



## October 2007 - E-Newsletter

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### Overview

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### Please take a moment to check it out the Fall newsletter!

**The #1 website for health & healing events**  
 with 3,000 newsletter subscribers/members.

OKinHealth is an comprehensive holistic health directory offers a variety of alternative healing modalities, integrative and complementary medicine information, up-to date workshops, movies, events, and information for our physical, emotional, and spiritual well being.  
**See Our NEW keyword Search option**

[Search Keywords](#)

Autumn/ Fall is here and we have a huge range of wonderful workshops, events, and retreats on our Calendar of events.

For more details, come visit us [OKinHealth.com](http://www.OKinHealth.com).

## Wellness Articles on OK In Health

For more articles come visit our Health & wellness article page : [Click Here](#)

### **Fighting Fatigue** - By Alexis Costello.

When the days are dark it can be hard to find the energy to get out of bed, let alone be a productive member of society. Some try to boost their energy levels by using stimulants like sugar and caffeine. While this works in the short term, it sets the body up for a cycle of blood sugar spikes and crashes that can be deadly in the long run... [ [Read More...](#)]

### **Knowing your Pulse / Heart rate**

Your pulse is your heart rate. It is the number of times your heart beats in one minute. Pulse rates vary from person to person. At rest your pulse rate will be lower and it increases when you exercise. It increases because the heart needs to beat faster to pump through and supply more oxygen-rich blood to the working muscles. How to take your pulse: [ [Read More...](#)]

### **Healthy Food for Kids** By Alexis Costello

The start of a new school year presents new challenges, as well as opportunities. Parents want to give their children all the help they can to make each year a success. Some of the most important decisions that parents make in caring for their children concern their health. Kids are notorious for never-ending supplies of energy. They need the proper foods to keep those energy levels up so that they can run, play, learn, and grow strong, healthy bodies to carry them into adulthood... [ [Read More](#)]

### **Indoor Air Pollution** by Darcy G Provost

In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors. [ [Read More](#)]

### **Cold & Flu Busters: The Natural Approach** By Klaus Ferlow

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? Colds cause clogged and runny noses, sore throats and often dry cough. Flu symptoms are much more severe and will cause high fever and chills, a feeling of exhaustion and the whole body may ache! But whichever one you may be plagued with, there are numerous alternatives.....[[Read More](#)]

**What is the Nia Technique?** - By Michelle Parry

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

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**OK In Health Workshops, Courses, Movie, and Events**

DATE	TITLE	VENUE	FACILITATOR
	See our new Fitness Classes page - Yoga Classes. Nia Technique - Classes S.h.a.p.e. classes	<a href="#">More Details</a>	Fitness Classes
	Free Events Meditation Classes	<a href="#">More Details</a>	Free Events
	<b>October</b>		
	<b>Nia Technique - Classes &amp; Therapeutic Nia Classes</b>		
<b>Fall classes</b>	Weekly fitness classes that are the ultimate way to tone your body, mind and spirit. Improve posture, alignment and balance. Become aware of what you are doing and why.	<a href="#">Penticton</a>	& <a href="#">Fitness page</a>
	<b>INTRODUCTION TO CHAKRAS</b>		
<b>Oct 3</b>	In this workshop we will explore the (7) major chakras, the minor chakras and the nadis. Discover chakra balancing techniques to use on yourself and share with others.	<a href="#">Kelowna, BC</a>	Brenda Molloy - Studio Chi
<b>Oct 6 &amp; 7</b>	<b>Business Course For Wholistic Practitioners</b>	<a href="#">Calgary, AB</a>	Pamela Shelly
<b>Oct 7</b>	<b>Wit's End Farms - Equine Rehabilitation Centre</b> Basic Introduction to Equine Massage	<a href="#">Vancouver</a>	& our <a href="#">Animal Page</a>
	<b>BASIC ACUPRESSURE: EXTRAORDINARY CHANNELS &amp; POINTS.</b>		
<b>Oct 10 &amp; 11</b>	Learn how to use & combine 30 main acupressure points to promote healing. Discover the eight (8) extraordinary channels and their associated symptoms.	<a href="#">Kelowna, BC</a>	Brenda Molloy - Studio Chi
	<b>Riva's Healing Retreat</b>		
<b>October 12, 13, 14.</b>	"We Help People" to shed the past, heal pain, clear toxic patterns, heal the physical, release karma, strengthen relationships, heal your animals, and alter the blueprints of disease through loving connection with animals nature and soul through intuitive animal communications, shamanic journeying, meditations, fire ceremony, and soul healings.	<a href="#">Armstrong</a>	<a href="#">Animal Page &amp; Retreat Page</a>
<b>Thursday, Oct 11th</b>	<b>When the Body Says No - -Dr. Gabor Maté.</b> Author and Renowned Speaker Dr. Gabor Maté,examines the science behind mind-body unity, offering insights into the link between emotions and disease.	<a href="#">Penticton</a>	Dr. Gabor Maté.
<b>Friday Oct 12th</b>	<b>Renowned Speaker -Dr. Gabor Maté - Healing Massage Course - Level I</b>	<a href="#">Summerland</a>	
<b>Oct 12 - 14</b>	Learn practical techniques as well as how to move energy blocks out of the body. No pre-requisites required however any personal growth workshops are an asset. Week-end course is great for novices & practitioners who are looking for a few more techniques, or just need some continuing education.	<a href="#">Kelowna,</a>	Sharon Strang
<b>Oct 13 &amp; 14</b>	<b>Vancouver Health Show</b> Over 150 exhibitors featuring health experts, body workers, & more...	<a href="#">Fairs &amp; Festivals</a>	
<b>Oct 14</b>	<b>Angels, Archangels and Ascended Masters</b>	<a href="#">Kelowna,</a>	Pamela Shelly
<b>Oct 16 &amp; 17</b>	<b>Vegetarian Cooking Classes</b> Join Nature's Fare Natural Foods for a two day Vegetarian Cooking class.	<a href="#">Penticton</a>	& See Recipe page
<b>Oct 17.</b>	<b>Michael O'Brien Lecture - Proven Solutions to Reclaim Your Health</b>	<a href="#">Calgary</a>	
<b>Oct. 18.</b>	<b>Michael O'Brien Lecture - Proven Solutions to Reclaim Your Health</b>	<a href="#">Edmonton</a>	

<b>Oct 19</b>	<b>Author, Dr. Gabor Maté - Lecture.</b> Resisting the Lure of Drugs: Helping the Adolescent Male Avoid the Trap of Substance Abuse.	<a href="#">Kamloops</a>	Dr. Gabor Maté
<b>Oct 19,20,21</b>	<b>Basic Holistic Ear Reflexology Course</b>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>Oct 19,20,21</b>	<b>10 Questions for the Dalai Lama - The MOVIE</b>	<a href="#">Kelowna &amp; Penticton</a>	Win Contest Movie Tickets
<b>Oct. 20.</b>	<b>Michael O'Brien Lecture -</b> Proven Solutions to Reclaim Your Health 3rd Annual - <b>Summerland Health and Wellness Fair</b> Over 25 vendors, speakers and presentations. Free admission, with chances to win incredible door prizes.	<a href="#">Winnipeg</a>	
<b>Oct 20th</b>	<b>BREATHE, MOVE &amp; MEDITATE</b>	<a href="#">Free Events</a>	
<b>Oct 22 to Dec 17</b>	In this series of 8 classes students will be introduced to a daily practice that includes practical breathing, movement & meditation techniques. Each week a new technique will be introduced. <b>The Trager Approach</b> - Level 1 Training. The Trager Approach interrupts patterns developed in the mind & body due to physical injury, trauma, or inefficient posture by suggesting a new way of being.	<a href="#">Kelowna</a>	Brenda Molloy - Studio Chi
<b>Oct 22 - 27</b>	<b>INTRODUCTION TO SHIATSU</b> - In this hands-on workshop you will learn a basic floor shiatsu routine to share with family & friends.	<a href="#">Vernon</a>	Gwen Crowell
<b>Oct 25th &amp; Nov 1st</b>	<b>How to Love Yourself</b> Discover the importance of putting yourself first, setting healthy self-supporting boundaries and strengthening your relationships with yourself and others.	<a href="#">Kelowna.</a>	Brenda Molloy - Studio Chi
<b>October 27-28</b>	<b>Reiki Master Level</b> After teaching Reiki for 10 years these will be Pamela`s last Reiki classes.	<a href="#">Kelowna.</a>	Liz Robitaille, Certified Louise L. Hay Teacher
<b>Oct 27 &amp; 28th</b>		<a href="#">Kelowna</a>	Pamela Shelly



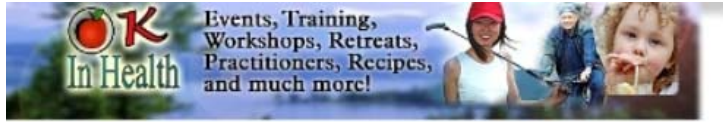
**November**

<b>November 2</b>	<b>Holistic Reflexology: An Introduction</b>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>November 2,3,4</b>	Basic Holistic <b>Foot Reflexology Course</b>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>November 2 - 4</b>	<b>Mindscape - Develop Your Intuition - Level 1</b> THE KEY TO DEVELOPING INTUITION	<a href="#">Kelowna</a>	Kristy Kenny CBI
<b>November 2 - 4</b>	<b>United in Marriage workshop</b> Why not have a FALL getaway and enjoy a very special weekend together! A 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!	<a href="#">Penticton.</a>	<a href="#">&amp; Retreat Page</a>
<b>Nov 3 &amp; 4</b>	<b>Reiki Classes Level I &amp; II</b> After teaching Reiki for 10 years these will be Pamela`s last Reiki classes.	<a href="#">Kelowna, BC</a>	Pamela Shelly
<b>Nov 4</b>	<b>Wit's End Farms - Equine Rehabilitation Centre</b> Basic Introduction to Biomechanics, physiology and common injuries	<a href="#">Vancouver</a>	<a href="#">&amp; our Animal Page</a>
<b>Nov 18</b>	<b>Wit's End Farms - Equine Rehabilitation Centre</b> Advanced Equine First Aid.	<a href="#">Vancouver</a>	<a href="#">&amp; our Animal Page</a>
<b>Nov 23</b>	<b>FENG SHUI - LEVEL 1</b> The Joy of Feng Shui	<a href="#">Kelowna.</a>	Brenda Molloy - Studio Chi
<b>Nov 24</b>	<b>FENG SHUI - LEVEL 2</b> - Five Elements & Space Clearing	<a href="#">Kelowna.</a>	Brenda Molloy - Studio Chi
<b>Nov 24 &amp; 25</b>	<b>Certificate Course on Spiritual Healing</b>	<a href="#">Kelowna</a>	Pamela Shelly

**December**

<b>December 7</b>	<b>Holistic Reflexology: An Introduction</b>	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>
<b>December 7,8,9</b>	Basic Holistic <b>Foot Reflexology</b> Course	<a href="#">Vancouver</a>	<a href="#">&amp; Reflexology Page</a>

For more workshops, events, and more information - visit  
OKinHealth.com event calendar - [click Here](#)



Enter to win some great prizes

**Win a Free Movies Tickets:** - The movie contest closes Oct 12th  
 10 Questions for the Dalai Lama - The Movie

**Win a Free Treatments:** closing date is October 26th  
 One free **Live & Dried Blood Cell Analysis**  
 One free Private **Pilates** Session  
 One free **personal coaching** session  
 1 hour **body therapy** treatment  
 One Free **Reiki** treatment  
 One free **Aqua-Chi detox footbath** session  
 One free session - **hypnosis, or psychological, or energy** work  
 Win 1 of 3 "Every Drop Counts" **T-Shirts or a Water Bottle** (Penticton Residents only)  
 One free **Energy Reflex testing/health consultation**  
 One free **European lymph drainage massage** with aromatherapy  
 - or **Deep tissue massage**  
 One free **Reflexology** session  
 50% discount off a **Relaxation Massage**  
 \$25.00 discount for one-day **private massage training for a couple**  
 \$25.00 off discount for a **Healing Touch** Treatment  
 \$25.00 discount towards **Reiki Classes**



[Enter Contests](#)

New quick & easy entry forms - submit one form only

<b>Reflexology, Reiki &amp; Rebalancing</b>
<p style="text-align: center;">Come experience the Ancient Healing Arts.            Laurie's sessions combine 14 years of training &amp; experience in Reflexology;            Karuna/Usui Reiki; Integrated Body Therapy; Energy Balancing; Hawaiian Lomi            Lomi Massage &amp; Personal Coaching. Distance Clearing &amp; Personal Coaching            available by telephone consultation as well.            Laurie Salter, RAC, RABC            Holistic &amp; Intuitive Practitioner            Reflexology &amp; Reiki Instructor            Kelowna: 250-808-0862. By Appointment Please</p>

### Health & Wellness Tips & Recipes

**Are you really hungry?**

Before you reach for the biscuit tin or the second helping - rate your food hunger. On a scale of 1-5 (1= starving, 5= feeling of fullness). Aim to eat before you reach '1' and stop eating at '4'. This is an exercise worthwhile doing.

**How to Cook Quinoa!**

2 cups water ; 1 cup quinoa. Rinse the grain thoroughly. Bring to a boil, then reduce heat and let the grain simmer until the water is absorbed, about 15 minutes. One cup dry quinoa will make three cups of cooked grain.

**Almond Pudding**

- 2 cups vanilla almond milk
- 1/3 cup honey
- 2 eggs, lightly beaten
- 2 tbsp organic butter or Earth

Combine first seven ingredients in a medium sized bowl.  
 Place quinoa in a greased baking dish, and cover with

Balance margarine  
 1 tsp vanilla  
 extract  
 1 tsp cinnamon  
 1/2 tsp lemon zest  
 1/2 cup raisins  
 1/2 cup shredded  
 coconut  
 2 cups cooked quinoa  
 sliced almonds for garnish



coconut and raisins.  
 Pour the liquid mixture over top, and bake at 350 degrees  
 for about 45 minutes, or until set.  
 Serve hot or cold.

Tools: Mixing bowls, measuring spoons and cups

Rich, sweet, high protein and delicious!

**Put Your Heart Into It Crackers**

1 1/2 cups oat flour  
 1/3 cup oats  
 1 tbsp honey  
 1/2 tsp sea salt  
 1 tbsp baking powder  
 1/4 cup butter, melted  
 1/4 cup hemp milk  
 2 tbsp hemp hearts (shelled  
 hemp seeds)  
 3 tbsp brown sesame seeds.


Mix all of the ingredients together in the order shown here. Set the oven to 350 degrees. Roll the dough very thinly and use heart-shaped cookie cutters. Really you can use any shape of cookie cutters that you like, but it's always fun to have some hearts to hand to friends. Place the hearts on an un-greased cookie sheet, and bake for 15-18 minutes.  
 Hemp seeds and milk have are very high in omega3 and 6 essential fatty acids – the good fats that help your skin and hair look good, your heart work well, and your brain think quickly. They also have lots of protein to feed your muscles.

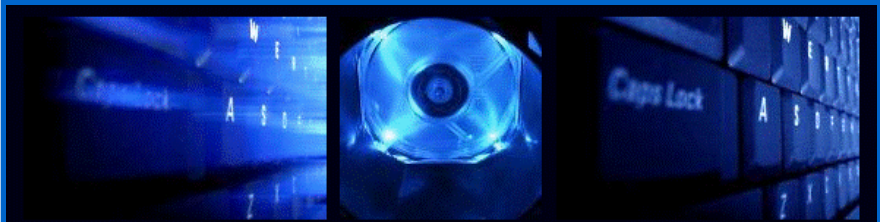
Tip: These crackers are extra tasty when used to scoop up freshly made Humus Hooray!

Tools: large bowl, measuring cups and spoons, rolling pin, cookie cutters, cookie sheet.

**For more healthy recipes visit [OKinHealth Recipe page](#) and [wellness tip page](#)!**

**News**

<p><b>Arthritis &amp; Well-being Research Study</b></p>	<p><b>Crohn's or Colitis for Research Study</b></p>	<p><b>Maternity Care Study</b></p>	<p><b>Tent Trailer for sale</b></p>
<p>Has Arthritis has changed how you view yourself and your life? Tell us how in this University-based online survey. <a href="#">Click Here</a>   <b>University of Windsor, Ontario</b></p>	<p>WANTED: People with Crohn's or Colitis for Research Study. Tell us how IBD has changed how you view yourself in this University-based online study. Visit us at <a href="#">Click Here</a> <b>University of Windsor, Ontario</b></p>	<p>How satisfied are you with your midwife or obstetrician? Please tell us in this University-based online research survey.   <a href="#">Website</a></p>	 <p>1998 Coleman Sante Fe Tent trailer. 10' box, king and double beds. 3 way fridge, 3 burner in/out stove, sink, detachable screen room + awning, in/out table, sleeps 6, exc. condition. \$7,400. Phone Marcel at 492-8724.</p>



**OKinWebDesigns by Maria Carr**

**Innerlight Connections** - Maria, I am very excited about this website. You've done such an **excellent job - your creativity, skills and knowledge are all so OUTSTANDING!!** It's put together in a **very clear and concise way** for easy reading and accessibility. I truly LOVE it!!!! On a personal level, your **integrity, honesty and insight** displays the person your truly are:-) Thanks so much ! Thanks Always Maria, From Jackie Haverty, Willians Lake, BC,Canada. [www. InnerlightConnections.com](http://www.InnerlightConnections.com)

**Dial-A-Portrait** - Dear Maria: OKinWebDesigns has achieved what I thought might be impossible – **satisfied** a very demanding client who aims for the **very highest form of excellence** to reflect prized professional artistic standards. The website you have designed has perfectly met all my requirements, and I particularly admire the **patience and professionalism** with which you **listened to my requests for fine tuning** until I was fully satisfied with the results. So **my gratitude and admiration is enormous**, and I feel very happy, as I now have a site that I can recommend – and of which I can be proud. Patricia, Dublin, Ireland [www.Dial-A-Portrait.com](http://www.Dial-A-Portrait.com)

"It has been a **real pleasure to work with** Maria Carr at [OKinWebdesign.com](http://OKinWebdesign.com). **Maria listened to my needs** and designed a website that is useful, informative and easy to navigate. For **prompt, courteous and professional web design services**, I would **not hesitate to recommend** [OKinWebdesign.com](http://OKinWebdesign.com)." Jack Ambler - PINNACLE SIGNS & GRAPHICS, Penticton BC, Canada [www.pinnaclesignshop.com](http://www.pinnaclesignshop.com)

**To Contact Maria Carr at OK In Web designs - [click Here!](#)**

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Mailing address: BallinaKerr, 149 Cleland drive, Penticton, BC, V2A 7H4 - PH: 1 250 493 0106.

Free calls on skype - our username is OK-Mar

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