



OKinHealth

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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.

The last month has been very exciting for OKinhealth.

On February the 17th, we attended the Keremeos Health Fair as we introduced people to OKinhealth and where some of our OKinHealth volunteered to offer some free treatments. Thanks to Pat and Wayne for organizing a great event. If you have listed with OKinHealth, we remind you to mail us your business cards and leaflets, so we can display them at these events.

Last weekend, OKinHealth was very kindly invited by Tammie O' Reilly from [Truelight Communications](#) to have a booth at the Neale Donal Walshe evening. I had the wonderful opportunity to sit and talk with Neale before the events. Neale is the author of the books 'Conversations with God'.

I also was able to meet so many of our OKinHealth members. Thanks to everyone who came up to say Hi. Thanks to Linda Tremblay and so many others who offered to take some OKinHealth leaflets to share with friends & clients and to place our new posters in their offices and on local bulletin boards.

This weeks highlight was when my friend Joan and I drove my daughter to hear renowned, award-winning scientist, environmentalist and broadcaster Dr. David Suzuki speak to 700 people in [Princeton](#). He brought his global warming message to the Okanagan, Vancouver and across Canada as part of his "[If you were Prime Minister...](#)" [Tour](#). What an amazing speaker !. I was so inspired and in awe of his energy, clear message, his knowledge, and his passion for our environment.

My daughter is inviting her class to join her is signing up for David's Nature Challenge. His goal is to have 1 million people signed up and be counted. If you would like to support the work that the David Suzuki Foundation is doing, we invite you to also [sign up for the Nature Challenge](#).

This Month, OKinHealth leaflets will be available at the [Kelowna Health show](#) on March 10th & 11th and also placed in Shows bags.

In this email we have our March Newsletter with our 22 [contests](#) to enter (see below for more details) and [new articles](#) plus much more. Due to the large amount of events, we will follow up again with a second email with our [events calendar](#).

We invite you to come visit [OKinHealth](#) for the full details.

Thanks you for your support of OK In Health by receiving this free E-Newsletter.

Yours In Health,

From Maria Carr and the OKinHealth Team

The Integrative Health & Healing Information Center- Est.2003

[www.OKinHealth.com](#)

**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.*

By Your Side - Doula Service

A birth doula provides emotional, physical and informational support for expectant, labouring and postpartum mothers and their families. Research shows that women supported by doulas are more satisfied with their ability to make informed choices and had higher satisfaction rates regarding their birth experience. Contact **Sally Bouchard** - sallyb-lakeside@shaw.ca 1 250 493-1200

See our [Natural Maternity and Children's page](#)

New Wellness Articles [\[more details\]](#)

[David Suzuki in the OKanagan](#)

Princeton is closed for Suzuki. The town has shut down. The kids have been time off school. Stores are closed. There's a huge line up outside the high school where David is going to speaker. People are spilling over to a side room where a video feed has been set up. Teenagers desperate to have their pictures taken with the Doc are besieging the bus. This town has Suzukimania. We're just hoping nobody faints.....

Also see [Kamloops, Vancouver & across Canada review](#)



[Learning and Stress](#) by Beverly Hunter, Kelowna, BC.

Have you ever wondered how much impact stress has on our ability to learn. Welllll, it has more than you probably realize! Stress is anything that causes our bodies to change or adapt --good or bad....



[Healthy Homes 101](#) Written By Cathy MacArthur, BID, MEDes

A new wave of health consciousness is hitting us close to home - literally, right in our homes. While there has always been a contingent of "eco-friendly or sustainable builders, architects and designers, it is now at the consumer level that change is really starting to take place. There are two reasons for this:

[What is Heartburn / Acid Reflux?](#) - By Brenda Watson, Naturopathic Doctor, colon hydrotherapy, & founder of the Renew Life School of Natural Therapies

[What is Constipation?](#) - By Brenda Watson, Naturopathic Doctor, colon hydrotherapy, & founder of the Renew Life School of Natural Therapies
See Brenda Watson on THUR, March 15 on CBS TV - Early Show



[Unlocking our Full Potential](#) by Beverly Hunter, Kelowna, BC.

Sometimes reflexes are only partially integrated. This may be caused by not staying in a stage long enough practising a movement, or because a previous reflex may not have been fully integrated. Sometimes we have to re-educate the connections because of injuries. When we feel we can't fix a problem the frustration level increases and self esteem drops. Many of these conditions have been diagnosed as ADD, ADHD, Sensory Integration Difficulties, Learning Disabled, Bi-Polar, Aggression disorders, etc. The root cause of these conditions may only now be coming clear. Current research in re-educating connections (and reflexes) offers alternatives to medication in dealing with these conditions... and info about Integration of Dynamic and Postural Reflexes into the Whole Body Movement System.....

[Learning and Gravity](#) by Beverly Hunter

From five months after conception to the moment you die, your ability to understand and learn is linked to how you are relating to gravity. Maintaining equilibrium while



standing on the Balance Board trains coordination of the two hemispheres. It is impossible to stand still on the Balance Board using only one hemisphere at a time. Movement and vision exercises requiring the equal cooperation of both sides of the body are enhanced when practiced on the board. Various balance board activities are used to develop rhythm, sequencing, motor coordination, visual and auditory processing. They can release

emotional stress and trauma; and they can create shifts in behaviour that enhance self-esteem.

Environment NEWS UPDATE from David Suzuki



[Here today...extinct tomorrow-](#) Canada is known throughout the world for its wildlife. Even our coins feature iconic Canadian animals such as the beaver, caribou, loon, and polar bear. It's sad to think that some of these very same animals are at risk of extinction. In May of this year, the federal government's Committee on the Status of Endangered Wildlife in Canada (COSEWIC) announced that more than 500 Canadian species are now at risk of extinction. Dangers such as climate change and habitat destruction are putting our animals at risk. Each species plays a role in nature. When wildlife goes extinct, it harms the Earth's ability to provide the natural services we

depend on.

On Canada's west coast, bears eat nitrogen-rich salmon and their scat helps fertilize trees. And pollinators such as bees and butterflies help control pests while helping crops grow. Mammals, birds, reptiles, and amphibians are all important parts of a healthy ecosystem. It's clear we need to protect Canada's species, especially the ones at risk of extinction. After all, what happens to them affects us all...

[\[To read more.....\]](#)

[The Ultimate Libido Boost](#) - By Brad J. King, M.S., M.F.S. Performance Nutritionist Nutritional Researcher.....See [Our Mens Health Page](#)



[Men and Cancer](#) see our Men's health page for more articles

[Okay, so what is Celiac disease?](#)

by Cathy MacArthur is a Penticton Mom with Celiac disease. Her youngest child also has celiac disease...

Also see our [New Celiac Page](#)

[The Acid/Alkaline Balancing Act – How Important is It ????](#) by Lila Elliott, Penticton....

[Development of Your Intuitive Mind and the Akashic records](#)

[Ways to deal with stress](#) by Oda Lindner, from Edmonton and Osoyoos. *We often wish that we could simply make the source of stress vanish, but in most cases this will not happen but could we change our response?.....*

[What is CranioSacral Therapy?](#) by Noelle Parenteau, Kelowna, BC

For read these articles and for many more visit [OKinHealth's Articles.....](#)



Healthy & Wellness Tips [\[more Tips\]](#)

Food Sources of B Vitamins

B vitamins are required for energy metabolism. Good sources for most B vitamins include whole grain products such as whole wheat pasta, and whole grain breads and cereals. These foods also provide plenty of fiber and other essential nutrients. An exception is vitamin B12. It is not found in whole grains, vegetables or fruits. It is found in meat, eggs and dairy products. Thus vegetarians, as well as adults over age 50 (who may not absorb vitamin B 12 well), may benefit from foods fortified with B12.

Granola Bars

Many granola bars might not be as healthy as they seem. According to registered dietitians, some contain large amounts of sugar, saturated fats and calories. Look for bars that have no added sugars and are high in fiber. For a quick and easy alternative, fill a small sandwich baggie with whole grain cereal, mixed with nuts and dried fruit. While you still have to watch calories, the fiber and nutrient content of this snack is a sure bet.

Simple Back Stretch

Are you looking for a simple and relaxing low back stretch? If so, try this tip: Lie flat on the floor, on your back, with your legs extended. Pull your right knee up to your chest while pressing your lower back against the ground. Hold the position for about 30 seconds to a minute. Repeat with your left knee. Low back stretches can help relieve tension, improve flexibility and reduce stress. If you have preexisting back disease or injuries, check with your physician or therapist first.



Salad Dressing Calorie Control

Many people are eating more salads to boost vegetable consumption. However, drowning greens in high fat salad dressings can put a dent in your fat budget. If you regularly enjoy adding salads to your lunch or dinner, consider trying this way of applying the dressing. Place just 1-2 tablespoons of salad dressing in a large zip-lock bag or airtight container. Fill with salad, seal, and shake away! A small amount of dressing will lightly coat your greens and vegetables.

Television and Obesity

Do you have children or grandchildren? Did you know that hours of television viewing have often been linked to childhood obesity? Consider replacing some daily TV watching with exercise time with your children. Play catch, Frisbee, or hopscotch. Kick the soccer ball around or walk the family dog. Try making physical activity a fun and routine part of your evenings together.

For our USA OKinHealth Members - Ask the Dietitian

Do you have a question about nutrition and cancer? The American Institute for Cancer Research runs a Nutrition Hotline. Get the latest facts on cancer prevention, diet and health from a Registered Dietitian. Call toll free to 1-800-843-8114. Ask for the Nutrition Hotline (9-5 EST M-F; US calls only).

Reducing Fat

Looking for a good way to reduce the saturated fat content of soups and stews? Try refrigerating them overnight. Much of the fat will rise to the top of the cooled mixture and become solid. Then you can easily remove it with a slotted spoon.



If you would like to show your support for OKinHealth and this free newsletter, may we suggest you:

- Invite a friend to sign up for our free newsletter
- Promote your events or business on OKinHealth
- Donate a treatment or prize in your area
- Request a copy of our new posters for your office or local notice boards
- Forward this newsletter to your friends and colleagues
- Or simply drop us an email for our Message Board and share with us your feedback about OKinHealth.....

[Message Board link](#)



March 11th - Time to spring Forward! NEW Energy Policy Act of 2005

When our clocks switch to Daylight Savings Time (DST) on March 11th, it's going to be a little more complicated than previous years. As part of the NEW Energy Policy Act of 2005, the DST period in the United States was extended by three-to-four weeks in the spring and one week in the fall.

So this year, DST in British Columbia and much of North America will begin earlier and end later, essentially providing us with four more weeks of early-evening daylight each year.

But the changeover could throw off computer operating systems, so it's best to remember the Scouts' motto and *'Be Prepared'*. Techies across BC are working to ensure that doors open on time, security systems work the way they're supposed to, calendar systems or BlackBerrys may have to be updated, and people arrive at meetings when they say they will.

According to Computing Canada, anyone using the most current generations of operating systems (such as Vista, XP, 2003, or Mac OS X) probably won't have to sweat anything. These systems already have the change baked into them. The operating system at the main server should automatically do the new DST changeover for the network. The issues will be with anyone using the older versions such as Windows 2000 or 98.

Most people involved in the changeover agree that if things go wrong for you on March 11th - and you end up being early for a meeting after the DST switch - it won't be the end of the world.

**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.**

Announcements, Classifieds & Community Message Board

Announcements

[Chris Stormer](#) is coming from South Africa to Canada in May 2007
and [Dr. Martine Faure-Anderson's](#) - Cranial sacral reflexology course is coming to the OKanagan from UK in May 2008

Sahaj Marg Meditation

a system of Raja Yoga, is a heart centered practice which is offered free of charge. Easily integrated into daily life it leads to a calmer, more balanced mind. "First you have to learn to love yourself. That is why perhaps we meditate on our own heart. We learn to love what we find inside." For more information contact: Penticton Leslie 250-492-4458 Oliver Tom 250-498-2310 Nelson: Michael 250 509-0905 [More about Sahaj Marg and Meditation in Vancouver, BC, AB and world -wide gatherings](#)

Classifieds [\[more\]](#)



Needed for May 1st, 2007. Small granny flat or shared accommodation for single female. Non-smoking, non-drinking vegetarian who avoids television whenever possible. No children or pets. Peaceful environment preferred. Please contact Leslie Joy at 250-764-0576 freetodancelip@yahoo.ca

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

Amazing Irish Gallery

Check out Deborah Donnelly and Clare O Farrell's Art work

Looking for that unique present? How about a custom portrait in oils by famous Irish Artist. Shipped right to your home. Graduation, retirement, your kids, wedding gift, or even your favourite pet.

<http://myhome.iolfree.ie/~dial-a-portrait/index.htm>

Message Board

Do you have a question or feedback about some event you recently attended??

Testimonials Wow!! OKinHealth -the news letter is awesome, interesting articles and workshop info... Thanks for all the places you inserted my new advertisement on. I never done this before so it is very cool seeing my business on a website, and to be included with all those other wonderful practitioners and articles, too. Thanks so very much for your encouragement. I was really procrastinating about this whole marketing thing because I didn't know what to do and where to start but then you answered my mail andwha-la !! It's all done in no time and I was pleased to have some help designing the advert, too! Just needed a nice helpful nudge to get off the fence.....so thanks again!! :-)) Submitted by Noelle Parenteau from 'Craniosacral Therapy...and beyond', Kelowna, BC



For full details on the OKinHealth Contests

[Enter Contest](#)

Healthy Recipes [\[more recipes\]](#)

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.



- [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.....](#)



Maria Carr and the OKinHealth Team
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**Health Care Practitioners & Healing Workshops – Natural Environment, Animal, Maternity,
Women’s & Families Info. Health Stores & natural Businesses - Great Articles & Recipes,
Local Events & support groups and more**

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