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EDITOR'S MESSAGE

Greetings to all our OK In Health members,

As you will see, February is 'Healthy Heart Month' at OK in Health and there are many community programs and events in your area. We invite you to check them out below.

This month is also a time for celebrating the love we have for our partners, family, and friends and we have many novel ideas! Such as: find a luxury therapy, treatment, workshop, gift voucher, paintings, pendants, to delight your loved one! We invite you to scroll down this page to our classified section, our [event directory](#) or [Practitioners directory](#).



This month's Magazine - is jammed packed! - There are many great new articles, news of events, contests, recipes, and lots of information to share. Please take some time to check out the information that interests you! – pull up a comfy chair with your favourite beverage, and enjoy a good read! So many members are happy to share information with YOU! Start with this e-magazine, then go on to whatever takes your interest on the website! Take some time to relax - it could make a difference in your life or a loved one's!.

Wishing you all a lively Spring in your step and in your hearts ...
 Yours In Health,
 Maria Carr and The OK In Health Team [see team's names below]
 Publisher of OK In Health E-Magazine - www.OKinHealth.com

What's New!



OK In Health is now on FACEBOOK - [Click Here](#) to Become a Facebook Fan

OK In Health's **Special Winter advert discount** - - 50% off all workshops and events advertisements. It is only \$20 to post an event, fitness classes, or classified advert. This is a limited time offer.... [[More Details](#)]



See our latest events,workshops, new health shows posted, and retreats and classifieds... below

Estimated number of visits for okinhealth.com by Statsbrain.com 1,260 visits per day

Up Coming Events

<p>1st Monday Adrenal Support Yoga Series Penticton</p> <p>Sat, Feb 6 'The Work' of Byron Katie Kelowna</p> <p>Advanced Tools For Self-Mastery Toronto, Ont Kelowna Vancouver Calgary</p> <p>Chakra Yoga</p>	<p>Click on town for full details or event calendar by Date - Larger Print - Click Here</p> <p style="text-align: center;">Events by Town / Category</p> <p style="text-align: center;">Workshops & events in:</p> <p>South Okanagan area- Click Here Central Okanagan area - Click Here North Okanagan area- Click Here --</p> <p>Kootenays - Click Here Vancouver & Vancouver Island- Click Here Alberta - Click Here Across Canada - Click Here</p> <p>Retreats - Click here Animal Events - Click Here</p>	<p>March 4th-8th & April 15th-19th Basic & Diploma Counselling Hypnotherapy Certification & Diploma courses Kelowna.</p> <p>March 5th & Sat. 6th South Okanagan Similkameen Health Fair Health Fair Penticton</p> <p>Monday, March 8th Chelation and Your Health</p>
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[Northwestern USA- Click Here](#)
[Ireland & UK - Click Here](#)
[FREE to attend - Click Here](#)
[Environment events - Click Here](#)

[Fitness Classes and Walking Groups](#)
[Meditation Classes](#)

[Event Directory](#) **or** [Events by Town](#)

Please mention OK In Health to your contact person

Animal Care Page - [click Here](#)

February 20th – Equine Lecture Series - One
[Vancouver](#)

March 13th - Equine Lecture Series - Two
[Vancouver](#)

April 17th – Equine Lecture Series - Three
[Vancouver](#)

May 8th – Equine Lecture Series - Four [Vancouver](#)



June 5th & 6th – Classical Equitation Series: Weekend Workshop
[Vancouver](#)

August 15th – Movement and Gait analysis [Vancouver](#)

August 6th - 8th – Horse Intuitive Sessions: Weekend Workshop
[Vancouver](#)

September 19th – EQUINE BASIC FIRST AID [Vancouver](#)

October 17th – ADVANCED EQUINE FIRST AID [Vancouver](#)

November 7th – BASIC INTRODUCTION TO EQUINE MASSAGE
[Vancouver](#)



Health Shows

March 5th & 6th **South Okanagan Similkameen Health Fair** [Penticton](#)

May 1 & 2 **Body and Soul Wellness Fair** [Vernon](#)

Retreats page - [click here](#)

Jan 29 - 31; Feb 26 - 28 and March 26th - 28th
My Apex Escape Retreat - [Apex, Penticton.](#)



April 23 - 25 **Spring Festival of Awareness** [Naramata/Penticton](#)

Feb 12 - 14th **Sound Breath Movement` ~ Weekend-Retreat** [Penticton](#)

Walking Clubs in [Kelowna](#), [Penticton](#) and now in [Summerland](#) - [Free Groups](#)

body  soul
Wellness Fair

Vernon, BC. - May 1st & 2nd - All day - [Click Here](#)

Counselling Hypnotherapy Diploma Course



We are now offering our Basic & Diploma Counselling Hypnotherapy Certification & Diploma courses in Kelowna.
This training is a combination of onsite and distance learning. The onsite classes start March 4th-8th and continue April 15th-19th, 2010. The Orca Institute is BC's only PCTIA accredited Hypnotherapy School. We are Canada's oldest Hypnotherapy School (est.1986).
Phone us at 1-800-665-ORCA (6722) or [click here to e-mail](#)
For course details see our web site at www.orcainstitute.com/kelowna.html



Special International Events - Hosted by OK In Health

Cranio Sacral Reflexology Course -

with Dr. Martine Faure Alderson from the Paris/ England CSR institute and 4 International CSR Teachers.
April 2010 [[Contact our Event Team](#)] in Penticton, BC and Montreal.

CSR Part One - April 6,7,8,9 - (refresher rates available) Penticton (Beginners level)

CSR Part Two - April 11,12,13,14 - (refresher rates available) Penticton

April 15 - Clinic day with Dr. Martine Faure Alderson. [Book your treatment to-day.](#)

CSR Hand course - April 16, 17 Penticton

Special discount for hotel where course is held

Montreal - April 2010 - [click here](#)

What is Cranio Sacral Reflexology? - [Article One](#)

What is Cranio Sacral Reflexology - an exciting new therapy

written by *Dr Martine Faure -Alderson-* [Article Two](#)



Testimonial for the CSR course:

The CSR course was extraordinary to say the least. I was in awe of Martine Faure-Alderson; a fascinating teacher who was bursting with so much information all relating to cranial-sacral reflexology. It was a privilege to learn from this woman! Thank you Maria for bringing Dr. Martine from Europe to Canada.

Articles

Each author will write a different article every month on their area of expertise which we hope you will find interesting, informative and educational.

Naturopathic Corner with Dr. Tamara Browne



Love your heart:

Health, longevity, & happiness with optimal functioning of your heart & circulation. I have identified five critical steps in the management and prevention of heart related illnesses. These lifestyle factors are easily assimilated into most people's lives with little trouble. They are ... [[Read full article](#)]

'For the Health of It'



What is Constipation? By Brenda Watson, Naturopathic Doctor, colon hydrotherapy.

Conventional medicine defines constipation strictly in relation to the frequency of bowel movements. However, those who suffer from constipation often describe their complaints a little differently.... [Read More.....](#)

"To Your Good Health" with David Dixon

Natural Beauty with Deanna Klan



this physical journey often requires us to release past emotions, thoughts, and deeds that no longer serve us, Healing the Heart is a way to gift ourselves with this process.....
[[Click here to read full article](#)]



the bedroom doors, including ensuite bathroom door before you go to bed; install a door or curtain if there is no [[Read Full Article](#)] also see upcoming workshops

Coaches Corner with Sue Chambers

Glorious Gardens Gems



What's Stopping You?

How many of us procrastinate when it comes to fitness and healthy eating? We all want to be healthy and happy, yet we can't seem to make a commitment to ourselves. Why is it so easy for some of us and such a struggle for others? One simple reason could be time.
.....[[click here to read full article](#)]



What seeds should you plant in February?

It's not yet properly spring and conditions are cold, so the more you can start off in pots in the greenhouse, in a sunny window ledge, or under cover, the better.

Enviro Corner by David Suzuki



Going for the Olympic green medal

By David Suzuki with Faisal Moola

Several people have asked me if the Vancouver 2010 Winter Olympics will be the greenest games yet. The answer may be yes — if we're talking about the abundance of greenery and lack of snow brought on by record high temperatures during one of the earliest spring seasons the city has experienced..... [read more....](#)



Wholesome
and
organic

for the
maintenance
of good health

Body Plus Column



The Health Benefits of Essential Fats

By Nelson Narciso B.Sc., R.P.

The quality of the fats we consume has become a commonly discussed topic, and many people are now recognizing that they are not created equal. Omega-6 and omega-3, the Essential Fatty Acids (EFA's), have a profound impact on our health and well being. The benefits of EFA's include, but are not limited to, increased metabolism and energy levels, optimal hormone production, well lubricated joints, proper brain, retina, adrenal and heart function, reduced allergy symptoms, lowered cholesterol and blood pressure, and the alleviation of migraine headaches. Studies have also shown EFA's to be important in less obvious ways.....
[[Read Full Article](#)]



OK In Health's Favourite Picks from our OK members



What is Ra Sheeba? by Sue Peters

To quote from its founder: Marilyn Bretherick:

"Ra Sheeba is a very powerful section of the available Universal Healing Energy. As a collective vibration of humans, we have reached the required level of vibration and the vortex of information and energy has begun to filter through".
The last time that this level was accessed was in Egypt when the vibration finally reached this level....[read more...](#)

Maria's Favourite OK Picks from our OK members



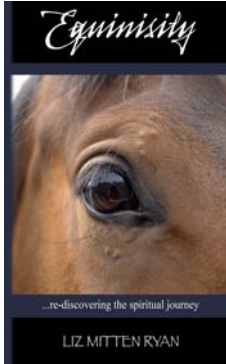
Green Tips for 2010 by Dale Bonke

As we start of the year off, what better time to start going "green" or being "greener". January is when many of us usually make new years resolutions. So this



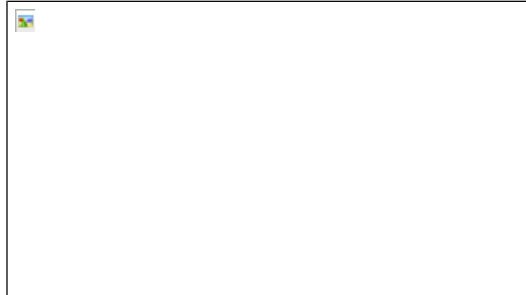
What's New
OK In Health
 is now on
FACEBOOK
 Click Here to
 Become a Facebook Fan

EQUINISITY - THE MOVIE



Whether you spend your life with horses or have always wanted to know one, experience an incomparable spiritual journey with real footage of participants from all over the world in the E.A.R.T.H. (Equine Assisted Re-connective Therapy and Healing) program.

Please visit
www.lizmittenryan.com/media
 to view the trailer for EQUINISITY and
 to purchase the 4 hour movie for \$39.95
 visit our store at:
<http://www.lizmittenryan.com/store>



Get to know some of our OK In Health members!



The Reconnection™ and Reconnective Healing® - with Bernice Granger

Energy Healing Utilising New Frequencies

Feel the Peace and Relaxation from a Reconnective Healing Session as the body's inner balance is attended to on all levels.

Healing that goes beyond healing from disease.

Healing that is about improving and upgrading life on all levels.

My clients often say they are amazed at

"...how peaceful and put back together they feel!"

Others cannot get over how a chronic pain is gone.

To make an appointment, please contact

Bernice Granger, Reconnective Healing Practitioner™

Tel 250 492 6093, or Email

Read article " [What is Reconnective Healing?](#) "



SOSH F

**South Okanagan
 Similkameen
 Health Fair**

Health Fair - a full
 compliment of health and
 fitness exhibitors (over 50),
 demos and speakers.

This event is FREE!

March 5 & 6, 2010

**Penticton Trade and
 Convention Centre**

[Click here to e-mail](#)
Visit our website at:
www.soshf.com

**EXHIBITORS
 REGISTRATION
 IS NOW OPEN**

Volunteers needed!

Heather's Senior Services

Offers Special Care and Attention for Your Loved Ones, When You Can't Be There.



Heather has 20 years of experience and is a certified care giver. All our staff are certified and has under-gone extensive verification for your protection.

We offer Home and Personalized Care combined with Meal Prep and House Keeping in Penticton and surrounding area. The ultimate in confidentiality and convenience is now affordable and available to You in Your Home. Contact Heather or Kevin today for your Fee Assessment @ 778-476-2576 or via email

Canadian Spiritualist Medium - Terry Colquhoun



Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



The sweetest thing

Chocolate. The very word itself is decadent and melts on your tongue. It is the number-one reported food craving, and some studies claim that over 50% of women say they would rather have chocolate than sex (though I suspect this number may have something to do with how attractive the interviewer is). Chocolate has had some good press recently for its health benefits, but many people seem confused as to what types of chocolate are good for them and why..... [read more](#)

Plus a new recipes called "[Chocolate Cupcakes](#)" by Alexis.

Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Lentil Dahl

India has a rich, vegetarian heritage, rooted in 5000-year-old traditions. Dahl, translates into soup, which is commonly prepared with lentils, making this rich and thick meal common to households and restaurants alike. Serve this dish by itself or over a bed of brown rice.

- 1 tbsp olive oil
- ½ onion diced
- ½ cup carrots diced
- ½ cup celery diced
- 2 minced cloves of garlic
- 2 tsp minced peeled ginger
- 1-2 tsp curry powder
- ½ tsp cumin powder
- 2 ½ cups vegetable stock or water
- 1 cup brown or green lentils, rinsed
- ¼ tsp pepper, Salt to taste

Sauté onions, carrots, celery, garlic and ginger in oil, over medium heat for 3-5 minutes or until onions are soft. Add curry and cumin and sauté for 2 minutes, stirring constantly to avoid scorching the spices. Stir in stock and lentils and bring to a boil. Reduce heat, cover and simmer for 45-50 minutes or until lentils are soft. Add salt to taste. Serve over brown rice. This recipe is from the Wild Rose Herbal D-Tox Program. 2-4 servings.

Recipes submitted by

Shannon Bliss, CNP, ROHP, RNCP, Certified Nutritional Practitioner and Certified Live Cell Microscopist. Kelowna 250-801-2798



A Winter Alternative to Fresh Fruit

Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the middle of winter? A convenient option is dried fruit. Like fresh, dried fruit contains lots of fiber, vitamins A and C, potassium and folate. Dried fruit is a portable snack and in the kitchen it can be added to salads, pancake batter, bread recipes or a bowl of cereal. Dried fruit may contain more calories per serving than fresh and some dried fruits are preserved with sulfite, which can trigger allergic reactions in some people, so read the package label.

[More recipes....](#)

OK In Health Member's Classifieds



Gift Ideas:

Your Gal or Beau's favourite photo transformed into a professionally painted PORTRAIT in oils on canvas. Special Rate \$350 Canadian Dollars. (Post & Packaging included. See www.dial-a-portrait.com for details. E-Voucher available.

Róisín O'Farrell is an Irish artist from a family of talented artists and writers. Pick a beautiful painting on line and it will be mailed to you or your loved one, anywhere in the world. www.everyotherdaypaintings.blogspot.com

Beautiful gemstone pendants and necklaces

Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com e-mail Email or phone Pamela at 250-861-9087 in Kelowna.

Wanted:

Equipment for a live-blood analysis business in the North Okanagan. 250-833-2129 or [click here to E-mail](#)

Infrared Sauna - For Sale

One year old Infrared Sauna, carbon elements, with two seats, and has a ceiling to floor tinted glass window. Asking \$1600. Photos available. 250-545-2747

Detox Foot Spa Machine - For Sale

A professional quality Detox Foot Spa machine (Platinum Energy is the Canadian company). Asking \$900. Photos available by E-mail. Phone 250-545-2747.

New Archangel Healing & Empowerment CDs. Free support & full 6 mo. money back guarantee! Find out what others are saying at www.AtlantisHealthCenters.com or 250-448-6114

Guided Meditation cd's

Pamela Shelly has created 4 Guided Meditation cd's for \$19.95 each and has a wide variety of Crystal Skulls available, see www.pamelashelly.com under Products for more info. Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com Email or phone Pamela at 250-861-9087 in Kelowna.

Beautiful gemstone pendants and necklaces

Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com e-mail Email or phone Pamela at 250-861-9087 in Kelowna.

Nutritionist Book

Our OK Nutritionist, Alexis Costello has her new book on nutrition available as an ebook on her website. She is offering a special download to our OK In Health members, if you are interested? The pdf file is \$5.99 to download and the intro is there for you to read if you like. Her website is www.happilyholistic.ca



Two BUDGIES available

2 precious young healthy budgies are available at the BCSPCA. Mated pair (female and male) so they can be together in one cage. They are curious, very gentle and are now learning to interact by coming out of their cage, eat from your hand, and sit on your finger. Female is deep emerald green and yellow, male is cinnamon green and yellow with cerulean blue tones in his tail feathers. Cage and accessories are included. Call BCSPCA 250 493-0136 (photo is not of actual birds)

Tired of renting your practice office space??

Own your own office space and create it into how you want it!

Business for Sale - Nelson Successful business of massage with its own niche for sale with everything already laid out for you. Assets, publicity, web site, training and customers come with it. Its distinct brand, with an already established clientele and an outstanding reputation over the past 8 years, is a dream opportunity for an energetic massage professional coming from a Spa background, massage or any type of bodywork or for a RMT. This voted #1 service of massage is located in Nelson, beautiful BC, a very alternative and dynamic town. Call 250-352-6804 or visit www.rubitinmassage.com .

Penticton Office For Sale: 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, non-profit group office or any business that needs their own space, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Reduced to \$73,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

South Okanagan Offices for Rent

New offices for rent in complementary health clinic. In a great area of Penticton, lots of parking. \$500.00 per month. Contact Dr. Tamara Browne 250-485-7227.

Osoyoos Metaphysical Business For Sale Business Opportunity: Established Metaphysical business for sale located in beautiful downtown Osoyoos. Owners would like to retire. Terms negotiable. Phone Neil Brimblecombe at 250-809-2602, at the Holistic Desert Connections - Alternative Health Store.

Wellness Tips

Ideas to add your Flax oil, Fish oil, or EFA oil into your diet.

Shakes and smoothies: It's especially nice to add it to your smoothies.

Hot cereals: Add oil to slightly cooled cereal.

Vegetables: Use as you would 'butter.' Pour a small amount over raw or cooked-and-cooled veggies; stir to coat. If the flavor is too strong, use less and combine with vegan spread or seasonings.

Fruits: Purees such as applesauce can get the flaxseed oil treatment.

Fruits served with yogurt can be lightly coated in oil. Some kids will happily dip apple slices in the oil.

Juices: Add appropriate amount to your child's favorite juice - it's unlikely they'll notice. If they do, cut back on the amount.

Sauces, dressings and dips: Add oil once the sauce has cooled to serving temperature. Add to salad dressings (your favorite brand, or make your own). Works well in gravies, tomato sauce, pesto, veggie dips, hummus, ketchup.



More Wellness Tips

Tips to Lower Sodium Intake

Have you been advised to limit your sodium intake? If so, try to eat a variety of raw, dried and frozen vegetables. Most of them are naturally low in sodium. Canned vegetables generally contain a significant amount of added salt unless the label states that it is low in sodium. Look for descriptions such as "no salt added" and "reduced sodium" on the Nutrition Facts labels when buying canned vegetables.

Bean Power

Beans, also called legumes, are inexpensive and quite filling. The U.S. Dietary Guidelines 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.

Secondhand Smoke

The heart and blood vessels are extremely sensitive to toxic chemicals in secondhand smoke. According to some studies, secondhand smoke can increase the risk of heart disease by 30% or more. Play it safe; avoid secondhand smoke as much as you can.

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.

Give Barley a Try

Looking for a whole grain to add variety to your dinner plate? Willing to try a new flavor? Consider barley. According to our registered dietitian, one half cup (cooked) provides significant amounts of several nutrients, including folate, iron, zinc, protein, and fiber. You can also use barley in soups, stuffed peppers, pilaf, and hot or cold salads. It is readily available at most supermarkets.

Size matters!

Don't forget about portion size when dining out. A 3.5 oz. hamburger made with extra lean ground beef, cooked to medium, contains about 250 calories, 16 grams of fat, 6 grams of saturated fat and 82 mg of cholesterol. Upgrade that to a half-pound of meat and you are looking at almost 600 calories, 36 grams of fat, 13 grams of saturated fat and 185 mg of cholesterol. What a whopping difference! Stick with smaller portions of meat. Three ounces is about the size of a deck of cards.

Soy sauce

Did you know that low sodium soy sauce might still contain 600 mg of sodium per tablespoon? That's about 25% of the - recommended daily intake. Remember - a reduced sodium food, while often better than the original, is not always a low sodium food.

Potassium

Potassium is essential for many reasons. These include blood pressure regulation and normal heart function. However, too much as well as too little can cause problems. Thus the National Institutes of Health recommend getting potassium from food, avoiding supplements except at your doctor's direction. Good food-based sources include bananas, yogurt, spinach, lentils, raisins, and acorn squash.

Easy Ways to Reduce Your Energy Bill this Month

Add weather-stripping or caulking around windows, wear a warm sweater and turn the heat down a little, install door sweeps to help keep drafts from getting in, and clean or replace furnace filters to improve efficiency.

Dressing for Outdoor Winter Exercise

Dress appropriately and comfortably for cold weather exercise. Multiple layers will initially keep you warm and you can easily remove them, one at a time, as your body heats up. Likewise, a hat prevents substantial heat loss through the head and can also be easily removed.

Exercising in Cold Weather

Dressing in layers helps your body hold its heat and prevents the retention of perspiration on your skin. Try these tips to get the most out of the layering: 1. Wear a thin layer of synthetic microfibers such as polypropylene closest to your skin. Synthetics tend to wick sweat away; 2. The next layer is for insulation. A front zipper will allow easy release of extra heat and perspiration; and 3. The top layer should be windproof and waterproof. In extremely cold weather, an extra layer of microfibers or goose down inside the shell traps even more heat.

OK in Health's Contests

Win one of the many treatments and prizes in OK in Health's Spring Contest -

Congratulations to our Winter 2010 Contest Winners:

Karin Cruickshank, Patti Tennessy, Marcia, Stephany K, Freyja Jensen, Krystyna Swain, Jennifer, Teresa Cline, Anna McIvor, Marianne Lobel, Tami Dunstan-Adam, Jo-Anne von Schleinitz, Dale Bonke, Meagen Pierre, Shannon Holand, Orian Hartvikse, Fay Johnson, Judy Sylvester, Alana Mueller, Kathy Willcox, Liz Johnston, and Rosemarie Wrobel.

Congratulations to Sheila Stephenson, who won the last referral contest and a special audio CD called - 'Seagull in Flight' by Chris Madsen (Vernon). It includes 16 instrumental solo guitar works that will carry you away to blissful states..

February to May 2010 - New contest ~ [Click Here to enter!](#)

Enter all the contests numbers on to your entry form (example...# 1 CD, #14 pet, #21 reiki,)
Enter as many contests as you want that are within your area

Enter to Win - sessions & prizes:

Special Referral Contest - See below for more information

Special CD Contest for all our all members - See below for more information

- 1. Williams Lake**
One complimentary 30 min Lemurian Oracle reading with **Sharon Taphorn** from Playing With the Universe..
- 2. All Areas**
One complimentary Distance Journeying for **Power Animal Retrieval** session by **Dawn Dancing Otter** (reading by phone or internet).
- 3. [closed](#)**
- 4. White Rock - Vancouver Area**
One complimentary Heart Resonance Therapy session **or** pilates reformer session with **Michelle Cubin** at Pilates & Healing Studio.

CENTRAL AND NORTH OKANAGAN AREAS

5. One complimentary 1/2 hour psychic reading by **Darcy** of **Athenic Connections**. Connect to your guides and get the messages you need to hear
6. one complimentary a Shiatsu session from **Rite-Way Health** with **Marie Sperling**.
7. One complimentary Feldenkrais session (regular fee \$65) with **Sandra Bradshaw**, Guild Certified Feldenkrais Practitioner
8. One complimentary Reiki session at Holistic Choices with **Preben**.
9. Win a complimentary European lymph drainage massage with aromatherapy or Deep tissue massage with **Larry Petty** at Natural Sense Aromatherapy.
10. One complimentary Reiki session at **Relax and Revive**, with **Kathy Collins** in Kelowna

SOUTH OKANAGAN AREAS

11. One complimentary **Adrenal Support Yoga Session** at Shanti Wellness with **Wildflower**.
12. *One complimentary* Fitness pass to a class of your choice at the **Quantum Fitness Studio**
13. One complimentary **Reconnective Healing@** session with **Bernice Granger**
14. One complimentary Reflexology session at **Footworks Reflexology** with **Kathryn Smith**
15. One complimentary 1.5 hrs Organic Facial session (value \$69) at **Daydream Esthetics Studio - A Holistic Approach** with **Deanna Klan**. Using only organic / chemical complimentary products
16. *One complimentary* first time **Homeopathic consultation** with **Katharina Riedener**
17. One complimentary session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. **Joy Green**, Psychologist
18. One complimentary **Tarot Card Reading** with **Norma Cowie**
19. One complimentary Pet Health consultation at "Colour Me Healthy" with **Linda Buhler**, certified Pet Practioner
20. One complimentary Cranio Sacral Reflexology treatment at Summerland **Reflexology** with **Denise DeLeeuw**

Discount Gift Card

21. **Vernon** - Energy based healing session at **Maya Healing Centre**. Healing Touch, Shamanic Practices, Extractions, Soul Retrieval, and Spiritual counselling. First session \$25.00 complimentary discount. Review, release and rejoice!
22. **Kelowna** - 50% discount on the "Room to Write" on-line workshop which has a value of \$150.00 by **Annette Erickson**, at Inner Pathways.

Workshop Contests

23. **Alberta** Receive a \$40 discount for the **Advanced Tools For Self-Mastery** courses with Instructor Pamela Shelly at Mastering Wellness.
24. **Kelowna** Receive a \$40 discount for the **Advanced Tools For Self-Mastery** courses with Instructor Pamela Shelly at Mastering Wellness.

Special CD Contest



Two complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " **Suí** Mindfulness Meditation & Relaxation package" (double CD & step by step booklet)

Suí is the Irish word for sit and it is pronounced in a similar fashion to the English word 'see'. Being guided effortlessly through these simple yet powerful practices, builds up your inner resources for dealing with stress. It allows the mind and body to REALLY rest and rejuvenate. It promotes restful sleep and brings balance to your life.

" I am privileged to have listened to Derval's meditation CD 'Sui'. It is lovely to come across a CD which is contains something for people at all levels. Tracks range from 5 minutes to 20 minutes. The first CD is divided into sections alternating speech with Tibetan bowls. I was also very impressed with the booklet. I have no hesitation at all in recommending it, especially to those who, like Derval, come to know that embracing 'illness as messenger' is Sine Qua Non to healing. Derval's soft Irish

voice is such pleasure to listen too." - Maria Carr

25. Ireland, UK, & Europe OK Members

One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " Sui Mindfulness Meditation & Relaxation package"

26. Canada and USA OK Members

One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " Sui Mindfulness Meditation & Relaxation package"

27. Special Book Contest - all areas.



Such is Life (book) by P. Ann Turner, Vancouver, B.C.

A journey through life - facing challenges like sexual abuse and a violent home invasion. Many women, mothers, girls and men can relate to the story of triumph over adversity, but how many people had horses as their counsellors? This is a story of personal struggle, a life after the pain, where peace was found, confidence regained and a life transformed by encounters with 4 footed life coaches. [More details](#)

Take note of the contest numbers and enter them on to your entry form below

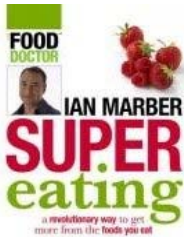
(example...# 1 CD, #14 pet, #21 reiki, ...)

Enter as many contests as you want that are within your area

Watch for your next OK In Health's e-magazine for contest information.



Special Referral Contest



Refer your friends, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The person with the most referrals from now until May 24th wins a special Prize -

**Supereating:
a revolutionary way to get more from the foods you eat
by Ian Marber (Author)**

Reviews

I love all the Food Doctor books and regularly follow Ian Marber's recipes. This book is truly informative about what foods are good for particular conditions and what enhances the properties of various foods too. It's well worth reading even if you don't make any of the recipes. I'm looking forward to enjoying lots of culinary delights as I try all the suggestions in this book. Review by Susan kersley.

"Well explained, easy-to-read charts stop it from being complicated or time consuming." -- Marie Claire

Supereating is a breath of fresh air after all the hype one food or one nutrient seems to attract on a regular basis. Instead the approach is to understand how to obtain the most benefit by combining the foods we eat. Ian Marber is an inspiring writer and always in a practical, balanced and understandable way. It's a fascinating read and the more I read the more I want to learn to combine the right foods for health and wellbeing. It's got a comprehensive guide to nutrients and how they work together and in some cases against each other (depending on quantities). I Like the section on probiotics too, I think they're very important for good digestion. Then on to health and wellbeing issues such as boosting the immune system and energy levels by combining the right foods. There are some delicious snack and meal suggestions which I'm already putting into my diet. Praise to Ian Marber for looking beyond the 'super food' hype and for writing an innovative and stimulating approach to healthy eating and wellbeing! A highly recommended buy. Review by Kristen.

Congratulations to Sheila Stephenson, who won the last referral contest and a special audio CD called - 'Seagull in Flight' by Chris Madsen (Vernon). It includes 16 instrumental solo guitar works that will carry you away to blissful states..



Thank you for taking the time to read this magazine.
I hope you get as much pleasure receiving it as I had sending it.
Please feel free to contact us if you think there is anything I can help you with.
From Maria Carr and the OK in Health team

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