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Welcome to June's OKinHealth Newsletter!

Some of the reasons we started OKinHealth four years ago, were to help connect our communities, promote the amazing range of workshops & events, and also for environmental reasons.

Back then in 2003, to promote an event or health services, or share some new health information, it involved driving around to deliver posters in our community and surrounding towns in search of notice boards. And that was when gas prices were only .69c a litre!

Since then, gas prices have soared and many places have removed their notice boards. This has made it increasingly more difficult to share your news in an efficient, timely, affordable, and environmentally-conscious way.

OKinHealth is the '*New Notice board*', that reaches a wide range of people interested in health, healing, and community events.

In May, OKinHealth was mentioned in the Penticton Herald, Vernon Morning Star, Giant FM Radio, and on CHBC TV Noon News, as we hosted [Chris Stormer](#) from South Africa, also known as the Universal Foot Lady. We also continue to have our weekly column 'A Healthy Focus' that runs in the Osoyoos Times, Princeton Spotlight, Boundary Creek Times, OK Falls Review, and the Keremeos Review.

In June, we have some superb speakers listed on OKinHealth website, such as environmentalist [David Suzuki](#), Yoga Master [Balakhilya das](#), nutritionist's [Brad King](#), [Dr. Terry Willard](#), [Lorna Vanderhaeghe](#), [Dr. Carolyn DeMarco](#), and numerous excellent [workshops & events](#).

In this newsletter we have some marvellous contests, healthy tips, classifieds, articles, and some new practitioners joining us.

We invite you to come visit our [website](#) and share this newsletter with a friend or two!. Thanks to all our newsletter subscribers. Your support is greatly appreciated.

Yours In Health,
From the Editor Maria Carr & the OKinHealth Team.



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South to Central Okanagan Higher Voltage Power line and Clean Air Day is Wednesday, June 6th.

[Subscribers' information](#)

Workshops & Events

[Sign up for our OKinHealth.com](#)

Tell a Friend
and support
your Ok
Health &

Healing Touch - Level 3 **This weekend**
 South Okanagan Reiki Share **This weekend**
 Nature`s Fare - Healthy Living for Life -- Great Prizes - Free Samples - Information - Join our guest speakers: Dr. Terry Willard, Lorna Vanderhaeghe, Dr. Carolyn DeMarco, Brad King. **This weekend**
 Brad King - The Ultimate Energy Solution **This weekend**
 Business Course for Wholistic Practitioners **This weekend**
 Homeopathy For Birth Attendants & Midwives **This weekend**
 Embracing Change Full Day Workshop **This weekend**

Healing community website. Your support is needed and always much appreciated.

Our Membership is growing so fast and it is in thanks to our members amazing support.

[To Unsubscribe](#)

Sign Up for our [Newsletter & workshop Info](#)



Do You Need a Website?

Let Maria at [OKinWebDesign](#) build one for you

[Create Dreams With Team](#)

Accelerate the Law of Attraction with "Team" with Shan Lavell, RN MA & Jerilynn Kiely, MA

Yoga Master Balakhilya das - Lecture on the Root Cause of Our Environmental Crisis [This week](#)

Reiki Classes Level I & II, Master Level & Reiki Kids [This week](#)

Angels, Archangels & Ascended Masters

Ascension 101 - Many people are experiencing a Spiritual Awakening.

Clutter Clearing with Feng Shui Principles

Shiatsu Training for the Massage Therapist

[David Suzuki](#) - Environmental Toxins: Effects on Health

BodyTalk System - Module 1 & Module 2

Children with Challenges: Movement Development and Reflex Integration

Create Dreams With Team - Accelerate the Law of Attraction with "Team"

Shift Happens Weekend Workshop - Grand Forks - [Retreat](#)

Riva's Healing Retreat - Armstrong - [Retreat](#)

Holistic Reflexology: An Introduction

Basic Holistic Foot Reflexology Course

Basic Acupressure: Extraordinary Channels & Points

Advancer Reflexology - Professional Skills Courses

Chris Stormer's - The Language of the Feet - in Alberta

Shiatsu Practitioner Training Program

Free workshops for women in agriculture

New Vertical Reflex Therapy Workshop - "The Booth Method" Presented by Lynne Booth

Basic Holistic Hand Reflexology Course

Certificate Course on Spiritual Healing

Basic Holistic Ear Reflexology Course

How to Love Yourself

Cranio Sacral Reflexology

Living Energy Wholistic Nutrition Course

Animal Communication - Communicate with the animals in your life

Hypnotherapy Certification Training

For full details visit our [Calendar of Workshops & Events page!](#)

Health & Wellnes Tips

Recycle Your Plant Pots!

Now that all plastics except styrofoam are accepted in local Blue Bag and Blue Box Recycling programs, RDOS staff would like to remind everyone to recycle those plastic plant pots if they're not going to be reused. RDOS. Just make sure they're rinsed clean of dirt. Unfortunately, the plastic tags that identify the plants can not be recycled. The curbside recycling of plastics has been embraced by residents of the RDOS, City of Penticton, Town of Oliver and Village of Keremeos. They are delighted to be able to recycle items such as yogurt containers, shampoo bottles, and plastic bags. So don't forget to recycle your rinsed plant pots now, too!

Music Improves Exercise

Does music motivate you to move your body? Those who listen to enjoyable music while working out, often find that deciding to exercise is easier. And they usually feel that the exercise takes less effort. Consider adding some kind of music to your routine - pop, rock, classical, jazz, country, or whatever you enjoy.

Stomach Grumbling

Continually avoiding food when you are hungry can lead to overeating later in the day or even an upset stomach. If your body is telling you to eat - listen; then try to make healthy choices.

Do Not Workout in the Smog

Exercising outdoors when air pollution is high can be hard on your lungs and heart. Watch the weather reports. When air quality is poor, opt for indoor gyms or malls. This remains true, even for moderate exercise such as brisk walking.

Blueberries

Blueberries are an excellent source of plant nutrients thought to play a role in fighting chronic diseases such as cancer, as well as enhancing cognitive functioning. One cup of fresh blueberries contains only 87 calories, no fat and 1/3 of the vitamin C you need per day. They are also a good source of fiber. Use a handful as a snack, or add to your protein shakes, whole grain cereal, waffles or yogurt for a delicious breakfast.

Pap Smear

Since the Pap smear became widely available, death rates from cervical cancer have dropped by about 70%. Most cervical cancers can be caught at an early stage with regular screening. The most common recommendation is that sexually active women should get a Pap smear every year. But each woman should check with her doctor about what's best for her.

Exercise at Any Age



Healing Touch
- Level 3
June 2nd-3rd
[Penticton](#)

The benefits of exercise can occur at any age! Studies of mature adults found that those who engaged in regular exercise had better moods. They also had improved sleep and less anxiety. Many find that these positive effects help them continue to exercise.

Skipping Meals

A recent survey indicated that up to 70% of Americans skip breakfast. It also found that up to 40% skip lunch. Skipping meals can lead to excessive hunger and overeating later in the day or evening. It can also lead to low blood sugar, moodiness, and fatigue. Consider keeping healthy snacks around you. Examples include low fat yogurt, string cheese, dried fruit, whole grain cereals and nuts. They can come in very handy if you need to miss a meal.

Pasta Sauce

Did you know that some jars of pasta sauces contain up to 40 grams of fat with 17 grams of artery clogging saturated fat per serving! Use the Nutrition Label to compare brands. Consider choosing tomato-based sauces vs. cheese-based sauces, opting for one with 3 grams of fat per serving or less.

For More Health & Wellness Tips - [Click Here](#)

[Nia Classes](#)

**Foot, Hand,
& Ear
Reflexology
Course**
[Vancouver](#)

**Create a
new career
and way of
life!**

Pacific Institute of
Reflexology
Natural Healing
School and Clinic
has franchises
available. For
more details visit
[Website](#)
and/ or phone 1
(800) 567-9389 or
1(403) 701-5188.

[Check out the
New Calendar
of Workshops
and Events](#)

New Practitioners

Soul Seeds Holistic Consulting



Tracy Lydiatt

Reiki Master/Instructor, Certified Reiki Practitioner

M.Sc - Strategic Leadership Towards Sustainability

Candidate. Oliver, BC. Phone: 250-535-0279

email: tracy@soulseeds.ca or Web. www.soulseeds.ca

Also see [free event page](#) for Reiki Share night on June 2nd

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

Sole 2 Soul - "Where Smart Feet Shop"

Enjoy a relaxing reflexology treatment by a certified reflexologist. Mobile services available in the Penticton, Summerland, Peachland, Westbank and Kelowna areas. Special rates available for business groups, seniors. Gift certificates available. Contact Nora at 250-494-8032

New Contests

April / May Contest Winners

Yasmin Quinn-Young, Tyler Bilton, Ely Bonsma, Irene Hutchinson, Sherrie Burechailo, Anniteh Zanne, Sherrie Burechailo, Sharon Lawrence, Lisa Edwards, Lisa Lauer, Catherine Saunders, Debbie loewen, Darcy Nybo, Debbie loewen, Sharon O Connor, Tricia Highley, Mary Berlie.

#A -Treatments:

1. **[Rock Creek/ Midway/ Boundary area](#)**
One free [Live & Dried Blood Cell Analysis](#) with Lila Elliot.
2. **[Penticton](#)**
One Free personal coaching session with Lyndsay Blais Consulting.
3. **[Penticton](#)**
One free 1 hour body therapy treatment that uniquely combines orthobionomy, craniosacral, massage, energy work, hot rocks & towels plus sound therapy at SynchroTherapyTM with Cyndy Bishop.
4. **[Penticton](#)**
One Free Reiki treatment at [Christina's Holistic Centre](#), with Christina Ince.
5. **[Penticton](#)**
Receive a 50% discount off a Relaxation Massage treatment at [Christina's Holistic Centre](#), with Christina Ince.
6. **[Penticton](#)**
One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
7. **[Penticton](#)**
Win 1 of 3 "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 ([What is ERT?](#))
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.



SPECTRAL SIGNATURE
Your assurance of
potency, purity, and
authenticity.

[Goji Juice](#)

**Reiki
Intro &
Master Level**

[Kelowna &
Calgary, AB](#)

**Foot, Hand,
& Ear
Reflexology
Course**

[Vancouver](#)

**Shiatsu
Training for
the Massage
Therapist-**

This program
is approved
by the
College of
Massage
Therapists of
BC (CMT) for
24 contact
hours of
continuing
education and
professional
development.

[Kelowna, BC](#)

11. [Kelowna](#)
One Free Reflexology session from [Rite-Way Health](#) with Marie Sperling.
12. [Kelowna](#)
One free Live & Dried Blood Cell Analysis with [Lila Elliot](#).
13. [Vernon](#)
One \$25.00 off discount for a Healing Touch Treatment at [Maya Healing Centre](#) with Shirley Pretty

#C - Workshop Contests

#C1. 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.

#C2. Kelowna
Receive a \$25.00 discount towards [Reiki classes](#), with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Kelowna, BC.

#C3. Alberta
Receive a \$25.00 discount towards [Reiki classes](#), with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Alberta.

[Enter Contests](#)

Articles

Here today...extinct tomorrow - Environment NEWS UPDATE from David Suzuki -

Canada is known throughout the world for its wildlife. Even our coins feature iconic Canadian animals such as the beaver, caribou, loon, and polar bear. It's sad to think that some of these very same animals are at risk of extinction. In May of this year, the federal government's Committee on the Status of Endangered Wildlife in Canada (COSEWIC) announced that more than 500 Canadian species are now at risk of extinction. Dangers such as climate change and habitat destruction are putting our animals at risk. Each species plays a role in nature. When wildlife goes extinct, it harms the Earth's ability to provide the natural services we depend on. On Canada's west coast, bears eat nitrogen-rich salmon and their scat helps fertilize trees. And pollinators such as bees and butterflies help control pests while helping crops grow. Mammals, birds, reptiles, and amphibians are all important parts of a healthy ecosystem. It's clear we need to protect Canada's species, especially the ones at risk of extinction. After all, what happens to them affects us all... [\[To read more.....\]](#)



The Ultimate Libido Boost - By **Brad J. King, M.S., M.F.S.** Performance Nutritionist Nutritional Researcher - see [Men's health](#) page!.....

Athlete's Foot - Have you spotted some flaky toenails and a red itchy rash between your toes?.....

Herbal Care for your Hair - In recent years, more concern has arisen about potential dangers of over-processed ingredients in skin and hair care products. Products with a focus on natural, certified organic, organic or wildcrafted ingredients, especially herbal extracts, lessen our dependency on harsh chemical additives, are kinder to the environment and utilize our renewable energy resources. Although most aspects of hair - its colour, rate of growth, thickness and curliness - are hereditary, a wide range of herbal ingredients including premium vegetable oils have been used through the ages to improve and enhance what nature provides.....

Water, Water, Everywhere? - The human body is approximately 65% water, and if you think how much we lose through sweat and urine, you will appreciate the need to put it back in. We also use up water very quickly for all body processes; water carries nutrients and oxygen into the cells, promotes good digestion, lubricates the joints and helps to slow the aging process. Drinking good quality water can help prevent most conditions, including kidney stones, constipation, arthritis, obesity, hypoglycaemia - just for starters.....

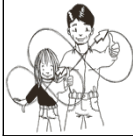
For more Articles - visit our [Article page!](#)

Recipes

Super Salsa Summer Fresca

5 Medium to Large **Vine Ripened or Fresh Tomatoes**- 1/2 Large Red Onion or 1 Large Cooking (white/yellow) Onion - 1 Large Green Pepper (Add other colors too or mix for variations - Yellow is sweet) 3 Cloves of Garlic - Juice of 1/2 a Lime or Lemon - 1 Tbsp. RealSalt - Fresh Cilantro/Coriander to taste Optional for spiciness: 1/2-1 Jalapeno minced small (seed removed)

Add the garlic, jalapeno, cilantro, juice and a quarter of the onion to the food processor and run it until it is very finely diced up. Add the remainder of the ingredients except the Tomatoes to the food processor and pulse the food processor until a small (medium for chunky salsa) dice of the mix is achieved. Set that aside a large bowl. Add just the Tomatoes to the food processor and pulse until a fine to small dice is achieved. Drain off the excess liquid in the tomatoes from the processor in a fine strainer (a flour sifter is ideal) for 1 to 2 minutes. Save a bit (1-2 Tbsp) of the liquid. Add the strained tomatoes and the liquid. To the mixing bowl and



Children with Challenges:
Movement Development and Reflex Integration

[Kelowna, BC and Children and Youths page](#)

BASIC ACUPRESSURE
Extraordinary Channels & Points

[Kelowna](#)

How to Love Yourself

Discover the importance of putting yourself first, setting healthy self-supporting boundaries and strengthening your relationships with yourself and others.

[Liz Robitaille,](#)

Certified Louise L. Hay Teacher

[Kelowna, BC](#)

Enjoin Canada

Age is a feeling not a number. With a ph balanced diet, hydrating revitalized water, scientifically proven effective nutritional supplements, interior space harmonization & reducing metals in

stir all the ingredients together well.

Place in a dipping bowl and serve with veggies, or the less healthy but more convenient warmed corn tortilla chips.

Romaine and Pear Salad with Ginger Pear Dressing

2 heads (12 cups) romaine lettuce - 2 pears, peeled and chopped- 1 cucumber, peeled and chopped - 1/2 cup currants.

DRESSING

2 pears, peeled and quartered - 1/2 teaspoon grated fresh ginger - 1 1/2 teaspoon fresh lemon juice - 1 dried fig, stem removed

Toss all salad ingredients together. Blend dressing ingredients in a Vita-Mix or other powerful blender. Toss dressing with salad. If desired, sprinkle with additional currants or plumped almonds.

[More recipes](#)

New Classifieds

For Sale

Inversion table, excellend condition, with video - \$200
Crystal Light wand, 7 chakra colours,
ideal for stimulating meridian energies or balancing chakras - \$50
Contact Pat at peveratt@nethop.net or call 250-499-7771

TOPS - Looking for Speakers

TOPS BC #4179, (Take Off Pounds Sensibly) support group is looking for speakers to come and volunteer and share their expertise on motivation, on loosing weight by healthy eating habits, & exercise. Contact Georgina at (250) 499-0202 or georgie@telus.net

SEMINAR ROOM for RENT

Room Size: 450 square feet (a pproximately 18'x 25') also Healing Rooms - Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver, B.C.
Also **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

Create a new career and way of life!

Pacific Institute of Reflexology Natural Healing School and Clinic has franchises available. For more details visit www.pacificreflexology.com and/ or phone 1(800)567-9389 or 1(403) 701-5188.

Kelowna Family YMCA-YWCA Job openings

We have two exciting job opportunities available in the Fitness Dept of our Kelowna Family YMCA-YWCA: Prenatal Wellness Facilitator (part-time) and Group Fitness Team Leader (full-time). For complete job descriptions visit our website at: www.ymca-ywca.com.

Sahaj Marg Meditation

Is a system of Raja Yoga, is a heart centered practice which is offered free of charge. Easily integrated into daily life it leads to a calmer, more balanced mind. "First you have to learn to love yourself. That is why perhaps we meditate on our own heart. We learn to love what we find inside." **Contact:** Penticton:Leslie 250-492-4458 Oliver: Tom 250-498-2310 Nelson: Michael 250 509-0905 - Visit website: www.srcm.org - See [Article](#) for more info.

For more networking information - contact out [networking page](#)

OK-anagan News

South to Central Okanagan Higher Voltage Power line

FortisBC are proposing to double the height of the **current poles 55ft to 110ft**, and change from wood to steel poles. The number of wires on the poles will be doubled and the Voltage will increase from 160v to a **huge 230V**.

Did you know that R.G. Anderson Substation is on Carmi Avenue, Penticton. There are houses and Daycares right beside it. These high voltage buzzing lines run from Oliver, Vaseux lake sanctuary thru Penticton city (Columbia & Wiltse areas), Naramatta, and on to Kelowna.



Studies have shown a possible link with many health defects for those living near (less than 0.5 miles) these new power lines. The Canadian Cancer society have said they should be avoided. Wow! Cancer is on the rise - why bring these high voltage lines so close to homes.

our cooking, Enjoin consultation reveals the most important place for you to begin with. Come see Claudia at our [Natural health business page](#)

Rite - Way Health

Marie Sperling is a Certified Practitioner in Reflexology, Reiki, Iridology, Kinesiology, ELD & Swedish Massage. Plus, Hot Stone Reflexology, Massage, Health and Life Coaching. Experience the difference these services can do for your health. Phone: 250 - 763-8772 / 250 - 212-2431 - Kelowna Email: misperling@shaw.ca

Natural Sense Aromatherapy

Experience stress Free - Full Body European Massage! Make an appointment for a European lymph drainage or deep muscle healing massage with Professional Certified Aromatherapist. This months Specials: Pre-pay for two massages and receive a third massage for free. Also see OKinHealth's Contest Page Contact Larry Petty at [website](#) Phone 250 - 317 8208 Kelowna or Email lpetty@shaw.ca

There is HVDC technology that exists to bury the cables in residential areas, but would cost a bit more. They could use an alternate route to avoid residences and wildlife sanctuaries and build special EMF fences around Carmi Anderson and other stations to protect the children and adults.

But this will only happen if we, **the public care enough to somehow speak up!**

Lets find a safe and healthy way to work together as we all need power! but not at the expense of the health of you, the people, and most importantly the children in these areas.

Send your support or feedback to otropp@shaw.ca



Clean Air Day is Wednesday, June 6th.

With **Environment Week** and **Clean Air Day** just around the corner, it is a perfect time to make lifestyle changes that help reduce our environmental footprint. Let's all do our part to ensure our air is clean and healthy instead of using it as a disposal site.

Our air, our health – your choice.

Canadian Environment Week, an Environment Canada initiative, runs this year from June 3rd through 9th (www.ec.gc.ca).

During this time, all Canadians are encouraged to take action to make our environment cleaner and healthier. National Clean Air Day is on Wednesday, June 6th, and celebrates environmentally-friendly activities that promote clean air and good health across Canada (www.cleanairday.com). It is a great opportunity to make a resolution to make environmentally-friendly lifestyle choices. Whether it be to ensure our tires are properly inflated for better gas mileage, anti- idling properly maintaining your vehicle or driving low emission vehicles, every little bit helps.

Here are a few suggestions for helping keep our air clean and healthy:

- 1) Compost your leaves and yard waste, and chip wood waste, to reduce air pollution from burning.
- 2) Season firewood for at least six months, as burning dry wood reduces air pollutants. Visit the RDOS website at www.rdos.bc.ca, and click on "Air Quality" then "Free Publications" for informational videos on burning.
- 3) Trade in your old wood stove for a more efficient EPA-approved appliance, and attend RDOS's Burn it Smart Workshops to learn how to burn cleanly.
- 4) Check vehicle tire pressure regularly; under-inflated tires use more gas, increasing pollution.
- 5) Tune your vehicle to avoid black exhaust emissions.
- 6) Never idle your vehicle. This causes unnecessary wear and tear on the engine and creates emissions that degrade local air quality and influence climate change. For more information on RDOS air quality initiatives, please contact RDOS at (250) 490-4212 (toll free 1-877-610-3737); email info@rdos.bc.ca, or visit www.rdos.bc.ca. or contact your local district area.

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REMOVE with Waiora's NATURAL CELLULAR DEFENSE- THE MOST IMPORTANT SUPPLEMENT YOU'LL EVER TAKE!



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Clinically formulated to renew and support a healthy immune system, remove heavy metals and toxic substances, and balance pH levels.

REPLENISH with Essential Daily Nutrients for Optimal Nutrition.

It's your DAILY full spectrum of highly-potent vitamins, minerals, polyphenols and herbs in a whole-food base of Goji, Acai and other exotic fruits.

Also see our [Skincent System!](#)



We are currently looking for representatives in other areas! See free intro night in [Kelowna](#) & [Vancouver](#)

To order in lower mainland go to www.mywajora.com/180729 or contact Marie 1-778-846-1411 - & in the Interior www.mywajora.com/151593 or call Joyce 1- 250 807 2172

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