS 1, 2, 3 & 4 with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
March 29,30,	HAND REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	April	More Details	
April 1st	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, severing vows of poverty and much more.	Calgary, Alberta	Pamela Shelly
April 5 & 6	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.	Calgary, Alberta	Pamela Shelly
April 8 & 10	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Calgary, Alberta	Pamela Shelly
April 10,11,12,13,	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.	Cochrane, Alberta	Evelyn Mulders
April 12 & 13	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.	Calgary, Alberta	Pamela Shelly
April 14 - 18	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.	Kelowna	Evelyn Mulders
April 18-20	United in Marriage workshop Why not have a Spring getaway and enjoy a very special weekend together! A great chance to rekindle the romance and love in your relationship. A chance to get away from work and home pressures and to focus on each other!	Penticton, Okanagan, BC	& Retreat Page
April 20	EAR REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
April 25-27	MERIDIANS ON THE FEET REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
April 26 & 27	Business Course For Wholistic Practitioners This course will benefit anyone who is considering operating a small business, or is currently in one, especially a wholistic practice.	Kelowna	Pamela Shelly
April 26 & 28	30th annual - Spring Festival of Awareness Join us for the 30th Annual Celebration. Over 50 workshops to choose from and many new friends to meet...	Naramata, Penticton	Congratulations 30th year
	May	More Details	
May 3	FACE REFLEXOLOGY		
May 3 & 4	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.	Kelowna	Pamela Shelly

May 10 - 20	REFLEXOLOGY: THE TEACHER'S PROGRAM with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
May 10/ 11 2008	Cranio Sacral Reflexology Introduction, Embryology/CNS/Automatic Nervous System, Cranial Movement / Membranes / Lesions of CRI, CSF Fluid, General Cranio Sacral Treatment, The Cranial Nerves. Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. See Reflexology page	Penticton, Okanagan, BC	Dr. Martine Faure-Alderson
May 17 - 19	PRACTITIONERS COMPLETE REFLEXOLOGY 3-day Intensive Practitioner programs: with Yvette Eastman	Vancouver	& Reflexology Page
May 24 & 25	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	Pamela Shelly
May 24,31	BODY REFLEXOLOGY – MIRACLE POINTS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	June	More Details	
June 7,8	PAWSPPOINT – REFLEXOLOGY FOR ANIMALS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	July	More Details	
July 20	CHAKRAS ON THE FEET with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	August	More Details	
Aug 23,24	PAWSPPOINT – REFLEXOLOGY FOR ANIMALS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
Aug 28 - Sept 1	TOUCH FOR HEALTH - LEVELS 1, 2, 3 & 4 with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	September	More Details	
	Fall Workshops, courses, & Events		

	October	More Details	
Oct 25 & 26	Vancouver Health Show 2008 Over 150 exhibitors featuring health experts, body workers, fitness clubs, & more...	Fairs & Festivals	
Oct 25 - 27	PRACTITIONERS COMPLETE REFLEXOLOGY 3-day Intensive Practitioner programs: with Yvette Eastman	Vancouver	& Reflexology Page
	November	More Details	
Nov 1, 2	HAND REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
NOV 6-11	TOUCHPOINT ESSENTIAL ADVANCED REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
April 25-27	MERIDIANS ON THE FEET REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
Nov 30	CHAKRAS ON THE FEET with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
	December - 2008	More Details	
Dec 6	FACE REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
Dec 7	EAR REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
Dec 13, 14	EMOTIONAL FREEDOM TECHNIQUE with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver	& Reflexology page
More Details	Correspondence - Courses & Training		
NEW On Going	TOUCHPOINT FOOT REFLEXOLOGY CERTIFICATE HOMESTUDY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Yvette Eastman	NEW
On Going	Living Energy Wholistic Nutrition Course	Dr. Radka Ruzicka DNM.	Living Energy Natural Health Centre (Ltd)
On Going	Animal Communication- Communicate with the animals in your life	Sue Peters	
On Going	Hypnotherapy Certification Training	The Orca Institute.	

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Win a Free Treatment:

1. **Penticton**
One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance Pilates and fitness.
2. **Penticton**
One Free personal coaching session with Lyndsay Blais Consulting.
3. **Penticton** this contest is now closed
4. **Penticton**
One free Aqua-Chi detox footbath session (regular fee \$30) at Christina's Holistic Centre, with Christina Ince.
5. **Penticton**
One Free Reiki treatment at Christina's Holistic Centre, with Christina Ince.
[See previous contest winner feedback](#)
6. **Penticton**



One free session - hypnosis, or psychological, or energy work, or talk therapy. Joy Green, Psychologist

7. **Penticton**
Win 1 of 2 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton`s Water Conservation Department
8. **Summerland**
One Free Energy Reflex testing/health consultation with Summerland Reflexology with Denise DeLeeuw Blouin
9. **Kelowna.**
Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at Natural Sense Aromatherapy
10. **Kelowna**
One free Reiki Treatment at Holistic Choices with Preben.
11. **Kelowna**
One free Reflexology session from Rite-Way Health with Marie Sperling.
12. **Osoyoos** NEW
One free one hour Massage or a Reiki session at Yin Yang Chi Healing.
13. **Oliver** New
One free Pet treatment at 'Colour Me Healthy' with Linda Buhler. See previous contest winner feedback

#B - Win a 'Discount Gift Card' for Treatments:



1. **B1- Penticton**
Receive a 50% discount off a Relaxation Massage treatment at Christina's Holistic Centre, with Christina Ince.
2. **B2 - Penticton**
Receive a \$25 discount for one-day private massage training for a couple (regular fee \$100) at Christina's Holistic Centre, with Christina Ince.
3. **B3 - Vernon**
One \$25.00 off discount for a Healing Touch Treatment at Maya Healing Centre with Shirley Pretty

#C - Workshop Contests - Discount Gift Card

C 1. Penticton

Receive a \$25.00 discount towards Reiki Level 1 & Level 2 classes, with Reiki Master/Teacher Christina Ince at Christina's Holistic Centre, Penticton, BC.

C 2. Kelowna

Receive a \$25.00 discount towards Angelic Healing workshops with Instructor Pamela Shelly at Mastering Wellness. See previous contest winner feedback

C 3. Kelowna

Receive a \$25.00 discount towards Consciuous Parenting workshops with Instructor Pamela Shelly at Mastering Wellness .

C 4. Alberta

Receive a \$25.00 discount towards Angelic Healing workshops with Instructor Pamela Shelly at Mastering Wellness.



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- **Healing Rooms for Rent:-** Call for Accredited Practitioners Okanagan Wellness Centre, a professional clinic in Penticton designed for full time and part time practitioners, is now accepting applications. Benefits include full-time reception, waiting room, on-site laundry, kitchen, training room, marketing and flexible scheduling. If you are looking for a professional space to greet and treat your clients, call Nora at 493-7356 or email owc@shaw.ca
- **Healing Rooms for Rent:** - Practitioner Rooms to Rent Practitioner space available on part-time basis in professional, community-minded environment. The room is furnished, you provide the linens. Isabel@in-good-hands.ca Penticton 250.809.4405
- **For Sale:** - La Fuma Zero Gravity Recliner Lounge Chairs and Faulkner Recliner Chairs, Reflexology T-Shirts, Maseur Massage Sandals, Reflexology Foot, Hand & Ear Charts, Books, DVD and self-help tools... www.pacificreflexology.com (604) 875-8818 or 1 (800) 688-9748
- **For Sale:** - One gently used massage table, carrying case, head and arm rest, looks brand new **SOLD**
- **For Sale:** - 1998 Coleman *Sante Fe* Tent trailer. 10' box, king and double beds. 3 way fridge, 3 burner in/out stove, sink, detachable screen room + awning, in/out table, sleeps 6, exc. condition. \$7,400. Phone Marcel at 492-8724.
- **For Rent:-** Seminar Room for Rent in Vancouver - Room Size: 450 square feet (approximately 18'x 25') Pacific Institute of Reflexology also ...
- **Healing Rooms for Rent** - Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver (604) 875-8818 or 1 (800) 688-9748
- **For Sale:** - 27ft Motor Home for sale in Okanagan - a must see! For more information [click here](#)



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----------------------	---------------------------------	--------------------------	-------------------------	-------------------------------	----------------------------	---------------------------	-------------------------	-------------------------

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