

February 2007  
Newsletter.



**FEBRUARY IS HEART MONTH**

Greetings From OKinHealth,

This month we have added a new specialty page called [OK - In Store](#). Here, our members can find some great books, DVD, Audio Books, and CD's that are inspirational, educational, and enjoyable. With the click of a button you can find titles such as:

- |  |  |
|--|--|
| <a href="#">The Celestine Prophecy -Dvd</a>      | <a href="#">Life after Death by Deepak</a>     |
| <a href="#">The Secret</a>                       | <a href="#">Christiane Northrup Books, CDs</a> |
| <a href="#">Peaceful Warrior -Dvd</a>            | <a href="#">Birthin Within</a>                 |
| <a href="#">Conversations of God -Dvd</a>        | <a href="#">The Secret -Audio CD</a>           |
| <a href="#">An Inconceivable Truth -Dvd</a>      | <a href="#">Smart Kids books</a>               |
| <a href="#">The Biology of Belief -Dvd</a>       | <a href="#">Healthy recipes books</a>          |
| <a href="#">Who Killed the Electric Car? Dvd</a> | <a href="#">Improved Your Digestion</a>        |
| <a href="#">What the "Bleep"-Dvd</a>             | <a href="#">Scattered Minds- Gabor Mate</a>    |

We invite you to recommend to us, your favourite DVDs, Cds, and Books that are related to our natural health, mind, and body that might interest our readers.

Due to the large number of amazing workshops, fitness & dance classes, sponsored walks, and announcements, we will follow up this newsletter with our February [Calendar of Events](#).

Wishing you all a rosy February and come visit us at [www.OKinHealth.com](http://www.OKinHealth.com)

From Maria Carr and The OK In Health Team

**19 Contests ! - Enter to Win one**

- One free Embracing Change Workshop certificate valid for the upcoming February 10th workshop only. This contest closes on Feb. 5th
- Receive a \$25.00 discount towards Reiki workshop (3)
- One Free Platinum Energy System Foot Detoxification treatment (1)
- A first time classical homeopathic consultation (1)
- One Free Relaxation Massage treatment (1)
- One free session - hypnosis, or psychological, or energy work (1)
- One Free Aqua-Chi Foot Detox session (1)
- Win a "Every Drop Counts" T-Shirts or a Water Bottle (1)
- One Free Energy Reflex testing/health consultation (1)
- Win a free European lymph drainage massage (1)
- One free Reiki Treatment (1)
- One Free Energy Kinesiology session (1)
- One free Live & Dried Blood Cell Analysis (2)
- One free 1 hour body therapy treatment that uniquely combines orthobionomy,

craniosacral, massage, energy work, hot rocks & towels plus sound therapy (1)

[Enter Contest](#)

### Last Month Contest Winner

Jase Gordon, Gail Siddall, Anna McIvor, Pamela Champion, Mary Bazzana, Tanya Grunsky, Tamara Robinson, Marion Desborough, Sarah Rilkoﬀ, Pam Ehrecke, Corinne Crockett, Judy Sylvester, Mariah Faye Milligan, Linda Burkett, Leslie Zednai, Lynn Ehrman, Margaret Hidber, Audrey Anderson, and Sharyn Morris.

### Articles

[Okay, so what is Celiac disease?](#)  
[Acid/Alkaline Balancing Act Ways to deal with stress](#)  
[What is CranioSacral Therapy?](#)  
[Himalayan Crystal Salt](#)  
[Cosmetics To Die For?](#)  
[What is Reflexology](#)  
[Reiki Energy Healing!](#)  
[A Chemical-Free Safe Home](#)  
[Top 10 Exercise Tips](#)  
[10 Tips - Weight Loss](#)

### Articles

[Your Intuitive Mind](#)  
[Herbal Care for your Hair](#)  
[Key to Prostate Health](#)  
[Ginkgo Biloba - Longevity](#)  
[Devil's Claw: For Arthritic Pain](#)  
[Pau D'Arco - Immune Power](#)  
[The Healing Power of Garlic](#)  
[What is Irlen Syndrome?](#)  
[Natural Cold & Flu](#)  
[Busters Fibromyalgia & Chronic Fatigue](#)  
[Development of Your Intuitive Mind & the Akashic records](#)

### Starting Soon....

**Brain Gym 101** - February 2, 3 and 4. Fri -Sun. [Kelowna](#)  
It is the internationally acclaimed movement program to improve all of your abilities and "brain power". Taught in 80 Countries. The 24hr. Certification Program prepares adults and children for mind/body integration through different movement activities resulting in "improvements in concentration, memory, i\reading, writing, organizing, listening, physical coordination, and more. Brain Gym® exercises are movements specially designed to enhance and ease all learning processes. They are particularly effective with academic skills, including:  
1) **Crossing the midline.** Vital for reading, writing functions etc.  
2) **Lengthening activities.** Helps expression of stored learning, eg. speech, test taking, creative writing.  
3) **Energy exercises.** Facilitates increased flow of energy moving through the body. Releases stress and fatigue around learning. [\[Read more on our Children's page\]](#)

**Embracing Change Workshop** - Saturday Feb 10. [Penticton](#)  
A full day workshop designed to assist individuals to create and better deal with change in their lives. Looking to create positive change for yourself? How about tools to effectively deal with the more challenging changes in your life? Reduce your stress level by attending this full day workshop on Embracing Change and you will learn strategies that will assist you in enjoying your life to the fullest! . Lyndsay Blais  
See [Contests](#)

**Latin Dance Lessons - with Nico** - Salsa, Cha Cha, and Merengue. [Kelowna](#)  
Fun, easy-paced classes for singles and partners. Next classes starting Monday 7th  
**BodyTalk ACCESS One-Day Training** - Saturday Feb 10. [Kelowna](#)

**Counselling Hypnotherapist Training** - Starting Feb 11th - [Vancouver](#)

**South Okanagan HEALING ARTS FAIR, [Keremeos](#), Sat Feb. 17th**  
Come visit OKinHealth at the Health Fair!

**Acupressure Oil Massage Workshop – [Kelowna](#), Sat Feb. 17th**

**Chakra Workshop** (Based on Barbara Ann Brennan) - [Kelowna](#), Sat Feb. 17th

This is only just a few workshops & events  
that are starting within the next week or so...

For our Full Line up of workshops, events, fitness & dance classes -  
Visit [OKinHealth Full Calendar and Event Page](#)  
or see **Part Two** following this **Newsletter**

### **Healthy Tips**

#### **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 favourite 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.

#### **Your refrigerator - How long is food safe?**

Food safety experts recommend that you eventually discard opened containers of food, even if stored in the refrigerator. For example: discard juice in 7-10 days, olives in 2 weeks, salsa in 1 month, mayo in 2 months, and ketchup, jam and jelly after 6 months. Even in the refrigerator, bacteria can grow and multiply. Play it safe. Regularly clean out your refrigerator. Keep the thermostat set at 40 degrees or below.

#### **Television Years**

Did you know that by age 65, the average adult has spent the equivalent of 9 full years watching television? Make your TV time work for you. Combine it with physical activity or stretching. Ideas include floor exercises (push-ups, sit-ups, etc.), stationary cycling or treadmill walking, working with hand weights, resistance bands or balls, or performing a series of upper and lower body stretches.

#### **Latin Dance Lessons - with Nico**

##### **Salsa, Cha Cha, and Merengue**

**Fun, easy-paced classes  
for singles and partners.**

**Beginner and Improver classes -**

**Monday, Wednesday, and Thursday**

**\$40 includes - 4 one-hour sessions for 4  
weeks.**

**Phone NICO BOHREN at 250 - 763 7775**

**or e-mail [nicobohren@hotmail.com](mailto:nicobohren@hotmail.com)**

**Teaching the world to dance— one step at a time**



#### **Correct breathing during lifting**

Correct breathing during exercise helps keep blood pressure down and avoids unnecessary stress on the arteries. The National Institute on Aging recommends exhaling while you lift and inhaling as the weights return to their starting position. You should never hold your breath during while lifting weights.

### **Protein for Vegetarians**

You may have heard concerns that vegetarian diets are inadequate in protein. According to dietitian, there are many excellent vegetarian protein sources such as beans and legumes, soy products, and nuts which can easily supply an individual's protein needs.

### **Fiber**

There are two main types of fiber, soluble and insoluble. Soluble fiber strongly attracts water during digestion. It appears to help lower blood cholesterol. Oat, beans and other legumes, Flax, prunes, apples and pears are rich in soluble fiber. Insoluble fiber mixes less easily with water. It is found in many fruits, vegetables, dried beans, wheat bran, seeds, popcorn, and whole grain products. Insoluble fiber helps keep the bowels regular and may help prevent certain types of cancers. Both types, when taken with plenty of water, aid in weight control and the regulation of blood pressure, blood sugar, and blood cholesterol.

### **Smart Shoppers**

According to the Food Marketing Institute, only 50% of shoppers are concerned with the nutritional content of the foods they eat. Don't be typical! When shopping, use food labels to compare similar food items. In general look for more fiber, vitamins, and minerals and less saturated and trans fat, sugar, and salt (sodium).

### **Scheduling Exercise into Your Day**

Getting enough exercise isn't always easy. It can be difficult to budget enough time into busy schedules. Some people make time by rising earlier in the morning, but that doesn't work for everyone. Others fit in a walk during a scheduled break in the day, for example, during a portion of the lunch hour. Stopping at a club, park or mall on the way home is another option that works for some people.

Keep searching until you find one or more that work for you.

### **Quit Smoking! Are you ready to try Hypnosis?**

Clinical Hypnotherapy & Counselling

with Rosemarie Woloch, ch, rpc, tir facilitator at WellShan Health/Therapies & Education. - 308 - 598 Main st. Penticton. BC. PH (250) 770 1287

### **Vitamin D**

Vitamin D aids in the absorption of dietary calcium which is essential for bone health.

Recent research even finds that it can help fight infections. The body also makes it after exposure to sunlight. If you feel you might not be getting enough vitamin D, or if you are thinking of taking a supplement, consult your physician, naturopath, local health store, or a dietitian.

### **Children and Dietary Fiber**

Are you responsible for the care and feeding of young children? The American Heart Association recommends a fiber guideline of "age plus 5" for young children. This means that a 6-year-old should consume 6+5=11 grams of fiber per day. Older children who eat 1500 or more calories per day should do well with 25 total grams of fiber.

### **Adequate Water Intake**

Adequate water intake prevents your body from overheating. It is also required for normal metabolism. By the time you feel thirsty, you may already have lost 2% or more of your body weight in fluid. At 4%, loss of both strength and endurance can occur. A recent Institute of Medicine report stated that women on average would need just over 11, eight ounce cups of water per day (from both liquids and watery foods), men just under 16 cups. If you are very active or live in a hot or dry climate, you likely need more.

### **Nut Nutrition**

Nuts are a good source of protein, fiber, and beneficial fats. Almonds, walnuts, peanuts, and peanut butter are rich sources of heart healthy monounsaturated fats which lower LDL (bad) cholesterol when substituted for saturated fat. Walnuts also contain omega 3 fatty acids which help prevent inflammation, reduce blood clot formation, lower triglycerides. Nuts are a calorie dense food so keep portion size in mind. Consider sprinkling nuts on salads, adding them to whole grain side dishes, or

using as a topping for a yogurt/fruit parfait.

### **CranioSacral Therapy ... and beyond**

**A new direction in Self-empowered Healthcare and Prevention. Through this gentle releasing, we can once again feel alive and reach our highest potential. This could be the beginning of an incredible inner journey that influences your entire life.**

**Noelle Parenteau - CranioSacral Practitioner  
(250) 808 0881 Kelowna.**

#### **Cool Snack**

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!

#### **Granola Bars**

Many granola bars might not be as healthy as they seem. According to dietitians, some contain large amounts of sugar, saturated fats and calories. Many provide little fiber or other important nutrients. For a quick and easy alternative, fill a small sandwich baggie with whole grain cereal, mixed with nuts and dried fruit. While you still have to watch calories, the fiber and nutrient content of this snack is a sure bet!

## **FEBRUARY IS HEART MONTH**

### [Heart Healthy Artichoke Recipe](#)

#### [Artichokes - Why Eat It](#)

In certain respects, the artichoke might be regarded as the vegetable equivalent of lobster. It's somewhat labor-intensive eating, but well worth the effort. The artichoke can be served whole or trimmed down to the heart, which, like the lobster's tail, is often considered the tastiest morsel.

Fresh Whatever its size or shape, an artichoke should be compact and heavy for its size, with leaves, or scales, that are fleshy, thick, firm, and tightly closed; if they look dry and woody, or have begun to spread apart, the artichoke is past its prime.

Supplements The discovery that artichoke leaf extract reduces elevated cholesterol levels opens up exciting perspectives in the prevention and treatment of arteriosclerosis and coronary heart disease.

Storage Although artichokes appear hardy, they are quite perishable; store them in the refrigerator, in a plastic bag, for no more than four or five days. To keep them moist, sprinkle a few drops of water into the bag and then close the top, but do not rinse or wash the vegetables (or cut or trim them) before storing.

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[Potato-Rosemary Crusted Fish Fillets](#) This simple fish dish is quite elegant with its subtle flavor of rosemary. Don't worry about a few shreds of potato that remain in the skillet. Serve them over the fish. Pair this entrée with steamed asparagus and a large green salad with tomatoes.

[Vegetarian Shepherd's Pie](#) - Traditional shepherd's pie is usually made with ground meat and white potatoes. This one has sweet potatoes mixed in. The curried lentil filling is sandwiched between two layers of creamy potato filling that are sitting on a crouton crust which is baked on top of sweet zucchini.

[Asian Coleslaw](#) - Cabbage is chock full of nutrients including vitamin C and indoles, important cancer-fighting compounds. In addition, red cabbage also contains anthocyanins, the purple pigment with strong antioxidant activity commonly found in blueberries. In the winter months, cabbage is an abundant nutritional resource when other fresh produce is either expensive or unavailable.

[Chicken Quesadillas](#) - This is a popular dish because of everything you can taste - the marinated chicken, a little bit of cheese, salsa, garlic, onions, cilantro, and guacamole, all wrapped in a warm corn tortilla. It would save you some time to prepare the salsa ahead of time if you are making it fresh, but be sure to make the guacamole fresh, just before you are

ready to serve.

[MORE RECIPES.....](#)

#### Testimonial

We are amazed at your fast and efficient service to us.

The success of our [Shift Happens workshops](#) have a great deal to do with the results from our OK in Health advertising and promotion. Thank you for the great service you provide to us and the whole Wellness Community. From Pete & Heather.  
Submitted by Pete Matheson, Grand Forks

OK In Health - **the Integrative Health & Healing Information Center**  
since 2003 = [www.OKinHealth.com](http://www.OKinHealth.com)

The 'OK In Health' is the No. 1 website that provides local community health & wellness information on:

- upcoming workshops & fitness classes
- movies, events
- local practitioners
- natural health stores & businesses
- health related articles
- local support groups
- and free events

We also provide specialty coverage for natural health related issues such as:

- natural maternity care
- women's, men's, and families health
- our environment, natural animal care
- recipes, health & wellness tips
- specialty on line store (CD's, DVD's, Books)
- natural businesses, and much more

We offer a [free subscription](#) to our members and this includes our OKinHealth free monthly E-newsletter with up-to-date event info, current articles, health news and [contests](#).

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