

[OKinHealth's -- September --- Newsletter ---2007](#)

<p>QUICK LINKS</p>	<p>Please take a moment to check it out the Fall newsletter!</p>
<p>Calendar of Events Local Practitioners Classifieds & News Local Businesses Articles New Contests Recipes & Celiac Info</p>	<p>This newsletter has lots of great articles, healthy recipes, classifieds, and great information about your community network.</p> <p>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. Autumn/ Fall is coming 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.</p>  <p>Here is a sample of some of the some of the amazing events coming soon.</p>

Fall Workshops and Events

 <p>Farmers & Night Markets Free Events Meditation Classes Fitness Classes - Yoga Classes. Nia Technique - Classes & S.h.a.p.e. classes. More Details</p> <p>Wit's End Farms - Equine Rehabilitation Centre - Fall clinics Abbotsford</p> <p>Introduction to Equine Massage Introduction to Biomechanics, physiology and common injuries. Advanced Equine First Aid. Touch for Health Kinesiology- Level Three and Four</p> <p>Introduction to Equine Massage Riva's Healing Retreat - Armstrong "We Help People" to</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>11th annual - Wise Woman Weekend</p> <p>The largest women's gathering in Western Canada</p> </div> <p>Shiatsu Practitioner Training Program Book now - as space is limited Vegetarian Cooking Classes Join Nature's Fare Market for a two day Vegetarian Cooking class. Change Your Thoughts, Change Your World! workshop</p> <p>FENG SHUI - LEVEL 1 The Joy of Feng Shui FENG SHUI - LEVEL 2 - Five Elements & Space Clearing Business Course For Wholistic Practitioners Homeopathy for Midwives and Birth Attendants "Moving your Life Forward" -Workshop/Retreat Healing Arts Teachers and Original Artists - guiding and demonstrating - with Beth Penny, Medical Intuitive Practitioner, Kootenays Equinox Yoga in the Garden - OKanagan Dinner & Keynote Presentation with Blind Mountaineer, renowned outdoor adventurer, & Mentor- Ross Watson Certificate Course on Spiritual Healing Reiki Classes Level I & II - After teaching Reiki for 10 years these will be Pamela Shellys last Reiki classes. Reiki Kids Level I for ages 6 – 12 Reiki Master Level Angels, Archangels and Ascended Masters</p> <p>Nia Technique - Classes & Therapeutic Nia Classes</p> <p>ESSENCE OF AFRICA SOUL SAFARI GUIDED BY CHRIS STORMER Business Course For Wholistic Practitioners Healing Massage Course - Level I with Sharon Strang . The Trager Approach - Level 1 Training How to Love Yourself - Workshop with Liz Robitaille, Certified Louise L. Hay Teacher Mindscape - Develop Your Intuition - Level 1 THE KEY TO DEVELOPING INTUITION Laughter Yoga - Laughter Yoga is a series of breathing and easy movement exercises designed to teach the body to laugh without depending on jokes or humor.</p> <p style="text-align: center;">This is only a sample of our many workshops, events, support groups, free events, farmers markets For full details come visit OKinHealth's... - Click Here</p>
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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.

Equine Natural Medicine:
with Marijke van de Water, AB
The Horse Doctor is In! workshop
Animal Communication workshop

A Dance With Equus -
with Sandra Wallin, AB
[Visit our Animal natural Care page](#)

[Post Your Event on Ok in Health](#)

3rd Annual - Summerland [Health and Wellness Fair](#)
Vancouver, Calgary, Kelowna, and Victoria [Health Show](#)

[Cranio Sacral Reflexology](#) - See [Reflexology page](#)

[New Vertical Reflex Therapy](#) Workshop
"The Booth Method" Presented by Lynne Booth
[Holistic Reflexology: An Introduction](#)
Basic Holistic [Foot Reflexology](#) Course
Basic Holistic [Hand Reflexology](#) Course
Basic Holistic [Ear Reflexology](#) Course

For full details come visit OKinHealth's... - [Click Here](#)



Renowned Speaker - Dr. Gabor Maté lectures [More Details](#)

Dr. Gabor Maté is the author of the bestselling book about attention deficit disorder, "Scattered Minds", the co-author of "Hold onto Your Kids: Why Parent Matter" and "When the Body Says No -the Cost of Hidden Stress".

Organic Birthday Bash - September 14th, 15th.

Nature's Fare Markets is having an Organic Birthday Bash September 14th, 15th. Festivities include:

[Door crasher specials, demonstrations and free sampling both days!](#)
[Goodie bags with purchase while quantities last!](#)

A community **barbeque** will be held on the 14th with proceeds going to a local non profit society. Come on in and join the fun, it is going to be a great time!

#104-2210 Main St. (in the Zellers shopping area) **Penticton**

#120-1876 Cooper Rd. **Kelowna**

#104-3400 30th Ave. **Vernon**

#5-1350 Summit Dr. **Kamloops**



Nat
Fare

Markets

Health and Healing Articles

STEVIA - The Sweetest Substance on Earth



Nature's Natural Low Calorie Sweetener!

What is stevia (stevia rebaudiana)? It is a small shrub in the Chrysanthemum family native to portions of Northeastern Paraguay and adjacent sections of Brazil for over 1500 years used by the Guarani Natives, they called it ka'a he'e (sweet herbs), as a sweetener in yerba mate and medicinal teas for treating such conditions as obesity, high blood pressure, and heartburn.....

[\[Read More\]](#)

How Much Vitamin D?

What is vitamin D? Vitamin D, often referred to as the "sunshine vitamin," is actually a fat-soluble hormone that the body can synthesize naturally. There are several forms, including two that are important to humans: D2 and D3. Vitamin D2 (ergocalciferol) is synthesized by plants, and vitamin D3 (cholecalciferol) is synthesized by humans when skin is exposed to ultraviolet-B (UVB) rays from sunlight. The active form of the vitamin is calcitriol, synthesized from either D2 or D3 in the kidneys. Vitamin D helps to maintain normal blood levels of calcium and phosphorus.

Why is vitamin D necessary? Vitamin D assists in the absorption of calcium and promotes bone mineralization, which may prevent or slow the progression of osteoporosis. It also helps to strengthen the immune system and protect against a number of serious diseases, including rickets and osteomalacia.... [\[Read More\]](#)

Four Steps to a Healthy BBQ



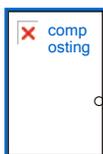
It's delightful to grill outdoors when the weather is warm. Unfortunately, grilling meats can lead to the production of carcinogenic chemicals called heterocyclic amines (HAs). To reduce HAs, try limiting the amount of meats you grill, and make grilled vegetables the main course. You can pre-cook your foods in the oven or on the stovetop and finish them off outdoors - less grill time means fewer carcinogens. And if you do grill meat, cook it thoroughly but avoid charring or blackening it (don't eat any blackened parts), and keep portions small.

6 Diet Tips for Endometriosis

Endometriosis, a condition where tissue resembling the lining of the uterus is found in the abdomen, is marked by severe pain, most often in the form of menstrual cramps. Its exact cause is not yet known, but it does have a strong inflammatory component and, like the lining in the uterus, is influenced by estrogen. A number of dietary measures can help relieve symptoms by reducing inflammation and addressing the activity of estrogen in your system. Start managing endometriosis nutritionally with an anti-inflammatory diet like the one on the Web site Dr. Weil on Healthy Aging. You can also try the following dietary changes:

1. Eliminate dairy foods (allow at least three weeks to observe any improvements)
2. Eat only hormone-free meat to avoid any additional estrogen exposure
3. Emphasize whole soy foods in your diet. Tofu, tempeh and soy milk are rich in plant estrogens and seem to modulate the actions of other forms of estrogen
4. Limit alcohol intake, which may influence estrogen production
5. Choose organic foods whenever possible
6. Drink a cup or two of red raspberry leaf tea daily to help relieve cramps

Creating a Compost in Four Simple Steps



Good soil is the basis of any healthy garden, and can easily be achieved by making compost. Follow these guidelines for starting a simple compost, and let your garden reap the benefits:

- o In a sheltered spot in your backyard, simply layer kitchen vegetable waste in a pile with garden clippings. Or, create the compost in a metal or plastic garbage can - remove the bottom of the can and puncture holes in the sides, and raise the can off the ground (for ventilation).
- o Keep your compost moist, and turn the pile occasionally. In six to eight months, you'll have beautiful, black, organic compost to add to the garden.
- o Use only vegetable scraps and garden clippings (no meat scraps) to keep the compost odor-free and pest-free.
- o Make sure you're composting regularly so you'll always have plenty of material to nourish the soil in your garden and promote moisture retention.

For more articles see our [Healthy Article page](#) and our [Wellness Tips page](#).

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is done for one of 5
separate categories per

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Kelowna: 250-808-0862.

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[Also see OKinHealth's Contest Page.](#)

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birth date and registered name at birth.

'Kabbalah' refers to a secret oral tradition of Biblical teaching which extends from teacher to pupil.

For more information, contact Anniteh, Penticton, B.C.
Tel: (250) 770-7893
Email: Z28@telus.net

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[Also see OKinHealth's Contest Page.](#)

Contact Larry Petty at

www.NaturalSenseAromatherapy.com Phone 250 -

317 8208 Kelowna or Email

lpetty@shaw.ca

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[Also see OKinHealth's Contest Page.](#)

Kelowna Phone: 250 - 712-9295

www.kelownadaretodream.cjb.net

Studio Chi

Studio Chi is registered with PCTIA & currently offers a

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as well as workshops in shiatsu, acupuncture, yoga, reiki, and feng shui.

250-769-6898
www.studiochi.net
Kelowna

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

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New Contests are now open - Treat yourself!

Contests are now open and closes on the October 26th - See Below.

Thank you to everyone who has kindly donated treatments, workshop and movie tickets, prizes, or gift baskets and for their support of the OK In Health website. Enter as many contests as you want in your area. Sign up for your Free Monthly E-Newsletter with Contests info and more [SIGN -UP](#)

Congratulations to the Summer 2007 Contest Winners:

Michaela Belanger - Travis Bilton - Lori Ontario - Sharon O' Connor - Laurie Hoas - Cari Main - Joy Green - Mary Berlie - Douglas Belanger - Sandra Psiurski - Dorothy Ennis - Michelle Pushka - Jane McCullough - Sarah Rilkoiff. [Click here for comments from previous contest winners](#)

We are looking for Contests in others area! [Contact Us!](#) As we have many members in Vancouver, Victoria, kootenays, Alberta, Usa, Ireland...

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.

Kelowna
One free Live & Dried Blood Cell Analysis with Lila Elliot. New

Vernon
One \$25.00 off discount for a Healing Touch Treatment at Maya Healing Centre with Shirley Pretty New

Rock Creek/ Midway/ Boundary area
One free Live & Dried Blood Cell Analysis with Lila Elliot.

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

We are looking for Contests in others area!
[Contact Us!](#) As we have many members in Vancouver, Victoria, kootenays, Alberta.

Pentiction
One Free Private Pilates Session with STOTT PILATES Instructor Sharon O' Connor of Perface Balance Pilates and fitness.

Pentiction
One Free personal coaching session with Lyndsay Blais Consulting.

Pentiction
One free 1 hour body therapy treatment that uniquely combines orthobionomy, craniocacral, massage, energy work, hot rocks & towels plus sound therapy at SynchroTherapy™ with Cyndy Bishop.

Pentiction
One free Aqua-Chi detox footbath session (regular fee \$30) at Christina's Holistic Centre, with Christina Ince. **New**

Pentiction
Receive a \$25 discount for one-day private massage training for a couple (regular fee \$100) at [Christina's Holistic Centre](#), with Christina Ince. **New**

Pentiction
One Free Reiki treatment at Christina's Holistic Centre, with Christina Ince.

Pentiction
Receive a 50% discount off a Relaxation Massage treatment at Christina's Holistic Centre, with Christina Ince.

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

Pentiction
Win 1 of 3 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Pentiction's [Water Conservation Department](#)



[Enter Contests - Click Here!](#)

[See Previous Winners Comments](#)



New Announcements

**Arthritis & Well-being
Research Study**

Has Arthritis has changed how you view yourself and your life? Tell us how in this University-based online survey. [Click Here](#)

University of Windsor,
Ontario

**Crohn's or Colitis for Research
Study**

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 [Click Here](#)

University of Windsor, Ontario

Maternity Care Study

How satisfied are you with your midwife or obstetrician? Please tell us in this University- based online research survey. [Website](#)

**Urantia Book
Study Group**

Please contact me if interested in starting or joining a Urantia Book study group in Penticton. Phone 492-4537

Sunday September 9th is International FASD Day



Around the world, this day is designated for sharing information about the prevention of and interventions available for Fetal Alcohol Spectrum Disorder (FASD).

What is Fetal Alcohol Spectrum Disorder?

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term used to describe a range of permanent disabilities caused by drinking alcohol during pregnancy.

[Visit OKinHealth's Maternity and children's page to [Read More](#)]

New Healthy Recipes

Sesame Salad

1 head iceberg lettuce, 1 head romaine lettuce, ½ cup chopped green onion, 2 cans water chestnuts drained and sliced, ½ cup slivered raw almonds, ¼ cup sesame seeds, ½ cup peeled and cut up fresh mandarin oranges. Optional: cucumbers and tomatoes

Sesame Salad Dressing

½ cup white vinegar
1 tbsp sesame oil
1 tsp Salt
1 tsp honey
1 tsp black pepper

Mix well.

Coconut Milk

Drill hole into eye of coconut, drain water into blender. Smash open coconut with hammer, dig out meat with flexible knife, cut into bits, put coconut bits in blender. Add two cups of water, blend well. Pour into straining bag and squeeze out liquid.

Nut Milk.

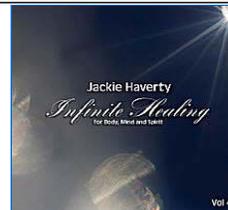


You can use whatever nuts you like but we recommend walnuts, almonds, or cashews. Soak 1 cup of nuts overnight or 24 hours. Put nuts in the blender, add three cups of water, blend well. Pour into straining bag and squeeze out liquid.

Jackie Haverty - Infinite Healing - CD

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Vitamin Clerk-experience in natural foods & supplement industry is an asset, but not necessary.
Grocery Clerk- experience with grocery stocking and receiving is an asset, but not necessary. Applicants must be available for daytime & weekend shifts. All interested applicants please drop off or mail resumes to #104-2210 Main St. Penticton V2A 5H8. Resumes can also be e-mailed to Manager Bobbi Krein bobbi_krien@naturesfare.com. Please indicate which position you are applying for.

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Free calls on skype - our username is OK-Mar

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