



***Wishing you an amazing New Year 2007,
full of Joy, Happiness and new Adventures
and that you and your loved ones are surrounded
by love, laughter, Growth, Peace, and good Health.
Allowing time to follow your bliss, whatever that may be.
Let yourself be surprised!***

Here are some workshops, events and fitness classes listed on www.OKinHealth.com
I just saw the movie 2012 THE ODYSSEY and really enjoyed it. It was a nice way to welcome in the new year.
To read some quick healthy tips, New Articles, Classifieds -See Below.
Also enter our contest for a chance to WIN some great Prizes
Yours In Health,
From Maria Carr and the OK In Health Team.

OK In Health is your Integrative Health & Healing Information Center

[Up coming Workshops and Events](#)

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Himalayan Alexander Crystal Salt - A gift from Mother Nature

Ginkgo Biloba - The Longevity Herb

Devil's Claw: Your Best Friend For Arthritic Pain

How to detoxify from Mercury Amalgam Fillings?

Pau D'Arco (Taheebo) - Immune Power from the Rain forest

The HEALING POWER of GARLIC (Allium sativum) by Klaus Ferlow Vancouver, BC

What is Irlen Syndrome? By Pat Everatt, Penticton, BC - A PIECE OF THE PUZZLE FOR READING PROBLEMS, LEARNING DIFFICULTIES, AD/HD, DYSLLEXIA, HEADACHES AND OTHER PHYSICAL SYMPTOMS THROUGH THE USE OF COLOUR.

The Acid/Alkaline Balancing Act – How Important is It ???? by Lila Elliott, Penticton, BC

[Healthly Tips](#)

Improve your chances of achieving your new year's health goals. Be specific. Instead of promising to lose 15 pounds, state how you will do it. For example, say that you will add 40 minute walks along the lake front or workouts at the health club, 4 times a week. Use a simple tracking system, perhaps check marks on a calendar, to help you keep your focus.

Cream Alternate for Coffee Try soy milk in place of cream, Half & Half or whole milk in your coffee this week. It has less total fat and saturated fat, is rich in nutrients, and adds a pleasantly nutty taste.

Stretch Your Back Begin on your hands and knees. Slide your hands and arms out in front of you so that your torso forms one long sloping line from your fingertips to your tailbone. Breathe smoothly; reach forward with your fingertips while you keep your hips in line with your knees. Hold for about 30 seconds. Relax and then repeat. If you have back problems, first consult the professional who treats you before performing this stretch.

Exercise After Illness How can you know if you are too sick to exercise? If you have a hacking cough, pressure on your chest, a fever, an upset stomach, or fatigue and aching muscles, give your body a rest. It is usually okay to do mild to moderate activity if you have a cold without these symptoms.

Five minute de-stressors People often say they are "stressed" when their normal coping mechanisms have been overwhelmed. If you need to decrease stress and improve coping, consider taking at least one 5 minute, de-stress break each day, preferably more. You can try different 5 minute activities throughout the week. These include stretching, daydreaming, deep breathing, reading a few pages of a novel, doodling, listening to your favorite song, or going for a quick walk. These mini "me" times provide a quick break and allow you a chance to regain emotional and mental control in difficult situations.

Healthy Bagel Spread Are you a bagel lover? Modest portions of whole grain bagels can be a healthy breakfast option. Traditional cream cheese spreads, however, deliver a big hit of saturated fat and calories. Consider this alternative - a blend of silken tofu, cinnamon, vanilla extract, and minced dried fruit. This spread provides dietary fiber, protein, several vitamins and minerals, contains only healthy fat, and has no cholesterol. If you really, really love your cream cheese use it but less, or consider trying a lower fat version such as Neufchatel cheese. Your heart will thank you!

For more [healthy tips](#), [Okinhealth wellness articles](#) - visit our [Wellness page](#), [maternity page](#), [women`s](#), [Mens health page](#) or our [natural enviro](#), [animals page](#), and [more.....](#)

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