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Thank you for viewing this month's Newsletter - as there is so much great info to share with you ...

**New Year Greetings**  
 from our  
**OKinHealth Team,**  
**Practitioners,**  
**Workshop instructors,**  
**Events,**  
 and members



✕ Brad King  
 events on  
 OKinHealth

### January 1st 2008 - OK in Health E-Newsletter

Dear OK In Health Members and Friends,

It's exciting to realise that another year has gone by and that we embark into the 4th year of OK In Health.

These years have seen one of the biggest passions of my life come to fruition – that of bringing together those who have the gift of the knowledge of healthy ways of living and healing with those who wish to explore them. In bringing OKinHealth to life, a pathway has been found to set up connections between our local [health & healing community practitioners](#). OK In Health is a strong promoter of providing a forum for both conventional and traditional medicine systems to reach those in need of these services. It also opens doors onto preventive medicine and natural therapeutics by providing up-to-date information for our members.

We start the year with many [new workshops, classes, and events](#).

Some I would like to mention are :

'2008 - The Year to Create' on Jan 5th - Creekside theater,  
 Penticton's Health show on Feb 2nd,  
 Kelowna Health show on Feb 16 & 17,  
 and some Vancouver & Kootenays Health show this summer,  
 as **OKinHealth will be attending these events.**

We invite you to drop by and say hi.

Check out the [many events coming to your area](#), on our [calendar of events](#).

**Our goal in 2008** is to sign up 1,000 new members by the end of the year and we encourage you to invite a friend to come join this amazing network.

Check out our [collage of photos](#) of our local practitioners, workshop instructors, Health speakers, and members that have sent us their photos to show their support of this on-line community network. If you would like add your photo to our [upcoming banner for the health shows](#), [drop me an email](#).

If you have placed an advertisement, workshop, events, business, or support group on OK In Health?

Would you like to place [your business cards](#) on our table at health shows?

[email us for more details](#) limited time offer

Are you interested in [sharing our booth](#) at the Kelowna & Penticton shows?

[email us for more details](#) limited time offer

Below is our January Newsletter, that is jammed packed with new up-to-date informations, workshops, articles, contests, and more...

The OKinHealth Team wishes our readers a wonderful, relaxing, healthy, joyful, and peaceful new year, and that each and every one of you takes another exciting step on the unfolding journey of taking care of ourselves and loved ones. Warm regards,

Maria Carr  
 Editor and Executive Director

**Here are some of our members, practitioners, and teachers.**

Would you like to add your photo to our member's photo collage & our Banner for health shows?

[Email us your photo](#) (jpeg)  
[info@okinhealth.com](mailto:info@okinhealth.com)



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PRACTITIONERS

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## New Articles

### **The Foundation of Supplementation** by Elaine Munro, **nutritionist**

The importance of investing in our health is something we all need to remember. While the intricate details of what we consume and the activities we engage in are of obvious significance, the need for supplementation is often overlooked. Health food stores are filled with hundreds of products with almost countless applications. While there are condition-specific supplements required for some people, these top 5 foundation supplements will cover the bases for most. They address the significant nutritional concerns of a contemporary lifestyle including pH level, bone density, hormonal balance, free radical defense, cardiovascular protection, immune function, and cholesterol levels.

**Multivitamin and mineral** - Choose a formula that considers age, gender and level of activity and avoid the old-fashioned "one size fits all" formulas, the high potency one-a-day tablet, and the time-released versions. Choose a multi in a vegetable based capsule, designed to be taken more frequently to ensure optimal absorption and nourishment.

**Calcium** - Men, women, and post menopausal women all have very different calcium needs, so choose a product that considers both age and gender.....

[\[ read full article \]](#)

### **Emotional Rescue** by Alexis Costello

Many people have heard of Bach Flower Essences before without knowing it, in the form of the combination 'Rescue Remedy'. Rescue is a blend of five Flower Essences concocted by Dr Bach before he passed away, to help people with various stresses and mild emergency situations. Oprah has praised Rescue Remedy, in O magazine. I have witnessed its amazing calming effects on everything from toddler temper tantrums, to bad cuts and burns, to anxiety before public speaking.

[\[ read full article \]](#)

### **What to do after a Session** By Wayne Still

You have just had a great bodywork session, whether from a Roling-Structural Integration practitioner, Reiki, a Massage, Chiropractic treatment or Reflexologist and you want to maximize the benefits you receive. Here are some suggestions that will help you do just that.

**Walk** - Walking is probably the best integrative activity for you to do after a session. Sometimes the word "strolling" fits better than walking. A nice leisurely walk with mindfulness....

**Drink lots of water** - Work on the connective tissue re-hydrates it and releases toxins that.... [\[Read full article...\]](#)

**Does Your Pet Need the Needle?** by Dr. Moira Drosdovech, **Pawsitive Veterinary Care** "Almost without exception there is no immunologic requirement for annual revaccination. Immunity to viruses persists for years or for the life on the animal. The practice of annual (pet) vaccinations lacks scientific validity or verification. The practice of annual vaccination in our opinion should be considered of questionable efficacy unless it is used as a mechanism to provide an annual physical examination."-- Professors Tom Phillips and Ron Schultz, "Canine and Feline Vaccines," Kirk's Current Veterinarian Therapy XI. What else needs to be said about vaccinations in pets? The above statement sums it up in an unambiguous manner and has been quoted very often in the last 8-10 years since it was printed. Many veterinarians in the last decade have begun questioning whether over-vaccination, while not yet validated scientifically, may be causing a good deal of unnecessary chronic illness in our pets. What is a pet guardian to do? My position is that....[\[ Read More.... \]](#)

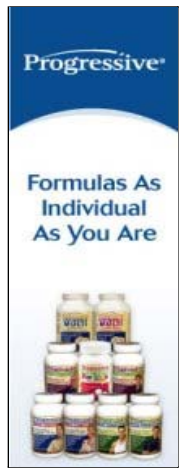
[Read more Articles on our Main Article page...](#)

## New Recipe

### **Almost Alfredo**

*Much of my passion for food comes from working with an amazing caterer when I was thirteen. The cornerstone of many recipes is a good white sauce; but how do you make one without using milk or wheat? It took awhile to get the proportions right, I hope you enjoy it! ~ Alexis Costello*

Melt the butter in a saucepan over med-low



[Add your photo Here](#)





heat. Drop in the flour, and sauté for a minute stirring constantly. Pour the milk in gradually while stirring. Increase heat to medium until the mixture starts to bubble, then turn down to low and let simmer. Add all other ingredients, stirring often. Simmer until the sauce thickens properly, about 8-10 minutes. 3 tbsp butter

3 tbsp butter  
4 tbsp oat flour  
1 1/4 cup rice milk  
1 tsp fresh lemon juice  
1/4 tsp sea salt  
1 clove garlic  
Dash basil  
Pepper to taste

[More Recipes](#)

Check it out!

**The Story of Stuff!**

This is a very enlightening video clip about consumerism. We live in a world where we just consume without thinking about the consequences. The video takes us through the stages from extraction of raw materials via manufacture and distribution to consumption and finally disposal and sheds a light on what the consequences are to us and the planet at each stage.

From Daniela [www.storyofstuff.com/](http://www.storyofstuff.com/)

**Healthy Tips for New Clothes and Fabrics.**

Our undergarments, clothes, and bedding are made in different parts of the world, sit in warehouses, and go through many hands and exchanges before we purchase them for ourselves.

You never know who has tried on before.

Most new clothes and bedding have been specially treated/coated with chemicals to prevent creasing and have flame resistant chemicals added. So, we recommend that you wash everything before you use it and to then throw it into the dryer to kill any parasites that have hitched a ride.

**26 Weeks to Emergency Preparedness**

A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous. Have you considered your ability to handle an emergency? We have a New Year's Resolution for you:

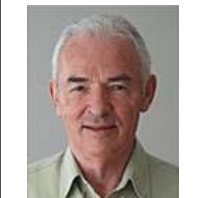
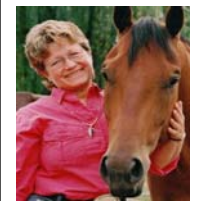
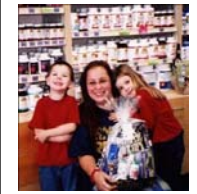
An 26-week guide to Family Emergency Preparedness.  
[Click here for a handy two page informative guideline:](#)

Check out "Hot Topics" weekly starting January to aid you in putting your Emergency Kit together. This guide will assist you in organizing your emergency kit and other important activities over a period of time to make things easier.

**Tips for Taking A Trip?**

It is recommend to always wash your hotel room glasses in hot water with detergent before using and after housekeeping has been in. Remove the outer bed spread when you arrive and place in closet. Check for small black bed mites along the mattress. It only take 5 minutes and after that, just have a good time. \_

**OK In Health's Contests**





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[Click here for updated contest info](#)

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Click button for full list & details of Contests

**UP COMING EVENTS - January**

**As of January 16th**

For full details and more workshops & event....

- [visit our Calendar page](#)

**Wishing all**

**our Members a**

**Very Happy New Year !**

Are you listed on  
OK In Health?  
events, workshops, practitioner,  
support groups, or Local Businesses....  
Let us help to promote your business

at the many events & health shows we attend...

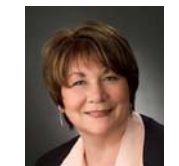
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**Store-Wide Sale**  
Dare to Dream -  
Body, Mind &  
Spirit Centre.  
Through the whole  
month of Jan., we  
are clearing out  
stock to get ready  
for new  
merchandise.  
#33 - 2070 Harvey  
Ave. Kelowna.



**South Okanagan  
Centennial  
Health Fair  
[Penticton](#)  
Feb 5th**





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