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Beannachtaí na Féile Pádraig oraibh!

OK In Health E-Magazine - March 2008

This Issue

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Wellness Tips**

**Practitioners
32 Contests
New Articles
Spring Recipes
Health News**

Subscribers' information



Greetings to all our OK In Health subscribers,



Being Irish and Canadian, it gives me great joy to wish you **Beannachtaí na Féile Pádraig oraibh!** (*That's Happy St. Patrick's Day in Gaelic*). As we celebrate, let us be mindful that we all are soul citizens of planet Earth.

I will be away beginning of April, beginning of May, and some of June & July. I will be still running website full time but we are going to do some [health shows](#) and [out of town events](#). I am trying to plan ahead as much as possible. If you have some workshops, events, coming up in March to September- [now is the time to post them](#). If you have been thinking of [listing your business](#) or if you have an [article, recipes or information you would like to post](#) on the website, please send to me before **march 19th**. If you have some information during the short time I am away, please email and I will reply within 48 hrs.

We invite you to come visit [OK In Health](#) website for the full details.

Thanks you for your support of OK In Health by receiving this free health and wellness E-Magazine.
Yours In Health,
From Maria Carr and the OKinHealth Team - The Integrative Health & Healing Information Center- Est.2004 -

***May you always have walls for the winds,
a roof for the rain, tea beside the fire,
laughter to cheer you, those you love near you,
and all your heart might desire.***



***May your thoughts be as glad as the shamrocks,
May your heart be as light as a song,
May each day bring you bright, happy hours,
That stay with you all the year long.***

New Articles



Love your heart: by Dr. Tamara Browne, Naturopathic Physician
Health, longevity, & happiness with optimal functioning of your heart & circulation. Naturopathic Doctors (ND's) have specialized training in the use of natural and safe, non-invasive techniques for the prevention and treatment of illness. My particular area of expertise is in the treatment of chronic degenerative disorders such as heart disease, diabetes, and obesity. These conditions cause more suffering and death to human beings than all other illnesses combined. 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 safe, holistic and will improve health and vitality, as well as drastically reducing one's risk of developing severe illness. These steps are: [\[Read full article\]](#)



It takes more than an apple a day by *Norm Danniels*. Norm is considered one of Canada's leading sport nutrition specialists.



Green food supplements are continuing to gain in popularity, offering a wonderful bridge between food and supplements. Made up primarily of whole food concentrates and extracts,

they are nutritionally denser than the foods we consume, and contain a wide variety of vegetables that would otherwise never make it to our table. Vegetables don't play much of a role in today's fast food world, but they are nutritional powerhouses that must be included in our diet. This is where green food supplements make their greatest contribution. They are highly alkaline, contain significant levels of phytochemicals and trace nutrients and make a tremendous contribution to our nutrient intake. [\[Read full article\]](#)

Fruit and berry concentrates by *Norm Danniels*. With over 20 years of experience in the Health & Fitness industry, Norm is considered one of Canada's leading sport nutrition specialists.



As significant a role as green foods play in our diet, there is a whole other side of the plant kingdom that offers similar nutritional density. Fruits and berries are loaded with phytonutrients, polyphenols and natural antioxidants. In fact, berries have the highest ORAC value (Oxygen Radical Absorbance Capacity), so their importance can't be overstated. Despite their more pleasant taste, fruits and berries are neglected nearly as badly as vegetables. An apple a day might sound like a good dietary strategy but it falls well short of what we actually need, especially when you consider that over the last 100 years the mineral content in our commercial farmlands has fallen by over 80%. If the minerals are lacking in the soil, they will also be lacking in our food. [\[Read full article\]](#)

Feng Shui :To Live in Balance by *Teresa Hwang - Vernon*

Traditional Chinese Feng Shui is based on the study of balance and harmony, in both an internal and external sense. From the time when Feng Shui first came into existence in China 5000 years ago, the study of geomancy was based on land forms and structures that were oriented according to the magnetic North/South compass directions. In those days Feng Shui was used for the purpose of locating the best burial sites (Yin Feng Shui), as the Chinese people practiced ancestor worship. They believed providing the ancestors with the most auspicious burial sites would bless the descendants with good children, good luck, and good fortune. In time, the ancients realized that the same principles could be applied to benefit the living (Yang Feng Shui). [The study of Feng Shui](#) and Chinese metaphysics evolved to what we have today, along with the teachings of Lao Tze – the Yijing (I Ching), Confucius and Buddhist philosophy...

[\[Read Full Article\]](#)



Asthma & Indoor Air Pollutants by Darcy Provost, Kelowna

Most Canadians spend about 90% of their time indoors. Indoor air often contains higher concentrations of hazardous pollutants than outdoor air. Common symptoms of exposure to indoor air pollutants include fatigue, headaches, nausea, scratchy throat, and nasal irritation. These symptoms are often mistaken for Flu or Cold symptoms. Everyone should know what these levels are in their workplace as well as their homes. In Canada, asthma is one of the most common causes of emergency department visits, hospitalizations, and unscheduled doctor visits. Asthma is only one of many chronic conditions that have been linked to poor Indoor Air Quality. The increasing awareness of poor IAQ is growing each and every day as people seek out ways to have a safe healthy living environment. [\[Read full article\]](#)



Advertisement

Cold & Flu Busters: The Natural Approach By Klaus Ferlow, Vancouver

There are many theories as how people get a cold & flu as there are treatments. When our immune systems are compromised it is a challenge to fight these dreadful illnesses. Interesting enough human beings are able to go to the moon, but are unable managing and preventing this disease or can we? Flu viruses are stronger, more infectious and more harmful than colds. [\[Read full article\]](#)

Cold & Flu Busters: Part II The Natural Approach, By Klaus Ferlow, Herbalist

A number of herbs that can be used to prevent and be used in the treatment of Cold & flu [\[Read full article\]](#)



Healthy Tips for Flu Season by Dr. Radka Ruzicka, 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! [\[Read full article\]](#)

Moving Without Hurting by Sandra Bradshaw, GCFP -

A Feldenkrais® Lesson to Improve Your Back.



Have you even noticed that the time when back pain strikes, is usually when you are attempting to sit, lie down, or turn over in bed. Turning over in bed can be one of the most challenging activities for those suffering from a sore back, because, in an attempt to stay in the warm little nest that we have created for ourselves, we tend to twist rather than rotate our spine. Practicing the following Feldenkrais Awareness Through Movement® Lesson when you are awake will help you to learn a new strategy for rolling over more easily when you are asleep. [\[Read full article\]](#)

[More Articles](#)

Spring Events



For full Details and for Summer & Fall events - [click here:](#)

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

DATE	TITLE	VENUE	
Fitness Classes			
Stay Active, Keep Healthy Have fun! and may be meet a new friend!	<p>On Going - Fitness Classes, dance classes, walking club ... Click Here for : Nia Technique - Regular classes, Gentle Classes & Self Healing with Nia: The Body's Way LET'S GET WALKING!.. Kundalini Trance Dance Core Dynamics movement African inspired Dance S.h.a.p.e. classes - Yoga off the Mat Chakra, Hatha Yoga Classes</p>	More Details	 Visit our Reflexology Page Click Here
Great Articles	<p>Free Events & Health Shows & Festivals Support Groups Directory and Meditation Classes</p>	More Details	
			
Drop in Jan to March -	<p>Try Something New for only \$3 - and meet some new friends. Badminton, Baseball, Pickleball, Senior Volleyball, Sunday night Volleyball Table Tennis... for only \$3 or \$27/10 pass</p>	Penticton	The Natural Family Health Clinic Dr. Tamara Browne, Naturopathic Physician. Individualized health care programs for chronic disease management & prevention. Complete lab analysis. By appointment at The Natural Family Health Clinic, 3048 Skaha Lake Road, Penticton, BC, V2A 7H2 (250) 493-5377
Wednesdays	<p>Wellness Wednesdays Evenings - Stress Management to Health info night - \$5 or free for PSO</p>	Penticton	
Every Friday	<p>Chakra Yoga Classes Each class will be 2 hours long focusing on one of the seven chakras.</p>	Kelowna & Fitness page	
On Going	<p>Nia Fitness Classes Improve posture, alignment, & balance. Become aware of what you are doing & why. Weekly fitness classes that are the ultimate way to tone your body, mind, & spirit.</p>	Penticton - Fitness page	
Jan to April 16, + drop in Wed's	<p>Inner Rhythms - " Yoga Plus " - Weekly Class Series All levels & uniquely integrates Yoga postures, Tai - Chi, Self management, Reflexology, & Relaxation Techniques.</p>	Kelowna & Fitness page	
March - June	<p>Hatha Yoga Classes - Beginner Class & Intermediate Class - Wed. Evenings Relax your Mind, Rejuvenate your Body, Replenish your Energy, Reconnect with your Self Yoga - The Full 8 Limbed Path Yoga off the Mat. How to incorporate Yoga into your daily living.</p>	Kelowna & Fitness page	
Workshops & Events Directory			
	March	More Details	
March 12	Wellness Wednesdays Evenings - Cardio & weight Resistance - \$5 or free for PSO	Penticton	Do you need Business Cards Leaflets, & Logo designs
March 12 - Wed. Evenings	Hatha Yoga Classes - Beginner Class & Intermediate Class **NEW** Relax your Mind, Rejuvenate your Body, Replenish your Energy, Reconnect with your Self	Kelowna	
March 12th, 7pm - 9pm	Introduction To Conscious Parenting - Find out what the 9 Steps to Conscious Parenting are and some important techniques you can implement now to assist you with	Kelowna	

	Parenting.	
March 15 , 16	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Kelowna
March 15	Ascension Attitudes - It's all a state of mind! Explore the three major attitudes you need to assist and enrich your spiritual growth. Simple - but profound. Based on the book "The Door of Everything".	Kelowna
March 14,15,16	Basic Kinesiology Program Kinesiology the foundation of Energy Balancing. learn muscle testing protocol to detect and correct various imbalances related to stress, nutrition, learning problems, injuries and other daily issues. Certificate program.	Cochrane, Alberta
Mar 15, 16	Conscious Parenting Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Kelowna
Mar. 15,16,	EMOTIONAL FREEDOM TECHNIQUE with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
March 16	Ascended Blessings The Beings of Light do love you. . Experience the Light of Love that shines through her as you sit in communion.	Kelowna
March 16	Introduction To The Angelic Realm - Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, and much more.	Kelowna
Thursdays - March 20th	VAJRAYOGINI PRACTICE - Women only. Tibetan Nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. This yogic practice connects us to the Earth keeping us grounded and vibrant, especially as we journey through the seasons of our lives (pregnancy, motherhood, menopause ...).	Kelowna & Family or women's page
March 21-25,	TOUCH FOR HEALTH - LEVELS 1, 2, 3 & 4 with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Thurs March 27	The ARTIST'S WAY - 12 week course. NEW Based on the book by Julia Cameron entitled 'The Artist's Way'.	Bray, Co. Wicklow
March 28	Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation.	Vancouver
March 28,29,30	I Can Do It! 2008 - Toronto NEW A weekend retreat with Caroline Myss, Sonia Choquette, Dr. Wayne Dyer, Colette Baron-Reid, Gregg Braden, and Sylvia Browne.	Toronto
March 28,29,30	Basic Holistic Hand Reflexology Course Prepares you to competently practice Hand reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice hand reflexology on yourself and others	Vancouver
March 29	Public Channeling - Come hear the comforting words of the Beings of Light!	Kelowna
March 29,30,	HAND REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
March 28th, 7pm - 9pm	Introduction To Conscious Parenting - Find out what the 9 Steps to Conscious Parenting are and some important techniques you can implement now to assist you with Parenting. This introduction is to bring awareness to these areas and to share some of your challenges as a Parent.	Alberta
March 29 2 - 4pm	Pain in the Neck! - Neck and shoulder pain are a pain In this workshop Sandra will share new information on pain and how it works. Understanding pain is your first step in relieving it. You will create new strategies to ease your painful neck and shoulders, learn their causes and how to change the pain.	Kelowna
Sat 29th March	Conscious Channelling Workshop™ with Allison Scott from South Africa Channelling is the ability to quiet the busy mind, attune to the higher vibrational frequencies of the Angelic and Celestial realms, and bring through messages of love and wisdom from your Higher Self, Spirit Guides, Ascended Masters and Angels.	London
March 30 / 31st	The Art of Manifesting Abundance™ with Allison Scott from South Africa LEARN HOW TO BRING YOUR DREAMS INTO REALITY!	London
Mar 29 & 30	Reiki - Level One - This class is like Energy Medicine 101.	Kelowna
March 30	A Course in Miracles - It's all about peace of mind!	Kelowna
Monday PM March 31	Regular Nia Classes Meaningful fitness classes that promote awareness, strength, and balance with cardiovascular conditioning. Intentional movement. Dancing through life.	Penticton & Fitness page

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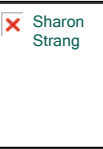


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	April	More Details	
May 31-Sat	Ac-Scenuating Your Destiny An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy	Vernon	Teresa Min Yee Hwang & Carla Briggs
April 18,19,20 Just posted	Healing Massage Course - Just Posted The purpose of this workshop is to teach participants a holistic technique of massage which is unique to the Wellness Spa (Focus Bodywork Ltd.). It is designed to be a first step to a series of weekend workshops. The intention is to teach healing massage to beginners, as a profession or to offer those who already do a form of bodywork a different perspective.	Kelowna	 Sharon Strang
April 1st	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, and much more.	Calgary, Alberta	
April 2nd, 3rd, 8th & 10th, evenings	Conscious Parenting **NEW** Come & find out how you can best support your children to become the best they can be with healthy self-esteem, better communication skills, & be self-empowered and able to fulfill their unique purpose with passion and joy. There is also a need for parents to be educated about the significant number of spiritually aware and gifted children.	Alberta	 Visit our Pet & Animal health care Page Click Here
Thursdays - April 3,10, & 17 10am - 12	Homeopathic First Aid Classes -Thursday mornings Just Posted "Homeopathic First Aid" is a chance to understand homeopathy - its history, philosophy and practice better. It is also an opportunity to learn about a group of remedies that you can use at home to assist yourself, your family, and friends in emergency situations. These are remedies which will speed up the healing process, cut the pain, and sometimes avoid the need for medical intervention both now and in the future.	Penticton,	
April 4th Friday	The Moses Code - Movie NEW Thirty-five hundred years ago God gave Moses a gift that changed the world. Some of the most incredible miracles in history came from applying a simple code, activating the power of the creative force of God in the world. This ancient technology has largely been lost or ignored since then, only to be revealed once again through this movie and book. Some of the best known spiritual teachers in the world join James Twyman in this film, offering tools on how you can apply the Moses Code to your own life. Also see contest	Kelowna	
April 5 - Sat	Inner Rhythms - Drumming - "Strictly Sabar" Traditional to Senegal, West Africa, Sabar is played with stick & hand.	Kelowna & Fitness page	
April 5 & 6 Sat & Sun	Body and Soul Wellness Fair - Vernon The Body and Soul Wellness Fair is a big event. KISS FM will be on location. 38 booths and a stage for music/speakers/demonstrations.	Vernon, BC	
April 5 & 6	ACUPRESSURE OIL MASSAGE Learn how to use & combine 30 main acupressure points to promote healing. Discover the eight (8) extraordinary channels and their associated symptoms.	Kelowna	Graphic Designs by Aunaray Click Here
April 5 & 6	Angelic Healing I Come spend a weekend with the Angels and Ascended Masters to connect with their unconditional love for a weekend of personal healing and assisting others in healing.	Calgary, Alberta	
April 5 & 6 Sat & Sun (weekday course available too)	Touch for Health - Level One - NEW An introduction to accurate muscle testing and a more energetic, healthy, stress-free lifestyle! Participants in level one of Touch for Health learn accurate muscle testing skills as well as acupressure correction points. The levels and curriculum are standard and approved by the International Kinesiology College in Zurich, Switzerland. The concept of "muscle testing" becomes a very effective and versatile tool for detecting and correcting various imbalances in the body which may relate to stress, nutrition, learning problems, injuries, and so on.	Kelowna	
April 6th Sun a/noon	The Moses Code - Movie NEW Some of the best known spiritual teachers in the world join James Twyman in this film, offering tools on how you can apply the Moses Code to your own life. Also see contest	Kelowna	 Visit our Environment Page Click Here
April 10,11,12,13,	Basic Kinesiology Program (BKP) Kinesiology the foundation of Energy Balancing. learn muscle testing protocol to detect and correct various imbalances related to stress, nutrition, learning problems, injuries and other daily issues. Proficiency certificate program developed by the ICPKP International College of Professional Kinesiology Practice.	Cochrane, Alberta	
April 11 - friday	TimeWave - 2013 The Odyssey II - The Future is Now! NEW During this fascinating expedition into the nature of time itself, Ms. Rose speaks to many of the world's experts on mythology, alchemy, astrology, anthropology and ancient history. They discuss topics such as the shift of the ages, the galactic alignment, global warming, the pervasive role of the media in our lives, the secret place of refuge, the mystic work of Benjamin Franklin, renewal of the American spirit and the transformation of humanity. Also see contest	Lake Country / Kelowna	
April 11th	Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation.	Vancouver	
	Basic Holistic Foot Reflexology Course		

April 11, 12, 13	Prepares you to competently practice foot reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice foot reflexology. This intensive course is offered in both weekend and evening course formats, and consists of twenty hours of group instruction, five hours home study and forty hours of practicum. Enrolment is limited to fourteen participants	Vancouver
April 11, 12, 13	Silent Meditation Retreat - NEW Experience the peace, bliss and calm that comes from meditating for an extended period of time. This retreat takes place in a beautiful location nestled in nature with a flowing river with lots of trees and birds. The food will be delicious, healthy vegetarian food..	Kelowna area
April 12 & 13 Sat/Sun	Angelic Healing II If you are wanting tools to assist yourself with more insights and clarity in all areas of your life or want to assist family and friends or incorporate these tools into a professional practice, then this course is what you are looking for.	Calgary, Alberta
April 12 & 13	Spiritual Apprenticeship Program - Level 1 The Spiritual Apprenticeship Program is geared towards assisting you to discover, develop and expand your own spiritual gifts and talents in order to get you out there in the world performing your very own unique world service. Even if you do have a certain talent (reiki, etc.), it might be time to branch out and transform it into something even greater.	Kelowna
April 13 - Sun	TimeWave - 2013 The Odyssey II - The Future is Now! NEW During this fascinating expedition into the nature of time itself, Ms. Rose speaks to many of the world's experts on mythology, alchemy, astrology, anthropology and ancient history. They discuss topics such as the shift of the ages, the galactic alignment, global warming, the pervasive role of the media in our lives, the secret place of refuge, the mystic work of Benjamin Franklin, renewal of the American spirit and the transformation of humanity. Also see contest	Lake Country / Kelowna
April 18, 19, 20 New	Healing Massage Course The purpose of this workshop is to teach participants a holistic technique of massage which is unique to the Wellness Spa (Focus Bodywork Ltd.). It is designed to be a first step to a series of weekend workshops. The intention is to teach healing massage to beginners, as a profession or to offer those who already do a form of bodywork a different perspective.	Kelowna
April 14 - 18	Basic Kinesiology Program (BKP) Kinesiology the foundation of Energy Balancing. learn muscle testing protocol to detect and correct various imbalances related to stress, nutrition, learning problems, injuries and other daily issues. Proficiency certificate program developed by the ICPKP International College of Professional Kinesiology Practice.	Kelowna
Thursdays - April 17th	VAJRAYOGINI PRACTICE Tibetan Nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. This yogic practice connects us to the Earth keeping us grounded and vibrant, especially as we journey through the seasons of our lives (pregnancy, motherhood, menopause ...). Women only.	Kelowna & Family or women's page
April 18-20	United in Marriage weekend - Retreat Why not have a Spring getaway and enjoy a very special weekend together! A great chance to rekindle the romance and love in your relationship. A chance to get away from work and home pressures and to focus on each other!	Penticton, Okanagan, BC
April 19 - Sat.	Old and Smart - workshop NEW Inspired by Betty Nickerson's book of the same name, this workshop is for women who are moving into a new phase of their lives and want to make the most of it - actual age is irrelevant.	Summerland Okanagan, BC,
April 19 Sat	Keremoes Health Fair To be confirmed	Keremoes
April 19, 20 Sat & Sun	I AM Teachings NEW You Have A Great Presence that Resides Within - Your Great I AM. In this workshop, we will look into the Great I AM and its abilities. We will work with the violet flame, the Ascended Masters, the Archangels, the 7 Rays, and other fun stuff.	Kelowna
April 20	Introduction To The Angelic Realm Find out how the Angels can assist you in your healing, attracting your soulmate, abundance, severing vows of poverty and much more.	Kelowna
April 20 - Sun To be confirmed	TimeWave - 2013 The Odyssey II - The Future is Now! NEW During this fascinating expedition into the nature of time itself, Ms. Rose speaks to many of the world's experts on mythology, alchemy, astrology, anthropology and ancient history. They discuss topics such as the shift of the ages, the galactic alignment, global warming, the pervasive role of the media in our lives, the secret place of refuge, the mystic work of Benjamin Franklin, renewal of the American spirit and the transformation of humanity. Also see contest	Penticton,
April 20	EAR REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
April, 25th	Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation. Pacific Institute of Reflexology	Vancouver
April 25 - 27	SIPS 1 - NEW A Revolutionary Way of Balancing the Bodys' Electrics - Muscles, Tendons and Ligaments of the Joints. Addressing Emotions at Primal Levels. SIPS Kinesiology is one of the most innovative and	

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Penticton Museum



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REMOVE...

(Fri - Sun)	powerful Kinesiology techniques to be developed in recent years. It is a brilliant breakthrough that will change your working practices and enhance all your existing clinical skills. The SIPS technique will have immediate applications to all your balancing and you will find them very easy to assimilate into your current clinical practices.	Kelowna
April 26, 27, 28	Basic Holistic Ear Reflexology Course Prepares you to competently practice Ear reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice ear reflexology.	Vancouver
April 25-27	MERIDIANS ON THE FEET REFLEXOLOGY with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
April 26 & 27	Business Course For Wholistic Practitioners This course will benefit anyone who is considering operating a small business, or is currently in one, especially a wholistic practice.	Kelowna
April 26 & 28	30th annual - Spring Festival of Awareness Join us for the 30th Annual Celebration. Over 50 workshops to choose from and many new friends to meet...	Naramata, Penticton
April 26 - Sat	Ac-Scentuating Your Destiny An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy	Vernon
	May	More Details
May 3 - Sat	FACE REFLEXOLOGY	Vancouver
May 3rd 2pm - 4pm	Living with Arthritis - Feeling Free to Move Better Again: NEW In this workshop Sandra will share new information on pain and how it works. Understanding pain is your first step in relieving it. You will create new strategies and learn how to feel better and move pain free!	Kelowna
May 3 & 4	Angelic Healing I Come spend a weekend with the Angels and Ascended Masters to connect with their unconditional love for a weekend of personal healing and assisting others in healing.	Kelowna
May 3 & 4	Tarot Fun - Not just card reading! There is so much to the tarot cards. Come explore the symbolism of these cards, how to read them, a variety of spreads, how to use them for meditation, and which cards are connected to you through numerology and astrology. Great fun!	Kelowna
May 7th - June	Hatha Yoga Classes - All levels - Wed. Evenings NEW Relax your Mind, Rejuvenate your Body, Replenish your Energy, Reconnect with your Self	Kelowna
May 7th - June	Yoga - The Full 8 Limbed Path NEW Yoga off the Mat. How to incorporate Yoga into your daily living. No previous yoga experience required.	Kelowna
May 10 - 20	REFLEXOLOGY: THE TEACHER'S PROGRAM with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
Moved to November 08	Cranio Sacral Reflexology Introduction, Embryology/CNS/Automatic Nervous System, Cranial Movement / Membranes / Lesions of CRI, CSF Fluid, General Cranio Sacral Treatment, The Cranial Nerves. Cranio sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily systems to remedy such conditions. The Reflexologist can achieve the same result by combining an understanding of cranio-sacral therapy with conventional reflexology, since the bones of the feet reflect the skull and sacrum exactly. See Reflexology page	Penticton, Okanagan, BC
May 10	Crystal Skulls Tools for ascension! Learn how to work with your crystal skull. We will look at the esoteric properties of crystal skulls and why they are emerging at this time. We will look into ways of 'activating' these wonderful little carvings.	Kelowna
May 12 - 15 Mon - Thurs	Professional Feng Shui Course Modules 1 & 2 Learn Traditional Chinese Feng Shui in detail, and to become a proficient professional Feng Shui practitioner.	Vernon
May 17 - 20 Sat - Tues	Professional Feng Shui Course Modules 3 & 4 Learn Traditional Chinese Feng Shui in detail, and to become a proficient professional Feng Shui practitioner.	Vernon, BC
May 16, 17, 18	Signature Cell Healing - Level One NEW Is a non-invasive touch healing modality which focuses energy on the Signature Cell, which lies within the Pineal Gland.	Osoyoos, BC
May 17 - 19	PRACTITIONERS COMPLETE REFLEXOLOGY 3-day Intensive Practitioner programs: with Yvette Eastman	Vancouver

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Sat/Sun May 17, 18th	The Art of Manifesting Abundance™ with Allison Scott from South Africa LEARN HOW TO BRING YOUR DREAMS INTO REALITY! NEW	Tacoma, Seattle
Mon May 19th	Conscious Channelling Workshop™ with Allison Scott from South Africa The technique you will learn is "Conscious" channelling, where you are able to connect with the higher realms and still stay fully present in your body.	Tacoma, Seattle
23rd May	Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation.	Vancouver
May 23, 24, 25	Basic Holistic Foot Reflexology Course Prepares you to competently practice foot reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice foot reflexology. This intensive course is offered in both weekend and evening course formats, and consists of twenty hours of group instruction, five hours home study and forty hours of practicum. Enrolment is limited to fourteen participants	Vancouver
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May 24,31	BODY REFLEXOLOGY – MIRACLE POINTS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
May 24 -Sat	Conscious Channelling Workshop™ with Allison Scott from South Africa NEW Channelling is the ability to quiet the busy mind, attune to the higher vibrational frequencies of the Angelic and Celestial realms, and bring through messages of love and wisdom from your Higher Self, Spirit Guides, Ascended Masters and Angels. The technique you will learn is "Conscious" channelling, where you are able to connect with the higher realms and still stay fully present in your body.	Vancouver
May Fri/Sat. 30th / 31st	The Art of Manifesting Abundance™ with Allison Scott from South Africa NEW YOU CAN CHANGE YOUR LIFE RIGHT NOW. LEARN TO CREATE YOUR LIFE TO REFLECT ABUNDANCE ON EVERY LEVEL. CHANGE YOUR NEGATIVE OR LIMITING BELIEFS AROUND ABUNDANCE AND PROSPERITY. LEARN HOW TO BRING YOUR DREAMS INTO REALITY!	Arrowwood Calgary Alberta
May 31st - Sat	Ac-Scentuating Your Destiny An opportunity to combine the ancient wisdom of The Four Pillars, Destiny Chart, and Aromatherapy	Vernon
	June	More Details
June 2nd Monday	Conscious Channelling Workshop™ with Allison Scott from South Africa NEW Channelling is the ability to quiet the busy mind, attune to the higher vibrational frequencies of the Angelic and Celestial realms, and bring through messages of love and wisdom from your Higher Self, Spirit Guides, Ascended Masters and Angels. The technique you will learn is "Conscious" channelling, where you are able to connect with the higher realms and still stay fully present in your body.	Arrowwood Alberta
June 7th Sat 2 -4 pm	Developing the Core - Getting reading for Pilates NEW Do you want to do Pilates but find the movements too difficult. In this workshop Sandra will teach you how to move with ease and less pain & you'll be ready for your Pilates class in now time at all!	Kelowna
June 7/8	Enlightenment Series (1-4) NEW Teachings from Denise's own published books. These workshops have the aim of taking you from accessing foundational spiritual knowledge through regular means (meditation, spirit guides & angels, animal communications, intuitive training, etc. to more intermediate knowledge, such as working with the Ascended Host and other Light Beings, right on through to advanced knowledge.	Kelowna
June 7,8	PAWSPPOINT – REFLEXOLOGY FOR ANIMALS with Yvette Eastman at Touchpoint Institute of Reflexology & Kinesthetics	Vancouver
June 14	Ascended Blessings The Beings of Light do love you. . Experience the Light of Love that shines through her as you sit in communion.	Kelowna
June 26-29	I Can Do It! Conference - NEW A weekend with Dr. Wayne W. Dyer, Colette Baron-Reid, Sylvia Browne, Loretta LaRoche, Bruce H. Lipton, Caroline Myss, Michael Neill, Cheryl Richardson, James F. Twyman, Iyanla Vanzant, Doreen Virtue, Lisa Williams and more. Spend the weekend listening to some of the most inspiring authors of today in a unique setting. With over thirty new sessions to choose from, you can meet your favorite authors & see them live. You will enjoy the opportunity to listen to them speak in either keynote or workshops, for either one day or an entire weekend event.	LAS VEGAS, NEVADA




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	July	More Details	
4th July.	Holistic Reflexology: An Introduction An informational talk and "hands-on" presentation.	Vancouver	 For Full details & Summer & Fall events Click Here
July 4, 5, 6.	Basic Holistic Foot Reflexology Course - NEW Prepares you to competently practice foot reflexology. A 70-hour certificate course, home study and practicum that prepares you to competently practice foot reflexology. This intensive course is offered in both weekend and evening course formats, and consists of twenty hours of group instruction, five hours home study and forty hours of practicum.	Vancouver	
July 12/13 level 1 & Aug 9/10 level 2	Ascension Level 1 & 2 NEW Come explore the tools of ascension. Ascension is a two weekend course. We will look into topics dealing with our spiritual history (Lemuria and Atlantis, etc.) and our present energetic makeup. We will discuss our Families of Light and their return. We will explore energetic exercises that clear and increase our atomic light.	Kelowna	
July 20	CHAKRAS ON THE FEET with Yvette Eastman at Touchpoint Institute of Reflexology & Kineshetics	Vancouver	

For full Details and for Summer & Fall events - click here:

www.okinhealth.com/healing_workshops_calendar.html or by Town

What's New?

February was a great networking month for OK In Health. We attended the Penticton Health Fair and received the **2008 Health & wellness educator award**, and we also attended the Kelowna Health show. We have signed up over 250 new members and getting closer to our 2008 goal of a 1,000 new members by the end of the year.



March, we will be attending some more events and we have been nominated for the SOWINs health & wellness award on March 8th.

Thank you - I would like to send a very special thank you to all the amazing volunteers who came to help at the OK In Health booth's. Thank you to Whole Foods Market, in Penticton and Choices in Kelowna for kindly donating wonderful gift baskets for the health shows.

Thank you to the Keremoes Review, Penticton Herald, and other Okanagan Newspapers, the Penticton Today website, and Okanagan To-day /shaw TV show for all sharing the news about the 2008 Health & wellness educator award.



Earth Hour 2008 online - Earth Hour is on 29 March 2008 at 8pm, and it looks like it's going to be really big. So far, as well as Sydney, there'll also be Chicago, Tel Aviv, Manila, Copenhagen, Melbourne, Brisbane & Toronto all turning off their lights for an hour in the name of fighting global warming.
[Sign up](#) for Earth Hour with us. From Billa.

March is dedicated to Learning Disabilities Awareness, National Colorectal Cancer Awareness, National Epilepsy, National Kidney, National Nutrition Month, Brain Awareness, and World Day for Water. See [Support Groups Page](#).

Rite - Way Health

Marie Sperling is a Reflexology Therapist, and has certifications in Therapeutic Massage, Reiki, Iridology, Kinesiology, and also offers Health and Wellness Coaching. Marie has been working in the field for eight years and her focus is to enhance her clients health and empower them to take their health to higher and higher levels of wellness. Phone Rite-Way Health, 250 - 763-8772 / 250 - 212-2431 - kelowna. Email: mlsperling@shaw.ca



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Wood Lake Publishing near Kelowna B.C is a dynamic, employee owned publisher whose products include books, curricula, multi media resources and on-line materials distributed internationally. Products have an overriding theme of being Christian based, inclusive, truth seeking and life-affirming.

POSITION PROFILE - ASSOCIATE PUBLISHER. Reporting to the Publisher of Wood Lake Publishing Inc the Associate Publisher as a key member of the senior management team primarily responsible for the following: • Management of all aspects of the delivery and performance of the "Seasons of the Spirit" lectionary product which is published in print, disc and on-line formats and marketed internationally both directly and through a network denominational distributors; [[Read More](#)]

Check out workshops or retreats in other town - as direct Flights are available to flight from Calgary to [Penticton](#) with [Pacific Coastal Airlines](#) & Calgary direct flights to [Kelowna](#), OKanagan as low as \$74 with West Jet airlines. Also flights from [Kelowna](#) to many cities in Alberta & BC.

Contests



M - Movie and workshops - closing date - March 25th [Enter below](#)

Lake Country - New

One free ticket to the [The Moses Code - Movie](#) - Friday, April 4th 7:30 pm

Lake Country - New

One free ticket to the [The Moses Code - Movie](#) -Sunday, April 6th 1:30 pm

Lake Country -New

One free ticket to the [2013 The Odyssey II - Movie](#) -Friday, April 11th 7:30 pm

Lake Country - New

One free ticket to the [2013 The Odyssey II - Movie](#) - Sunday, April 13 3:30 pm

Penticton - New

One free ticket 2013 [The Odyssey II - Movie](#) to the April 20th at 1:30

Summerland New

One free ticket to the [Old and Smart - workshops](#) with [Christina Ince](#)



A -Treatments: closing date is April 24th [Enter below](#)

Penticton New

One free 1.5 hrs [Organic Facial Treatment](#) (value \$69) at Daydream Esthetics Studio - A Holistic Approach with Deanna Klan. Using only organic and chemical free products including hemp oil, seabuckthorn, and other ingredients from nature's bounty.

Oliver New

One free Pet treatment at ['Colour Me Healthy'](#) with Linda Buhler

Kelowna New
 One free pass to One Free [Charka Yoga Class](#) with Aunaray at flowering Consciousness, Kelowna.
Kelowna New
 One free Reiki Treatment at [Relax and Revive](#), with Kathy Collins. in Kelowna.
Kelowna New
 One free pass to One Free [Hatha Yoga Classes](#) with Christine Bennett at Meditation in Motion

Enter to Win One CD - 'Seagull in Flight' by Chris Madsen. 16 instrumental solo guitar works that will carry you away to blissful states. (Made in Canada 2007)

Penticton
 One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance Pilates and fitness.(value \$60)

Penticton
 One Free personal coaching session with Lyndsay Blais Consulting.

Penticton
 One free Aqua-Chi detox footbath session (regular fee \$30) at [Christina's Holistic Centre](#), with Christina Ince.

Penticton
 One Free Reiki treatment at Christina's Holistic Centre, with [Christina Ince](#).

Penticton
 One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist

Penticton
 Win 1 of 2 "Every Drop Counts" T-Shirts - Donated by City Of Penticton's [Water Conservation Department](#)

Summerland
 One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))

Kelowna New
 One free Feldenkrais session (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner, in Kelowna, BC [See [upcoming workshops](#) & [What is Feldenkrais](#) -Article]

Kelowna
 Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at Natural Sense Aromatherapy.

Kelowna
 One free Reiki Treatment at [Holistic Choices](#) with Preben.

Kelowna
 One free Reflexology session from [Rite-Way Health](#) with Marie Sperling.

Discount Cards Receive a \$25.00 discount towards Workshops and Treatments



Healthy Recipes



Celtic Healing Soup

This soup is especially soothing when tired, stressed or sick with cold flu and is anti-fungal.

2-3 whole garlic cloves, 1 large onion, 2-3 quarts water or organic veggie broth, 1 cucumber, (optional: cabbage, celery and any other organic veggie desired), 2 Tbs fresh cilantro, 2 tsp fresh grated ginger, Celtic Salt to taste.

Chop and crush garlic cloves into small diced pieces and lightly steam-fry. Set aside. Put whole onion in water in a deep pan, simmer until onion is transparent (approx. 1 hour). Add garlic and yeast-free instant veggie broth. Slice cucumber (and optional veggies) and add to soup. Simmer 10-15 minutes. Add fresh ginger, cilantro and Real Salt to taste.

Salba Irish Hummus

Hummus is a chickpea paste that is popular in various local forms throughout the Middle Eastern world, but its origins are unknown. In Arabic the word hummus is used to describe the dish or just chickpeas.



- 1 cup chickpeas from a can, drained
- 1/2 lemon, juice
- 1 gloves garlic
- 1/4 cup olive oil
- 1/4 cup sunflower oil
- 1 cup fresh parsley, (keep some parsley to garnish)
- 1/4 teaspoon chilli powder
- 1/2 cup water
- 1/2 teaspoon unrefined sea salt
- 2 tablespoon Salba®, whole seed

Mix all the ingredients with a blender until it's smooth and creamy. Garnish with parsley. Serve with toast, crackers or vegetable sticks. Note: This is not a gluten free recipe!

- [Veggie and Chinese Chicken Crock Pot](#)
- [Gluten-Free Almost No Fat Vegan Brownies](#)

- [Spaghetti Squash](#)
- [Vegetarian Shepherd's Pie](#)
- [Best Ever Coleslaw Diabetic Recipe](#)
- [Low-Fat Smoked Salmon Spread](#)
- [More recipes.....](#)



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Maria Carr and the OKinHealth Team
The OKinHealth Website
www.OkinHealth.com
info@Okinhealth.com

Health Care Practitioners & Healing Workshops – Natural Environment, Animal, Maternity, Women's & Families Info.
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Cost: **Vancouver** October 25 & 26, 2008
Edmonton January 3 & 4, 2009
Victoria January 17 & 18, 2009
Kelowna February 14 & 15, 2009
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Phone: Virginia Ritchie,
Web Site: www.healthshows.com Canwest Shows
Email: healthshows@shaw.ca

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