



Advertise ----- Sign up - free Monthly E-Newsletter ----- Events Directory ----- Articles



EDITOR'S MESSAGE eannachtaí na Féile Pádraig oraibh!

Greetings to all our OK In Health magazine subscribers,

This winter, we had record hits and visits to the OK In Health website with an monthly average of 308,812. hits and 12,733 unique visits. We continue to be found on the first page for many search engines and are ranked #4 now. Thank you to all our members for breaking a new record for us.



Thank you to everyone who dropped by the OK In Health booth to say hello and to those who attended the South Okanagan Similkameen Health Fair Award night. OK In Health had the honour to be nominated, in the 2010 Health & Fitness Educator category - (Awarded to a company/individual/organization who has provided exemplary on-going health and fitness education that is enhancing the health and fitness of the citizens of the South Okanagan Similkameen). The 2010 SOSHF Health Fair was a great success, with over 4,000 in attendance and Healthy Heart Screening for nearly 300 people. www.soshf.com

Dr Gerry Karr

Dr. Art Hister gave a very informative talk in Penticton on Friday, March 5th at the Penticton Health Show. If laughter is the best medicine, then Dr. Art Hister was there to make a house call. Over the years, Art has become an expert on providing a human, and humorous, face to the mysteries of medical science and the health industry. Combining humour, common sense and plain language, he helps to make the often frightening and confusing world of medicine understandable to all and accessible to everyone.



Dr. Art Hister and Maria

OK In Health will be at [Vernon Body and Soul Wellness Fair](#), May 1st & 2nd.

All members are welcome to come join us during the weekend.

We will also be at the [Diversity Health Fair](#) which will take place in the Centre for Learning, Okanagan College on Saturday, May 15th from 10:00 a.m. to 4:00 p.m.

We will also have a booth at the [Seniors Symposium](#) in Penticton, October 20th. Booths are available at all these health events.

Lastly, OK In Health is excited to announce that our new web programmer Trevor and web designer Charlene, have started to build the **brand new improved website**. We are looking for a team of 5 or 6 members who would be willing to give us their feedback/opinion (by email) as we develop the new web design.

Please email us if you would like to be part of our feedback team.

In this month's magazine ~ see below:

- New articles by our OK Columnists
- New up-coming events
- Get to know some of our OK In Health members!
- New Blissfully Delicious Recipes and Nutrition OK Column
- OK In Health Member's Classifieds
- Quick and Easy ~ Wellness Tips
- OK Contests - Win Books, CD, readings, and treatments.

Thank you for your support of OK In Health by receiving this free Health and Wellness E-Magazine.

Yours In Health,

From Maria Carr and The OK In Health Team [\[see our OK Team's names\]](#)

Publisher of OK In Health E-Magazine - - The Integrative Health & Healing Information Center- Est.2004 www.OKinHealth.com



DIVERSITY HEALTH FAIR ~ www.kcr.ca

**Saturday, May 15, at 10am – 5pm.
Demonstrations, door prizes, 25+ exhibitors,
multicultural entertainment.**

Centre for Learning, Okanagan College, 1000 KLO Road, Kelowna BC.

Free Admission. Everyone is Welcome

What's New!



Please Bear With Us... Changes They Are Coming! and New Website!

OK In Health is now on FACEBOOK - with daily wellness tips and articles - [Click Here](#) to Become a Facebook Fan



OK In Health's Special advert discount - - 50% off all workshops and events advertisements. It is only \$20 to post an event, fitness classes, or classified advert. This is a limited time offer.... [\[...More Details\]](#)

See our latest events, workshops, new health shows posted, and retreats and classifieds... [below](#)



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



Staying Younger Longer The Natural Way

To supplement or not to supplement?

Anti-oxidants: Vitamins C, E, A; Mineral Selenium; Alpha Lipoic Acid, CoQ10, Bioflavonoids, Carotenoids, NAC, glutathione, melatonin. Generally found in fresh fruits, vegetables, legumes, green tea, fresh nuts and seeds, meat. these have specific requirements in particular diseases and each individual needs to be assessed for particular needs....[Read More](#)

Science Corner by David Suzuki with Dr. Faisal Moola



Brain over brawn is the key to survival

Many people say George Wald was the greatest lecturer in Harvard's history. He was certainly the best I've heard. Dr. Wald won a Nobel Prize in 1967 for his work on the biochemical basis of colour vision. He and I became friends in the 1970s because we shared a common concern about the misapplication of science, especially during the war in Vietnam. Dr. Wald once captivated me with a story he told... [Read More](#)

"To Your Good Health" with David Dixon



Supplements – Where do I Start?

OMG, there are so many supplements available on today's market, how does one choose the "best"? How do you determine which ones you need? Well, there are several criteria that can be used when determining which types of supplements are required.....[read more...](#)

Natural Beauty with Deanna Klan



Puffy Eyes Be Gone

Whether you suffer with Spring Allergies or just have been up too late and need to look your best the next day, here are some simple natural remedies to correct red and swollen eyes. Most of these ingredients come from your fridge, pantry or the local supermarket..... [read more...](#)

'Embracing Change' with Lyndsay Blais



Have you found your second wind?

Ever notice that when you first start something, exercise, house work, lessons, or anything you'd like to achieve; that early on it can feel like you don't have enough energy to complete the task at hand? Enter, the "Second Wind" discussion~... [Read More](#)

'Soul-Full Journeys' with Pamela Shelly



The Ascension Journey Part 2

is about our purpose and the challenges we may experience along the way. We are more alike than we are different even though we come from very diverse backgrounds at times.....[read more](#)

' Parenting Tips' with Maggie Reigh



Am I My Mother... or My Father?

Have you ever felt like one of your parents has cosmically transmitted themselves from thousands of miles away or perhaps from another dimension, in through the top of your head and out the end of your finger? Ever heard the very words you swore as a child or

"Paws 4 Thot" with Dr. Moira Drosdovech



Pet Parasites - More than just Poop Patrol! - [Article One of Two](#)

Parasites are a normal part of our everyday existence. Even humans get parasites. Dogs and cats are susceptible to many different parasites and there is way too much information to include a



Become one with your Spirit Self. Create a vision of your higher purpose, and manifest what you want more rapidly. [\[Click here to read full article \]](#)



Feng Shui is also about change, what we do in our environment will affect the outcome of different aspects of our lives. Here are some general guidelines on your Feng Shui improvements:[Read More....](#)

Coaches Corner with Sue Chambers

Glorious Gardens Gems



The Power Of Intention book review - by Dr. Wayne W. Dyer

The book The Power of Intention is a book that explores intention. Not as something you do, but as an energy you are a part of. A field of energy you can access to begin co-creating your life! Dyer says that generally, intention is viewed as a strong kind of determination, moving one to succeed at all costs by never giving up on an inner picture. An attitude that combines hard work with a drive toward excellence that will bring success.....[Read More....](#)



What to do with those egg shells?
The Compost Calcium Fertilizer

Have heard that there is a known lack of calcium within our soils causing our plants to suffer from a sort of calcium deficiency. In fact some fertilizers with a more than healthy dosage of potassium or nitrogen can be the causers of this issue. So what do you do? So add your egg shells to your composting

Body Plus Column



Are You Taking Protein For Granted? by Elaine Munro

The word 'protein' comes from the Greek root, 'proteios', meaning 'fundamental' or 'primary importance'. From the context of human health, it should be a fundamental part of any health improving strategy. Proteins range from muscle tissue to skin, bones, and hair. These are the more obvious 'structural proteins'. There is also a huge range of 'subtle proteins' that are generally overlooked such as blood hemoglobin, brain fluids, your super immune booster known as glutathione and even the structure of your DNA, to name just four. In all, there are more than 500,000 types of protein in the human body. Everyone needs protein; not just athletes. At a basic health-maintenance level, a general guideline is... [\[Read More\]](#)

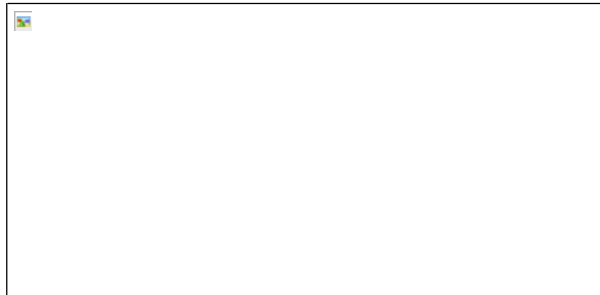
OK In Health's Favourite Picks from our OK members



The 12 Cranial Nerves by Dr. Martine Faure Alderson **NEW ARTICLES**

CSR is a therapeutic method that combines the use of pressure on specific areas of the foot that relate to the 12 cranial nerves, as well as on the pulse of the cerebro spinal fluid (CSF) which surrounds the brain and spinal cord. The distinction between Cranio Sacral Therapy and.....[\[...Read More\]](#)

Maria's Favourite OK Picks



The Story of Bottled Water, was released March 22, 2010 on storyofbottledwater.org, employs the Story of Stuff style to tell the story of manufactured demand—how you get Americans to buy more than half a billion bottles of water every week when it already flows from the tap. Over seven minutes, the film explores the bottled water industry's attacks on tap water and its use of seductive, environmental-themed advertising to cover up the mountains of plastic waste it produces. The film

[Click Here](#) for more details visit the main event calendar page, where you can find some more information. Once you find the event you are interested on, click on the town or date link for even more details.

[Click Here](#) for full list & more details and for more event in 2009 ...more

Up Coming Events

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

[Animal Care Page](#) - [click Here](#)

April 17th – Equine Lecture Series - Three
[Vancouver](#)

May 8th – Equine Lecture Series - Four [Vancouver](#)

June 5th & 6th – Classical Equitation Series:
Weekend Workshop [Vancouver](#)

August 15th – Movement and Gait analysis [Vancouver](#)

August 6th - 8th – Horse Intuitive Sessions: Weekend Workshop
[Vancouver](#)

September 19th – EQUINE BASIC FIRST AID [Vancouver](#)
October 17th – ADVANCED EQUINE FIRST AID [Vancouver](#)

November 7th – BASIC INTRODUCTION TO EQUINE MASSAGE
[Vancouver](#)



Health Shows

May 1 & 2 - **Body and Soul Wellness Fair** [Vernon](#)

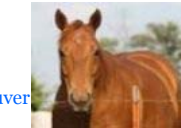
May 15th - Diversity Health Fair in [Kelowna](#)

October 20th **2010 Seniors Symposium Wellness Fair** [Penticton](#)

[Retreats](#) page - [click here](#)

April 23 - 25 **Spring Festival of Awareness**
[Naramata/Penticton](#)

Walking Clubs in Kelowna, Penticton and now
in Summerland - Free Groups



April 16 **The Yuen Method**
tm. Free Demo [Penticton](#)

April 23-25
Adamus Saint Germain's
Mystery School [Kelowna](#)

May 1 & 2
- **Body and Soul Wellness**
Fair
Free Event [Vernon](#)

Sat, May 1st
Reiki workshop, Level 2 ~
with Anne Reid. [Kelowna](#)

Monday May 10th
International "Move Day"
Free events in [Summerland, BC](#)

Starts May 10th -**Simply**
Symmetria Pilates and
Health-
6 Weeks To Summer Shape
Up
[Kelowna](#)

May 15th -
Diversity Health Fair in
[Kelowna](#) - free events

May 13th
The Kansa Vatki and
Indian Champisassage
May 14,15,16.
[Delta, BC](#)
([Vancouver](#))

May 14-16
Canadian Society of
Questers ~ Western Canada
Spring Conference [Alberta](#)

May 17th
Sound Healing Workshop
[Kelowna](#)

May 29 & 30
MUNAY-KI ~
The Foundation Rites
Workshop
[Williams Lake](#)

May 30th
Sound Healing Workshop
[Kelowna](#)

June 1 & 2
Shiatsu Face Lift Training
[Agassiz BC](#)

June 3
Have You Had A Spiritual
Experience ~ Free
Workshop
[Armstrong](#)

June 7th
Sound Healing
Workshop[Calgary, AB](#)

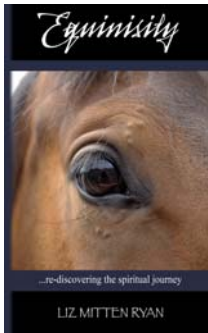
June 19th - Sat.
Advanced Reiki Training
(A.R.T.) Level 3 ~ with Anne
Reid. [Kelowna](#)

body 3 soul

Drop by the OK In Health's booth to say hello or join us

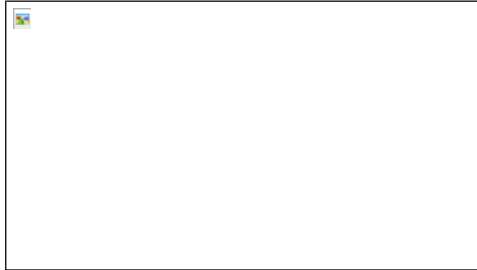
for the day
 Vernon Recreation Centre, BC. - May 1st & 2nd - All day - [Click Here](#)
 Free Admission. Booth's available.

EQUINISITY - THE MOVIE



Whether you spend your life with horses or have always wanted to know one, experience an incomparable spiritual journey with real footage of participants from all over the world in the E.A.R.T.H. (Equine Assisted Re-connective Therapy and Healing) program.

Please visit
www.lizmittenryan.com/media
 to view the trailer for EQUINISITY and to purchase the 4 hour movie for \$39.95
 visit our store at:
<http://www.lizmittenryan.com/store>



Get to know some of our OK In Health members!



Simply Symmetria Pilates and Health



We offer the most innovative personal wellness & fitness programs on the market. These include: The Boulder Pilates Method, Yamuna Body Rolling, Stretch Therapy P&F Method, and Cardiovascular Training.

Our programs have a myriad of therapeutic benefits including: decompression of the spine and all joints, oxygenating your blood, detoxifying your body, building a healthy immune system, uniformly developing the muscles, improving postural alignment, heightening body awareness, and enhancing precise coordination. Through devotion and



October 20th
Trade Fair & Flu Clinic
9:00 am to 4:00 pm
Penticton Trade & Convention Centre

2010 Seniors Symposium Wellness Fair
Presented by the
South Okanagan Seniors Wellness Society

Largest seniors trade show in Western Canada.

- ✓ Over 100 displays of the latest products and services for seniors.
- ✓ Thousands of dollars of raffle prizes to be drawn during the event.
- ✓ Entertainment all day: music, dance, and more.
- ✓ Community displays: bonzai, model boats & planes and quilting.
- ✓ Free admission for the public.

Suggested donation of \$2 For the Healthy Aging Fund.
Supporting seniors in our community.

www.seniorswellnesssociety.com

"Enhancing the Quality of Life"

Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



Chicken Soup for the Cold

Legend has it that chicken soup was first prescribed by a twelfth century doctor named Moses Maimonides as a cold and asthma remedy. This has persisted in folk medicine right up until now. Some say that it is the steam from the soup that makes you feel better and that any hot beverage would do the same. But now, we have the technology and believe it or not, laboratory tests have concluded that chicken soup actually can help for.....

[Read More](#)



Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Shannon's Salsa Recipe

This is a refreshing addition to many of my meals or just as a health snack with some organic corn chips. To make this colourful use a variety of yellow, green and orange peppers.

- 2 or 3 large tomatoes – diced
- 1 or 2 bell peppers (yellow, orange, red or green) - diced
- 1 onion – diced
- 1 jalapeno pepper – diced finely with seeds
- 1/2 fresh squeezed lemons
- 1 or 2 tablespoons olive oil
- 1 or 2 cloves of garlic – to your taste
- Cilantro diced – as much as you like
- Sea salt and pepper to taste

Mix together in a bowl, adjust spices to your tastes, refrigerate at least one hour before serving. Enjoy!

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

Amber's Roast Butternut Squash Soup

INGREDIENTS

- 1 large butternut squash, halved and seeds removed.
- 45 mL (3 tbsp.) olive oil
- 1/2 small head of garlic, top removed but not discarded
- Kosher salt and freshly ground black pepper
- 1 apple, peeled, cored and cut into 2cm (3/4-inch) chunks
- 1 medium yellow onion, chopped
- 1,000 mL (4 cups) low-sodium chicken stock
- 7 mL (1 1/2 tsp.) balsamic vinegar
- 175 mL (3/4 cup) half and half

[More recipes...](#)

OK In Health Member's Classifieds

Wanted: To Rent - a home in the Okanagan

Looking to rent or rent to own, a one level home in Vernon or Kelowna or somewhere in between or in surrounding area. Widow, 58 yrs.old seeking QUIET, CLEAN, maintenance free yard rental home that welcomes pets. Needed for May or June. Prefer rancher with few stairs. Prefer home with lots of windows since I love sunlight. Would also consider a mature spiritual, clean, quiet roommate. I've lived in Vernon and Kelowna years ago and plan to return to the Okanagan. Have great references. Kindly contact Barbara - [click here to email](#) or 1 (519) 713-9226.



Add a little Art to your day!

Róisín O'Farrell is an Irish artist from a family of talented artists and writers. Pick a beautiful painting on line and it will be mailed to you or your loved one, anywhere in the world. www.everyotherdaypaintings.blogspot.com

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.

Wanted:

Equipment for a live-blood analysis business in the North Okanagan. 250-833-2129 or [click here to E-mail](#)

Infrared Sauna - For Sale

One year old Infrared Sauna, carbon elements, with two seats, and has a ceiling to floor tinted glass window. Asking \$1600. Photos available. 250-545-2747

Detox Foot Spa Machine - For Sale

A professional quality Detox Foot Spa machine (Platinum Energy is the Canadian company). Asking \$900. Photos available by E-mail. Phone 250-545-2747.

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

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.

Nutritionist Book

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



Two BUDGIES available

2 precious young healthy budgies are available at the BCSPCA. Mated pair (female and male) so they can be together in one cage. They are curious, very gentle and are now learning to interact by coming out of their cage, eat from your hand, and sit on your finger. Female is deep emerald green and yellow, male is cinnamon green and yellow with cerulean blue tones in his tail feathers. Cage and accessories are included. Call BCSPCA 250 493-0136 (photo is not of actual birds)

Simply Symmetria Pilates and Health - 6 Weeks To Summer Shape Up



6 weeks to Summer Shape up is achieved by the combination of special programs unique to the Okanagan with certified Teacher/Practitioner, Beth Hynes as well as Angela Wright registered Nutritionist and an R.M.T. (TBO).

Great all in one program includes:

- One private fitness assessment with Beth
- One private nutritional assessment with Angela
- 2 nutritional classes & a diet and habit journal
- 14 Pilates/Stretch Therapy/Latin infused cardio classes
- 3 massage treatments with an RMT
- Gift Certificates, discount cards and a wrap up party with prizes

Date: **May 10th- June 25th** 9:30 a.m.
Cost: \$509



ABOUT BETH HYNES | With 22 years of experience in the Fitness Industry, Pilates instructor, Beth Hynes's passion for learning and teaching has insatiably continued through the years, and her ambition to be on the cutting-edge of the health and wellness industry has lead her to become an accomplished instructor in many methods. Beth continually strives to be the most innovative and experienced instructor in the Okanagan Valley, and maintains the belief that everyone should have the privilege to live within a healthy, strong, and flexible body, and be able to do all of the things they love for as long as possible. Certified Pilates and Yamuna Body Rolling Instructor, Stretch Therapist, A.C.E. Personal Trainer/Instructor.

Tired of renting your practice office space??
Own your own office space and create it into how you want it!

Business for Sale - Nelson Successful business of massage with its own niche for sale with everything already laid out for you. Assets, publicity, web site, training and customers come with it. Its distinct brand, with an already established clientele and an outstanding reputation over the past 8 years, is a dream opportunity for an energetic massage professional coming from a Spa background, massage or any type of bodywork or for a RMT. This voted #1 service of massage is located in Nelson, beautiful BC, a very alternative and dynamic town. Call 250-352-6804 or visit www.rubitinmassage.com.

Penticton Office For Sale: 101-95 Eckhardt Ave. E., Penticton. Affordable location for naturopath, esthetician, massage therapist, counsellor, chiropractor, hair dressers, non-profit group office or any business that needs their own space, etc.. 490 sq. ft. includes foyer, kitchen area, washroom. \$78,000. Reduced to \$73,000. Call Nancy Folkestad, Realty Executives, 250-493-4372.

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.

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.

Wellness Tips

April

Month

Daffodil Month: Cancer Awareness
Oral Health Month
Irritable Bowel Syndrome (IBS) Awareness Month
National Cancer Month
Parkinson Awareness Month

Week

19-25 National Dental Hygienists Week
19-26 National Organ and Tissue Donor Awareness Week
25-2 National Immunization Awareness Week

Day

* 7 World Health Day
* 17 International Hemophilia Day
* 22 Earth Day
* 28 National Day of Mourning: Remembering lives lost or injured in the workplace

OK in Health's Contests

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

February to May 2010 - New contest ~ [Click Here to enter!](#)

Enter all the contests numbers on to your entry form (example...# 1 CD, #14 pet, #21 reiki,)
Enter as many contests as you want that are within your area

Enter to Win - sessions & prizes:

Special Referral Contest - See below for more information
Special CD Contest for all our all members - See below for more information

ALL AREAS

1. One complimentary 30 min Lemurian Oracle reading with Sharon Taphorn from Playing With the Universe, Vancouver (reading by phone or internet).
2. One complimentary Distance Journeying for **Power Animal Retrieval** session by Dawn Dancing Otter (reading by phone or internet).

ACROSS BC

3. **Prince George Area & All Areas**
One complimentary Transformational Energy Healing session (\$60 value) with Cindy Peever at [Energy Directed Healing](#). (reading by phone or internet).
4. **White Rock - Vancouver Area**
One complimentary Heart Resonance Therapy session **or** pilates reformer session with Michelle Cubin at Pilates & Healing Studio.

CENTRAL AND NORTH OKANAGAN AREAS

5. One complimentary 1/2 hour psychic reading by [Darcy of Athenic Connections](#). Connect to your guides and get the messages you need to hear
6. one complimentary a Shiatsu session from [Rite-Way Health](#) with Marie Sperling.
7. One complimentary Feldenkrais session (regular fee \$65) with Sandra Bradshaw, Guild Certified Feldenkrais Practitioner

8. One complimentary Reiki session at Holistic Choices with Preben.
9. Win a complimentary European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at Natural Sense Aromatherapy.
10. One complimentary Reiki session at **Relax and Revive**, with Kathy Collins in Kelowna

SOUTH OKANAGAN AREAS

11. One complimentary **Adrenal Support Yoga Session** at Shanti Wellness with Wildflower.
12. *One complimentary* Fitness pass to a class of your choice at the Quantum Fitness Studio
13. One complimentary **Reconnective Healing®** session with **Bernice Granger**
14. One complimentary Reflexology session at **Footworks Reflexology** with Kathryn Smith
15. One complimentary 1.5 hrs Organic Facial session (value \$69) at **Daydream Esthetics Studio - A Holistic Approach** with Deanna Klan. Using only organic / chemical complimentary products
16. *One complimentary* first time Homeopathic consultation with **Katharina Riedener**
17. One complimentary session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
18. One complimentary Tarot Card Reading with **Norma Cowie**
19. One complimentary Pet Health consultation at "Colour Me Healthy" with **Linda Buhler, certified Pet Practitioner**
20. One complimentary Cranio Sacral Reflexology treatment at Summerland **Reflexology** with Denise DeLeeuw

Discount Gift Card

21. **Vernon** - Energy based healing session at **Maya Healing Centre**. Healing Touch, Shamanic Practices, Extractions, Soul Retrieval, and Spiritual counselling. First session \$25.00 complimentary discount. Review, release and rejoice!
22. **Kelowna** - 50% discount on the "Room to Write" on-line workshop which has a value of \$150.00 by **Annette Erickson**, at Inner Pathways.

Workshop Contests

23. **Alberta** Receive a \$40 discount for the **Advanced Tools For Self-Mastery** courses with Instructor Pamela Shelly at Mastering Wellness.
24. **Kelowna** Receive a \$40 discount for the **Advanced Tools For Self-Mastery** courses with Instructor Pamela Shelly at Mastering Wellness.

Special CD Contest - WIN this CD package!



Two complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " **Suí Mindfulness Meditation & Relaxation package**" (double CD & step by step booklet)

Sui is the Irish word for sit and it is pronounced in a similar fashion to the English word 'see'. Being guided effortlessly through these simple yet powerful practices, builds up your inner resources for dealing with stress. It allows the mind and body to REALLY rest and rejuvenate. It promotes restful sleep and brings balance to your life.

" I am privileged to have listened to Derval's meditation CD 'Sui'. It is lovely to come across a CD which contains something for people at all levels. Tracks range from 5 minutes to 20 minutes. The first CD is divided into sections alternating speech with Tibetan bowls. I was also very impressed with the booklet. I have no hesitation at all in recommending it, especially to those who, like Derval, come to know that embracing 'illness as messenger' is Sine Qua Non to healing. Derval's soft Irish voice is such pleasure to listen too. My kids enjoy track number 5 at night" - Maria Carr

25. **Ireland, UK, & Europe OK Members**
One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " Suí Mindfulness Meditation & Relaxation package"
26. **Canada and USA OK Members**
One free complimentary CD by Derval Dunford, Co. Mayo, Ireland, called " Suí Mindfulness Meditation & Relaxation package"

27. Special Book Contest - all areas ~ win this book!



Such is Life (book) by P. Ann Turner, Vancouver, B.C.

A journey through life - facing challenges like sexual abuse and a violent home invasion. Many women, mothers, girls and men can relate to the story of triumph over adversity, but how many people had horses as their counsellors? This is a story of personal struggle, a life after the pain, where peace was found, confidence regained and a life transformed by encounters with 4 footed life coaches. [More details](#)

Take note of the contest numbers and enter them on to your entry form below
(example...# 1 CD, #14 pet, #21 reiki, ...)

Enter as many contests as you want that are **within your area**

Watch for your next OK In Health's e-magazine for contest information.

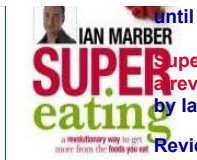
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until September 24th wins a special Prize -

Supereating:
a revolutionary way to get more from the foods you eat
by Ian Marber (Author)

Reviews

I love all the Food Doctor books and regularly follow Ian Marber's recipes. This book is truly informative about what foods are good for particular conditions and what enhances the properties of various foods too. It's well worth reading even if you don't make any of the recipes. I'm looking forward to enjoying lots of culinary delights as I try all the suggestions in this book. Review by Susan Kersley.

"Well explained, easy-to-read charts stop it from being complicated or time consuming." -- Marie Claire

Supereating is a breath of fresh air after all the hype one food or one nutrient seems to attract on a regular basis. Instead the approach is to understand how to obtain the most benefit by combining the foods we eat. Ian Marber is an inspiring writer and always in a practical, balanced and understandable way. It's a fascinating read and the more I read the more I want to learn to combine the right foods for health and wellbeing. It's got a comprehensive guide to nutrients and how they work together and in some cases against each other (depending on quantities). I Like the section on probiotics too, I think they're very important for good digestion. Then on to health and wellbeing issues such as boosting the immune system and energy levels by combining the right foods. There are some delicious snack and meal suggestions which I'm already putting into my diet. Praise to Ian Marber for looking beyond the 'super food' hype and for writing an innovative and stimulating approach to healthy eating and wellbeing! A highly recommended buy. Review by Kristen.



body  soul
Wellness Fair

Vernon Rec Center
Free Admission

May 1st & 2nd
Booth's available

schedule

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



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