

Welcome to the July and August Newsletter



We are currently accepting new articles.
[500 words]

This OKinHealth Newsletter covers:

- * Al Gore's Global warming 7.7.07 event
- * Upcoming workshops, community events, and retreats
- * Classifieds, Jobs, and News from our members to share with our network
- * Healthy tips & recipes
- * Yearly highlight of Support groups to share with our members and visitors
- * OKinHealth Contests and more....

Scroll down to see more or visit this page on line at:
<http://www.okinhealth.com/about/Okay-in-health-newsletter.html>

It's Here! - 7. 7. 07

The Global Warming Event

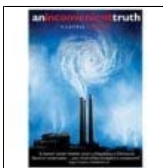
www.liveearth.org/

Quote from Al Gore

"I am 99% certain that we are contributing to global warming - and nothing in science is ever 100%.

But if you went to a doctor and they said they were 99% certain you had a condition, you'd be a fool not to act on their advice." Al Gore said that responsibility for solving this issue lay with Governments, though he insisted it was not a "political problem" but a "moral imperative."

Live Earth will use the global reach of music to engage people on a mass scale to combat our climate crisis. 07/07/07 - AL GORE & KEVIN WALL's Live Earth This is a 24-hour, 7-continent concert series taking place on 7/7/07 that will bring together more than 100 music artists and 2 billion people to trigger a global movement to help solve and support the climate crisis. Live Earth is a project of the SOS campaign, which is using a powerful multimedia platform - films, television, radio, Internet, books, wireless and others - to move people to combat the climate crisis. So turn on your TV, Internet, or Radio to hear what they have to say. Check out the LIVE EARTH - GREEN EVENT GUIDELINES and find out how we can do are part to help slow down the global warming that is happening faster than any reports have shown.



[Check out our local reviews & DVD Store](#)

OK in Health NEWS-Letter to you!

Greetings to all our members and visitors to OKinHealth to our Newsletter.

We have a rare event of a combined edition for July and August as we will be away from our desk for a few weeks.

Nevertheless, we are happy to reassure you that the work of delivering posters and spreading the news about your listings in OKinHealth will continue to the high outcome we expect of ourselves.

The #1

*wholistic Website
Since 2003*

Come visit our
[Workshops and Community](#)
[Event](#)
[Calendar](#)



**We are currently accepting
new articles.**

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

[Unsubscribe](#)

**We continue to be the #1 wholistic website
with over 2,329 unique visits by people a month
and with over 202,000 hits a month.
Our membership continues to grow as the words spread about this
Integrative health & healing network.**

**On a personal front, I am excited because I plan to travel in the wide
areas of BC, opening up new lines of communication and advertising for
our members; including a trip to Ireland.
We are glad to be able to also reassure you that you will be receiving
an update by email in August with news of current and upcoming
Workshops/Events.**

Our Contest is still running ! ... and the closing date is now August 26th.



**If you have an upcoming community event, workshop, or advertisement
that
you wish to place on OKinHealth for this Summer or Fall,
now is a great time to post your listings!**

Here is a link to our low advertising rates and online submission forms:
[http://www.OK In Health.com/about/health_website_advertising_forms.html](http://www.OKInHealth.com/about/health_website_advertising_forms.html)

Our warmest good wishes to you all!

Affectionately,

**Yours In Health, from Maria Carr [Editor]
and The OKinHealth Team**

at info@OKinHealth.com or 1 250 493 0106

**RECYCLE
HOT NEWS TIP!**

**Did you know that if the plastic is big enough to be
easily picked off a sorting line by gloved workers,
it can be recycled? This may not include a very small plastic wrapper, but
it does include the wrapping you get on a jumbo pack of toilet paper or a
flat of tomato sauce from the case lot sale.**



Workshops, Events, and Retreats

For full detail go to http://www.okinhealth.com/healing_workshops_calendar.html



New Vertical Reflex Therapy Workshop "The Booth Method" Presented by Lynne Booth. Vertical Reflex Therapy (VRT) is a highly effective reflexology technique that focuses on working the weight-bearing dorsal reflexes (top) of the foot rather than the familiar plantar or sole where the main reflexes are conventionally situated.

Raindrop Therapy: 30 Minute Demo in Penticton. Raindrop Therapy is the dropping of essential oils along the spine in order to clear and cleanse both physically and



energetically.

Foot, Hand, and Ear Reflexology Courses in Vancouver

Riva's Healing Retreat - Armstrong
"We Help People" to shed the past, heal pain, clear toxic patterns, heal the physical, release karma, strengthen relationships, heal your animals, and alter the blueprints of disease through loving connection with animals nature and soul through intuitive animal communications, shamanic journeying, meditations, fire ceremony, and soul healings.

BASIC ACUPRESSURE: Extraordinary Channels & Points

Homeopathy for Midwives and Birth Attendants This workshop introduces homeopathic medicine and its place in helping women experience healthy pregnancies, births and post - partum periods.

Access BodyTalk - Health Empowerment in 10 minutes

Hawaiian Shamanic Stone Casting This is a fun class on how to use the energy of colored stones to tap into your intuitive powers.

Yoga in the Garden and **Equinox Yoga in the Garden** in Kaleden & Yoga classes in Penticton



Guarani Shamanic Healing - Level one
This is a shamanic, energy-based system of nature that has been used for the past 6000 years by an ancient South American Indian tribe called the Guarani that live in the Amazon rainforests of central Brazil.

Penticton Night Markets is back at the Okanagan Lake Park, every Tuesday evening from 4:30 pm to 8:30 pm. . Great food and live entertainment in a beautiful outdoor setting. Farmers, crafter's, artisans, bakers, & holistic practitioners offer their wares. Enjoy a wide diversity of fresh Okanagan fruits and veggies, fine baking, handicrafts, jewellery, Fair trade goods, bodyworkers, and much more. Live local entertainment and great food in a beautiful park in a gorgeous time of the year.

Introduction to Tantra Playshop - Beyond Ecstasy We Find Self August

ADVANCED REFLEXOLOGY PROFESSIONAL SKILLS COURSES

A Dance With Equus Experience the Divine. - Come on a journey into your human spirit guided by horses

HOOF BEATS BACK TO POWER® ...Heart, Hoof & Drum - Weekend Retreat.
Join us for a rare moment with nature to reclaim your inner power guided by the wisdom of the horse! - No riding or horse experience necessary.

Holistic Reflexology: An Introduction Basic Holistic Foot Reflexology Course

Tantric Sensory Awakening - Ritual Bring a partner or not. All are welcome.

Wit's End Farms - Equine Rehabilitation Centre Holistic horse rehab centre - A series of clinics to educate and improve your horsemanship skills and knowledge. Summer and Fall Line up
- Introduction to the Thoroughbred horse – Adult Camp
- Touch for Health Kinesiology. Level Three and Four
- Basic Introduction to Equine Massage
- Adult camp
- Basic Introduction to Biomechanics, physiology and common injuries.
- Advanced Equine First Aid.

Hawaiian Shamanic Stone Casting - This is a fun class on how to use the energy of colored stones to tap into your intuitive powers.

CHRIS STORMER'S - The LANGUAGE of the FEET - - Alberta

Munay-Ki : - The Way to Pure Happiness."Five day Munay-Ki" intensive workshop - step into a higher vibration and complete happiness). From the Inca shamans, the 9 rites of the Munay-ki transform your luminous energy field to lead you to becoming the new human, one who walks in love and light.

Shiatsu Practitioner Training Program - Book now - as space is limited for Fall Course

Free workshops for women in agriculture



OKinHealth in Ireland & UK
Workshops & Practitioners

Shiatsu Practitioner
Training Program



Studio Chi
This Diploma Program is registered with PCTIA & currently offers a Shiatsu Practitioner Diploma Program as well as workshops in shiatsu, acupressure, yoga, reiki, and feng shui.

250-769-6898
www.studiochi.net

We are currently accepting
new articles.
[500 words]

Come visit our
[Workshops and Community
Event
Calendar](#)

FENG SHUI - LEVEL 1 The Joy of Feng Shui

FENG SHUI - LEVEL 2 - Five Elements & Space Clearing

Basic Holistic **Hand Reflexology** Course

Certificate Course on Spiritual Healing

Reiki Classes Level I & II Reiki Kids Level I for ages 6 – 12

Equine Natural Medicine: - The Horse Doctor is In ! Common equine health problems such as colic, parasites, detoxification, weight loss, nutrient absorption, enzymes, allergies, hormonal imbalances, metabolic syndrome, laminitis (founder). You will also be introduced to homeopathic medicine.

Creative Kids Summer Programs at the AGSO Art Gallery of the South Okanagan, Penticton, Age group of 6-8 and 9-12. Weekly programs run Monday to Friday from 10 am to 3 pm; July 9 through August 24.

Animal Communication: To Heal Your Animal Is To Heal Yourself - Bring photos of your animals to help you connect with them

Reiki Master Level

Creative Flow - (Artist's Way, Julia Cameron's best selling book),

BodyTalk System - Modules 1 & 2

Basic Holistic **Ear Reflexology** Course

How to Love Yourself - Discover the importance of putting yourself first, setting healthy self-supporting boundaries and strengthening your relationships with yourself and others with Liz Robitaille, Certified Louise L. Hay Teacher

Healing Massage Course - Level I --Learn practical techniques as well as how to move energy blocks out of the body. No pre-requisites required however any personal growth workshops are an asset. Week-end course is great for novices & practitioners who are looking for a few more techniques, or just need some continuing education.

Mindscape - Develop Your Intuition - Level 1 THE KEY TO DEVELOPING INTUITION

Also see our new [Fitness Classes](#) page
Summer Yoga and Fall Yoga,
Body Poetry, Chakra Flow Classes.
Nia Technique
T.O.P.S Classes
S.h.a.p.e. classes

Also see our [Free Event Page](#)-
Local Farmers Markets & Night Markets
Meditation Classes



For Full Detail and more workshops and events -

Come visit our [Workshops and Event Calendar](#) at

http://www.okinhealth.com/healing_workshops_calendar.html

If you are unable to find anything listed on this newsletter
or on our website, please check the calendar of events page first
or email us for more info.

OKinHealth Contests



Hi Maria,
Just a quick note, to let you know I really enjoyed going to Christina Ince 's - Clutter Clearing with Feng Shui Principles workshop on Saturday. I found it to be very helpful and informative.
From Sharon Lawrence
Penticton & District
Community Arts Council.

Hi there,
I was lucky enough to win a Movie passes to 'Conversations with God' and was so grateful for the opportunity of winning as well as attending the amazing movie of Neale Donald Walsch. The Creekside Theatre is a quaint venue and I always love attending Spiritual Cinema there.
Sincerely, Deneen,
The Okanagan

**Foot, Hand, and Ear
Reflexology Courses in
Vancouver**



Hi Maria,
I won a free Animal Communication Course with Sue Peters. I found this course to be of great assistance in dealing with my family pet, Mitzi. Mitzi is a miniature schnauzer who had a hard time getting her point across to me, until Sue gave the Animal Communication Course and taught me the ways of animals. This course has been invaluable to me in not



Dear OK In Health; I won the contest for a free Live Blood Cell Analysis.....with Lila Elliott. It was an outstanding experience of learning for me, and she was extremely well worded and knowledgeable about her modality. I wish to thank all of you at OK in Health, especially Lila, and encourage anyone to book an appointment with Lila and expect amazing info. Blessing and cheers to good health,
From Eily Bonsma, Kelowna, BC

Hello Maria, I won a free 2 hour consultation with Pat Deacon and I found her to be very thorough and informative. Her little pills cleared up a life time problem and I was most impressed with her expertise. Unfortunately I am unable to afford to continue her treatments, as this time, but when my finances turn around, you can be sure that I will be returning to her as a client.
From Marion Desborough, Okanagan Falls

Hi, I was lucky enough to win the \$25.00 Reiki Gift Certificate from Mastering Wellness with Pamela Shelly. This was an amazing experience. I was already registered to take Reiki Level I with Pamela and then was lucky to win the prize! I am looking forward to taking Level II and III with Pamela.
She is a wonderful teacher and just a really kind soul.
Sincerely, Deneen from Westbank, BC

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

#A -Treatments:

1. [Rock Creek/ Midway/ Boundary area](#) - One free [Live & Dried Blood Cell Analysis with Lila Elliot](#).
2. [Penticton](#)
One free private session with Stott Pilates instructor, Sharon O'Connor New.
3. [Penticton](#)
One Free personal coaching session with Lyndsay Blais Consulting.
4. [Penticton](#)
One free 1 hour body therapy treatment that uniquely combines orthobionomy, cranosacral, massage, energy work, hot rocks & towels plus sound therapy at SynchroTherapyTM with Cyndy Bishop.
5. [Penticton](#)
One Free Reiki treatment at [Christina's Holistic Centre](#), with Christina Ince.
6. [Penticton](#)
Receive a 50% discount off a Relaxation Massage treatment at [Christina's Holistic Centre](#), with Christina Ince.
7. [Penticton](#)
One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
8. [Penticton](#)
Win 1 of 3 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton's [Water Conservation Department](#)
9. [Summerland](#)
One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))
10. [Kelowna](#)
Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at [Natural Sense Aromatherapy](#)
11. [Kelowna](#)
One free Reiki Treatment at [Holistic Choices](#) with Preben.
12. [Kelowna](#)
One Free Reflexology session from [Rite-Way Health](#) with Marie Sperling.
13. [Kelowna](#)
One free [Live & Dried Blood Cell Analysis](#) with Lila Elliott.
14. [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.

only dealing with my own pet, but with other animals including some of the deer who inhabit our area. I would recommend this course to anyone who is an animal lover to deepen their understanding of their world and their problems in our world.
Marion Desborough

#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](#)

Contests close August 26th - Please enter the contest Name



Community gardens: growing more than vegetables!

Did you know that over 25% of residential waste is compostable?
Composting is nature's way of recycling.
Composting reduces the waste going to landfills and produces organic humus.
(Humus improves both soil texture and fertility.)
Community gardeners also create a healthier environment by composting fruit and vegetable scraps, leaves, and other organic materials.

This Canadian Health Network (Public Health Agency of Canada) Web site is a good place to turn for anyone wanting to start a community garden. For those already part of a community garden project, the site provides a good overview of the many benefits, which makes it a useful tool for reports and funding proposals.

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1082346348063&pagename=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHN>

Resource Source: The Composting Council of Canada



Do You Need a Website that reflects your vision?

Why not consider an Intuitive Web Designer that can help you develop a website that reflects your vision and work. No computer skills required. I can help you design your website and also follow up with hooking you up with a domain and hosting service.

All you need to do is talk to me by email or phone and share with me your vision of how you see your website.

Do you need a web designer that you can trust and is affordable? [[More details](#)]



[Maria Carr's Bio](#)

Classifieds and News

Coming This
Summer!

Introduction to
**Tantra Playshop -
Beyond Ecstasy -
We Find Self**

Tantric Sensory



Help Wanted - Penticton's Nature's Fare

Awakening Ritual
This is a ritual of giving and receiving with the intention of creating intimacy. During this magical ceremony you will experience really tasting, smelling, seeing, feeling and hearing. Bring a partner or not.

All are welcome.



HOOF BEATS BACK TO POWER© ...
Heart, Hoof & Drum - Weekend Retreat. Join us for a rare moment with nature to reclaim your inner power guided by the wisdom of the horse! - No riding or horse experience necessary.

Coming this Fall

Shiatsu Practitioner Training Program
Book now - as space is limited

Soul Seeds Holistic Consulting
Tracy Lydiatt Reiki Master/Instructor,

NATURE'S FARE NATURAL FOODS, the Okanagan's leading natural foods retailer, is looking for a friendly, self-motivated person to join our supplements department. Applicants must have exceptionally good customer service skills. A background in natural foods and/or supplements is an asset. This position is approximately 30 hours a week. We offer a competitive starting wage and many other staff initiatives. If you enjoy working in a positive and rewarding environment please drop off resumes to #104-2210 Main St. Penticton or e-mail to bobbi_krien@naturesfare.com.

For Sale

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

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

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, Masseur Massage Sandals, Reflexology Foot, Hand & Ear Charts, Books, DVD and self-help tools...
www.pacificreflexology.com (604) 875-8818 or 1 (800) 688-9748

Maria needs a Motor Home to go camping with Kids

Do you know of a used motorhome 24 ft - 28th, that Sleep 7+, suitable for a family in the okanagan?? Email Maria at 250 493 0106

House sitting/Rental

Wanted please, a place to house sit or to rent in the Kelowna region, for around July 14th - Please call Joan Moffet (Healer & Therapist) at 250 492 6743

New Buying club in Kelowna

I am interested in forming a buying club in Kelowna for purchasing organic packaged foods from Horizon Distributors. Anyone interested in joining, please e-mail Monique at rawprincess@shaw.ca or 250-45-6544

Is your eating out of control?

Food Addicts in Recovery Anonymous is a Twelve Step program for anyone suffering from food addiction, overeating, bulimia, under-eating or food obsession.

No dues, fees, or weigh-ins. For more information call Glenna at 1-250-513-1131,

or email whisper_fa@hotmail.com or visit www.foodaddicts.org

To add your classified - [click here](#)

OKinHealth's Recipe page

Udo's Mayo

Ideal for when you need some tangy mayo, while getting your EFAs at the same time!
1 Egg (or use 1/4 cup liquid pasteurized egg)

pinch Cayenne

1/2 tsp Salt

1/4 tsp Sugar

2 tsp Lemon juice

3/4 cup Udo's 3.6.9 Oil Blend.

Blend egg, cayenne, salt, sugar, lemon juice and 1/4 cup of the oil in a blender. With

**Certified Reiki
Practitioner M.Sc -
Strategic Leadership
Towards Sustainability
Candidate Oliver, BC
Phone: 250-535-0279
email:
tracy@soulseeds.ca**

blender running, slowly drizzle in remaining oil. Refrigerate immediately. Chop fresh herbs such as chives, parsley, or basil and stir into Udo's Mayo for a healthy and tasty spread on sandwiches and appetizers.

Summer butter from the fridge!

My organic butter melts on the counter and is too hard to spread from the fridge. So, in the summer we make this great butter that has the added value of Omega 3,6,9 oils in it. Add room temp organic butter with some omega 3,6,9 oils and blend to a creamy mix. Place in Glass container with a lid and place in fridge. The butter stays soft, spreadable, and best of all has a lovely nutty flavor. Add some herbs if you wish. From Maria Carr

For more recipe visit OKinHealth's Recipe page

Do you have a recipe to share with other members? Contact Us!

**Come visit our
Workshops and Community
Event
Calendar**

What are "Good Fats??" and why do we need them??

In the case of essential fatty acids, the consequences of a deficiency can lead to heart disease, joint problems, diabetes, skin problems, learning disorders, tissue inflammation, increased susceptibility to certain cancers, slow recovery from muscle strain and injury, and low energy. In a twist that seems to defy all logic, too little of these fats can also lead to a weight problem as we eat to excess in the hope that the deficiency can be corrected. It can. But only by eating the right kind of foods, actually, the right kind of fats! Not surprisingly, Omega-3 & -6 are present in a number of the foods that historically were integral to our basic diet - seeds, nuts, and fish. With little effort they can easily be integrated into the modern diet in sufficient quantities to meet the recommended daily allotment. Especially by using a seed oil blend like Omega 3.6.9 Oil Blend.
Too little of these fats can also lead to a weight problem.



Help Support this #1 wholistic Network

Forward this email to 5 friends

and invite them to [sign up for OKinHealth's Free Newsletter](#)

Simple, Informative, and Healthy Tips

Diabetes

Are you age 45 or over? If so, consider having your fasting blood sugar checked at least once every 3 years. Diabetes affects over 20 million Americans. Many do not know they have this condition. Lifestyle changes can reduce the risk of diabetes. These changes include increasing physical activity and decreasing body weight. Eating a high fiber and low fat diet can also reduce your risk.

Improving your Golf Game

Want to improve your golf game? Limit alcohol and caffeine. These substances can negatively affect your play. Alcohol reduces coordination. Caffeine can over-stimulate you when you need calm. For example, can you picture sinking a tricky putt when you have the caffeine jitters? Drink plenty of water instead. Stay well hydrated and delay premature fatigue.



Kids in Cars

Children die every year as a result of being left alone in or around a motor vehicle. With the warmer months upon us, use special caution to ensure that children are not left alone in a vehicle. A car is not a babysitter! Protect your precious cargo.

**Riva's
Healing Retreat**



With Marijke van de Water, B.Sc., DHMS
 Are you ready for profound personal work and transformation? Join us for a unique and powerful healing experience. "We Help People" to shed the past, heal pain, clear toxic patterns, heal the physical, release karma, strengthen relationships, heal your animals, and alter the blueprints of disease through loving connection with animals nature and soul through intuitive animal communications, shamanic journeying, meditations, fire ceremony, and soul healings.
 Date: July 13, 14, & 15, and October 12, 13, 14.

[More Details](#)



Munay-Ki :
 The Way to Pure Happiness. "Five day Munay-Ki" intensive workshop -step into a higher vibration and complete happiness). From the Inca shamans, the 9 rites of the Munay-ki transform your luminous energy field to lead you to becoming the new human, one who walks in love and light.

[Castlegar](#)

Guarani Shamanic Healing & Hawaiian Shamanic Stone Casting

A More Comfortable Biking Option

If the seat on a stationary bike is uncomfortable, try a recumbent bike. The seat on a recumbent bike is more like a regular chair that is shaped to fit your back. Even if you are new to biking, recumbent cycling can be a desirable option.

Keep gardening safe and pain free

Do you like to garden? Take steps to keep it safe and enjoyable. Lift heavy sacks carefully, alternate hands when carrying heavy objects, and take a rest if you feel tired. It is also recommended that you stretch after gardening, use sun protection, and drink plenty of fluids while in the heat.



Fads Don't Fight Fat

Most health experts agree that people who lose weight with fad diets are rarely able to keep it off. You may also put yourself at risk for not getting enough nutrients. To help achieve a healthy weight loss, eat a well-balanced diet and participate in regular exercise. Limit your loss to between 1/2 and 2 pounds per week.

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.

Finding fitness away from home

Everyone knows that business travel can make it harder to get a workout. One way to stay active is to carefully choose your accommodations. Many hotels have a swimming pool and fitness center. Or consider those near hiking trails, beach resorts or fitness clubs. There are many chances to exercise while you are on the road.



Greens

Have you heard of arugula? It is a green, leafy vegetable that contains about 20 times more beta-carotene and vitamin C than iceberg lettuce. It also has 8 times more calcium. When making green salads at home, consider choosing dark green leaves, such as arugula, romaine, and chicory. Using these greens in salads and on sandwiches creates a more nutritious meal.

Addressing Dehydration

Dehydration does not only happen to athletes. Anyone can lose too many fluids. This can happen even while doing everyday tasks such as mowing the lawn or even playing on the beach. Signs of severe dehydration include nausea, inability to speak clearly, confusion and high body temperature. Keep your body fluids at a proper level. Drink enough fluids to make up what you lose before, during and after any activity where you sweat heavily.



Cookies

Did you know that the average American consumes about 11 pounds of cookies per year? One way to cut back may be to keep cookies in the freezer. Some people are less likely to overindulge in this treat if they are out of sight rather than in your pantry.

More Reasons to Eat Breakfast

When you skip breakfast it results in higher, less healthy cholesterol levels. Skipping breakfast also makes the body less sensitive to insulin. These effects could lead to increased health risks and weight gain. So be good to yourself, eat breakfast. Try to include low/no fat dairy, whole grain cereals or breads, and seasonal fruits as often as you can.

For more health tips - check out our [Healthy Tips page](#)

Check out OKinHealth's Support Groups Page

**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
[New Website](#)
Phone 250 - 317 8208
Kelowna or
Email lpetty@shaw.ca

**Homeopathy for
Midwives and Birth
Attendants**
This workshop
introduces homeopathic
medicine and its place
in helping women
experience healthy
pregnancies, births and
post - partum periods.

**Jackie Haverty -
Infinite Healing - CD**
Prepare for a powerful
healing experience that
transcends time and
space. Divinely
inspired words and
music create a
harmonic resonance
integrating quantum
physics with Divine
Love for
transformation on all
levels of body, mind
and spirit.

* [New Website](#) *

Add your Support to our support groups page
- [Click Here](#)



Alzheimers - Support group for care-givers & family members of those with Alzheimers or related dementias at Oliver Senior's centre 1pm call Laurie at 1 888- 318 1122

BC Schizophrenia Society - Penticton Branch, 221 Martin St., Penticton, BC V2A 5K2, Canada. Meetings every 2nd and 4th Thursday of each month beginning at 7pm. Call Dee at 1 250-494-7511 for more info.

The Celiac Support Group meets every second month on the third Friday at the Penticton Health Centre main floor meeting room, 740 Carmi Avenue. Family members are welcome to attend. Contact volunteer Les Erucker 493-6381
Also See OKinHealth's [Special CELIAC page](#)

Good Grief - Support Group 7pm United Church, Penticton. call 492 4588 for more info

Is your eating out of control? Food Addicts in Recovery Anonymous is a Twelve Step program for anyone suffering from food addiction, overeating, bulimia, under-eating or food obsession. If you have trouble controlling the way you eat, are obsessed with weight/dieting, are underweight/overweight, bulimic/anorexic and need help, please feel free to email. No dues, fees, or weigh-ins. For more information call Glenna at 1-250-513-1131, or email whisper_fa@hotmail.com or visit www.foodaddicts.org Strictly confidential.

Sunny Okagan FM-ME Association (SOFA) - fibromyalgia & chronic fatigue syndrome monthly meeting - 1st tuesday of every month from 10AM -12 Noon at the Rec & Wellness Centre, Boardroom, 439 Winnipeg Street. Contact: Sheryl Ann Wilson, Founder & President Phone: 250-493-2002 Email: sofa_fm_meok@hotmail.com

MS Coffee Time group meets every Tuesday at 2:30pm at the Cherry Lane Shopping Mall Food Court in Penticton

MS Oliver/Osoyoos Peer Support Group meets the second Thursday at 10:00 am of every month in the Red Cross Building in Oliver. For more information people can contact the office on Tues, Wed Thurs, from 9-2:30. (250) 493-6564 e-mail info.penticton@mssociety.ca

Mental Illness Family Support Group Every second Thursday at 7pm. 221 Martin St., Penticton.
E-mail: bcsspenticton@shaw.ca or (250) 493-7338

Healing Touch Practice Group Penticton Health Centre, 550 Crami ave. 6pm - 8pm every fourth monday of the month. Contact Catherine Awai at catherineawai@shaw.ca or Maria Carr celtic-healing@shaw.ca



South OKanagan Breast Cancer Support Group meets every 3rd Monday of the month at 7pm, at Penticton Health Center. (No meetings in July & August). Call 490 9681 for more info

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

**FENG SHUI
LEVEL 1 & 2
The Joy of Feng
Shui**
*In this fun filled and
informative
workshop we will
explore the basic
concepts of Feng
Shui. Placement of
the bagua in your
environment, gua
enhancements,
cures & rituals will
be explored.*

Pat Everatt

**Licensed Brain Gym
Instructor and
Consultant,
Certified Irlen
Screener, Health
Kinesiology,
Reset TMJ
250-499-7771
327 Martin St,
Penticton, BC**



**Wit's End Farms -
Equine Rehabilitation
Centre**
*Holistic horse rehab
centre
- A series of clinics to
educate and improve
your horsemanship
skills and knowledge.
Summer and Fall Line*

The Wise Women's Circle meets weekly and is a support group for women who are 50 years and older and who have been, or might still be, in an abusive relationship. At the South Okanagan Women in Need Society, we define abuse as emotional, psychological, sexual, neglect, financial and physical. For most women who have been abused, physical abuse is usually a small part of an abusive relationship. We also know that abuse can come from people other than intimate relationships, including adult children and caregivers. To learn more about this Penticton-based weekly support group, call Brigid Kemp, the Older Women's Liaison at 493-4366. e-mail owl@sowins.com

Diabetes Adult Support Group; held the 4th Wednesday evening of every month except July, August, December and January; 7:00pm at the Seniors Centre on Water Street in Kelowna. For more information call Ed at 860-7099 or e-mail glenna.armstrong@diabetes.ca website www.diabetes.ca

The Course In Miracles - Monthly study group. For more information please e-mail wellness@reikikelowna.com

Healing Touch Practice sessions : Tuesdays - 7pm. Rehab.rm.125 KGH.

Healing Touch Local Meeting Tuesdays 7pm. Rehab. rm.125 Kelowna General Hospital. Sharing of an advanced technique will be spotlighted at this gathering.

Celiac Society 994 Tronson Dr. Kelowna 763-7159

Canadian Celiac Assoc. Kelowna meetings are held the second Sunday of Sept, Nov, Feb, April & June at the Health Unit, Ellis St., Kelowna at 1:00pm. Call Susan 769-7163. Pot Luck Lunch will be Sun Feb 8, 12:30
Please bring a gluten free dish. Call Katrina, 546-3298
See OKinHealth's [OKanagan & BC Celiac Support](#) Page

Kelowna Caregivers Support Group meetings are as follows: South Okanagan Health Unit, 1340 Ellis St. Tues. & Thurs. 9:30-11:30am. Alternate Fridays for Caregivers with a family member in a Care Facility. Meeting - 1:00-3:00pm. Windsor Manor, Terrai Cr. 9:30-11:00am. Westside Care Centre, Old Okanagan Hwy Tues.-9:30-11:30am.

Rutland Caregivers Support Group meetings are held every Thursday, 9:30-11:30am at the Rutland Health Unit 155 Gray Rd. (Clinic Room) For information call Shelley 491-3734.

Okanagan Visually Impaired Society meets the last Monday of each month at the CNIB office at 247 Lawrence Ave., Kelowna.

Kelowna Stroke Recovery Club meets every Thursday at St. Aidans Anglican Church 10:30am to 2:30pm. Call Eva at 763-0556.



Canadian Cancer Society: Breast Cancer Support Group meets the 3rd Wed. of the month at 7:30pm, at the Cancer Lodge next to the Cancer Clinic. A group meeting is held the 4th Tues. of the month from 1:00 - 3:00pm for those dealing with a recurrence of, or ongoing cancer.

The Kelowna Prostate Cancer support & awareness group meets the second Saturday of the month, 9:00am at the Kelowna Health Unit, 1340 Ellis St. For information contact Bren Witt at 762-3168. Note: The following programs are on-going and available to cancer patients upon request. All programs are sponsored by the Canadian Cancer Society, 539 Lawrence Ave., Kelowna.

---Breast Cancer Visitor Program This is a 'one on one' visit from a trained and caring volunteer who has experienced the concerns of having breast cancer herself. Call the Society at 762-6381 for a referral.

---Cancer Emergency Aid Program To ensure that no cancer patient misses treatment for financial reasons. Financial assistance is available to those who qualify. Phone 762-6381.

The Arthritis Society loans videos, books & cassettes. 201-1815 Kirschner Rd. Kelowna, BC V1Y 4N7; 868-8643. Meetings held at Senior Centre, 1360 Water Street, 4th Monday of month at 7:00pm.

Lupus Support Group for individuals with lupus and their families - will meet monthly, 1st Wednesday at the Water Street Seniors Centre starting in September. There are no meetings in July or August. Contact Abe Hamm 868-9627 or Debra Camilleri 764-1234.



The Kelowna & Dist. Genealogical Society hold their meetings the first Monday of the month, in the Oak Rm, Hawthorn Park, 867 KLO at 7:00pm. Doors open at 6:30pm. Call Marie 763-7159 or our website www.rootsweb.com/~bckdgs/index.html

The BC Old Time Fiddlers will hold a dance Friday, May 27th at the Rutland Seniors Centre from 7:30pm - 10:30pm. For more information call 763-4406. Everyone welcome. Lunch free.

The Kelowna Newcomers Club holds meeting with guest speakers the 3rd Wednesday of each month at 7:30pm at the Water Street Centre, 1360 Water St. For info call Brian Galton 768-4687.

Post Polio Support Group will meet on the first Saturday of the month (not July, Aug, Dec, Jan),

up

See Animal Page



2:00pm at the Parkinson Recreation Centre, Kelowna. For further information call Jeanette 768-5659 or John 878-5082.

The Al-Anon Family Program is for persons who are confused, angry, sick at heart or just plain interested because a loved one or a friend drinks too much or too often, and you don't know what you can do about it. An Al-Anon Family Group meets every Friday night at 7:30pm. in the basement of the Westbank United Church, 3672 Brown Rd. Westbank.

The Kelowna & District Safety Council holds Senior Driver Refresher courses the second Saturday of each month. Learn to build a safety cushion around your car. Call 765-3163.

Scandinavian Folkdancers, an evening of fun and folkdancing takes place every Monday, 7:00pm at the Seniors Hall, 1353 Richter St., Kelowna. Beginners of all ages are welcome. For info call 762-6284.

Kelowna Chapter of the Okanagan & Area Eating Disorders Assoc. meets the third Tuesday of each month, 7:00pm at the First United Church, 721 Bernard Avenue, Kelowna.

The Kelowna Respiratory Club holds their monthly meetings every second Tuesday at 2:00pm at the Dorchester, 863 Leon Ave. Kelowna. Anyone with a lung problem is welcome to come & join in, this is a support group for Lung Health. For info call Todd Gale at 979-2157 or Publicity Chairman Walda Reszityk at 860-9165.

The Crohn's Colitis Foundation of Kelowna will meet regularly on the 2nd Wednesday of each month at The Dorchester, 863 Leon Ave. (Library 4th floor) Kelowna, 7:00 - 9:00pm. Call Shaun Foster at 979-5549 for information.

Volunteers needed to visit isolated seniors! One or 2 hours a week with a lonely senior in your neighbourhood. Call Seniors' Outreach Services Society 861-6180 or email seniorsos@silk.net



Neighbourhood Meals for Seniors "Enjoy a nutritious meal served in a warm, friendly atmosphere in your neighbourhood" \$4 Meal, \$6 Meal & Transportation. For information or reservations call 868-7707.

Kelowna - Tuesday & Thursday 11:45, St. Paul's United Hall, 3131 Lakeshore Road; Wednesday 4:30pm, First United Hall, Richter & Bernard
Rutland - Monday and Wednesday Noon, Tuesday and Thursday 5:00pm, May Bennett Wellness Centre 135 Davie Road, (corner of Hwy 33 & Davie) Westbank - Wednesday at Noon, St. George's Anglican Hall, 3690 Brown Road

The Interior Alzheimer Society runs a social recreation day program for people in the early stages of Alzheimer disease or related dementia. The program is offered Mondays from 9:00-2:00pm, and Thursdays from 9:00am-12:00pm. Caregivers are welcome to participate or use the time for respite. We are looking for volunteers to help clients to participate in exercises, singalongs, outings, reminiscing, and preparing coffee. We also would like to find someone with cooking experience to help prepare a light lunch on Mondays. There are also openings in the program for new clients. For more information, call Joyce at 762-3312.

Your local Health Units are looking for Volunteer drivers to take people to medical appointments and for grocery shopping. A couple of hours per week can make a difference in many senior's lives. Please call Bev Dahl at 868-7707 for more information.

TOPS #BC825 meets Thursday from 6:15-8:00pm at the Kelowna Health Unit, 1340 Ellis St., Kelowna. For more info call Cathy at 862-2801.

WESTSIDE HEALTH NETWORK is looking for volunteers. Make a difference in your community. Call Sylvia at 768-3305

Gamblers Anonymous If gambling is a problem we are here to help. Call 864-1213. Weekly meetings are Tuesday, 8:30pm, Crossroads Treatment Centre, and Thursday, 7:30pm at 1815 Krischner Road, Kelowna.

Seniors Contact Program Supported by the RCMP, this program contacts the elderly who live alone and who would like a volunteer to call each morning. This is a free call. If you would like to receive this service phone 764-5004.

A.L.S (Lou Gehrigs Disease) 151 Summerhill Pl. Kelowna 763-0906

AIDS Resource Centre #202-1626 Richter St. Kelowna 862-2437

Alertline Emergency Response Society
100-2141 Springfield Rd. 860-7271

Alzheimer Society (Interior)
#217 - 1889 Springfield Rd. 762-3312

Brain Injury Society PO Box 16 Stn A Kelowna

Breathe Free 130 Gerstmar Rd. Kelowna
763-2429

C.A.T.C.H. 1340 Ellis. St. Kelowna 768-1518



Canadian Hard of Hearing Assoc. 763-5306

Canadian Mental Health Assn 504 Sutherland Kelowna V1Y 5X1 (250) 861-3644

CASEY Community Against Sexual Exploitation of Youth 107 - 347 Leon Ave. 762-0782

Central Okanagan Family Caregivers Network 1450 Sutherland Rd. Kelowna 860-5616

Add your Support group to OKinHealth support groups page - [Click Here](#)

Come visit our
[Workshops and
Community Event
Calendar](#)

Wishing You A Wonderful Summer!



SUBSCRIBER INFORMATION

You are receiving this newsletter because you have given OKinHealth.com permission to communicate with you at this address. We will never share or sell your contact details.

If you **do not wish to receive the OKinHealth.com newsletter** in the future,

please [click here](#) to unsubscribe.

A real person runs this mailing list; please do not flag us as spam or be too angry if we mess up.

If this issue was forwarded to you and you would like to begin receiving a copy of your own **OKinhealth Newsletter**, please [click here](#) to subscribe. Email us for more contact details.

As an OKinHealth.com newsletter subscriber, you will be among the first to learn about exciting new contests, expert tips, and special workshops, events, and movies coming to your area.

The information displayed in this newsletter and any previous or subsequent newsletters is for information purposes only. www.okinhealth.com and related businesses are not responsible for any losses or damages resulting from the use of information in the newsletter. While the information contained in this newsletter is believed accurate, readers must verify information for themselves. Sites we link to do not necessarily represent the opinions or policies of www.okinhealth.com.

[Subscribe](#) | [Unsubscribe](#) | Copyright © 2003 OKinHealth.com Inc., All Rights Reserved.

If you enjoy this free Newsletter and Website -
Please show your support and Forward it on!
Thank you for your support

OK In Health

[Home](#) - [Workshops & Events Calendar](#) - [Fitness Classes](#) - [Events by Town/Area](#) - [Free Events](#) - [About Us](#)

[Practitioners](#) - [Health & Wellness Articles](#) - [Contests](#) - [Local Health Businesses](#) - [Natural Products](#) -

[Sign up for your free monthly E-health & wellness magazine](#) - [This month's Magazine](#) - [unsubscribe](#)

[Healthy Recipes](#) - [Celiac Info](#) - [Wellness Quick Tips](#) - [In-Store- DVD's, CD's, Books](#) - [Classifieds & Announcements](#) - [Support Groups](#) - [Men's Health](#) -

[Women's Health](#) - [Maternity & Family Care](#) - [Reflexology page](#) - [Our Local Environment & Events](#) - [Animal Natural Health Care & Events](#)

[To submit a posting](#) - [Our Standards](#) - [Testimonials](#) - [Message Board](#) - [Glossary Terms](#) - [Contact Us](#) -

IMPORTANT DISCLAIMER -

This information and research which is intended to be reliable, but its accuracy cannot be guaranteed. All material in this article is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this newsletter/website. Readers should consult their doctor and other qualified health professionals on any matter relating to their health and well-being. The information and opinions provided in this newsletter/website are believed to be accurate and sound, based on the best judgment available to the authors. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for any errors or omissions. OK in Health is not responsible for the information in these articles and for any content included on this article is intended as a guide only and should not be used as an to seeking professional advice from either your doctor or a registered specialist for yourself or anyone else.