



e-Magazine

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Publisher's Message ~ December 2010 Issue

Wishing all our OK In Health 3,000 members a wonderful and relaxing festive holiday - full of fun, joy, peace, and laughter.

We hope this eMagazine finds you in good spirits!
During or after the holidays may be a lovely time to go for a massage or a reiki treatment, reflexology or other of one of the many suggestions you will find on the listings on the OK in Health website even a nice ' not too taxing' workshop to be part of a group; be among people in a relaxed easy-going healing get-together..... just a treat of time and fantasy pampering for you on your own or with a friend in a warm and relaxing setting or you may just like to read of some of the interesting articles or be tempted by some of the 'special offers' listed before having to get back to your busy lives

So, take a moment and come visit OK In Health - explore the many suggestions and have yourself a good read !



Wishing you all a heart-warming festive season ... from OK In Health and the OK Team

New 2011 OK In Health Website

Last Call - Be part of our Grand Opening!

We are completing the last finishing touches on our new 2011 OK In Health website.
We are now accepting posting.

- Ask a health question to our Q & A column
- Place an event advert
- Add a fitness class
- Add a Classified Advert
- Post your wellness business in our directory
- Add a display advert or banner advert

[Contact our office for our rate sheet.](#)

All events and information will be shown on current website and eMagazine and then we will transfer your information over to new website.

Every advert now has it's own page.

Pre-Grand Opening Specials Now on!



Fundraiser for our Raw Food Recipe Columnist, Cleo Murray



As you probably already may know, many of us are coming together to support one of our own Okanagan goddesses and OK In Health's Raw Food Recipe Columnist, Cleo Murray, to overcome breast cancer and return to full wellness.



In order to support Cleo with funds to assist with her healing program, we are creating a "passport" booklet that will have a page per service/product for a fee of around \$100 (yet to be confirmed) that will offer discounts for all services in the booklet to those who purchase it. The low cost to the provider of the service/product for a full page ad in this booklet will be \$25 and it is to cover printing costs. A full page ad would be fabulous cost effective advertising for your business, may create some new clientele for you, AND most importantly, support Cleo regain her health.


We are hoping this can be a yearly event to support someone whose intention is to assist in healing their body's dis-ease by following integrative and alternative means, as our body has the innate wisdom to heal, sometimes it just needs the right tools to naturally help it along.


So, all you need to do is send [Stephanie Symons](#) asap your basic service, graphics, with coupon discount info. If you have any questions please contact our OK In Health recipe manager [Shannon Bliss](#) or contact [Wendy Laresser](#) or [Shelley Wilson](#)

Up Coming Events



Post Your Event - [click here](#)
 [Please mention OK in Health during your enquiry]

Date	Schools, Workshops, Classes, & Events Directory	VENUE	FACILITATOR
December			
Sun. Dec 5	<p>'Freedom In Crisis' Lecture Tour – presented by Shawn Buckley</p> <p>Learn how the Natural Health Product Regulations have Health Canada poised to raid legitimate business and how they have been pulling products we've taken for granted off store shelves. At the same time, Bill C-36: Canada's Consumer Product Safety Act, if passed, will attack manufacturers' and consumers' constitutional and legal rights. Hear the life and death implications of taking natural health products from the market and understand how a new law (Bill C-36) willRead More</p>	Penticton	 Shawn Buckley
Dec 5	Adam DreamHealer - Intention Heals Workshop	Vancouver	
Mon. Dec 6	<p>'Freedom In Crisis' Lecture Tour – presented by Shawn Buckley</p>	Vancouver.BC	Shawn Buckley

	Learn how the Natural Health Product Regulations have Health Canada poised to raid legitimate business and how they have been pulling products we've taken for granted off store shelves Read More		
Monday, December 6th 6 - 7:45pm	An Evening of Remembrance The OCSU and PAWC would like to invite you to a candle light vigil in honour of the fourteen women killed, Dec. 6th 1989, at L'Ecole Polytechnique. Vigil, Refreshments, Music by Kim Gucci & Kirsti Hack, Open Discussion with Panel Guests.	Penticton	Duncan Ave. Campus of Okanagan College.
Tues. Dec 7	'Freedom In Crisis' Lecture Tour – presented by Shawn Buckley Learn how the Natural Health Product Regulations have Health Canada poised to raid legitimate business and Read More	Edmonton. AB	Shawn Buckley
Wed. Dec 8	'Freedom In Crisis' Lecture Tour – presented by Shawn Buckley Learn how the Natural Health Product Regulations have Health Canada poised to raid legitimate business Read More	Calgary, AB	Shawn Buckley
Friday, Dec 10	Taste of Christmas Join us at Whole Food Market for free tastings, demos, discounts, gift ideas, stocking stuffers, draws, and tasty samples.	Penticton	Whole Food Market
Sat. Dec. 11th 10 - 3pm	Pen Hi presents a - Global Village Fair! Unique gifts, Ten Thousand Villages, weaving, baskets, Fair Trade coffee and tea, thetis Books, Grannies for Africa - Proceeds to a water project initiated by 'Free the Children'. NO ADMISSION CHARGE	Penticton Secondary School	
Dec. 11	Bach Flower Essence Workshop Bach Flower Essences are incredibly gentle and powerful tools for balancing emotional stress. Most physical ailments have some emotional component behind them that needs to be addressed before true healing can take place. Learn about the 38 Remedies, how they work and how to use them to create harmony in your relationships, workplace and with children, pets and plants. Flower Essences have no contraindications and so are safe for everyone under any circumstances..... read more	Kelowna	 Alexis Costello and Holly Berezowski
Friday, Dec 17	Taste of Christmas Join us at Whole Food Market for free tastings, demos, discounts, gift ideas, stocking stuffers, draws, and tasty samples.	Penticton	Whole Food Market
		Penticton	Wildflower

<p>Tuesday December 21</p>	<p>Solstice Bliss</p> <p>Experience respite from the buzz and busy-ness of holiday preparations in this luxuriously relaxing restorative yoga session tending to the light within. Embrace the transition from darkness to expanding light with gentle, supported poses, soothing breath work and guided meditation for a deeply calming and rejuvenating experience open to all levels of ability.....Read More</p>		
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January






	<p>Reflexology Certificate Course</p> <p>Are you interested in becoming a Reflexology Practitioner?</p>	<p>Penticton</p>	<p>MORE DETAILS</p>
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	<p>Angel Empowerment Practitioner™ - Certification Course</p> <p>Are you interested in attending the Doreen Virtures Practitioner course in a 5 day retreat with Cindy Smith</p>	<p>Penticton</p>	<p>MORE DETAILS</p>
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<p>Jan 11</p> <p>12wks beginning Jan. 11th 7 - 8.30.pm Tuesday evening</p>	<p>Artist's Way - 12 Week Course</p> <p>Based on the book 'The Artist's Way' by Julia Cameron.</p> <p>The course offers a wonderful way to get in touch with the creative aspect of yourself, and to ask yourself some fundamental questions. It's also a lot of fun. Learn effective tools & strategies to remove limiting blocks to realizing your own personal & unique creative fulfillment. Think latterly as lots of options open up for you, hitherto unrealized. Renew your enthusiasm & energy and enhance your zest for life. A 'new you' will blossom as your options expand & your heart opens. Friendly and light-hearted atmosphere, within a circle of confidentiality and support. Discover, Rediscover your creative self.....Read More</p>	<p>Bray. Co.Wicklow</p>	<p>Patrishia Aherne O'Farrell</p>
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<p>January 12 - Feb. 6</p>	<p>Certified European Lymphatic Drainage Class</p> <p>European Lymphatic Drainage is a gentle and effective way of reducing the body's toxic load, water retention and even (dare I say it?) cellulite while improving the immune system. This class consists of 15 hours of anatomy theory, specializing in the muscular and lymphatic systems, then 15 hours of training in ELD massage, followed by Read More.</p>	<p>Kelowna</p>	<p>Launa Boire</p>
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<p>January 15-16,</p>	<p>PSYCH-K® Basic Workshop</p> <p>This workshop is the PSYCH-K® foundational course. Over 2 days you will learn a set of simple, self-empowering processes designed to change the beliefs and perceptions that impact your life, beliefs that influence you in areas such as:.....Read More</p>	<p>Kelowna</p>	
<p>January 15 and 16</p>	<p>Yuen Method tm - Level One</p> <p>Free Demonstration the 14th, 7-9pm</p>	<p>Vancouver</p>	
<p>January 22 & 23</p>	<p>Sound Healing Workshop</p> <p>Working with the Hathors, Pamela will offer you a variety of tools and experiential exercises. This workshop is for self-healing and assisting others to heal. No prior experience is necessary for you to greatly benefit from this workshop. This workshop is also beneficial for anyone in the Holistic field who works with adults, children and animals. Who are the Hathors? READ MORE...</p>	<p>Kelowna, B.C.</p>	 <p>Pamela Shelly</p>
<p>January 22nd - 23rd</p>	<p>Touch for Health ~ Level One</p> <p>Level One is the core of Touch for Health. In this class we learn the fourteen basic energy meridians along with their placement and function in the body. We learn fourteen muscles that act as indicators for stress in those meridians, and five different ways of balancing them, including spinal reflexes, neurolymphatic points, neurovascular points, meridian tracing, origin/insertion technique and nutrition. Accurate muscle testing and pre-checks are also taught, along with simple and effective pain techniques and emotional stress release. There is so much more that.....Read More</p>	<p>Kelowna</p>	 <p>Alexis Costello and Holly Berezowski</p>
<p>January 22 and 23</p>	<p>Yuen Method tm</p> <p>Level One</p> <p>Free Demonstration the 21st, 7-9pm</p>	<p>Penticton</p>	
<p>January 28 - 31st</p>	<p>DONA Postpartum Doula Workshop</p> <p>This 4 day workshop is the 1st step to becoming a DONA certified postpartum doula. A postpartum doula helps to create the environment a family needs to nurture itself after the arrival of a newborn.....Read More</p>	<p>West Kelowna</p>	<p>Do Stier</p>
<p>February</p>			
<p>February 19 & 20</p>	<p>Sound Healing Workshop</p>	<p>Calgary, AB</p>	

Working with the Hathors, Pamela will offer you a variety of tools and experiential exercises. This workshop is for self-healing and assisting others to heal. No prior experience is necessary for you to greatly benefit from this workshop. This workshop is also beneficial for anyone in the Holistic field who works with adults, children and animals. Who are the Hathors? [READ MORE...](#)



Pamela Shelly

March



March 5 & 6, 2011 in Vernon, BC
everything body. everything soul.
 now booking exhibitors & sponsors
www.bodyandsoulwellnessfair.com

March 2011

Mystery Of Egypt Spiritual Group Tour

Join Pamela and Egyptologist Elia Takla on the Trip of a Lifetime and awaken cellular memories of Ancient Times. Assist in anchoring the Hathor energies of unconditional love on the planet. The Hathors are Ancient Masters of Light and Sound who have come to assist us in our planetary evolution and ascension. They are the 'Healers of Healers', an ascended civilization of inter-dimensional masters, who embody Unconditional Love....[read more....](#)

Pamela Shelly and Elia Takla

[March 5 & 6, 2011](#)

Body and Soul Wellness Fair

This 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. The purpose of the Body & Soul Wellness Fair is to give a platform to alternative wellness professionals, and to enlighten and educate the masses towards the goal of building a better planet with happier, more "whole" people living on her. This event is FREE!

[Vernon, BC](#)

[Free admission](#)

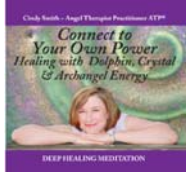


[More details on this event -](#)

[March 25-26th, 2011](#)

Reiki Retreat
 For all Reiki practitioners

[Kamloops](#)

	<p>This Reiki retreat is being offered as a way to connect with all Reiki practitioners regardless of their lineage and learn new and exciting ways to help others heal.</p> <p>This retreat is about sharing our wisdom, to learn from each other. We intend to excite you, delight you and have FUN doing it!..read more</p>		
<p>March 29 - April 2</p>	<p>Angel Empowerment Practitioner™ Certification Course</p> <p>Become a certified Angel Empowerment Practitioner™ (AEP™) and learn how to heal and connect with the angels. Take this certification for your personal development or use it as an opportunity to put psychic skills in to effect to enhance your spiritual, healing, counselling or energy based business. Perhaps now is the time to do something you have always wanted like to start your own spiritual business..... read more</p>	<p>Golden, BC</p>	
<p>April 16 & 17</p>	<p>Thought Field Therapy (TFT) Workshop with Dr. Franzi Ng</p> <p>Become a Certified TFT (Thought Field Therapy) Algorithm Practitioner. Carole Fawcett of 'A Mindful Connection Counselling Services' will be sponsoring Dr. Franzi Ng to come to Vernon.....Read More</p>	<p>Vernon & North Okanagan</p>	<p>Dr. Franzi Ng</p>

Classifieds

[Please mention OK in Health during your enquiry]

Clinic Space For Sale - Kelowna

WALK IN AND START WORKING Cherry Blossom Acupuncture is for sale, owner had to move out of province The clinic is beautifully decorated with 3 spacious, fully equipped clinic rooms. Fully furnished waiting and front desk area located in the heart of downtown Kelowna.

Please visit www.cherryblossomacupuncture.com for pictures. If interested please contact Megan at 250-878-6514



Practitioners Room for Rent - Penticton

Attention all practitioners, this is an opportunity to become a part of Bodies on Power; a fitness and wellness centre dedicated to increasing health and awareness in the South Okanagan. Your own room/office: \$550/month incl HST and many extras. For details call BOP 250-770-8303 or [E-mail](#) and leave a message for Jo.

For Sale: Health System, QXCI/SCIO Health System,

QXCI/SCIO Includes: SCIO Device and Software with most recent update. Serial Number SX1104074807. Bourne Protocols with Water Treatment Coil · Extra New Head Harness · Extra set of New Wrist and Ankle Straps · Dell Inspiron 8600 Laptop with a docking system and carrying case. Windows XP Professional S/N XCWRV-4BW8B-6VTW9-KX6TB-MBV36 included- no disks, but it is registered with Dell. · Extensive Training Materials. Payment: VISA, MasterCard, or Paypal. \$12,000. Carole Punt. [E-mail](#) or 250-497-6867 77 words



For Sale: NES Health System (Nutri-Energetics System)

The NES Health System measures the regulating field of energy and information that operates below cell level—the level called the Human Body-Field that feeds information to the cells. Remedies in the form of “Infoceuticals” are then recommended to reprogram the human body-field to correct blockages and distortions to help restore the health of body cells—sometimes dramatically. Complete software comes with 21 infoceuticals, 22 NES Introductory DVDs, 3 “The Living Matrix,” the movie DVDs, and a package of introductory NES brochures. \$6,500. Available to health practitioners only. A

training program is available from Integrative Life Solutions: www.integrativelivesolutions.com/NESProVisionpractitioner.html
For more information, check: <http://www.neshealth.com/en-gb/homepage.aspx> Carole Punt [E-mail](#) or 250-497-6867

5th Wheel 27ft 1994 RV for Sale

Maria Carr is selling her 27ft, 1994 Layton fifth wheel - sleeps 6 and is very comfortable, clean, and in great condition. Two tables, bathtub, walk around queen bed, fold out coach, rear kitchen, rubber roof, and tons of cupboards - Priced to sell!!!! \$7,900.reduced for quick sale. - Fall Special \$7,900. I need a Van asap. Penticton 250 492 4759 - [email More details - click here](#) Are you tired of putting the table down? This has 2 tables - sleeps 6 Huge kitchen.



Our Favourite Holiday Articles

This is a collection of some of our favourite holiday articles over the last six year. New articles with all our OK columnist (and some new ones) will return in January on our new 2011 website.



All That Glitters...May Well be Silver by Dave Dixon

There are multitudes of claims for colloidal silver and often it's very difficult to separate fact from fantasy. Of this much I am aware: Colloidal silver was exposed to about 650 different kinds of bacteria and viruses – in vitro– and every single one of the aforementioned nasty little critters died. They cannot live in a silver medium, apparently. "How can this be?" you might ask..... [\[...Read More\]](#)

Embracing the Holidays - the Stress-Free Way! by Lyndsay Blais

Many people find themselves experiencing holiday stress due to lack of time to fit it all in. If you would like to experience a less-stressful December this year, try these easy to apply tips to reduce holiday stress and embrace the holiday season...

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



What Memories Will YOU Create this Christmas Season? by Maggie Reigh

What Christmas memories do you have – and what memories do you want your children to have? Read on and discover simple activities that will create memories that last a lifetime... and will deepen the love and appreciation in your family forever.....

[\[click here to read full article\]](#)

Christmas Holidays and Pets by Dr. Moira Drosdovech

Holiday hazards abound at Christmas time for pets and now is a good time to warn you of what to be careful of. The more obvious hazards include chocolate, tinsel and electrical cords, but there are others. Below is a summary of what to watch for, what to avoid and what to do if you suspect a problem.... [\[...Read More\]](#)

Feng Shui & The Holidays by Teresa Hwang

The Holiday celebration happens a few days after the Winter Solstice, when the Water energy is strongest – most Yin time of the year, which is reflected by the cold temperature outside, and the shortest daylight hours during the day. In order to maintain a balance, we would need to activate the Yang energy in the form of:

Lighting – both for the exterior & interior of the house. Activities – good time to have family gatherings around the... [\[...Read More\]](#)

Plants in Winter

Generally speaking, if you are comfortable, so is your plants. DO use a large, roomy shopping bag to protect your plant when transporting it. DON'T place plants near cold drafts or excessive heat. Avoid placing plants near appliances, fireplaces or ventilating ducts.

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.

The Story of Stuff- review by Maria Carr

We live in a world where we just consume without thinking about the consequences. From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. The Story of Stuff is a free 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever..... so



gathering the kids and friends around the computer and enjoy this on line free video...[\[...Read More \]](#)

Company's Coming by Alexis Costello

For many people, even those of us who don't celebrate Christmas, the holiday season means a house full of guests. It's funny because usually my job is to get people thinking about how to make healthier choices, but what do you do when you have family or friends staying with you that eat in a very different way?..... The solution here is to compromise....[\[...Read More \]](#)

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](#)

DARE TO DREAM - Check out the Body, Mind & Spirit Centre - Many Great Gift Ideas and December SPECIALS. #33 - 2070 Harvey Ave. Kelowna. Phone 250 712-9295 - [December Sales - 20% off on selected items.](#)

Solstice, Gift Ideas and Winter Yoga!

To support a nurturing home practice over the holidays and into the new year, there are lots of gift ideas at Shanti for yourself and for loved ones: cotton yoga rugs, warm wool blankets, cozy polar fleece blankets, black spinal strips, mini fit balls and a few used pranayama bolsters. Call or email for more details! And coming in the New Year, I'll be introducing home practice DVD's to further support you in receiving the many benefits of yoga and transforming your life! Enhance the benefits of your practice with simple guided DVD sequences to follow at home. Penticton's Yoga Sanctuary: www.shantiwellness.ca 250.486.5739 Penticton BC

GREENWARES - Check out the newest department in Whole Foods Market in Penticton, for many Eco-Friendly gift ideas!



Our Favourite Holiday Recipes

This is a collection of some our favourite holiday recipes over the last six year. New recipes will return in January on our new website.



Holiday Shortbread Cookies with Quinoa

1 lb butter,
3 cups organic flour
1/2 cup brown rice flour
1/2 cup quinoa flour
1 cup granulated sugar cane

Beat butter until soft, add remaining ingredients. Roll out and cut with cookie cutter. Bake at 325 degrees for 12 minutes. Quinoa is an ancient grain and provides a good source of protein, thus slowing down the absorption of the sugar content of this cookie. To make this recipe *gluten free* use buckwheat, millet, teff or amaranth flour in place of wheat flour. I hope you enjoy!

Live Almond Nog....good for Holidays from Leah Lougheed, Oliver, BC

1 cup of raw sprouted almonds (soak overnight), 2C water, 4-5 dates, 1t ground nutmeg, 1/4t sea salt (optional). Blend all ingredients in blender until smooth. Strain through nut milk bag. Pour into jar. Serves 4.

Recipe for Christmas Holiday Joy

Ingredients:

- 1/2 cup Hugs
- 4 teaspoons Kisses
- 4 cups Love
- 1 cup Special Holiday Cheer
- 3 teaspoons Christmas Spirits
- 2 cups Goodwill Toward Man
- 1 Sprig of Mistletoe
- 1 medium-size bag of Christmas Snowflakes (the regular kind won't do!)

Directions:

Mix hugs, kisses, smiles and love until consistent. Blend in holiday cheer, peace on earth, Christmas spirits and good will toward men. Use the mixture to fill a large, warm heart, where it can be stored for a lifetime, (it never goes bad!). Serve as desired under mistletoe, sprinkled liberally with special Christmas Snowflakes.



Orange Fruit Nut Truffles

Description:

This recipe is great in December and during the New Year celebrations. While walnuts are harvested in December, they are available year round a great source of those all-important omega-3 fatty acids. Walnuts are one of the best plant sources of protein. They are rich in fiber, B vitamins, magnesium, and antioxidants such as Vitamin E. Nuts in general are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 fatty acids - the good fats) that have been shown to lower LDL cholesterol. Walnuts, in particular, have significantly higher amounts of omega 3 fatty acids as compared to other nuts.

Ingredients:

- 1-1/2 cup shelled walnuts
- 1 cup orange-essence dried plums (prunes)
- 1/2 cup dried cranberries
- 1/2 cup chocolate-covered raisins (or plain raisins if preferred)
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 teaspoon vanilla extract

Directions:

In a food processor with the knife blade, blend all ingredients until a dough-like ball forms. Using your hands, roll into 1-inch balls. Optional: Top each with a walnut piece.

Servings: 3 dozen balls **Nutrient Information:** per ball: Calories: 62 Protein: 1g Fat: 3g Carbohydrates: 8g Fiber: 1g

Festive Caramel Apples

Description:

The proverb "An apple a day keeps the doctor away.", addressing the health effects of the fruit, dates from 19th century Wales. Well here is a way to keep the kids eating this amazing fruits. Research suggests that apples may reduce the risk of colon cancer, prostate cancer and lung cancer. Compared to many other fruits and vegetables, apples contain relatively low amounts of vitamin C, but are a rich source of other antioxidant compounds. The fiber content, while less than in most other fruits, helps regulate bowel movements and may thus reduce the risk of colon cancer.

Ingredients:

- 5 medium apples

5 wooden craft sticks
3/4 cup chopped walnuts or pecans
1 package (14 ounces) caramels, unwrapped
1 tablespoon water



Directions:

Line baking sheet with parchment or wax paper; set aside. Wash and dry apples; insert wooden sticks into stem ends. Place nuts in shallow dish. Combine caramels and water in small saucepan. Cook over medium heat, stirring constantly, until caramels are melted. Dip apples, 1 at a time, into caramel mixture, turning to cover completely. Remove excess caramel mixture by scraping apple bottoms across rim of saucepan. Roll bottom half of apples in walnuts. Place on prepared baking sheet. Refrigerate at least 15 minutes. You can also drizzle some melted chocolate decoratively over apples. Refrigerate 10 minutes or until chocolate is firm. Wrap apples individually; store in refrigerator. Prep Time: 20 minutes, plus cooling.

Holidays Wellness Tips

Grand-kids coming over? or are you looking for a healthy snack idea?

Try banana crunch pops. Place a small banana on a popsicle stick, coat with non fat or low fat vanilla yogurt, roll in crisped rice cereal and set on waxed paper. Freeze overnight. Enjoy a low fat, nutritious and cool snack tomorrow!



Scheduling Exercise into Your Holidays Day

Getting enough exercise isn't always easy. It can be difficult to budget enough time into busy schedules. Some people make time by rising earlier in the morning, but that doesn't work for everyone. Others fit in a walk during a scheduled break in the day, for example, during a portion of the lunch hour. Stopping at a club, park or mall on the way home is another option that works for some people. Keep searching until you find one or more that work for you.

Smart Shoppers

According to the Food Marketing Institute, only 50% of shoppers are concerned with the nutritional content of the foods they eat. Don't be typical! When shopping, use food labels to compare similar food items. In general look for more fiber, vitamins, and minerals and less saturated and trans fat, sugar, and salt (sodium).

Carrots Bugs Bunny was right

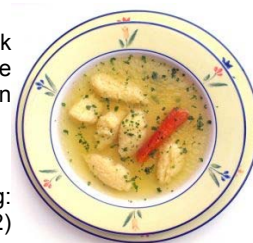
Carrots are good for your eyes. Carrots are a rich source of beta-carotene. When converted to vitamin A in the body, this nutrient helps to maintain proper vision. This includes adjusting to night vision, too. Some studies have linked beta-carotene with cataract prevention. Along with carrots, rich food sources of beta-carotene include dark red, yellow and orange fruits and vegetables, such as sweet potatoes, red bell pepper and mango.

Probiotics

If you plan on traveling, are taking antibiotics, have slow digestion or experience excessive gas, probiotic supplements may help by promoting healthy levels of friendly bacteria. Choose a probiotic supplement containing one billion bacteria or more per standard dose, and always take them with food.

Chicken Soup

It's true. Chicken soup really does help to relieve the symptoms of a cold. The hot vapors help break up congestion, making it easier for you to breathe. Vegetable soup should also do the trick if you are a non-meat eater. Don't forget to drink plenty of fluids. Avoid caffeinated beverages which can dehydrate the body.



At your Desk Calf Exercise

Good calf exercises can be very simple. Our fitness experts say you should consider the following: 1) Lift and lower both heels while keeping the balls of your feet planted firmly on the floor; and 2) Work the opposing muscles by lifting and lowering the balls of your feet with your heels on the floor.

Home Safety

Are you planning a gathering at your house over the holidays?

The Consumer Product Safety Commission estimates that hospital emergency rooms treat 8,000 to 10,000 people each year for injuries related to furniture that tips over. Children receive the majority of these injuries. Keep your family safe. Make sure that heavy televisions are close to the floor or set far back into the furniture on which they sit. Use braces or anchors to secure furniture to walls. Keep watch for climbing children.

Frosting Alternatives for Baking

Here's a tip from our registered dietitian: If you are eating frosted cakes, brownies, or cupcakes, skip the icing and try topping

them with pureed fruit just before serving. Pureed pears or peaches are great options. Sprinkle with powdered sugar to complete the pretty picture. Alternatively, try pureed dried fruits with a bit of apple juice added. Figs or prunes work well.

Self-development and the Healing Arts

Happiness is not something ready made. It comes from your own actions. Dalai Lama

Remember that the economy, just like the body, runs on its own cycle and rhythms. Through all the depressions, recessions and the hard times we've had, we've always bounced back. And while some people will struggle, others will thrive by exercising their power of choice to remain centered, grounded, and optimistic.

Self-development and the healing arts traditionally experience less of a slow down than others. Indeed, we are doubly blessed to have specialized therapies that relieve symptoms and conditions at their source. That makes the healing arts more valuable to patients who don't want to take more time off to go see their doctor or pay their pharmacies again and again.

Use this time to advance your training (self awareness).

I firmly believe that something good comes out of every experience. If you experience a momentary slowdown, let it work for you by honing your skills, uncovering your hidden talents and abilities or finding/allowing someone to help in this area. Take the time to attend a workshop, course, or a wellness class.

So, keep the routines that feed you as consistently as possible. Take/make time to meditate, exercise, eat right, and stay hydrated. Preserve your inner and outer strength to keep financial stress at bay.



Did you Know.....?

Did you know that OK In Health has a weekly newspaper health column?

It is called "A Healthy Focus" and is published in:

- The Osoyoos Times
- The Similkameen Spotlight
- The Boundary Creek Times
- The Keremeos Review and
- Okanagan Falls Review
- Oliver Chronicle and more



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