



November 2007

QUICK OVERVIEW

Read newsletter on Line at [www.okinhealth.com/Newsletter/November-2007.html](http://www.okinhealth.com/Newsletter/November-2007.html)



Photo of Okanagan in Autumn by Maria Carr ©

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NEW low rate advert for Practitioners and health related businesses

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

**New ARTICLES**

- [Calcium Confusion Unveiled](#) by Bobbi Krien - Herbalist
- [Healthy Tips for Flu Season](#) by Dr. Radka Ruzicka, D.N.M., N.C.P.
- [The Stress Factor](#) By Brad J. King, M.S., M.F.S. see Tour Dates
- [Feng Shui: To Live in Balance](#) By Teresa Min Yee Hwang
- [What is a Power Animal?](#) by Dawn Dancing Otter
- [What is Kinesiology?](#) by Evelyn Mulders, Kinesiologists
- [Health Benefits of Pumpkin Seeds](#) by Maria Carr
- [Are You A Worrier?](#) By Carole Fawcett
- [What is the Glycemic Index scale?](#) By Maria Carr
- [Ginkgo Biloba - The Longevity Herb](#) By Klaus Ferlow
- [Juicing](#)

**CONTESTS** - [Win a free treatment!](#)

List of Contest winners

Invite a friend to sign up for there free Monthly E-newsletter and show your support for this community website!

**RECIPES**

- [Build up your immune system with Garlic Toast](#)
- [Ginger & Lemon Tea](#) - Cold buster
- [Butternut Squash Soup](#) easy, nutritious, and yummy!
- [Toasted Pumpkin Seeds](#) great snack
- [Raw Cookies 4 you & your Pet](#) - raw foods
- [Caramel Apples](#) trick or treat? but kid fun! nuts eh!
- [Raw Fig Pudding](#) raw foods
- [Hazelnut Pate](#) vegetarian & raw foods

**News & announcements**

**Classifieds** - Healing rooms for rent, massage table and reflexology chairs for sale, Health business for sale, members in need of a stove....

**Practitioners Directory**

**WELLNESS TIPS** - see below

- Slow Down When Eating!
- Boost Your Immune System with astragalus !
- Seasonal Depression Affecting You?
- The Ideal Amount of Weight to Lift !
- Clean Hands Keep the Doctor Away!
- Dry Skin?
- Bean Power!
- The Benefits of Rhodiola

[Support Group Directory](#) - [Click Here](#)



**Calcium Confusion Unveiled** By Bobbi Krien -  
Herbalist, sports nutrition specialist, and Manager of Penticon's Natures Fare Natural Foods.

With the amount of Calcium that North Americans are consuming, you would think that we would have a much lower rate of Osteoporosis, but in fact North Americans have one of the highest rates of Osteoporosis in the world! One of the main reasons for this is, the type of calcium supplements we are ingesting; some types are not very absorbable in the body and most is either excreted as waste, or it is depositing in various areas other than the bone in the body. Another reason is,.....[Read More](#)

**The Stress Factor** By Brad J. King, M.S., M.F.S.



Most people these days will tell you that they are stressed! Chronic stress has been leading causes of death: heart disease, cancer, lung disease, accidents and cirrhosis. Much evidence also implicates stress in the number one cause of disease (i.e. During a stress response – whether actual or perceived – your adrenal glands produce hormones, the most powerful of which is cortisol. Many diseases and cases of excess cortisol production. Cortisol is ....[\[Read More\]](#)

**What is Kinesiology?** By Evelyn Mulders, Kinesiologists

Energetic Kinesiology is derived from the chiropractic techniques of Applied Kinesiology. Kinesiology is defined, primarily as the use of muscle checking to identify imbalances in the body's structural, chemical, emotional or other energy systems, to establish the body's priority healing needs, and to evaluate energy changes brought about by a broad spectrum of therapeutic techniques.. [\[ Read more\]](#)

**Healthy Tips for Flu Season** By Dr. Radka Ruzicka, D.N.M., N.C.P. - Alberta

We all know that with the change in seasons comes cooler weather and the possibility of cold or 'flu. The following are some tips to help get you through the 'flu season! such a vitamin C, ginger, garlic and other herbs. Keep your immune system boosted by ....[\[Read More\]](#)  
This article also has some great recipes



**Are You A Worrier?** By Carole Fawcett, Vernon

"To feel or express great care or anxiety" is how the dictionary defines worry. We all worry about something it seems and it is rare for someone to say they have no worries at all. We worry about money, health, friends, family, exams, relationships, vehicles, weather, body size, what we eat, safety issues and the list goes on and on. There are those who worry incessantly about everything .....[\[To Read More\]](#)

**Health Benefits of Pumpkin Seeds** By Maria Carr, Penticton.



Pumpkins, and their seeds, are a fall celebrated food both for their dietary and medicinal properties. They have recently become more popular as research suggests that they have unique nutritional and health benefits. Zinc is one of the nutrients found in pumpkin seeds. The fact that pumpkin seeds serve as a good source of zinc may contribute to the role of pumpkin seeds in support of the prostate. Their healing properties have also been recently investigated with respect to arthritis, lowering cholesterol, and enhance the immune response... [\[ Read More...\]](#) and see how to toast your own Pumpkin Seeds!

**PH - Balanced and Juicing**

Fruit and vegetables are very alkalisating, which is the opposite of acidic, like many of the foods we eat – meat, sugar, most grains, caffeine and proteins. Stress has an acidic effect on the body too, so as we need to be in a slightly alkaline state to function best. Fresh juices, preferably freshly made, can help to protect us against the ravages of the modern world and make the diet as a whole more balanced.....[\[To Read More\]](#)

**Ginkgo Biloba - The Longevity Herb** By Klaus Ferlow



It is also called the Elixir of Youth - modern medicine from an ancient tree. Think you have lost a little spring in your step? What about a little bounce in your brain? As long as you don't have any serious medical problems, exercising and eating right will ward off some of the physical signs of aging. Mental fitness is much more difficult to maintain - unless you know the secrets of the ginkgo..... [\[ Read More\]](#)

**What is the Glycemic Index scale?** By Maria Carr

It is a good idea to get to know and understand the Glycemic Index, because choosing foods with a low GI rating more often than choosing those with a high GI may help you to: • Control your blood glucose levels • Control your cholesterol levels • Control your appetite • Lower your risk of getting heart disease • Lower your risk of getting type 2 diabetes..... [\[Read More\]](#)

**What is a Power Animal?** By Dawn Dancing Otter, Penticton

There are many metaphors in which one will find the unfolding of authentic self. Traditionally, the power animal has been integrated in indigenous cultures as a method of discovering the personality, strengths, karma, and life purpose of a person. I like also to think of power animal as our sixth sense, providing us with tools of intuition, health, boundaries, energy, and instincts. We all have a power animal, though most of us are unaware of it.... [\[ Read More\]](#)



**Feng Shui : To Live in Balance** By Teresa Min Yee Hwang

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

# Contests

The winners of our last contests are:

Diane Howard : Joanne Montgomery : Leah Loughheed : Ingrid cook : Pat Turner : Monica Chursinoff : Sharon O' Connor : Nicol Stone : Kim Boyle : Martha Neufield : Kelly Benssison : Kalie Tomiuk : Joanna Huyda : Mame Sevennes :

All prizes are valid for 6 weeks unless otherwise stated.

[Click here for Comments from previous contest winners](#)

Win a Free Treatment:

One free one hour **Massage**

One free Private **Pilates** Session

One free **personal coaching** session

1 hour **body therapy** treatment

One Free **Reiki** treatment

One free **Aqua-Chi detox footbath** session

One free session - **hypnosis, or psychological, or energy work**

Win 1 of 3 "Every Drop Counts" **T-Shirts or a Water Bottle**

One free **Energy Reflex testing/health consultation**

One free **Reflexology** session

50% discount off a **Relaxation Massage**

\$25.00 discount for one-day **private massage training for a couple**

\$25.00 off discount for a **Healing Touch Treatment**

\$25.00 discount towards **Reiki Classes**

One free **European lymph drainage massage** with aromatherapy - or **Deep tissue massage**



Enter Contests  
Plus full details

[www.okinhealth.com/about/Contest\\_BC.html](http://www.okinhealth.com/about/Contest_BC.html)

New quick & easy entry forms - submit one form only

Teresa Hwang - Feng Shui & Design	
	<p>Your personal guide to wealth, achievement, health and relationship, by using the correct placement of rooms, doors, windows, driveways, pools, ponds, fountains, hot tubs, furniture, colors and materials.</p> <p>Have Luopan, will travel; servicing Vernon area, the Okanagan Valley, Vancouver, the Lower Mainland, Alberta and internationally. Professional Traditional Chinese Feng Shui Consultant and Certified Interior Designer, Master of Feng Shui FSRC, Feng Shui Research Center Lecturer, proficient in working with clients and students in regards to:</p> <ul style="list-style-type: none"><li>• New home/business construction planning</li><li>• Renovation project planning</li><li>• Creating the perfect garden</li><li>• Locating the perfect building site</li><li>• Locating the perfect home/business</li><li>• Locating the perfect space for work (Wealth) &amp; rest (Health)</li></ul> <p><a href="#">See 'what is Feng Shui?'. Article &amp; Feng shui courses &amp; workshops</a></p>
<p><b>Teresa Hwang</b> <b>Feng Shui &amp; Design</b> Master of Feng Shui FSRC FSRC Lecturer Interior designer <a href="http://www.teresahwang.com">www.teresahwang.com</a> <a href="mailto:fengshui@teresahwang.com">fengshui@teresahwang.com</a> 250-549-1356</p> <p>Commercial &amp; Residential</p>	

Check out OKinHealth practitioners - [click here](#)

## Dawn Dancing Otter

Shamanic Journeying and Medicine  
(in person or distance)  
Transformational Bodywork



# OK in Health Recipes

## How to Toast Pumpkin Seeds:

Snack on a quarter-cup of pumpkin seeds and you will receive 46.1% of the daily value for magnesium, 28.7% of the DV for iron, 52.0% of the DV for manganese, 24.0% of the DV for copper, 16.9% of the DV for protein, and 17.1% of the DV for zinc.

**To clean:** Separate the pumpkin seeds from the stringy membrane of a freshly carved pumpkin. Rinse the pumpkin seeds in a colander, until they are free of any membrane matter. Dry with paper towels.

**To roast or toast:** Coat 1/2 cup of seeds with 1 teaspoon olive oil and 1/2 teaspoon seasoning of your choice. NOTE: You can use any seasoning blend you like. Adjust the amount to your taste buds. Place in 250 degree F. oven for about 1 hour, stirring every 15 minutes. They are done when they are light brown in the toasted.

### Additional seasoning ideas:

Try additional seasonings on your pumpkin seeds: Cajun seasoning, Worcestershire sauce, soy sauce, and garlic salt are some of the many possibilities. **Storing:** Store baked pumpkin seeds in an airtight container.



## Build up your immune system with Garlic Toast!



Simply toast up 2 slices of good bread, spread with butter, and the spread on 2-3 cloves of garlic PER slice of bread. Yes, that much! If the "burn" of garlic bothers you, top your toast with slices of tomato or avocado (not cheese, as it's mucous forming and will just add to stuff nose symptoms).

From Dr. Radka Ruzicka, Alberta

## Butternut Squash Soup with Fresh Cilantro

### Alkaline PH balanced Recipes



#### Ingredients:

1 large butternut squash  
4 tablespoons of olive oil  
1 large yellow onion, sliced  
2 cups of water or vegetable broth  
Large handful of cilantro, roughly chopped  
Sea salt and black pepper, to taste. A few drops of vanilla extract  
1 Avocado, thinly sliced

Preheat oven to 400 degrees Fahrenheit. Rub the butternut squash with about 2 tablespoons of olive oil, then place it in a shallow roasting dish to bake for one hour. After it is finished roasting, let it cool enough for you to comfortably work with it. Slice the roasted squash in half. Use a spoon to scoop out seeds and remove the peel. Put starchy flesh into a large bowl and mash it well.

Heat remaining olive oil in a medium to large-sized pot. Cook onions in oil over medium heat for about 5 minutes or until onions are tender and translucent. Add mashed butternut squash and cook together with onions for another couple of minutes, stirring the squash and onions together. Add water or vegetable broth to the mix, bring to a boil, then reduce heat to simmer for 20-30 minutes.

Transfer entire soup, in batches if necessary, into a food processor or blender and process until it becomes creamy and smooth.

Transfer processed soup back to pot, then add vanilla, sea salt, and black pepper. Give it a good stir to incorporate vanilla and seasoning. Just before serving, scatter chopped fresh cilantro over each bowl. Add a few avocado slices to the top of each bowl. Just before serving add cilantro. from steve

## Raw Cookies for you and your Pet

Here is an easy recipe for bars that you can also give to your animals.

#### DEACON BUDDY BARS

2 cups dried fruit, unsulphured 1 cup raw, shelled pecans  
1 cup shredded coconut  
4 tsp fruit juice

Would you like a Raw foods information page on OKinHealth - [email OKinHealth](mailto:OKinHealth)

Put ingredients in a food processor (be sure you don't use raisins if your cats or dogs will be eating this too).

Blend well and push into an 8" square glass pan. Refrigerate to firm, and then cut into square or other shapes. Keep refrigerated.

Makes about 9 - 2-1/2" bars. Choose dried fruits that are unsulphured as many people and pets are sensitive to these additives which have been linked to allergic reactions, asthma, and bowel disorders. They may be slightly less appealing to the eye (colour may be darker), but the flavour will still be good. Store dried fruit in an airtight container in the refrigerator. From Maureen from Sound & Energy Awareness.

## Raw Fig Pudding

6 dried figs  
3 ripe bananas  
2 Tbsp ground flax  
1-cup water  
1/2 tsp cinnamon  
1/4 cup raisins

That is delicious - figs = iron, flax = omegas, bananas = potassium. Soak figs and flax in water overnight. Puree soaked mixture in a blender with bananas and cinnamon. Pour in dessert dishes, stir in raisins, refrigerate, and serve. From Maureen Terrey, Vernon.

Check out our [Celiac page](#) and we will soon have a new RAW FOODS page- [send us your feedback](#)

### Festive Caramel Apples



Ingredients:  
5 medium apples  
5 wooden craft sticks  
3/4 cup chopped walnuts or pecans  
1 package (14 ounces) caramels, unwrapped  
1 tablespoon water

#### Preparation:

Spray baking sheet with nonstick cooking spray; set aside. Wash and dry apples; insert wooden sticks into stem ends. Place nuts in shallow dish. Combine caramels and water in small saucepan. Cook over medium heat, stirring constantly, until caramels are melted. Dip apples, 1 at a time, into caramel mixture, turning to cover completely. Remove excess caramel mixture by scraping apple bottoms across rim of saucepan.

Roll bottom half of apples in walnuts. Place on prepared baking sheet. Refrigerate at least 15 minutes. You can also drizzle some melted chocolate decoratively over apples. Refrigerate 10 minutes or until chocolate is firm. Wrap apples individually; store in refrigerator.

Prep Time: 20 minutes, plus cooling

### Hazelnut Pate

- 2 cups hazelnuts, soaked overnight
- 1 cup parsley, finely chopped
- 4 stalks celery, finely chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tsp Celtic salt
- dash of cayenne and/or nutmeg

Process hazelnuts and celery in a mini food processor with 'S' blade until finely chopped; transfer to a bowl. Combine with remaining ingredients and mix well. Serve with flax crackers, on bed of lettuce, or in a wrap with romaine leaf and veggies. Serves 4-6.

From Maureen Terrey, Vernon.

Raw Food Recipes



Photo by Maria Carr ©

### Ginger and Lemon Tea

Cut up fresh ginger root and fresh lemon, into a mug or teapot and pour in boiled water; soak for about 10 to 15 minutes.

[For more recipes:](#)


### OKinHealth Member`s News, + Buy, Rent, or Sell



- **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](mailto:owc@shaw.ca)
- **Health Business For Sale:** - sold
- **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](mailto:Isabel@in-good-hands.ca) Penticton 250.809.4405
- **Wanted:** - Looking for other Practitioners in the Kootenays I Have just moved to Creston and would like to connect with other healing touch / enery practitioners in the area - Creston, Nelson, or Cranbrook. Please contact [Leila](#)
- **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](http://www.pacificreflexology.com) (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](#)
- **For Sale:** - One gently used massage table, carrying case, head and arm rest, looks brand new \$225 Contact Pat Everatt 250-499-7771 [peveratt@nethop.net](mailto:peveratt@nethop.net)
- **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.



**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](http://www.freshairspace.com) Email: [info@freshairspace.com](mailto:info@freshairspace.com) Ph: 250-769-2891 Fax: 250-769-2808

**New local Website Promotes Reuse** "Don't chuck it; give it away!" Do you have items you'd like to get rid of, which could still be used? Are you looking for a bike for a growing kid, a kitchen table for a college student, A fridge, or some free shrubs to improve your yard? Vancouver, and Okanagan, BC... More details on OKinHealth's [Environmental page](#)

OKinHealth has a great new yearly rate for practitioners and health related businesses- [check it out](#)

**Dare To Dream - Body, Mind & Spirit Centre** - #33 - 2070 Harvey Ave. Kelowna.

**Issues Magazine** - There mission is to provide information, inspiration, and networking opportunities for the Holistic Health and Conscious Living Community. Regional Magazine established 1990. Resources for Connecting, Healing & Awakening. Freely distributed throughout BC & Alberta. Published with Love every second month. [www.issuesmagazine.net](http://www.issuesmagazine.net)

**Arthritis & Well-being Research Study** - Has Arthritis has changed how you view yourself and your life? Tell us how in this University-based online survey [www.uwindsor.ca/Arthritis\\_study](http://www.uwindsor.ca/Arthritis_study)

**People with Crohn's or Colitis for Research Study** Tell us how IBD has changed how you view yourself in this University-based online study. Visit us at [www.uwindsor.ca/IBDstudy](http://www.uwindsor.ca/IBDstudy) [www.uwindsor.ca/matcarestudy](http://www.uwindsor.ca/matcarestudy).

**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 - INtegrative Health & Healing website



DATE	TITLE	VENUE	FACILITATOR
<a href="#">See our Fitness Classes page</a>	<a href="#">Yoga Clases.</a> <a href="#">Nia Technique - Classes</a> <a href="#">S.h.a.p.e. classes -</a>	<a href="#">More Details</a>	Fitness Classes
	<a href="#">Free Events</a>	<a href="#">More Details</a>	Free Events
	<a href="#">Support Groups Directory and Meditation Classes</a>		
	<b>Fall - Events &amp; Courses</b>		
<b>Fall classes</b>	<b>Nia Technique - Classes &amp; Therapeytic Nia Classes</b> 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.	<a href="#">Penticton</a>	<a href="#">&amp; Fitness page</a>
	<b>November</b>		
	<b>Book your Christmas/Holiday Fair, Concerts, &amp; Events now</b>		
<b>November 2</b>	Holistic Reflexology: An Introduction	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>November 2,3,4</b>	Basic Holistic Foot Reflexology Course	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>November 2 - 4</b>		<a href="#">Kelowna</a>	Kristy Kenny CBI





Photo by Maria Carr ©

## OKinHealth Wellness Tips

### Boost Your Immune System

Throughout our lives, our immune systems are under assault from environmental toxins. Living in crowded cities, traveling frequently in airplanes, and spending time in day care centers and schools all expose us to many more germs than people had to deal with in the past. We can protect and strengthen our immunity by eating right, getting enough activity and rest, practicing stress reduction, and cultivating healthy emotional states. There are also several herbs, such as **astragalus**, that can help enhance immune function. Obtained from the root of *Astragalus membranaceus* in the pea family, astragalus has a long history in Chinese medicine, where it is used to ward off colds and flu.

### Seasonal Depression Affecting You?

The shorter daylight hours of autumn and winter can affect sleep, productivity and state of mind. **Light therapy** (also known as phototherapy) may help. It uses specially designed boxes that emit full-spectrum light to simulate sunlight. While still a relatively unknown treatment, light therapy has been shown to have positive benefits in addressing many health issues, including Seasonal Affective Disorder (SAD), severe premenstrual syndrome, bulimia, and as a non-drug treatment for depression. If you have been suffering from SAD or just feel a little blue this time of year, contact your physician or healthcare provider - depression is a treatable condition; light therapy may be an option he or she recommends for you.



### The Benefits of Rhodiola

Rhodiola is one of the rising stars of plant therapy. In infusion or gel capsule form, the plant sometimes called the "new ginseng" appears to protect the heart, prevent altitude sickness, improve moods, alleviating depression, strengthen immune system activity, improves both physical and mental performance, reduces fatigue, and more. "The plant was such a craze in Russia that it nearly disappeared. **Rhodiola rosea's** effects are attributed to its ability to optimise serotonin and dopamine levels, due to monoamine oxidase inhibition and to its influence on opioid peptides such as beta-endorphins. Rhodiola rosea should be taken early in the day because it can interfere with sleep.

### Slow Down When Eating

Do you find yourself eating on the run or grabbing something quick to eat while you are driving or working at your desk? Experts believe that eating slowly may be better for your health. You actually improve what and how much you eat when you take the time to enjoy your food, including the smell, taste, and colors on your plate.

### The Ideal Amount of Weight to Lift

To be effective, weight lifting should become difficult as you reach the last few repetitions of each set. According to fitness experts, to build strength, lift a weight that tires your muscles after 8-12 repetitions. This is normally an ideal amount of weight for you to work with.

### Clean Hands Keep the Doctor Away

Did you know that washing your hands is the most effective way to stop the spread of illness? Washing hands properly and thoroughly is very important. An effective hand washing technique is to wet your hands with warm water; soap and scrub for 20 seconds-it helps to **sing Happy Birthday** (under your breath) twice; rinse under clean running water; and dry completely using a clean paper towel or cloth.

### Dry Skin

If chapped lips or dry skin are a problem, find natural relief with **calendula**, an herbal remedy made from the petals of the ornamental "pot marigold" flower.

### Bean Power

Beans, also called legumes, are inexpensive and quite filling. Dietary Guidelines 1 recommends eating them several times each week. Red, black, pinto, or kidney beans all pack a nutritional punch. One-third cup of cooked beans has only 80 calories, no cholesterol, lots of complex carbohydrates, and little fat. They are also a great source of protein, full of B vitamins, potassium, and fiber. Experts believe that eating beans may reduce blood cholesterol, a leading cause of heart disease.

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



Fall walks - Photo by Maria Carr

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