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**OK In Health's**  
September 2009  
*Health & Wellness On-Line Magazine*

#### EDITOR'S MESSAGE

Greetings to all our OK In Health members,

**World Reflexology Week is the third week in September**  
Special fall discount - [50% off all workshops and events](#)

**Welcome to the September OK In Health's Autumn Newsletter!** It's that time of year again and begins with Fall Fun with classes & workshops! Fall class registration is now underway and they are filling up fast. Visit our event calendar page on the OK In Health website to register. [Classes and workshops](#) will be offered in a variety of sections - see our event & classes page.

**Congratulations to our Summer Contest Winners** - see below for winners names. We have a [brand new contest](#) plus a **Special Referral Contest**. Refer a friend, 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.

**Columnist needed!** OK In Health is looking for a member who would be interesting in writing a column on wholistic gardening ( indoor and out) and also healthy recipes.

This month, we have a range of [new articles](#) to read. We love to hear your feedback about what columns you enjoy.

**Are you ready to feel better this fall and put YOU first?.**

It is not- all about just losing weight but it is about feeling well!

Having more energy! tackling a walk or those stairs,  
bring down your cholesterol or blood pressure,  
being able to move with ease  
breaking free of your stress and worrying?  
So let's have some fun about it!

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](#)

**Have you ever wonder what Nia was?** Turn up the sound!



I had the marvellous chance to try my first Nia class with --[Michelle Parry](#) in [Penticton](#). It was different than any other fitness class I had tried before. I loved the music and free flowing dance. It was a really good workout but still easy enough to do with no pounding and was very enjoyable. It gave me the movement that my body needs after hours of sitting doing web programming and it also got my heart rate up and going too. Most of all it was very enjoyable.

[Patti Tennessy](#) also teaches [Nia classes in Kelowna](#) and to find a [Nia teachers in the your area](#) visit the [www.nianow.com](http://www.nianow.com) website.

#### Free Wise Woman Weekend Gift!

Due to the generosity of a participant who at this date decided she cannot possibly make it to the Wise Women Festival , on September 18,19,20 at the Naramata Centre. She now wishes to donate it to a woman who would love to come. Darlene is donating her accomodations, meals and registration fees. So, if you are or know any woman who would like to receive this as a gift, please forward requests to me at Marion's [e-mail address](#). We also have a donation from Issues Magazine for a free registration to a woman who cannot otherwise afford to attend. Do you know someone who has helped others and would welcome a lovely treat? Any and all submissions welcome.

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



[New Articles](#)

[Workshops & Events](#)

[Calendar](#)

[Events by Town](#)

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Next  
**OK In Health's International Special Event** are coming up soon  
**Cranio Sacral Reflexology** with  
Dr. Martine Faure-Alderson  
(England/Paris)  
[More details](#) September

**Healing Touch for Babies**  
with Rita Kluny (Texas)



**OK In Health-Your Wellness Community at your finger tips!!**

**Pull up a comfy chair with your favorite beverage and enjoy all the articles that tickle your fancy because this month's magazine is JAM-PACKED with new articles, tons of events, contests and recipes. We have so much information to share with you.**

## *Stay Connected with your Wellness Community!*

**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 Annick Fransen (Office admin work), Marion Desborough ( Newsletter/proofing), and to Joan Moffet, Sheila Balogh, Christina Ince, and Dave Dixon.**

Wow, congratulations! You and your team are doing fantastic work. Keep it up!! from Matt Taylor, Bodyplus, Alberta

Congratulation to your achievement ( 1st page on search engines), well deserved!! Klaus Ferlow, Vancouver

I am excited for you as well, Maria regarding OK in Health being on page 1!!!!

Whenever I have lived somewhere I have really dedicated myself to getting to know the area and wanting to be part of it and this site is great for "getting it all together" .....really easy to read! At this point in my life I can not afford to attend some events but I sure look into anything I can [attend for free in my community on your free event page](#) ! There is lots to do that is free if you look around you...just smile at people you meet on the sidewalks, and visit the parks and the library for example! Thanks for taking the time and effort to doing this website! Much Appreciated! from Bonnie Klassen, Vernon

I thought I would tell you I am responding because you sent me the email , as I wasn't planning on putting in an add, then you have a special and then it made me feel special, lol so anyways its working! Thanks for doing what your doing, keep smiling, and breathing deep. In joy and love, from Sequoia Henning, Kelowna.

Maria and OK In Health, I so appreciate receiving the monthly newsletter, it reminds me to look at the workshops and your site. I have been checking out OK in health since you started it many years ago. Thanks!!! Teresa Cline, Penticton, BC

Wow, you must be excited. Congratulations. This is a sure marker of interest in your newsletter among those Googling health and wellness - a humongous achievement. I believe you have worked very hard gathering the information and presenting it well, yet it is not only that - you have held the energy for this and succeeded. I also want to recognise your supportive family. Well done all. from Judith Dunlop, Penticton

What a great contest! This is a great way to experience and try out alternative health methods available in my area. Alex Valoroso, Penticton

LOVE the newsletters! Patrika Watkinson Westbank, BC. Canada

Thank you for your great, informative newsletters! Deneen Kehler

## 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**



**Dietary Guidelines - Part One**  
This month we look at some dietary guidelines for weight management, cardiac health, chronic disease management, vitality, and optimal health. Next month, we are going to use some of these guidelines and incorporate them into some sample meal plans. So, let's start with some simple and interesting steps to follow....  
[\[...Read More \]](#)



### **'For the Health of It' with Brenda Molloy**

**Healing with Sound**  
When we sing or chant we are utilizing the healing effects of sound. Singing and chanting not only send healing vibrations of sound throughout our bodies; they also permeate our cells with the quality and meaning of the words and tones that are used. Singing and chanting help to optimize the flow of energy within the body and enhance emotional well-being. [\[ click here to read full article \]](#)

### **"To Your Good Health" with David Dixon**

### **Natural Beauty with Deanna Klan**



### What's All This Hormone Hoopla?

The functions of each hormone and the structure of our hormone system are so confusing and intricate, we are going to simplify as much as possible here... I'll explain... [\[...Read More\]](#)



### The Top Ten Habits for Great Skin

Is your skin a little lifeless and tired looking? Follow this guide to beautiful glowing skin all in easy to implement and inexpensive tips... [\[... Read More\]](#)

### 'Embracing Change' with Lyndsay Blais



#### Where's Your Focus?

As we approach the season of fall, it often feels like a new beginning, an opportunity for a fresh start. We get back into our routines, kids are back at school, programs and classes start again and many people re-commit to their health and wellness goals. [\[...Read More\]](#)

### 'Soul-Full Journeys' Column with Pamela Shelly



#### Powerful or Powerless, Which One Are You?

As a young child we often learn early how to behave to be accepted and get our needs and wants met. This month's article is about who and where we often give our power away to. Find out how you can become more empowered... [\[...Read More\]](#)

### ' Parenting Tips' Column with Maggie Reigh



#### Make this School Year a Success for Everyone!

*Back to school already? Or is it, back to school – at last! Either way, the beginning of a new school year is a great time to step back and take a look at what's MOST important to you and your child and set some healthy habits in motion..* [\[...Read More\]](#)

### OK ~ for Healthy Animals



#### Herbal Tinctures for Pets By Klaus Ferlow

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 herbals is that they are slower acting and will take a bit longer to work... [\[... read more\]](#)

### 'Soul Food' Column with Sharon Taphorn



#### Letting Go of the Past

The burden of carrying around the past can make us weary. Let us keep the lessons and the love, and leave everything else behind. Oftentimes we allow the thoughts and feelings of the past to hold us back. How do we get off this cycle and begin to move forward? [\[ click here to read full article \]](#)

### Feng Shui Gems with Teresa Hwang



#### Feng Shui & Trinity of Luck

In Chinese metaphysical studies, the concept of the Trinity of Luck - Heaven, Earth and Man/Human Luck are intricately entwined together. We can look at the whole picture by their effects on our Path of Life. All these factors are all determined by the type of Qi the spirit/soul is composed of at the moment of birth... [\[... Read More \]](#)

### Coaches Corner with Sue Chambers



#### Is Stress Affecting Your Health?....

Each of us has worries. Whether it's the stress of work, family, finances or our personal lives, stress can lead to other problems. A small amount of stress is normal, however, with the known effects of stress on the body, eliminating constant stress is essential for a Healthy life. Make sure you have all the facts..... [\[ click here to read full article \]](#) .

### Glorious Gardens Gems



#### Heirloom Seeds.

Many seed varieties available today have been developed for the commercial grower. They are bred for qualities such as uniformity and long shelf life; taste is usually the last consideration. Heirloom seeds have been passed down through the generations and are cherished for their outstanding characteristics, such as superior flavor, vibrant color, adaptability and vigorous growth. Most seed are pollinated, untreated and free of genetic engineering. See your Local Framers Markets or Health Stores.

### Dancing With Colour - with Patrisha Aherne O'Farrell

#### Creative Magic Words

The words 'what if' are two of the most creatively stimulating words I know. They'll spark you into lateral thinking 'outside the box' and expand your vision. Here's a creative project on which you can test them out. This adventure into creativity can be as

### Happily Holistic - Alexis Costello's Nutrition Column

#### Brain-boosting school lunches

All parents have to face it at some point or another. The lunchbox, gaping open, horribly empty and needing to be filled with... something. All the parenting magazines and blogs emphasize that healthy food is important for kids trying to learn, yet few offer practical suggestions for what to actually put into



simple or as elaborate, quick or prolonged as you choose – over a few days or over many months...[\[...Read More\]](#)



that lunchbox in the hectic rush of early mornings....[\[...Read More\]](#)

### Body Plus Column



**Now you can improve the fat burning process 24 hours a day** by *Norm Danniels*  
Whether you are trying to lose a few stubborn pounds or completely reshape your body, you need to make sensible dietary changes and engage in some regular exercise. A magic pill to do all the work would be great, but it just doesn't work that way. Having said that, an effective fat burning supplement can be a wonderful catalyst to help you achieve your weight loss goals and accelerate the whole fat burning process. It needs to be strategic and target the specific fat burning opportunities that occur over the course of the day. Men and women are metabolically and hormonally very different. Women, for example... [\[ Read More...\]](#)



### OK In Health 's Favourite Picks from our OK members



**What is the Nia Technique?**  
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.....[\[ Read More\]](#)

### Maria's Favourite Picks from our OK members



**Singing Makes You Feel Good!** Written by: Michelle Bailly, Kelowna

Have you ever found yourself singing in the shower or car? You have? Why? Because singing makes you feel good! Everyone can sing. To learn, we don't need to manufacture special sounds or train to sing in a mechanical way. We need only align our body and emotions to make our natural sound spontaneously. This creates beneficial effects for our emotional and physical health. Singing and songs are an integral part of every culture. In traditional societies like African tribes or in Ireland, where I spent 23 years of my life, everyone sings - the songs are for everyone no matter the voice, and bring the community together in sadness and in joy. In singing we release and express a full range of emotions and.....[\[...Read full article\]](#)

### 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

Estimated number of visits  
for [okinhealth.com](#)  
by [Statsbrain.com](#)  
1,260 visits per day. 3  
million hits a year

### Special International Events - Hosted by OK In Health-

Coming to Penticton, BC

### 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. [\[Contact our Event Team\]](#)

**Healing Touch for Babies** with Rita Kluny RN, CHTP/1 ( Texas) [More details](#) . **November 7 & 8** in Penticton, BC.  
The experience of birth is truly one of Remembrance -- of the miracle of creation, of love, of Divine Presence. When looking into the eyes of a newborn, something in us stirs so deeply, perhaps the memory of our own innocence, the recollection of our original integrity. In that moment, we are invited to drop the outer world, and let ourselves be brought back to Being ...[\[ Read More\]](#)

**Anatomy Refresher Course** - Part One and Part Two - coming soon. [\[Contact our Event Team\]](#)  
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** [\[Contact our Event Team\]](#)  
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  
**Hand course** - April 16, 17 - This course is already 1/4 full already

**Cranio Sacral Reflexology** with Dr. Martine Faure-Alderson (England/Paris) [More details](#) Sept. **Only Two places left**

**Healing Touch for Babies** with Rita Kluny ( Texas)[More details](#) November

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

Estimated number of visits for [okinhealth.com](http://okinhealth.com) by Statsbrain.com 1,260 visits per day

### Up Coming Events

**Body and Soul  
Wellness Fair  
Vernon**

**RAC Certified  
Reflexology Course –  
Surrey, bc**

**Yuen Method™ - Level  
one**

**Creative Cognition  
Gabriola Island, BC**

**Artful  
Communication with  
Theresa Greenwood  
Kelowna**

**Reiki Classes  
with Anne Reid  
Kelowna**

**Nia Classes  
Penticton & Kelowna**

**Sing  
Because You Can  
Kelowna**

**Reiki Classes  
with Kathy Collins  
Kelowna**

**Reflexology  
Vancouver**

**Prenatal Yoga  
Penticton**

**Heart Resonance  
Therapy  
Kootenay Tour &  
Penticton**

**Chakras 101-  
Kelowna**

**Embrace the Divine  
Feminine  
Kelowna**

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

**Healing PathWay - Phase 2** - Vernon

**Ecstatic Soul Retreat** - Cherryville

**Wise Women Weekend Retreat** - Penticton

**'Energize The Moves' Workshop** - Kelowna

Literacy Now SO-S will be launching **'The Literacy Directory'** throughout the South Okanagan and Similkameen area.

**NAVIGATING THE PATH OF CANCER AND CHRONIC DISEASE**  
Penticton

**"LIVE BLOOD ANALYSIS as a tool for better health."** Penticton Whole Foods Market

[\[...Full Details\]](#)

**Maria and OK In Health,**

**Plug into your power! ~  
6-month Intensive  
With Norma Cowie  
Penticton**

**Cranio Sacral  
Reflexology  
with Dr. Martine Faure-  
Alderson (England/Paris)  
[More details](#) September**

**Healing Touch for  
Babies Penticton**

**Adrenal Support  
Yoga Series  
Penticton**

**Beyond Cancer:  
Yoga For Wellness  
Penticton**

**RAC Certification  
Foot Reflexology  
Course  
Nanaimo**

**Seniors Symposium  
Penticton**

**Destiny Women  
Retreat ~  
Plenty of deep inner work,  
yoga, hiking to the falls,  
swimming, healthy organic  
meal, floating down the lazy  
river or laying on the beach.  
Winlaw, BC**

**P.A.T.H.Expo  
Salmo, BC**

**Basic Acupressure -  
Kelowna**

**Introduction to  
Shiatsu - Kelowna**

**ALTERNATIVE vs  
WESTERN MEDICINE,  
Which is best?  
Penticton**

Breathing 4 life-  
Pranayama  
Kelowna

Master Charles  
Cannon -  
Vancouver and  
Kelowna

I so appreciate receiving the monthly newsletter,  
it reminds me to look at the workshops and your site.  
I have been checking out OK in health  
since you started it many years ago.  
Thanks!!! Teresa Cline, Penticton, BC

[MORE EVENTS](#)

[More Details](#)



## Recipes

### Happily Holistic - Alexis Costello's Nutrition Column



#### Brain-boosting school lunches

All parents have to face it at some point or another. The lunchbox, gaping open, horribly empty and needing to be filled with...something. The old stand-by of peanut butter and jelly has been banned by many schools because of the prevalence of allergies. All the parenting magazines and blogs emphasize that healthy food is important for kids trying to learn, yet few offer practical suggestions for what to actually put into that lunchbox in the hectic rush of early mornings. Low glycemic carbohydrates provide energy and keep blood sugar levels stable throughout the afternoon. Protein is a must for concentration, keeping the body and mind alert and focused through the afternoon. ....[...[Read More](#)]

Coming Soon  
an  
OK In Health Special  
Event

**Cranio Sacral  
Reflexology**  
with Dr. Martine Faure-  
Alderson (England/Paris)  
[More details](#) September

#### This Month's Recipe -

##### Caponata

**Ingredients:** 4 small eggplants \* 6 tbsp salt (90 grams) \* 2 tomatoes \* 2 tbsp olive oil (30 milliliters) \* 4 peppers \* 4 zucchini \* 4 white onions \* 1/2 cup wine vinegar \* 1 tsp sugar (5 grams) \* 1 spoon capers (20 grams) \* 2 bay leaves \* 1 cup pitted green olives \* 1/2 cup extra virgin olive oil \* Salt \* Pepper.

**Directions:** Preparation time is 180 minutes. Preheat oven to 375 degrees Fahrenheit. Cut eggplant into piece, sprinkle with salt and let it stand with a heavy weight on it for 30 minutes. Chop up the tomatoes, heat oil in the saucepan then add the tomatoes and cook for 15 minutes. Cut peppers and zucchini into pieces. Slice the onions thin. Pat eggplant dry. Heat vinegar in saucepan over a low flame, dissolve sugar in vinegar and mix together all ingredients and place in an oiled roasting pan and bake in the oven at 350 degrees for 1 1/2 to 2 hours turning every 30 minutes. Yield: 4

**Healing Touch  
for Babies**  
with Rita Kluny  
(Texas)  
[More details](#)  
November

##### Stuffed Tomatoes



**Ingredients:** \* 2 tbsp olive oil \* 2 tbsp each of fresh basil, oregano, parsley, chives; chopped \* 1 cup goat's cheese \* 4 tomatoes \* salt to taste.

**Directions:** Using a sharp knife remove the stems from the tomatoes, approx. 2" wide by 1" deep. Roughly chop the fresh herbs and mix with goat's cheese. Divide the cheese mixture equally among the tomatoes and stuff. Prepare the BBQ to medium high heat. Place the tomatoes on the grill; cover BBQ with lid. Cook until soft, about 7-10 minutes.

Hosted By Maria Carr  
& OK In Health

##### Crustless Quiche

**Ingredients:** 1 tsp. Canola Oil \* 1/4 cup finely chopped onion \* 1 pkg. (10oz) frozen chopped broccoli, thawed, drained. \* 2 cups egg beaters \* 1/2 cup lowfat cottage cheese \* 1/2 cup 2% shredded reduced fat cheddar cheese \* 8 tsp. black pepper.

**Directions:** 70 Minutes to Prepare and Cook. Preheat oven to 350. Heat oil in small nonstick skillet on medium-high heat. Add onions, cook 5 minutes or until onions are tender, stirring occasionally. Add broccoli; mix well. Spoon into lightly oiled 9-in pie plate. Mix remaining ingredients until well blended; pour over broccoli layer. Bake 45-50 minutes or until center is set and top is golden brown. Servings: 6

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

### Home-made Chai Tea



#### Ingredients

Black Tea – either 2 tea bags or 2 tsp loose tea \* 1 cup milk \* 1 cup water \* 3 cloves \* 3 cardamom seeds \* 1 small cinnamon stick \* 1 piece fresh ginger \* Honey and/or sugar to taste.

#### Instructions

Mix water, milk & spices and bring to a low boil. Add black tea, cover and let stand 2 – 3 minutes. Strain spices and tea. Sweeten to taste

Literacy Now SO-S will be launching 'The Literacy Directory' throughout the South Okanagan and Similkameen area.

### Simple Sticky Rice

**Ingredients** - 2 Cups Uncooked Sticky Rice

**Instructions** - Soak Rice overnight or for at least 4 hours, Drain and Rinse in Cold Water, Please rice in a steaming basket or vegetable steamer over boiling water, cover and steam for 20 minutes, For uniform steaming, flip rice over for the last 5-10 minutes, Remove from boiling water and place in covered dish that is not air tight.

[More recipes....](#)

### What our members are saying:

"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!! Your 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](http://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!



#### New Archangel Healing & Empowerment CDs.

Free support & full 6 mo. money back guarantee!  
Find out what others are saying at [www.AtlantisHealthCenters.com](http://www.AtlantisHealthCenters.com) or 250-448-6114

#### Certified Quantum Biofeedback Specialist



The LIFE System is an advanced Quantum Biofeedback device designed to scan the body for individual reaction to thousands of compounds in a matter of minutes, and then provides corrective biofeedback to help bring the body back into balance.

Address your pain, fatigue, disease, and release stressors in your energy flow.

**Marie-Jeanne Fenton** - offers Quantum Biofeedback Treatments, also certified in Touch for Health, Reiki, Quantum Touch, & EFT. Contact [Energy Balance](#) in Kelowna.

Click here for [Email address](#) or [Website](#) or (250) 862- 5121.

See article: [What is Quantum Biofeedback?](#) and [Oct/Nov Contests](#)

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**

#### The Reconnection™ and Reconnective Healing® - with Bernice Granger

Energy Healing, Utilizing New Frequencies.

Restoring Wholeness and Balance to the Physical, Mental, Emotional and Spiritual bodies, [Reconnective Healing](#)® has aided in healing a wide variety of health challenges. It has also helped to alleviate pain and promote healing in chronic health conditions and post surgery. Even those not contending with any serious health challenges often find new meaning to life upon experiencing Reconnective Healing.

*My clients often say they are amazed at : "...how peaceful and put back together they feel."*

*Others can't get over how a chronic pain is gone. [see [contest](#) page]*

Bernice Granger, Reconnective Practitioner Level 3. Tel 250 492 6093 [E-mail](#)



To Advertise on OK In Health - please contact Maria at [email](#) 250 493 0106

### Okanagan Nia classes

Now is a good time to get into your body with Nia. Weekly Nia classes in Penticton and Kelowna with expert and professional instructors.



**Michelle Parry**  
Brown Belt Instructor  
**Penticton**  
[Website](#)  
250-492-2186  
[E-mail](#)



The Nia Technique (nee-ah) has been the hottest trend in fitness for 25 years with over 1500 teachers in 30 countries. Nia blends martial arts, dance arts and healing arts for mindful, healing, joyful movement. Nia is exhilarating! Discover how you can consciously connect to the voices of the body as you grow strong, balanced, centered, and organically alive. Watch [Nia Video](#). Read ['What is Nia?'](#) Article. Learn more about Nia at [www.NiaNow.com](#)



**Patti Tennessy**  
Black Belt Instructor  
**Kelowna**  
[Website](#)  
250-768-2517  
[E-mail](#)



**Workshops Practitioners Wellness businesses Non-profit Support groups**

### 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, located above the Marmalade Cat Café, in the heart of Kelowna has an office for rent on a full, part time basis. Contact Geri at [E-mail](#) 250.470.1041

### 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.

### Quantum Fitness Studio – classes for your body and soul



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 as a variety of workshops. Recharge. Refuel. Renew. Website: [www.quantumfitnessstudio.com](#). Phone: 250.770.8303

### Classical Homeopathy with Katharina Riedener

Experience how Homeopathic Medicine can treat the real cause of your problems! Homeopathy can be very beneficial in chronic disease as well as acute illnesses. Homeopathy has helped people all over the world for 200 years! Homeopathy is safe for anybody at any age and in any condition of health including your pets! Katharina has run a family practice for 10 years and offers consultations in Osoyoos, (South Okanagan), Penticton, BC and Red Deer, Alberta on a regular bases and also offers Homeopathic First Aid courses. Consultations are also available in German. Katharina Riedener DHom, RCS Hom, HMC - [Email](#) or Phone: 1 - 250 485-8333, [www.homeokat.com](#)

### Pamela Shelly

Pamela is a Spiritual Teacher and has been teaching a variety of workshops since 1998. Pamela works closely with the Angelic Realm and after teaching Reiki classes for 10 years she is now guided to teach Angelic Healing. Workshops will be offered in Calgary, Kelowna and Vancouver. If you would like to host a workshop in your area please phone me at 1-866-847-3454 or [E-mail](#). Visits [OKinHealth's event calendar](#) page for Pamela's next workshops.

### Looking for a novel party idea?

Book a 'reading party' with four or more people and your reading is free! Psychic Reader/Counselor to connect you to your guides and beyond. Private and group readings available from Kelowna to Penticton and surround areas. Get the information you need to change your life. Online and phone readings also available. Visit [www.athenicconnections.com](#) or call Darcy at 250-869-5911.

### Caring Karen ~ Nelson, BC

Karen Hornby RNBSN is a certified Reiki Practitioner, Certified in Accupressure and Shiatsu. She has a private practice in Nelson and offers treatments such as; Acupressure, Reiki, Shiatsu, Distance Healing, Energetic assessment, Colour Healing, and Healing Touch. Contact Karen to make an appointment at 250-509-1850 or [click here for email](#) website at [www.caringkaren.com](#)

Body Balancing Health & Healing - with Ginger Marshall

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

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

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

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

NOW, is the TIME for CHANGE!

Through Quantum Physics & Radionics with the Quantec it will Balance the Body's Electromagnetic Field or your Bio-Frequency Fields. As it picks up your Emotional State, Mental State, and Physiological State that is stopping you from becoming your true self.

Get Rid of in-Balances

~Anxiety ~ Stress ~ Depression ~ Chatter Mind ~ Anger ~ Fear ~ Frustration ~ and Negative Energy Blocks. Bring you to live more consciously, peaceful, calmer, and giving you more self-confidence. Only the truth of who you are: If Realized, "will set you free." Live a Happier, Successful life.

To be One With Life, is to Being one with Life's being is the NOW.

Contact: Ginger Marshall at 250-862-7339, [click here to e-mail](#) or visit website [www.healthbyginger.com](http://www.healthbyginger.com)

#### Footworks Reflexology & Footcare - with Kathryn Smith

In just one reflexology session you can feel the stress of your life melt away! Kathryn M. Smith, RN, RCRT (Reflexology Association of Canada). Specializing in Maternity Reflexology. Reflexology helps to maintain the body's homeostasis, an inner balance that is essential for the body to function properly. Gift Certificates available. By appointment at Footworks Reflexology & Footcare at 250 276-6309 or [E-mail](#) Also taking appointments for home visit or Retirement Centres. [\[see contest page\]](#)

#### The Natural Family Health Clinic

Dr. Tamara Browne, Naturopathic Physician.

Individualized health care programs for chronic disease management & prevention. Complete lab analysis. Scientifically based.

Featuring Chelation for a healthy heart and heavy metal detoxification plus Neural Therapy for pain management.

By appointment at

The Natural Family Health Clinic, 3048 Skaha Lake Road, Penticton, BC, V2A 7H2 (250) 493-5377 office (250) 485-7227 cell

#### 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](http://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](http://www.theshiftradio.com) and hear about the journey within the Tarot and how they symbols relate to your life.

This time of year is likely to be a time  
where you feel as though everybody wants a piece of you,  
so make sure that you schedule in some 'me-time'  
later on! You'll be thankful for a little time and space to yourself,  
whether it's for an indulgent realizing [treatment](#) or visit a [local practitioner in your area](#),  
take a [gentle exercise class](#) or [workshop](#), join a [group](#), read a [book](#) or just to watch an [inspiring DVD!](#)

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

## Wellness Tips

### Back to School - Healthy Lunch Box ideas



A healthy lunchbox can help to improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients. Here are some healthy snack ideas for back to school. Organic Bananas, Yogurts, Sliced Carrots, Boiled egg, Multi-grain sandwiches, Whole-grain breads or crackers, Light canned tuna fish, Cooked pasta, Raw vegetables that can be cut into slices, Fruits. Encourage the kids to make sandwiches with whole-grain breads or bagels; tortillas; or colorful wraps. Try different sandwich fillings, such as tabouli mixed with feta cheese in a pita pocket, or a veggie burger. To avoid food warming up and risking our kids' safety it is important to ensure our children's lunch boxes stay chilled. Juice and water can be frozen

and put it into your lunchbox to keep your food cool.

### What is - Healing Touch for Babies by Rita Kluny, RN, CHTP/I, Texas

The experience of birth is truly one of Remembrance -- of the miracle of creation, of love, of Divine Presence. When looking into the eyes of a newborn, something in us stirs so deeply, perhaps the memory of our own innocence, the recollection of our original integrity. In that moment, we are invited to drop the outer world, and let ourselves be brought back to Being.... [Read More!](#)

### What is Cranio-Sacral Reflexology? by Dr. Martine Faure Alderson, England

By using the gentle techniques of Cranio-Sacral Reflexology, the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress. Cranio-Sacral Reflexology is suitable for everyone, from newborn babies to the elderly including those with fragile and acute medical conditions such as: ...[\[...Read More\]](#)

### Drying Fresh Herbs

To dry fresh herbs quickly, wash and place them between paper towels, then microwave on the highest setting for two to three

### Some September Events

**"LIVE BLOOD ANALYSIS**  
as a tool for better health."  
Penticton Whole Foods Market

**Artful Communication with Theresa Greenwood**  
Kelowna

**Healing PathWay - Phase 2** - Vernon

**Chakras 101-**  
Kelowna - Sept

**Master Charles Cannon** -  
Vancouver and Kelowna

**Embrace the Divine Feminine**  
Kelowna - Sept

**Breathing 4 life-Pranayama**  
Kelowna -Sept

minutes. If they are not yet dry, run the microwave for another 30 to 60 seconds and check again. Repeat until herbs are dry and crumbly. Date, store and use within one year for best flavor. Dried herbs are stronger than fresh, so just 1 teaspoon dried equals 1 tablespoon fresh for equal strength and zest.

#### **Add a personal touch to their Lunch boxes.**

Lunchboxes stay closed until mealtime, so a lunchbox or cooler is the perfect place to add a reminder or personal note to your child (or spouse). Have something special planned for after school? Tell them about it! You can also include jokes, interesting food facts or trivia questions. They'll have something fun to discuss with their friends, and they'll look forward to lunchtime each day.

**Children aren't happy with nothing to ignore, And that's what parents were created for. -- Ogden Nash, 1902-71**

### *OK in Health's Contests*

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

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

**This is a great way to experience and try out alternative health methods available in my area.  
What a great contest! Alex Valoroso**

**Thanks for running the contest. Laara Bracken**

#### **Congratulations to our Summer Contest Winners:**

Arden Rutherford, Jane Roderick, Glennis MacDonald, Hope, Michelle, Rosemarie Wrobel, Elaine Nolan, Lisa Duncan, Patrika Watkinson, laara bracken, Nicol Stone, Alaina Jung, Tricia highly, Teresa cline, Sheila Stephenson, Marion Desborough, Linda Maliepaard; Martha Neufeld; Delana Bergmann, Carole Davies, Marlene Trenholm Pye, Wendy Murtomaki, Shannon Holand, Teresa cline, Jo-Anne von Schleinitz.

**New Contest starts NOW**

#### **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 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

**Thanks for the contests.....  
yes I would love one treatment from Bernice.....  
in fact I am already having a treatment this afternoon and I had planned to do at least three  
.....so thank you..... this is great! Sheila S..**

**NAVIGATING THE  
PATH OF CANCER AND  
CHRONIC DISEASE**  
Penticton

**Adrenal Support Yoga  
Series Stressed Out?**  
with Wildflower  
Relieve the effects of adrenal  
overload and burnout to  
improve your digestive,  
reproductive and immune  
systems.  
**5:30pm Tuesdays,**  
4 week series [Penticton](#)

**Reiki Course -  
with Anne Reid  
Level 1 - Sept 26th  
Level 2 - Sept. 12th**  
Kelowna

**Sept to June 2010  
Shiatsu Practitioner  
Training Program  
- with Brenda Molloy**  
Diploma Program - 500 hr.  
Graduates become skilled  
and knowledgeable shiatsu  
practitioners prepared for  
success. [Kelowna](#)

**Sun, Sept. 6 & Sept. 27  
RAC Certification Ear  
Reflexology Course**  
with Linda Baril [Victoria](#)

**Sept 10, 17, 24,  
Oct 1, 8, 14**  
**Sing Because You Can**  
With Michelle Bailly  
Thursday Evenings  
Each week will build your  
confidence & greatly  
improve your performance  
'on stage' & in life. [Kelowna](#)

**Sept 11, 12, 13, 26, 27  
& Oct 10**  
**RAC Certification Foot  
Reflexology Course**  
Chiquita Hessels  
[Nanaimo](#)

**Sept 19, 20;  
Oct 3, 4, & 17**  
**RAC Certification Foot  
Reflexology Course**  
[Victoria](#) Linda Baril

**Sept 12th 9.30 - 4.30**  
**Heart Resonance  
Therapy - Level I**  
**Michelle Cubin**  
HRT is a high vibrational  
healing technique that  
focuses on the power of the  
Heart and Breath -- Simple  
yet powerful [Penticton](#)

**Sept 18-20, 2009**  
**Wise Women Festival**  
[Naramata](#)

6 week course starts  
**Tuesdays Sept 22**  
**Prenatal Yoga**  
with Wildflower  
[Penticton](#)

**Begins Sept. 25-27**  
**Plug into your power!**



**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](http://www.OKinHealth.com)

*What's New?*

**This Month is Dedicated to:**

**Breakfast for Learning Month, National Arthritis Month, and Ovarian Cancer Month.**

\* **Week 12-20 September AIDS Walk for Life and Canadian Patient Safety Week Day**

\* **September 9 Fetal Alcohol Syndrome (FAS) Awareness Day**

\* **September 13 Terry Fox Run**

\* **September 21 World Alzheimer's Day**

\* **September 25 Terry Fox National School Run Day**

\* **September 28 World Heart Day**

**World Reflexology Week is the third week in September**

**Seniors' Symposium & Conference Trade show** - October 21, 2009 at 9:00 - 4:30.

Featuring 100 displays of the latest products and services for adults over 55. It is the biggest and the best show, catering to seniors in one of the best-known retirement communities in the country. There is no cost to attend the show and participants are treated to entertainment all day. Over \$5000 in raffle prizes are available to be won. Exhibitor - Now is the time to book your exhibitor booths. Penticton Trade & Convention Center [more info](#) **Free Admission**

**Body and Soul Wellness Fair** - Oct 31/Nov 1st

The Body & Soul Wellness Fair is Vernon's premier holistic wellness event - bi-annually held in Spring and Fall. A very popular event highlighting holistic businesses from the Okanagan and elsewhere who are in business to bring you wellness for your body & your spirit. Choose from an array of practitioners, bodyworkers, healers, nutritional and health and beauty products. [more info](#) **Free Admission**

**New Support Group**

**New Hope - Grief Support Group** - A monthly support group meetings for widows and widowers in Vernon and Kelowna. New group beginning in S. Okanagan: contact Fran at 250-497-7850 or email [zeetuwwf@telus.net](mailto:zeetuwwf@telus.net). Also an annual spring retreat and regular newsletter. For men and women of any age who are grieving the death of a spouse, particularly in the first three years. <http://www.newhope-grief.org/>  
Also there is a **Teen Grief** [www.newhope-grief.org/teengrief](http://www.newhope-grief.org/teengrief)

For more support groups and meetings - visit [OK In Health's support groups page](#)

**This Month is Dedicated to:**

Autism Awareness Month, Breast Cancer Awareness Month, Celiac Awareness Month, Eye Health Month, Healthy Workplace Month, Influenza Immunization Awareness Month, International Walk to School Month, Learning Disabilities Awareness Month, Lupus Awareness Month, Occupational Therapy Month, Psoriasis Awareness Month, and SIDS Awareness Month (Sudden Infant Death Syndrome).

**Week:** Fire Prevention Week \* 17-23 and National School Safety Week Day,

**Day:** \* 1 International Day for Older Persons \* 10 World Mental Health Day , \*10 International Day for Natural Disaster Reduction, \* 16 World Food Day and \* 22 International Stuttering Awareness Day

**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 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 [www.cherryblossomacupuncture.com](http://www.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

~ 6-month Intensive  
**With Norma Cowie**  
[Penticton](#)

**September 22 -25**  
**Cranio Sacral**  
**Reflexology**

- By world renown  
Dr. Martine Faure-Alderson  
Last chance to take this  
course as Dr. Martine is  
retiring. [Penticton](#)

**Sat. Sept. 26th**  
**Ecstatic Soul Retreat**

This Retreat will provide an  
opportunity to not only  
learn, but also to practice the  
tools that make it possible to  
create and deepen the mind  
- body - soul connection.

Guest instructor  
Marleen van Koevinge is  
from Holland.  
[Cherryville, BC](#)



**The OK Team & Staff.**

**Publisher/ Founder**  
Maria Carr

**Proof Reader**  
Marion Desborough

**Policy's & OK Standards**  
Joan Moffet

**Web Designer**  
Maria Carr

**Consultants:**

- **Health & Wellness**  
Dr. Tamara Browne  
Brenda Molloy  
Teresa Hwang

- **Spiritual Guidance**  
Pamela Shelly  
Sharon Taphorn

- **Positive Living**  
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David Dixon  
Norm Danniels (BP)  
Nelson Narciso (BP)  
Joanne Carr (BP)

- **Health and Beauty**  
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Holistic Desert Connections - Alternative Health Store.

**New Archangel Healing & Empowerment CDs.** Free support & full 6 mo. money back guarantee! Find out what others are saying at [www.AtlantisHealthCenters.com](http://www.AtlantisHealthCenters.com) or 250-448-6114

**Vancouver Seminar Room for Rent** - Room Size: 450 square feet ( a pproximately 18'x 25' ) also Healing Rooms - Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver, B.C. Also FOR SALE La Fuma Zero Gravity Recliner Lounge Chairs and Faulkner Recliner Chairs, Reflexology T-Shirts, Maseur Massage Sandals, Reflexology Foot, Hand & Ear Charts, Books, DVD and self-help tools... [www.pacificreflexology.com](http://www.pacificreflexology.com) (604) 875-8818 or 1 (800) 688-9748

- **Our Creativity**  
Patrishia Aherne O'Farrell

- **Family Wellness**  
Maggie Reigh

- **Nutritionist**  
Alexis Costello's

- **Healthy Recipes**  
Shannon Larrett-Bliss

- **Pet Wellness**  
OK In Health

- **Enviroment/ Gardening**  
- OK In Health

**OK Event Manager**  
Maria Carr

**Health Shows**  
OK - Members

**OK Distributors**  
(poster, leaflets, biz cards)

-- South to North Okanagan  
Marion Desborough  
-- Summerland  
Denise DeLeeuw  
-- Kamloops  
Elaine Nolan  
-- Calgary  
Adele Graner  
- 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](#)

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:

- 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](http://www.OKinHealth.com)  
[Email](#)

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

This monthly newsletter is sent free of charge to support, inspire and connect our local communities.  
Please feel free to pass it on to anyone you feel may enjoy the information it contains.

If however you wish to be removed from the mailing list, simply return with [unsubscribe](#) as the subject. Please let us know if you receive this **twice**. Should you wish to learn more about OK In Health and what is happening in your community, what workshops, courses, free events, articles, contests offered or local supportive practitioners -

please visit our website [www.OKinHealth.com](http://www.OKinHealth.com) and [sign up for our Free newsletter](#) .

Please mention OK In Health to your contact person



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