

EDITOR'S MESSAGE

Greetings to all our OK In Health members,

This month's Magazine - is jammed packed! -we have so many great new articles, 100's of events, contests, recipes, and lots of information to share with you. Please take some time to check out the information that interests you? – pull up a comfy chair with your favourite beverage, and enjoy a good read!

Energy Saving -As the nights draw in and we seek the warmth of home to comfort us, it's especially relevant to consider the effect of the energy we use. Here at OK In Health, we are mindful about our usage and are delighted that most of our members are too.



What's New - OK In Health is now on FACEBOOK - [Click Here](#) to Become a Facebook Fan

Special fall discount - [50% off all workshops and events](#) to place an ad = only \$20 to post an event or classified advert. This is a limited time offer.



Welcome to our new Recipes Columnists. [see below]

Each author will write a different article every month on their area of expertise which we hope you will find interesting, informative and educational. Alexis Costello writes our nutrition column (see her new [E-Book](#)) and now Shannon Larrett-Bliss, CNP, ROHP is joining the OK team as our OK Recipes columnists. Shannon is a Certified Nutritional Practitioner and a Certified Live Cell Microscopist, in Kelowna.

Next month, we welcome our new OK Animal Care Columnist - stay tuned.

Feedback - You can follow your favourite author monthly or go by topics. Please check them out below. We would love to hear your feedback on our new columnists and if you have a favourite section or articles.

Columnist needed! OK In Health is looking for a member who would be interested in writing a column on wholistic gardening (indoor and out). We are also looking for an assistant proof reader, that has a flare for words.



Practitioners - I just had an amazing reading by [Norma Cowie](#). I so enjoyed it and found it very informative and insightful. If you are looking for a professional reader in your area or ready to treat yourself to a relaxing and rejuvenating treatment - [see our practitioner page](#).

This month, as you might know OK In Health is hosted Rita Kluny and flying her in from Texas to teach the International Healing Touch for children course in Penticton. We had a wonderful full class. Part of the OK In Health network is that we work together to bring in some international or special instructor or courses that might not necessarily come to the B.C. or may not be offered without OK In Health's support of flying them here.

Requests - If there is an International Instructor/amazing teacher you would like to see in the Okanagan, contact OK In Health with more details. [\[Contact our Event Team\]](#)

Events - Give yourself some time to look over some of the many options that OK In Health offers in information about upcoming classes, take a course, read an article to learn what suits you best... and invite a friend to take a step with you, toward more energy and wellness. Put yourself first and your health! and find something that inspires you - Check out our [Fitness Classes and Workshops](#)

OK In Health Your Wellness Community at your Finger-tips!

Thank you for reading this newsletter, I hope you get as much pleasure receiving it as I had sending it. Please feel free to contact me if there is anything I can do for you. We welcome you to our website and the whole team here at OK In Health wish you well. From Our Hearts to Yours,
Yours In Health,

Maria Carr and The OK In Health Team [see team's names below]
Publisher of OK In Health E-Magazine - [www.OKinHealth.com](#)

This month, we would like to send a special thanks to everyone who wrote such wonderfully supportive and positive comments to us about OK In Health and a very special thank you to all our members.

Articles

Each author will write a different article every month on their area of expertise which we hope you will find interesting, informative and educational.

Naturopathic Corner with Dr. Tamara Browne

'For the Health of It' with Brenda Molloy

MANAGING WOMENS' HEALTH NATURALLY:
MENOPAUSE, BIO-IDENTICAL HORMONES, ETC - Part One

Acquiring Preparation for Winter

Nourishment in



[New Articles](#)

[Workshops & Events](#)

[Calendar](#)

[Practitioners](#)

[Contests](#)

[Recipes](#)

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What is Menopause, what causes it, is it a disorder or a natural period of transition?
[\[click here to read full article \]](#)



As winter approaches we naturally begin to store energy. In this issue we will look at a few nourishing recipes that build chi as well as some chi building breath and movement techniques.....
[\[click here to read full article \]](#)

"To Your Good Health" with David Dixon



Healthy Herbal Hints

Herbs have been around, helping us since... even before my time. Here are a few tips about plants and some of the benefits one can expect from them:
[\[click here to read full article \]](#)

Natural Beauty with Deanna Klan



Prepare your Skin for winter

(and repair the summer sun's damage)
 Is your skin dry and dehydrated? Perhaps your skin became leathery and "older looking" over the summer or the sun gave your complexion some serious issues like hyper pigmentation. Here is the easy way to answer all these problems with one of Mother Nature's best gifts..[\[.Read More\]](#)

'Embracing Change' with Lyndsay Blais



Transition

The topic of managing life transitions, changing careers, relationship challenges, death of someone close, moving from a familiar environment– are just some of the many common changes that create stress in life.
[....read more....](#)

'Soul-Full Journeys' OK Column with Pamela Shelly



Transformational Times

Is about how we are each being affected by a variety of things as we approach 2012 and the Shift of The Ages. We are going through inner Initiations and each of us are being tested. We will experience pain or suffering if we are not in alignment with our Soul's path.....[read more....](#)

' Parenting Tips' OK Column with Maggie Reigh



The Power of Unconditional Love

What do you think of when you think of love? Unconditional love is like the sun - it is always there, behind the clouds. "Children need to know that our love and support of who they are is unconditional."
[\[click here to read full article \]](#)

"Paws 4 Thot" Column with Dr. Moira Drosdovech



Animals & Their Reflexology Chakras
 By Yvette Eastman, Vancouver, BC

PART TWO
 Last month, we looked at what are Chakras energy centres and where they are chakras are on the whole body of an animal. This month we will look into this in more details and how to find them on your pet. [\[click here to read full article \]](#)

'Soul Food' OK Column with Sharon Taphorn



Meditation – The Answering

Mediation is simply the conscious act of altering your state of consciousness. We change our state of consciousness all of the time. The lists of possible states of consciousness's we go through during any given day are numerous. So, what is Meditation?...
[\[Read More...\]](#)

Feng Shui Gems with Teresa Hwang



Clutter collects bad Qi and obstructs good Qi. Do clear all the clutter both inside and outside your house, especially garages and in front of doorways.

Do open windows to let in fresh air at least once a week – to bring the good Qi in and circulate throughout the house.

Coaches Corner with Sue Chambers

Procrastination

Discovering what holds us back, embracing our power to change and developing our lives is the key to a happy, healthy life! What is procrastination and what causes it?
[\[click here to read full article \]](#)

Glorious Gardens Gems

Bat Houses



Did you know that one brown bat can catch 600 mosquitoes an hour? The Cedar Bat House provides a very specific roosting environment which attracts these misunderstood insect eaters.
 OK In Health is looking for a **new columnist** for this section on natural gardening tips and



gardening how to's - Please contact us if interested.

Body Plus Column



Is Your Calcium Source Right For You? by Norm Daniels

Calcium has long been considered the 'bone building' supplement, but is beneficial to our bodies in far more ways. Bone density and formation, blood circulation, healing, muscular contraction, energy production, vitality, brain function, and the central nervous system all rely on calcium. It is one of the most critically important minerals to the human body...[\[Read More \]](#)

OK In Health 's Favourite Picks from our OK members



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

Maria's Favourite OK Picks from our OK members



How to Buy and Store Vegetables

Your mother's voice echoes in your head every time you head to the supermarket. You know you should eat more leafy greens, rainbow colored vegetables, and fibre-rich fruit, but it seems like every time you shell out the cash for the fresh stuff, you end up throwing much of it away. Food is expensive, and you can't afford to waste it. If you feel like you throw away a lot of food, you're probably right--and you're not alone. We've compiled a guide to produce that will have you eating (not wasting) your precious produce... [\[Read More... \]](#)



Community Events at your fingertips!

Have you ever wanted to attend a community event, health show, weekend retreat, workshop, movie, fitness class, or find a local practitioner or support group? Well, OK In Health is a website that is a great resource for finding all this.

OK In Health is an on-line Magazine that offers a variety of integrative information for our physical, emotional, and spiritual well-being. The Publisher, Maria Carr started OK In Health in 2004, as she felt there was a need to have one place to help communities to connect. She felt that it was better to hear about an event before rather than afterwards. Since then, the website has become the main place to find community events, workshops, fitness classes, wellness information, contests, articles, and more. We have the lowest rates around with the highest networking results. OK In Health now has a team that work on the website and newsletter and it also is supported by our amazing 3,000 members.

Join the OK in Health Association!

[Sign up for Newsletter](#)
3,000 members



What's New
OK In Health
is now on
FACEBOOK
[Click Here](#) to
Become a Facebook Fan

[More Articles](#) at www.okinhealth.com/articles/articles.html

Estimated number of visits for okinhealth.com by Statsbrain.com 1,260 visits per day

Up Coming Events

Post your event and workshop here!

Community CPR Day

St. John Ambulance
November 21st
free of charge.
Penticton

Type 1 Diabetes Seminar Penticton

Business Course For Wholistic Practitioners Calgary

November 30th
Pamela Shelly

Dec 12 & 13 -
Sat/ Sun.

RA SHEEBA LEVEL I

[Penticton](#)
by Sue Peters

1st Monday
of each month

Adrenal Support

Yoga Series
Penticton
Wildflower

Advanced Tools For Self-Mastery

November
27, 28, & 29
Calgary
Pamela Shelly

VERNON

A Celtic Connection
Yadong Guan
Banff Mountain Film
Festival World Tour

Coming soon -

December craft and art
fairs plus more
workshops / events

[MORE Details](#)

Click on town for full details or [event calendar by Date](#) -
Larger Print - [Click Here](#)

Events by Town / Category

Workshops & events in:

South Okanagan area- [Click Here](#)
Central Okanagan area - [Click Here](#)
North Okanagan area- [Click Here](#) --

Kootenays - [Click Here](#)
Vancouver & Vancouver Island- [Click Here](#)
Alberta - [Click Here](#)
Across Canada - [Click Here](#)

Retreats - [Click here](#)
Animal Events - [Click Here](#)
Northwestern USA- [Click Here](#)
Ireland & UK - [Click Here](#)
FREE to attend - [Click Here](#)
Environment events - [Click Here](#)

[Fitness Classes and Walking Groups](#)
[Meditation Classes](#)

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

Please mention OK In Health to your contact person

Submit Your Event -only \$20 - [Click Here!](#)
Submit Your Local Support Group - Free of Charge - [Click Here!](#)

On going

Okanagan Nia classes, Beyond Cancer: Yoga For Wellness, Prenatal Yoga, Adrenal Support Yoga Series, Fertility Yoga. LET'S GET WALKING!.. Okanagan groups - Kundalini Trance Dance - Core Dynamics movement - African inspired Dance - S.h.a.p.e. classes - Yoga off the Mat - Chakra, Hatha Yoga Classes, Quantum Fitness Studio....[\[...More Details\]](#)

Solstice Bliss

Monday December 21
3 times to choose from:
10am-noon, 4-6pm
and 7-9pm
Penticton Wildflower

"Greening your Life" Workshop

Lindsay Coulter is with the David Suzuki Foundation. Peachland

Kelowna

Afro-Cuban Drumming

Healing Circle

Okanagan Lavender
Christmas Fair

Downtown Christmas
Light Up

Christmas Food, Arts &
Craft Fair

Homes for the Holidays

Saris Fund-Raiser for
Doctors without Borders

Green Drinks

Solution to Anger: Living
a Life of Harmony

Last Chance Craft Fair &
Bake Sale

[MORE EVENTS](#)

Special International Events - Hosted by OK In Health

Future OK Events -

Part of the OK In Health network is that we work together to bring in some international or special instructor or courses that might not necessarily come to the Okanagan or may not be offered without OK In Health's support. If there is an International Instructor/amazing teacher you would like to see in the Okanagan, contact OK In Health with more details. [\[Contact our Event Team\]](#)

Anatomy Refresher Course - Part One and Part Two - coming soon. [\[Contact our Event Team\]](#) in Penticton, BC. If you would like to host a course of ten students, OK In Health will come to your area. Host receives a free course.

Cranio Sacral Reflexology Course - April 2010 [\[Contact our Event Team\]](#) in Penticton, BC.

with Dr. Martine Faure Alderson from the Paris/ England CSR institute and 4 International Teachers.

CSR Part One - -April 6,7,8,9 - (refresher rates available) This course is already 1/4 full already

CSR Part Two - April 11,12,13,14 - (refresher rates available) This course is already 1/2 full already

April 15 - Exam day - for students wanting to be certified CSR practitioner

CSR Hand course - April 16, 17 - This course is already 1/4 full already



Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



Eating for Two

Maybe it has something to do with the cold, maybe it is due to an economic recession that has people staying in more often, but it seems like everywhere I look I see pregnant women. Nutritional information geared towards pregnancy can be confusing: a doctor may tell you that at least 3 glasses of milk a day are needed, well meaning friends tell you to have another muffin since you need the calories, all the bottles of herbs in your cupboard may now be unsafe and half of what you used to eat is making you nauseous. What's a woman to do?....[\[...Read More\]](#)

Coming Soon

an

International

OK In Health

Special Events

**Cranio Sacral
Reflexology**

**Cranio Sacral Hand
Reflexology Course**

with Dr. Martine Faure-
Alderson (England/Paris)

[More details](#)
April 2010

**Hosted By
Maria Carr &
OK In Health**

**[E-mail
Maria Carr](#)
more information**

Blissfully Delicious! - Shannon Bliss's OK Recipes Column ----- NEW COLUMN

Mom's Veggie Frittata

This is a healthy dish that is quick and easy to prepare for any mealtime.

- 1/2 cup diced onion
- 1 cup chopped peppers (red, orange or yellow)
- 3 cups spinach, kale or Swiss chard (rinsed and chopped)
- 1/4 cup shredded Asaigo cheese
- 2 tbs of broth (chicken or vegetable) or 1 tbs olive oil
- 6 eggs, beaten
- 1 clove garlic crushed (optional)
- A pinch of sea salt and pepper
- A pinch of red pepper flakes

Preheat oven broiler.

Heat broth or olive oil in cast iron skillet over medium heat, add onion, garlic and spices and simmer for 3 minutes. Add peppers and chopped greens and cover for 3 minutes. Beat eggs and pour into pan.

Cook on low for about 4 minutes or until you see eggs begin to firm on bottom – do not stir them.

Sprinkle cheese over eggs. Place skillet in middle of oven and broil for 3 to 4 minutes or until there is no liquid left and eggs are firm. Remove from oven and let cool for 2 minutes. Cut into pie shaped pieces and enjoy.

Note: Make sure to watch them when under broiler – Do not overcook.

Optional ideas: Try adding diced tomatoes, steamed chopped asparagus or any other favorite vegetable.

Recipes submitted by Shannon Bliss, CNP, ROHP, RNCP, Certified Nutritional Practitioner and Certified Live Cell Microscopist. Kelowna 250-801-2798

[More recipes....](#)

What's New?

Request from Adam - Global Intention Heals Project

This project was announced only weeks ago and there is already over six thousand enthusiastic participants with more registering every day. On **November 8th** at 1:15pm pst (Vancouver time) everyone will focus on the image of one person who will be hooked up to a Q-EEG monitor. The person's picture cannot be shown until 5 minutes before the starting time. This will prevent any early intentions being sent while we establish a baseline. The monitor will measure the person's brain waves. We hope to show that our intentions can affect a change in brainwaves, leading the way to healing with intentions. If you want to be included in this exciting project you should email us stating the number of how many in your group will be participating. We need you to notify us so that we have an accurate count of all who are part of this project, one or more. Be sure to let us know how many in your group. Click here for more details - <http://www.dreamhealer.com/intention-heals>

Guided Meditation cd's

Pamela Shelly has created 4 Guided Meditation cd's for \$19.95 each and has a wide variety of Crystal Skulls available, see www.pamelashelly.com under Products for more info. Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com [Email](#) or phone Pamela at 250-861-9087 in Kelowna.

Beautiful gemstone pendants and necklaces

Beautiful gemstone pendants and necklaces very reasonably priced. For more info. go to www.pamelashelly.com e-mail [Email](#) or phone Pamela at 250-861-9087 in Kelowna.

New Archangel Healing & Empowerment CDs. Free support & full 6 mo. money back guarantee! Find out what others are saying at

www.AtlantisHealthCenters.com or 250-448-6114

Wanted a Therapy Table

I am looking for a therapy table for sale in the Okanagan area. If anyone has information on one, please contact Jorg Mardian at 250-498-2727. - **FOUND and SOLD! Thru OK In HEALTH members.**

South Okanagan Offices for Rent

New offices for rent in complementary health clinic. In a great area of Penticton, lots of parking. \$500.00 per month. Contact Dr. Tamara Browne 250-485-7227.

Penticton Office For Sale: 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

Kelowna Office For Rent - on a full, part time basis

Would you like to share your healing gifts with your clients in a beautiful, nurturing office? The Lovin Livin Centre, in the heart of Kelowna has an office for rent on a full, part time basis. Contact Geri at [E-mail](mailto:geri@lovinlivin.com) 250.470.1041

Kelowna Treatment Room for Rent

Cherry Blossom Acupuncture and Wellness has a treatment room for rent. Rates negotiable depending on expectations. See pictures at cherryblossomacupuncture.com. Contact: Rhianda 250-878-6514

Osoyoos Metaphysical Business For Sale Business Opportunity: Established Metaphysical business for sale located in beautiful downtown Osoyoos. Owners would like to retire. Terms negotiable. Phone Neil Brimblecombe at 250-809-2602, at the Holistic Desert Connections - Alternative Health Store.

In Need - OK In Health member is in need of a used Flat screen for a computer. Will pick up in the South Okanagan area.

Need a novel idea for a Christmas Gift ?

Find a luxury therapy, relaxing [treatment](#), or a inspiring [workshop](#) to delight your Loved One! Request an Gift Voucher from one of our many practitioners or workshop organizers..



Practitioners - Full details by area
[Penticton and South Okanagan](#)
[Kelowna and Central Okanagan](#)
[Vernon and North Okanagan](#)
[Vancouver & across B.C.](#)
[Alberta and Across Canada](#)
[Kootenays Area](#)

Special Offer: Your favourite person's photo transformed into a professionally painted PORTRAIT in oils on canvas. See www.dial-a-portrait.com for details. E-Voucher available.

Nutritionist Book for OK In Health

Our OK Nutritionist, Alexis Costello has her new book on nutrition available as an ebook on her website. She is offering a special download to our OK In Health members, if you are interested? The pdf file is \$5.99 to download and the intro is there for you to read if you like. Her website is www.happilyholistic.ca

This Month is Dedicated to:

November 14th is Bereavement Day in BC.

What are you doing for your bereaved families/clients to help them commemorate this day? Want ideas? Call or email the BC Bereavement Helpline today!

BC Bereavement Helpline - A province-wide, safe, free, confidential line for anyone who has lost a loved one to call for support, helpful information and referral to a support group or agency in your town. Caregivers, both volunteer and professional, welcome to call for access to resources and bereavement support networking. Toll free 1-877-779-2223 or 604-738-9950 in Greater Vancouver. BC Bereavement Helpline - Putting Life, Loss and Love into Perspective.

Bereavement Walking Group Friday mornings at 9:45 a.m. This group for those who have suffered a loss. Each walk is a time to walk at a relaxed pace with others, benefit from fresh air and from support. Walk together rain or shine at a relaxed pace for an hour. Support and information about grief. Optional coffee time afterwards. Sponsored by Hospice with a social worker and hospice volunteers joining the walks. Venue: Japanese Gardens at the Penticton Art Gallery, 199 Marina Way, Penticton, B.C. Cost: Free. Contact for more details: phone: 250-492-9071 (ext. 2203) or [Email](mailto:info@pentictonhospice.com) url: www.pentictonhospice.com.

Date: Fall Session is September-October; - Spring Session- April - May.

November is Dedicated to:

Month

- Amaryllis Month (Huntington Society)
- Crohn's and Colitis Awareness Month
- C.P.R. Awareness Month
- Diabetes Month
- Osteoporosis Month

Week		
*	1-7	National Down Syndrome Awareness Week
*	6-12	National Seniors Safety Week
*	24-30	National Home Fire Safety Week
Day		
*	14	World Diabetes Day
*	18	National Memory Screening Day
*	18	World COPD (Chronic Obstructive Pulmonary Disease) Day
*	20	National Child Day
*	25	International Day for the Elimination of Violence Against Women

What our members are saying:

EditR

"The monthly articles, programs and connections to practitioners and events certainly make it easier to network and seek out the sometimes much needed services. Winning a contest can allow each of us to try out a service that we may not normally have tried. Thanks for all hard work and dedication. Keep up with your educational and inspiring newsletters offering many of us, our connections to Health and Wellness in the Okanagan." Celeste, Summerland

Thanks for your service. It has introduced me to some very special persons with unique health enhancement abilities which I have since used. I find the articles and profiles quite helpful. John, South Okanagan

Hi.... I really value all of your mail. It is awesome! THANKS!!!!!! Your site is wonderful!! I Love it!! You need to be complimented for your time and effort!Harv, Salmon Arm


Health and wellness is available to us to get over the bumps in life and one of the easiest places to locate information about workshops is at www.OKinHealth.com. This web site will provide information about not only workshops, but also events, contests, tips, and recipes and a directory of practitioners, support groups, related businesses and general info on several disciplines in traditional and natural health practices. Click in to see what is new and helpful to you. by John
(See more comments below)

Get to know some of our OK In Health members!



Horizon Homeopathic
Help your body heal itself... Homeopathy uses natural remedies both to help the body heal itself and be free of disease as well as helping the immune system perform at it's optimum. Having studied in England, I now live in the beautiful Okanagan and practice from my home on the Westside of Kelowna. Contact Sara Fitzharris at Horizon Homeopathic 250 769 7280 or click here to e-mail and Website: www.horizonhomeopathic.com

New Archangel Healing & Empowerment CDs.
Free support & full 6 mo. money back guarantee! Find out what others are saying at www.AtlantisHealthCenters.com or 250-448-6114

 <p>Quantum Fitness Studio – classes for your body and soul</p> <p>Strengthen your body. Stimulate your senses. Release stress. Expand your awareness. Quantum Fitness Studio located at Bodies on Power in Penticton, offers a “buffet” of classes within one all-inclusive flex schedule. Create your own unique version of wellness and balance through dance, stillness, conditioning/sculpting, cardio/aerobics, Pilates, Yoga, stretching, meditation as well a variety of workshops. Recharge. Refuel. Renew. Website: www.quantumfitnessstudio.com. Phone: 250.770.8303</p>

Thank you for the excellent service, I am new to the industry and appreciate the tremendous support offered. I hope to take advantage of the opportunities and resources you provide in the near future.
Trish, Sidney, BC



Inner Pathways

Specializing In Women's Issues
~ Therapeutic Writing ~ Counselling ~ Workshop Facilitating.
Feeling empty, lonely, lost, without purpose or direction?
Looking for a sense of connection, peace and serenity?
Aching to live your truth – to love and accept yourself more?
Workshops and counselling available on-line and in person. [\[see contests\]](#)
Annette Erickson, Registered Professional Counsellor, Healing and growing through the written word. (250)807-2746 or 1-888-807-2367. annette@innerpathways.ca
Website: www.innerpathways.ca



To Advertise on OK In Health - please contact Maria at email 250 493 0106



Dawn Dancing Otter

Shamanic Journeying and Sacred Medicine
Soul Alchemy
Transformational Bodywork
Classes and Workshops:
Afro-Jazz Dance for adults
Core Dynamics Body Mastery
DanceAlchemy Ecstatic Dance



Dawn Dancing Otter, Penticton, BC. Ph:250-276-6359 **Email** Website: www.dancingotter.ca
Accepting and Loving What IS...Manifesting what is BEcoming...and Dancin' like there's nobody watchin'

Workshops
Practitioners
Wellness businesses
Non-profit
Support groups

Wind in the Willow -Creative & Healing Arts -Studio



ART THERAPY, uses the creative process along with meaningful communication to work with and resolve difficult mental and emotional states. Creativity is the means whereby healing takes place. No prior art experience is necessary.
DRU YOGA THERAPY, is rooted in ancient tradition with its yogic postures, breath, and relaxation techniques. Unique to Dru are the Energy Block Release sequences based on gentle flowing movements harmonized with directed breathing, visualizations and affirmations. It is practiced by people of all ages, abilities and fitness levels.
www.druworldwide.com
Cindi Tomochko: BA./DVATI. Certified Art Therapist and Dru Yoga Instructor #204-219 Main Street, Penticton, BC V2A 5B1 p. 250. 276.5308 [Click Here to E-mail](#)

This site is great keep it coming,
Terry, Kelowna

This is an excellent newsletter full of interesting & very helpful tips, great ideas & wonderful suggestions on improving & providing extra care & natural health aid for anyone, no matter what age they may be.
Lana, Kelowna

Norma Cowie - Psychic Metaphysical Consultant

Norma Cowie is a Psychic Metaphysical Consultant and is available for Tarot Card Readings, Past Life Regression, Soul/Source Connection (Psychic emotional surgery) and Metaphysical Consulting. Join Norma every Wednesday at the [Meditation & Discussion](#) or at her many workshops such as: [Learn how to be a Past Life Regressionist](#) and [Plug into your Power, personal, psychic & intuition](#) (6 mth intensive inner journey). Also available are Norma's **New book** - "The Ghost I Took Home", and a range of other books, tapes, & DVD's. Visit Norma's website for more details at www.normacowie.com or contact Norma at Penticton, BC - 250 490 0654 or [E-mail](#)
Listen to Norma Cowie's Tarot World weekly Wednesday 4pm on www.theshiftradio.com and hear about the journey within the Tarot and how they symbols relate to your life.



Your site is very interesting. I can stay for hours reading about articles and events.
All the best,
Guylaine, Kelowna

Daydream Esthetics Studio - A Holistic Approach



SPECIALIZING IN ORGANIC FACIALS FOR:
Rosacea, Acne and Aging Skins. Special Gift – Enjoy a complimentary.
Second Facial within 2 weeks of first!
Manicures & Pedicures
Waxing Services
Hot Stone Massage
Body Wraps

Organic Skin Care Products – Paraben Free & Chemical Free
All Nail Polishes Formaldehyde & Toluene Free - [See Contest](#)

26-88 Duncan Ave W, Penticton, 250 490-1233 - [Email](#):
...take time to daydream

I really enjoy reading the articles and I always forward to my Education Committee. Thank you for sending the newsletter!
Have a nice day!
Almerinda,
Toronto, Ont

Wildflower Yoga

Gentle, Restorative, and Vinyasa (flow yoga). Explore and experience the many benefits of yoga with wildflower's gentle and supportive guidance. Small classes - gentle approach - mindful yoga! Wildflower's gentle meditation-in-motion teaching style and her respect of individual experience empower and enable you to deeply connect with your own body wisdom in the moment.
Location: - Shanti Yoga Therapy, #19 - 219 Main St, Downtown Penticton and at mBody Living Arts Center, 125 Eckhardt Ave E, Penticton.
Investment: Please contact us to register for classes or \$12 drop-in, space permitting
[Email](#):for more details. **Web Site:** www.wildfloweryoga.ca **Ph:**250.486.5739

Well done in producing this mag. I do enjoy it. Thanx again for your good attention and intention to produce this work.
LorRaine, OK Falls



Linda Buhler, Maria Carr, and Christina Ince at the OK In Health booth at the Penticton Market.
Photo sent to us by Brigid Kemp.

[Click here for Practitioners in your town](#)

Wellness Tips

Boost Your Immune System

Throughout our lives, our immune systems are under assault from environmental toxins. Living in crowded cities, traveling frequently in airplanes, and spending time in day care centers and schools all expose us to many more germs than people had to deal with in the past. We can protect and strengthen our immunity by eating right, getting enough activity and rest, practicing stress reduction, and cultivating healthy emotional states. There are also several herbs, such as astragalus, that can help enhance immune function. Obtained from the root of Astragalus membranaceus in the pea family, astragalus has a long history in Chinese medicine, where it is used to ward off colds and flu.

Seasonal Depression Affecting You?

The shorter daylight hours of autumn and winter can affect sleep, productivity and state of mind. Light therapy (also known as phototherapy) may help. It uses specially designed boxes that emit full-spectrum light to simulate sunlight. While still a relatively unknown treatment, light therapy has been shown to have positive benefits in addressing many health issues, including Seasonal Affective Disorder (SAD), severe premenstrual syndrome, bulimia, and as a non-drug treatment for depression. If you have been suffering from SAD or just feel a little blue this time of year, contact your physician or healthcare provider - depression is a treatable condition; light therapy may be an option he or she recommends for you.



The Benefits of Rhodiola

Rhodiola is one of the rising stars of plant therapy. In infusion or gel capsule form, the plant sometimes called the "new ginseng" appears to protect the heart, prevent altitude sickness, improve moods, alleviating depression, strengthen immune system activity, improves both physical and mental performance, reduces fatigue, and more. "The plant was such a craze in Russia that it nearly disappeared. Rhodiola rosea's effects are attributed to its ability to optimise serotonin and dopamine levels, due to monoamine oxidase inhibition and to its influence on opioid peptides such as beta-endorphins. Rhodiola rosea should be taken early in the day because it can interfere with sleep.

Slow Down When Eating

Do you find yourself eating on the run or grabbing something quick to eat while you are driving or working at your desk? Experts believe that eating slowly may be better for your health. You actually improve what and how much you eat when you take the time to enjoy your food, including the smell, taste, and colors on your plate.

The Ideal Amount of Weight to Lift

To be effective, weight lifting should become difficult as you reach the last few repetitions of each set. According to fitness experts, to build strength, lift a weight that tires your muscles after 8-12 repetitions. This is normally an ideal amount of weight for you to work with.

Clean Hands Keep the Doctor Away

Did you know that washing your hands is the most effective way to stop the spread of illness? Washing hands properly and thoroughly is very important. An effective hand washing technique is to wet your hands with warm water; soap and scrub for 20 seconds-it helps to sing Happy Birthday (under your breath) twice; rinse under clean running water; and dry completely using a clean paper towel or cloth.

Dry Skin

If chapped lips or dry skin are a problem, find natural relief with calendula, an herbal remedy made from the petals of the ornamental "pot marigold" flower.

Bean Power

Beans, also called legumes, are inexpensive and quite filling. Dietary Guidelines 1 recommends eating them several times each week. Red, black, pinto, or kidney beans all pack a nutritional punch. One-third cup of cooked beans has only 80 calories, no cholesterol, lots of complex carbohydrates, and little fat. They are also a great source of protein, full of B vitamins, potassium, and fiber. Experts believe that eating beans may reduce blood cholesterol, a leading cause of heart disease.

For more healthy tip visit our [Wellness Tips](#) page.



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Please be patient as we proof read the website

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OK in Health's Contests

Win one of the many treatments and prizes in OK in Health's -

30+ Contests [Click Here!](#) + New contest ~

Special Referral Contest.

Refer a friends, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The person with the most referrals from now until January 24th wins a special audio CD called - 'Seagull in Flight' by Chris Madsen (Vernon). It includes 16 instrumental solo guitar works that will carry you away to blissful states. This is another way of us trying to say thank you to everyone who has helped OK In Health grow over the last five years and to bring in new members to connect with.

Central Okanagan Area

One complimentary 1/2 hour psychic reading
One complimentary a Shiatsu session
One complimentary consultation in the area of Family Mediation
One complimentary Feldenkrais session
One complimentary Reiki session
One complimentary European lymph drainage massage with aromatherapy or Deep tissue massage
One complimentary Reiki session

South Okanagan Area

One complimentary Adrenal Support Yoga Session **New**
One complimentary Fitness pass
One complimentary Reconnective Healing session
One complimentary Reflexology session
One complimentary 1.5 hrs Organic Facial session
One complimentary first time Homeopathic consultation
One complimentary Reflexology session
One complimentary Aqua-Chi detox footbath session
One complimentary Reiki session
One complimentary Shiatsu Face-Lift session
One complimentary session - hypnosis, or psychological, or energy work
One complimentary Tarot Card Reading
One complimentary cranio sacral reflexology treatment
One complimentary Pet session at "Colour Me Healthy"

Prince George Area & All Areas

One complimentary Transformational Energy Healing session

Vancouver Area

One complimentary Heart Resonance Therapy session **or** pilates reformer session
One complimentary 30 min Lemurian Oracle Reading

All Areas

One complimentary Distance Journeying for Power Animal Retrieval session

Plus Discount Gift Card for upcoming workshops



WEBSITE REMINDER

Hopefully you are enjoying this e-newsletter, may we remind you how easy it is to check out any workshop, event, article or practitioner by simply clicking on this link to our simple to navigate website. www.OKinHealth.com

Thank you for taking the time to read this newsletter.
I hope you get as much pleasure receiving it as I had sending it.
Please feel free to contact me if you think there is anything I can help you with.
From Maria Carr and the OK in Health team



If you **LOVE** OK In Health and this free newsletter:

- **Our Creativity**
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-- Kamloops
Elaine Nolan
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- Kootenays
Eveline John
Leeza Trione
and

to our many members who have placed posters in their offices, support groups, local health stores, wellness centres, and community noticeboards.

Join The OK Team!
[E-Mail Us](#)

- Invite yours friends to sign up
Promote your events/business in OK In Health
Donate a treatment or prize to members
Hang our new posters up in your office or local boards
 - Forward this on to those who would love it too
- Drop us an email for our [Message Board](#) and share with us your feedback about OK in Health we love hearing from you.

Maria Carr and the OK in Health Team

The OK in Health Website

www.OKinHealth.com

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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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