

OK In Health  
 April 2007  
 Newsletter  
[www.OKinHealth.com](http://www.OKinHealth.com)

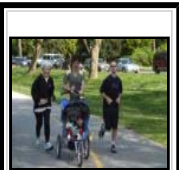


[Sign up for our OKinHealth.com](http://www.OKinHealth.com)

Tell a Friend and support your Ok Health & Healing community website. Your support is needed and always much appreciated.

Our Membership is growing so fast and it is in thanks to our members amazing support.

[To Unsubscribe](#)



Super Cities - WALK for MS

YOUR OKInHealth NEWSLETTER HAS BEEN POSTED ON THE WEBSITE.  
 Please [CLICK HERE](#) to view it on [www.OKinHealth.com](http://www.OKinHealth.com) -  
 HOPE YOU ENJOY THE INSIGHTS, INFORMATION, AND SUPPORT.

This monthly newsletter is sent freely to support and inspire. Please feel free to pass it on to anyone you feel may need the messages it contains. If however you wish to be removed from the mailing list, simply return with kindly unsubscribe as the subject.

### Welcome to the April - OK In Health Newsletter

This comprehensive holistic health directory offers a variety of alternative healing modalities, integrative, and complementary medicine information. We provide up-to-date information on the Okanagan & BC health practitioners, plus BC, Alberta, Canada, USA & Ireland's healing workshops info, natural health articles & news, health & wellness tips, healthy recipes, and more, for our physical, emotional, and spiritual well being.

For our full line up of coming events - see our [Calendar of Events](#)

- In this Newsletter:
- [News](#)
  - [New 22 Contests](#)
  - [New Articles](#)
  - [Classifieds](#)
  - [Health & Wellness Tips](#)
  - [New Recipes](#)
  - [Our Pets Care](#)
  - [Subscriber's Info](#)

### News

**OKinHealth New Newspaper Column.**  
 OKinHealth articles can now be found each week in the South Valley Newspaper Network. We are providing a new weekly column called "A Healthy Focus" in the Osoyoos Times, Princeton Spotlight, Boundary Creek Times, OK Falls Review, and the Keremeos Review.

**Congratulations to Wildflower in the Opening of her new Yoga studio -**  
 The Yoga Loft, 19-219 Main St, Penticton (next to Fibonacci's).  
 There is lots of free parking behind Main St (east side)  
 For classes - see our new [Fitness Classes](#) page.

### Chris Stormer Tours B.C.

Chris Stormer is returning from South Africa for three workshops in B.C. She is affectionately known worldwide as the "Universal Foot Lady". Chris is also the author of 5 books, two videos, seven charts, and a set of audio cassettes and she has much more in the pipe line! You are personally invited to come and experience the magic of one of [Chris - presentations for yourself! It's a real treat!](#)

She starts her tour in USA and then on to Vancouver for 22nd May, then to Penticton for a one day workshop on Thursday May 24th and a two-day workshop in Vernon on



[Support GroupPage](#)

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

[Develop Your Intuitive Mind Workshops](#)



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**Goji**  
*juice*

**SPECTRAL SIGNATURE**  
Your assurance of potency, purity, and authenticity.

[Goji Juice](#)

Tranformational Experience workshops

Gaia Speaks in Edmonton

Sat & Sun May 26 and 27.

Great workshops for Reflexologists, Energy, massage workers, or anyone interested in learning more about your feet and Health.

For more information see OKinHealth's [Reflexology](#) page.

### Okanagan's & B.C.'S - Largest Health & Healing Festival - April 27-29



29th annual **Spring Festival of Awareness** - Over 50 workshops to choose from and many new friends to meet . With 10 workshops to choose from morning, afternoon or evening. Approx 40 presenters share their talents and wisdom for this magical and healing weekend. This workshop is for you and us everyone Join us and be part of the 29th annual Spring Festival of Awareness Accomadtion & meals available on site. A Healing dance Saturday evening followed by a fire dancing poi demo. We have 2 poi workshops once each day for young people attending. A Healing Oasis, Festival Store, Sunrise Cermonies and more .. in [Naramata](#), Okanagan/Interior, BC,

### The New Manifest-Station

On May 15th the New Manifest-Station is launching an Internet TV Channel 100% dedicated to spiritual growth, prosperity consciousness, the Law of Attraction and raising the world's vibration. The channel's name: The Manifest-Station! Viewing will be 100% no charge. Check them out at: [www.TheManifest-Station.com](http://www.TheManifest-Station.com)

### Your Feedback is very important to us and your health & healing community

We would love to hear from you! Do you have any suggestions or comments? Would you like us to focus on a certain tophic or do you have something you think we should change or update - or are you enjoying this website and newsletter. As this is an community website we value your opinion and encouragement. So drop us a line to let us know how we are doing and any suggestion you might have. [Send your feedback.](#)

Our free newsletter /membership is growing so fast and it is in thanks to our members amazing support.

Tell a Friend and support your Ok Health & Healing community website. Your support is needed and always much appreciated.

Do You Need a Website?

Let [OKinWebDesign](#) build one for you !



## 22 Contests

closing date is May 26th ( unless otherwise stated)

### A - Prizes:

#A1. One free year subscription to [Aromascents Journal](#)

### B - Treatments:

1. [Rock Creek/ Midway/ Boundary area](#)  
One free [Live & Dried Blood Cell Analysis](#) with Lila Elliot. **New**
2. [Osoyoos](#)  
One free Reiki Session at Yin Yang Chi Healing with Donna Phalen **New**

[Alberta Workshops](#)

[Nia Classes](#)

**Reiki**  
Intro &  
Master Level  
  
[Calgary, AB](#)

**Shift Happens Weekend Workshops**  
  
[Grand Forks](#)  
  
[See Retreat Page](#)

**Embracing Change**  
Full Day Workshop  
Tired of experiencing the same patterns over and over again and expecting different results? Then it is time for you to Embrace Change!  
[Penticton](#)

See Article page

**Reiki Kids**  
for ages 6 – 12

3. **Osoyoos**  
One Free Platinum Energy System Foot Detoxification treatment at [A Touch of Heaven Wellness Studio](#), with Michael Antoniak.
4. **Penticton**  
One Free personal coaching session with Lyndsay Blais Consulting. **New**
5. **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.
6. **Penticton**  
A first time classical homeopathic consultation (2 hours) with Pat Deacon.
7. **Penticton**  
One Free Reiki treatment at [Christina's Holistic Centre](#), with Christina Ince.
8. **Penticton**  
Receive a 50% discount off a Relaxation Massage treatment at [Christina's Holistic Centre](#), with Christina Ince.
9. **Penticton**  
One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
10. **Penticton**  
One Free [Aqua-Chi Foot Detox](#) session at new office on 327 Martin St, Penticton, with Pat Everatt.
11. **Penticton**  
Win 1 of 3 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton's [Water Conservation Department](#)
12. **Summerland**  
One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))
13. **Kelowna**  
Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at [Natural Sense Aromatherapy](#)
14. **Kelowna**  
One free Reiki Treatment at [Holistic Choices](#) with Preben.
15. **Kelowna**  
One Free Reflexology session from [Rite-Way Health](#) with Marie Sperling.
16. **Kelowna**  
One free Live & Dried Blood Cell Analysis with Lila Elliot. **New**
17. **Vernon**  
One \$25.00 off discount for a Healing Touch Treatment at [Maya Healing Centre](#) with Shirley Pretty **New**

### **C - Workshops**

- # **C1** - [Summerland](#) **New**  
One free workshop pass to - [Old and Smart workshop](#) (Inspired by Betty Nickerson's book of the same name). 14th April **This Contest Closes April 8th**
- #**C2**. [Summerland](#) **New**  
One free workshop pass - [Clutter Clearing with Feng Shui Principles](#) 9th June
- #**C3**. [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.
- #**C4**. [Kelowna](#)  
Receive a \$25.00 discount towards [Reiki classes](#) , with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Kelowna,BC.
- #**C5**. [Alberta](#)  
Receive a \$25.00 discount towards [Reiki classes](#) , with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Alberta .

### **Enter Contests**

#### **Last months contests winners are:**

Sarah Mae Ives - Sharon brimblecombe tricia highley - Coreen Kendrick - Sandra Psiurski - linda baker - Lorna Leiding - Patricia Newcombe - Sharon O' Connor- Bonnie Clogg - Jenny Sato - Carla Van Voorst - Maureen Terrey - Betty Leduc - Melanie Wenzoski - Rosemary Phillips (Grand Forks) - Sharon Lawrence - Sarah Rilkoﬀ - Mary Bazzana - Cari Main.

### **New Articles**

[Children and Youths page](#)

**DARE TO DREAM Store**  
Body, Mind & Spirit Centre

20% off crystals/ gemstones & singing bowls & 15% off Feng Shui items.

**Bach Flower Remedies Workshop**

[Kelowna,](#)

**Certificate Course on Spiritual Healing**

[Kelowna,](#)



**BreakThrough Seminar**  
[Kelowna,](#)



<a href="#">Healthy Heart &amp; CoQ10</a>	<a href="#">Cholesterol</a>	<a href="#">How To Avoid Heart Problems</a>
<p>Growing evidence suggests that risk factors leading to heart disease, such as high blood pressure, high cholesterol and diabetes also increase the risk of other diseases, including Alzheimer's disease. Left untreated, heart disease can affect your quality of life, and impact your mental health. Many cardiologists recommend supplemental CoQ10 to those taking statin drugs (which can effectively lower cholesterol, but reduce the production of CoQ10). You can help to maintain a healthy heart through small lifestyle changes such as..... <a href="#">[Read More....]</a></p>	<p>We all need cholesterol to make our hormones, cell membranes and Vitamin D, but did you know that it is also needed to regulate the fats in your body? Keeping cholesterol working for us and not against us is important as it may reduce our risk for heart disease. There are basically two types of cholesterol - HDL (which is considered 'good') and LDL (considered 'bad'). This is because HDL carries fats to the liver for breakdown, whilst LDL carries fat to various parts of the body, including the arteries. <a href="#">[Read More....]</a></p>	<p>Heart disease can be prevented even if there is a strong tendency for heart problems in the family. Let's examine what are the symptoms of heart disease? Cardiovascular disease is the leading health problem in the Western world. It is the number one cause of death in the United States (Canada is following suit), claiming more than over 1 million lives annually. Statistically 70-80% of all women experiencing heart attacks did not have any symptoms..... <a href="#">[To Read More]</a></p>

**SPRING CLEANSING & DETOXIFYING**

The spring time is the perfect time for cleansing and detoxifying your body to get in back into shape. Detoxifying medicine is an ancient concept that appears as part of many healthcare systems around the world. As a treatment detoxifying and cleansing your system is more important today than ever before because, in addition to the health problems humans been experiencing for thousands of years, we are now exposed to a huge variety of environmental poisons. One of the body's natural means staying healthy is its ability to detoxify itself. The organs of detoxification are the liver, kidneys, bowels, lungs and skin. Avoiding harmful substances such as junk food, pop drinks, drugs, tobacco, as well as supporting the organs in their detoxifying action is vital in maintaining and restoring health. Sufficient fluid intake supports the eliminating function of the kidneys, the bowels and the skin...[\[Read More\]](#)



<a href="#">Mediterranean Diet</a>	<a href="#">All About Iron</a>	<a href="#">Vegetarian Mothers &amp; Toddlers</a>
<p>What's So Good about the Mediterranean Diet? It was found that many people who lived along the Mediterranean Sea suffered much less heart attacks and other coronary related deaths than North Americans and people in Western countries. The main characteristics of the M Diet include an absolute abundance of plant food (fruits,</p>	<p>The absorption of iron from plant foods is improved by the presence of vitamin C in a meal. The two forms of dietary iron are: haem and non-haem iron. Haem iron is found in animal foods, such as red meats, fish and poultry. Most dietary iron is non-haem iron and is found in plant foods such as lentils and beans, soya products,</p>	<p>Proper nutrition is important for you, the physically active, breastfeeding, vegetarian mother. It is important to make sure that an adequate, well-planned vegetarian diet provides ample energy to support your recovery following the pregnancy and childbirth. Nutritional concerns for you to watch out for include getting</p>

**Old and Smart Women**  
Workshops  
Inspired by  
Betty  
Nickerson's  
book of the  
same name

[Summerland,](#)

**Angels, Archangels & Ascended Masters - workshop**

[Kelowna](#)



**Chris Stormer`s - Feet Glorious Feet!**  
"IT'S ALL IN YOUR FEET"  
One Day Presentation - See [Reflexology page](#)

a sponsored & event by [OKinHealth](#)

**New Okanagan Wellness Centre,**  
a professional clinic in Penticton designed for full time and part time practitioners, is now accepting applications. Benefits include full-time

vegetables, whole-grain cereals, nuts and legumes); olive oil as principle source of fat, relatively low consumption of red meat and....

[\[Read More....\]](#)

dried fruit etc. Non-haem iron is also the form of iron added to iron-enriched and iron-fortified foods such as cereals. Haem iron is better absorbed than non-haem iron.....

[\[Read More....\]](#)

enough protein in your diet, including iron rich foods in your diet, guarding against a vitamin B12 deficiency, and eating enough calcium and Vitamin D rich foods.....

[\[Read More....\]](#)



[What is the Nia Technique?](#)

Submitted By Michelle Parry, Penticton

There is a technique called Nia. It is a way of exercising and living in your body that is gentle and loving, and yet still supports your desire for endurance, strength, and flexibility.

Nia blends dance styles, martial arts, and healing arts for a fitness program that is expressive, grounding, healing and empowering, while toning and strengthening the body and energies..[\[Read More..\]](#)

[What is Energy Reflex Testing](#)

Submitted By Denise Blouin, Summerland

Well, in this energetic system we call the body there are over 200 known reflex areas on the skin which represent various organs, glands, and nutrition points.

ERT uses these known reflexes to determine if there is an interruption of nerve energy to these reflexes. ERT is the process where you point to or touch one of these reflex areas while the individual you are testing has their arm extended to make a 90 degree angle to the body...  
[\[Read More....\]](#)

[What is Reflexology?](#)

Part One By Diane Wiebe, Kelowna.

It seems that people are very interested in natural therapies. One of the more common and popular therapies is reflexology. Although this therapy is easy to learn it is remarkable how effective it can be.

Reflexology is based on the belief that there are reflex areas in the feet, hands and ears and every part of the body corresponds to one of these areas...  
[\[Read More....\]](#)



[Diet drinks](#)

Fizzy drinks and pops have come under serious scrutiny - no wonder, because one regular can of pop contains 35 g of sugar, the equivalent of 7 teaspoons of sugar.

Many schools have now banned popular vending machines selling fizzy drinks. The big question remains - are the alternative diet drinks healthy? and what is Aspartame (E951), Sorbitol (E420, and Sucralose (E420.....  
[\[Read More....\]](#)

[Juicing](#)

Fruit and vegetables are very alkalising, which is the opposite of acidic, like many of the foods we eat - meat, sugar, most grains, caffeine and proteins. Stress has an acidic effect on the body too, so as we need to be in a slightly alkaline state to function best. Fresh juices, preferably freshly made, can help to protect us against the ravages of the modern world and make the diet as a whole more balanced.....  
[\[Read More....\]](#)

[When, not just what you eat](#)

It is extremely important that as you go through your daily life, you pay attention to when you eat and not just what. In some instances eating at the wrong times and not eating at the right times can cause as many problems as a bad diet. You have to imagine yourself as the animal that your body thinks you are; we are not evolved to eat fish and chips late at night. Animals in the wild spend most of their time and energy trying to catch or graze the food that they eat.....[\[Read More....\]](#)

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](mailto:owc@shaw.ca)



**Healing Touch**  
- Level 3

with repeater discounts

[Penticton,](#)

**Business Course for Wholistic Practitioners**

[Calgary, AB](#)

**Clutter Clearing with Feng Shui Principles**

[Summerland, BC](#)

**Shiatsu Training for the Massage Therapist-**

This program is approved by the College of Massage Therapists of BC (CMT) for

### EMBRACING CHANGE

Oftentimes we are faced with changes in our reality that we either weren't expecting or aren't too thrilled about, as in the sudden death of a loved one, divorce, job loss or health issues that leave us feeling victimized, angry and with little energy to move forward. Alternatively we may also experience changes that we wanted to occur such as a move, job promotion, marriage or birth of a child, and then find ourselves in a state of unexplainable paralysis, feeling out of sorts and wondering why we aren't feeling the same excitement we felt when we embarked on the journey to begin with! Does any of this resonate with you? Well if it does, the good news is you are human...and as a human being, whenever change takes place we all go through stages associated with change.....[\[to Read More...\]](#)



For more Articles visit our [Wellness Articles Page](#)

### Classifieds



#### **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](mailto:owc@shaw.ca)

#### **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

#### **B & B needed**

Wanted: Bed & Breakfast or family home in or near Kelowna to host an out-of-town couple who wish to have a homebirth with a Registered Midwife. 762-9763

#### **Looking for a small flat**

Needed for May 1st, 2007. Small granny flat or shared accomodation for single female. Non-smoking, non-drinking vegetarian who avoids television whenever possible. No children or pets. Peaceful environment preferred. Please contact Leslie Joy@ 250-764-0576 [freetodanceljp@yahoo.ca](mailto:freetodanceljp@yahoo.ca)

#### **Sahaj Marg Meditation**

Is 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." **Contact:** Penticton:Leslie 250-492-4458 Oliver: Tom 250-498-2310 Nelson: Michael 250 509-0905 - Visit website: [www.srcm.org](http://www.srcm.org) - See [Article](#) for more info.

#### **SORCO - Giant Yard Sale for the Owls**

South Okanagan Rehabilitation Centre for Owls is having their May 6th SORCO's Annual Public Open House, Giant Yard Sale, hot dogs, ( & Veggies dogs) and Volunteer recruitment day Oliver BC - huge big day - come out and see our Owl Center [more info](#)] see our Enviro page

#### **Aromascents Journal**

**Aromascents Journal provides aromatherapy product resources, aromatherapy education, research, and information regarding the many facets of essential oil and aromatherapy practices to our readers, both professionals and the general public.**  
**Robyn Harden, CAHP.**

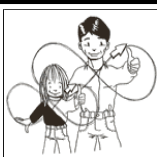
Editor - Aromascents Journal [www.aromascentsjournal.ca](http://www.aromascentsjournal.ca)

24 contact hours of continuing education and professional development.

[Kelowna, BC](#)

**BodyTalk System - Module 1**

[Kelowna,](#)



**Children with Challenges:**  
Movement Development and Reflex Integration

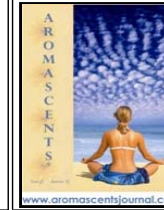
[Kelowna, BC and Children and Youths and Youths page](#)



**Do You Need a Website?**

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29th annual



For more Classifieds - visit our [Classifieds](#) Page and also visit our [Practitioner](#) page

## Wellness Tips

### Avocado - Not a vegetable

To explain the title, we are talking about the avocado, which many people do not know is actually a fruit, although we use it as a vegetable in savoury dishes. Avocados are rich in the minerals phosphorus, magnesium, calcium and manganese and contain more potassium than bananas, which partly explains their success at helping to prevent heart problems such as high blood pressure and strokes. The name avocado comes from the Aztec word *ahuacatl*.....[\[Read More....\]](#)



### Choosing a Weight Loss Program Wisely

Joining a weight loss program? Consider asking the following questions: Does the program carry any risks? What percentage of past clients finished the program? On average, how much weight did they lose? Do participants keep off the weight they lost? If you are interested in finding a weight loss program, it is wise to first contact your health care provider

### Realistic Fitness Goals

Do you expect too much when you try to increase your physical activity? Success often leads to more success, but very high goals often lead to frustration. Start slow and set realistic goals for yourself. For example, unless you are already very active, don't set your new goal as 60 minutes of vigorous exercise every day. Instead consider starting with activities like brisk walking for 10 - 15 minutes several days a week. By conquering smaller goals first, you are more likely to continue.

### Prepare your meals the day before

One suggestion is to make your meals the night before, to take to work or even if you are at home. Cut up and prepare small snack portions of sliced carrots, apples, cucumbers, some nuts and seeds, a yogurt, and your water etc. This way, you can fit in all those healthy foods into your day without having to spend a lot of time in the kitchen.



### Ulcer Problem

Researchers now know that *H. pylori* bacteria are responsible for large numbers of peptic ulcers. Other causes include chronic aspirin use and the use of certain drugs that irritate the lining of the stomach and intestines. If you think you might have an ulcer, talk to your doctor. A simple blood test can determine if you have *H. pylori*. Antibiotics can treat an *H. Pylori* infection.

### Safe BBQ

For a safer barbecue, consider the following tips to prevent food borne illness:

- (1) Never return cooked meats to the raw meat plate.
- (2) Do not use the same utensil on both raw meat and any other foods unless you wash the utensil first.
- (3) Do not taste food with a utensil, and then return it to the food.
- (4) Store leftovers in the freezer or refrigerator immediately after eating.
- (5) Eat leftovers within a few days or discard.

### Getting Enough B Vitamins

B vitamins such as niacin and riboflavin play an important role in exercise. They contribute to the production of energy that is necessary to make your muscles work. If your diet is rich in whole grains, fruits, vegetables, and low fat dairy you are likely getting enough B vitamins except B-12. A typical multivitamin should provide any you overlook. Talk with your doctor before adding additional B vitamin supplements to your diet.

### Strength Training

Training to improve strength does not mean that you must grow large, bulky muscles.

**Spring Festival of Awareness**

Over 50 workshops to choose from and many new friends to meet...

[Naramata, BC Okanagan](#)

**MERGING MODALITIES - MAKING**

**MAGNIFICENCE**

Integrating reflexology (universal technique), the brain and symbol healing and how to merge this

knowledge with other modalities.

Two day workshops with Chris Stormer, Kath Forster from South Africa

[Vernon, BC](#)

a sponsored event by OKinHealth

**Clutter Clearing**

with Feng Shui Principles

[Summerland](#)

**Shiatsu Training for the Massage Therapist-**

And the health benefits of strength (resistance) training are numerous. These include increased bone mass, increased muscle strength, and improved quality of life. Carrying groceries and lifting children or grandchildren become easier. Injury is less likely. The risks of developing obesity, diabetes, heart disease and high blood pressure are also reduced.

**Healthy Schools**

School-based programs can have a positive impact on the health of young children. If you are a parent, consider becoming a member of your child's school Parent Teacher Association (PTA). PTAs can encourage schools to include healthy lifestyle programs. Examples include programs to promote physical activity and offer more nutritious food choices.



**Increase your learning potential with sleep**

Do you want to learn a new activity faster? Catching some zzzz's after learning a new move can help your retention. For example, getting a good night's sleep following a salsa class or a racquetball lesson increases your chance of remembering specific moves the next day.

Whenever memory learning is important to you, try getting a good night's sleep.

For more Health & Wellness Tips - visit our [Wellness Tip Page](#)

**New Recipes**

Salads can be extremely important building block of a nutritious meal. It is with salads that we can get a lot of vitamins and nutrients as well as raw digestive enzymes that help us digest our cooked food. That being said we can also get into salad ruts. You can try and keep salads exciting by using nuts, seeds and other additions. This salad has pumpkin seeds, hemp seeds and other veggies. According to **Brendan Brazier**, pumpkin seeds are iron-rich. Iron is a nutrient that some people have trouble getting enough of, especially if they don't eat enough meat. I like to add pumpkin seeds to my salad for some extra iron in my diet.



<a href="#">Garlic &amp; Herb Chicken</a>	<a href="#">Raisins in the Sun</a>	<a href="#">Granola</a>	
<p>Chicken meat is rich in protein - which is essential for growth and cell repair - and low in fat. It also provides important B vitamins. The parsley and lemon juice in this dish help boost levels of vitamin C. Garlic can be very good for your health and immunity.</p> <ul style="list-style-type: none"> <li>• 2 boneless chicken breasts, preferably free range or organic, skinned</li> <li>• 1 tbsp olive oil, plus extra for greasing</li> <li>• freshly squeezed</li> </ul>	<p><b>High In Iron</b></p> <p>1/2 cup (125 mL) peanut butter 1 Tbsp. (15 mL) blackstrap molasses 1 Tbsp. (15 mL) orange juice</p> <p>1/2 cup (125 mL) cream cheese 1/4 cup (60 mL) raisins</p> <p>1. Using a fork, mash together the peanut butter and cream cheese in a mixing bowl. 2. Add the molasses, raisins, and orange juice. Mix well. 3. Spread on bread or toast.</p> <p>Iron Content: 9 mg.</p> <p>See our Article <a href="#">all about Iron</a></p>	<p>2 cups (500 mL) rolled oats 1/2 cup (125 mL) wheat germ 1/2 cup (125 mL) blackstrap molasses 1 tsp. (5 mL) cinnamon 1/4 tsp. (1 mL) nutmeg 1 tsp. (5 mL) vanilla 1/2 cup (125 mL) shredded coconut</p>	<p>1/2 cup (125 mL) chopped nuts 1/4 cup (60 mL) vegetable oil 1/4 cup (60 mL) sesame seeds 1/4 cup (60 mL) sunflower seeds 1/2 cup (125 mL) dried fruit</p> <p>Mix together all of the ingredients, except the dried fruit,</p>



This program is approved by the College of Massage Therapists of BC (CMT) for 24 contact hours of continuing education and professional development.

[Kelowna](#)

**BodyTalk System**  
[Kelowna](#)

**BASIC ACUPRESSURE**  
Extraordinary Channels & Points

[Kelowna](#)

**Shiatsu Practitioner Training Program**

at Brenda Molloy - Studio Chi [Kelowna](#)

**Certificate Course on Spiritual Healing**

[Calgary, AB](#)

**How to Love Yourself**

Discover the importance of putting yourself first, setting healthy self-supporting boundaries and strengthening your relationships

- juice half a lemon
- 2 tbsp chopped fresh parsley
- 1 garlic clove, peeled and crushed
- .....

[For Full Details](#)

in a mixing bowl.....

[For Full Details](#)

See our [Recipes page](#) for more great recipes

### Himalayan Goji Juice



**SPECTRAL SIGNATURE**  
Your assurance of potency, purity, and authenticity.

**“Biggest Health Discovery In 40 years”  
- Dr. Earl Mindell**

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### Animal & Pets Natural Health Care

We recognize that animals need as much natural health care as we do. This website wants to support our animal groups, shelters, trainers and health care for animals. Listed is information to help support our animal's mental, energetic, emotional, physical well- being, and natural health care. Click here to visit our [Pets & Animal Page](#)



#### [Hidden Danger in Your Animal's Drinking Water](#)

Hidden Danger in Your Animal's Drinking Water  
Chlorinated water can cause serious animal health problems. "Chlorine is a halogen that damages enzymes. It does not belong in our bodies as part of our water needs!! For starters, chlorine potentates magnesium deficiency, which can cause almost any symptom you can think of from high blood pressure, to chemical sensitivity or even sudden death.  
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#### [Raw Diets for Pets](#)

Why Feed a Raw Diet? A raw animal based protein sources including bone along with vegetables and fruit. By providing the food in the raw form the nutrients are more available and are more easily absorbed. Benefits include an improvement in the condition of their coats, increased energy, cleaner teeth, fresher breath and better overall health. Feeding raw you are also aware of what is and what is not in the food.....  
[\[Read More....\]](#)

#### [Herbal Tinctures for your Pets](#)

Unlike many drugs, herbs are relatively safe and gentle. They are very forgiving and offer a much greater margin of error and fewer adverse effects. However, one very important thing to remember in dealing with herbs is that they are slower acting and will take a bit longer to work. The most common cause of failure when using herbs is giving up too soon. Time and consistent use are a herb's "best friend". When looking at specific dosages for pets there are two important considerations:....  
[\[Read More\]](#)

with yourself  
and others.

Liz Robitaille,  
Certified Louise  
L. Hay Teacher

[Kelowna, BC](#)



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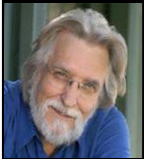
From Maria Carr and the OKinHealth Team and Community Network

Editor of [www.OKinHealth.com](http://www.OKinHealth.com)

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