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OK In Health Monthly E-Magazine - August 2010

Publisher's Message

Greetings to all our OK In Health members,

No doubt about it, August is a peach of a month. The sun is shining for you this Summer on our website www.OKinHealth.com with a wealth of ideas, suggestions and events for you to sample.

OK In Health will be the first to announce the dates and venue. OK In Health members will have a special advance option to buy early-bird tickets. Be the first to hear the full details!
This is only for OK members who are signed up for free e-magazine and on our e-mailing list.

[CLICK HERE FOR FULL DETAILS](#)

So please show your support for OK in Health and invite your friends to-day to sign up. <http://okinhealth.com/forms/contact.html>
Be the first hear details and for early-bird tickets [new members - sign up here](#)

Ticket Give-Away

Two tickets to the **BODY, SOUL, & SPIRIT EXPO**, Penticton, Sept 24 - 26th (see below)

And... we have some great new articles from our OK In Health columnists, a new Columnist, new recipes, and wellness tips too...

Wishing you all a Peachy Summer

Yours In Health,
[Maria Carr](#) and The OK In Health Team [see our [OK Staff and Team's members](#)]
Publisher of OK In Health E-Magazine - www.OKinHealth.com



**Deepak's Okanagan
Event producer -
Paul MacInnis with Maria**



[Bela Blystone's Condolences](#)

Up Coming Events

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

Please mention OK In Health to your contact person

Here are only some of the events, for full list see OK In Health's [event calendar page](#).

[Sat. August 21 - Happily Holistic Natural Health & Wellness - Grand Opening - Kelowna](#)

[Sept. 3 & 4 Business Feng Shui Vernon](#)

[Sept. 10, 11, 12 & 13 -
FSRC Four Pillars of Destiny Essential Course - Vernon](#)

[Sept. 10-12 -
Erich Schiffmann Workshop - Spokane, WA, USA](#)

[Sept 13 to 16, Oct 4 -
Shiatsu Full Body, 4 day course - Vancouver/Agassiz](#)

Friday Sept 17,
- Diversity Health Fair ~ "Promoting Healthy Living" Vernon

Sept 17,18,19 - Wise Women's Weekend - Naramata, BC

September 24 - 27
Canadian Society of Qwesters Fall Conference 2010 - Salmon arm, BC

Sept 25th -
Have You Had A Spiritual Experience ~ 2010 Okanagan Seminar - Vernon

September 24 - 26 -
Body Soul & Spirit Expo - South Okanagan 2010 - Penticton

Sept 24 - 25 - The Original Stone Therapy
Certification courses - Victoria, BC, also in BC, AB, MB, SK

Sept. 25- 26, or Sept.28 -29 -
Physics and Spiritual Healing for Healers - Calgary

Sept 25 - 26 - Holistic Nutrition - Nutrition N' You Weekend - Kelowna

Oct An Afternoon with Deepak Chopra -

Deepak Chopra FULL DETAILS - [CLICK HERE](#)

October 20th 2010 Seniors Symposium Wellness Fair Penticton

Oct 22 - 24 - Indian Head Massage Vancouver

Mystery Of Egypt ~ Spiritual Group Tour - [click here](#)

Every Tuesday - Energy Healing - Horse & Crystal - Vancouver

Last Sunday of every month - OHM - Okanagan Holistic Market - Kelowna

Advanced Tools For Self-Mastery - Kelowna -Vancouver - Calgary - Toronto

Sound Healing Workshop ~ Kelowna and Calgary

Business Course For Holistic Practitioners ~ Kelowna and Calgary

On Going - The Original Stone Therapy Certification courses - BC, AB, MB, SK



Animal Care Page - [click Here](#)

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](#)

[MORE EVENTS](#)

New Summer
[Contests](#)

Refer - Your - Friends
[Contest](#)

OK Announces Three Major Events

OK In Health, now proud sponsors of three new major events.

An Evening with Sylvia Browne



Sylvia Browne is the #1 New York Times best-selling author and world-famous psychic who appears regularly on the Montel Williams Show and Larry King Live, as well as making countless other media and public appearances.

Friday, August 6, 2010 at 7:30 PM

\$140 for Front seats and a guaranteed question are available.

\$84.00 and of the first 100 sold -10 names will be selected to get a question.

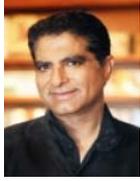
\$61.60 for Back 100 seats. All remaining ticket holders will have their names put in a fishbowl for a chance to ask a question.

Address: Kelowna Community Theatre, 1375 Water Street, Kelowna Cost: \$140 Front, \$84, \$61.60 Back rows

Contact Info: 250-762-5050 Book Your Ticket -www.selectyourtickets.com For information on Sylvia www.sylviabrowne.com

[Win Two Tickets](#) - Winner Adrian Bennett and son Zachary

Deepak Chopra - Okanagan 2010



Deepak is the author of more than fifty-five books translated into over thirty-five languages. Time magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century and credits him as 'the poet-prophet of alternative medicine'.

OK in Health is pleased to announce:

**An Afternoon with Deepak Chopra in the Okanagan
Presented by the Autopoetic Ideas Festival
Penticton Trade and Convention Centre
Sunday, October 17th, 2010 at 2:00 pm**

Tickets available online or at the box office starting Thursday, August 5th at 10:00am

Exclusive, Time Sensitive, Limited Quantity Offer for OK in Health Members Only:

To receive your Code:

Follow this link: http://okinhealth.com/deepak_chopra_penticton_oct_17.html - and more details

The promotional pricing will only be available with the promotion code, starting Thursday August 5th at 10:00am, and ending Wednesday August 11th at 10:00pm, or while quantities last.

Be The first to hear!

If you are not already a member and receive our free e-magazine, then [sign up](#) to be the first to hear about this event, special password for early-tickets, and many more.

Body Soul & Spirit Expo - South Okanagan 2010

The Body Soul & Spirit Expo showcases products, services and resources for growth, and fosters the individual quest for wholeness and self understanding. In representing such a diverse field, the show seeks out extraordinary individuals, businesses and organizations that offer products and services that facilitate this quest

OK In Health is also a sponsor of the 'Body Soul & Spirit Expo - South Okanagan 2010' coming this Fall. This large Health show is happening on September 24th - 26th in [Penticton](#), BC. For Penticton Exhibitor Registration and Information - [click here](#).



[Win two tickets](#)

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.

New Raw Foods Columnist

Cleo Murray



As we get ready for our NEW OK In Health website, this month we are also very excited to welcome another new columns to OK In Health. It is called The Raw food Column and our new columnist is Cleo Murray

Cleo is currently a Vegan Raw Foodist. After 15 years of Veganism she decided to take her nutrition to the next level after being diagnosed with Colon Cancer 4 years ago. Cleo, chose a completely alternative recovery plan which included her raw diet. She decided to share her radiant health success by giving local Raw Food Workshops and talks. She also had a business in Vancouver as Personal Trainer, Massage Therapist and Reiki Master. Her first article is called "[Raw Foods... What, Why & How...](#)"

Naturopathic Corner with Dr. Tamara Browne



Danger of Aluminum in Antiperspirants
[...read more....](#)

Science Corner by Dr. David Suzuki & Dr. Faisal Moola



What the beluga can teach us about ourselves
[.....read more.....](#)



"Coaches Corner" with Sue Chambers



with Lisa Kilgour



Releasing The Past [...read more...](#)



Sun or Sunscreen? [...read more...](#)

"Wisdom Astrology" with Michael O'Connor

"Empowered Living" with Shari Montgomery



Astrology, Health and Wellness [...read more...](#)



Does Your Health Condition Have a Message for You?....
[.. read more](#)

Raw Foods Column by Cleo Murray



Raw Foods.....What, Why & How... [...read more.....](#)



To Advertise on OK In Health - please contact Maria at [email 250 493 0106](mailto:email2504930106)

OK In Health's Favourite Picks from our OK members



"Summer Safety Tip" by Linda Buhler [.... read more....](#)



Join the OK in Health Association!

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



Standing on Guard by John O' Connor [.read more....](#)



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

Maria's Favourite OK Picks from our OK members



The Importance of Flossing? [read more](#)

**Ready to go camping,
snow birding, or touring?**



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, rubber roof, and tons of
cupboards - Priced to sell!!!! \$10,900**

Won't last long

Penticton 250 492 4759 - [email](#)

[More details - click here](#)

**Are you tired of putting the table
down? This has 2 tables**



Recipes



Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Lentil Dahl

India has a rich, vegetarian heritage, rooted in 5000-year-old traditions. Dahl, translates into soup, which is commonly prepared with lentils, making this rich and thick meal common to households and restaurants alike. Serve this dish by itself or over a bed of brown rice.

1 tbsp olive oil
1/2 onion diced
1/2 cup carrots diced
1/2 cup celery diced
2 minced cloves of garlic
2 tsp minced peeled ginger
1-2 tsp curry powder
1/2 tsp cumin powder
2 1/2 cups vegetable stock or water
1 cup brown or green lentils, rinsed
1/4 tsp pepper
Salt to taste
2-4 servings

Sauté onions, carrots, celery, garlic and ginger in oil, over medium heat for 3-5 minutes or until onions are soft.

Add curry and cumin and sauté for 2 minutes, stirring constantly to avoid scorching the spices.

Stir in stock and lentils and bring to a boil. Reduce heat, cover and simmer for 45-50 minutes or until lentils are soft.

Add salt to taste.

Serve over brown rice.

This recipe is from the Wild Rose Herbal D-Tox Program

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

OK Raw Food Recipes Column! - by Cleo Murray's OK Raw Foods Recipe Column

Raw Dill Burgers

1 cup flaxseed (ground)
1 cup dry almonds (process in food processor until crumbly)
3-4 green onions, chopped
3 large grated carrots
1 large tomato
Large bunch of fresh dill
4-5 garlic (minced)
1/4 cup onion powder
1/4 cup lemon juice

[More recipes...](#)

Get to know some of our OK In Health members!



Linda Buhler - Colour Me Healthy - Your Animal Advocate



Colour Me Healthy is a "MOBILE" holistic health pet care service that provides assessments, healing and caring services for the animal and the owner in their own environment.

These services address the dietary, behavioural, physical, and emotional needs.i.e. joint problems, fear of loud noises, allergies, pain,etc. Linda's services are complimentary to more extensive health care treatments for our special family members and Angels in fur.

Linda Buhler, Pet Practitioner, Reiki Master.

[E-mail](#) - Phone 250 - 485 7116. Oliver, BC

Visit website at www.colourmehealthy.com



*Note: It is important to consult with your holistic veterinarian when your pet is unwell.
Also visit OK in Health's [animal natural care page](#)*

Wind in the Willow -Creative & Healing Arts -Studio



ART THERAPY uses the creative process along with meaningful communication to work with and resolve difficult mental and emotional conditions. Creativity is the means whereby healing takes place. No prior art experience is necessary.

DRU YOGA is rooted in ancient tradition with its yogic postures, breath work and relaxation techniques. Unique to Dru are the Energy Block Release sequences based on gentle flowing movements harmonized with directed breathing, supportive visualizations and affirmations. It is practiced by people of all ages, abilities and fitness levels. www.druworldwide.com

Cindi Tomochko: BA./DVATI. Certified Art Therapist and Dru Yoga Instructor
#204-219 Main Street, Penticton, BC V2A 5B1 p. 250. 276.5308 [Click Here to E-mail](#)



Motivating men, women, of all shapes, sizes and fitness levels for the biggest game of all: LIFE. During the 4 week program thru fun, energizing activities you will move, bend, push, pull and play your way to strength, stamina, balance, giving you transformation in mind & body. Your time is now!

Sheila is certified in personal, bootcamp and functional training.

For dates, times and locations check out my website.

www.pentictonbootcamp.com Sheila Kamaraus 250-488-3671 E-Mail

What's New!



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 Summer 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](#)



The **Body Soul & Spirit Expo**
Canada's Holistic & Spiritual Lifestyle Event
South Okanagan
Kelowna
Penticton
Vernon
& Area

THE DAILY COURIER CHBC NEWS CTV PENTICTON HERALD
99.9 Sun FM Today's Best Music 800 the Ez Post SOUTH OKANAGAN EVENTS CENTRE OK In Health

[more information](#)

Wellness Tips

Cream Alternate for Coffee Try soy milk in place of cream, Half & Half or whole milk in your coffee this week. It has less total fat and saturated fat, is rich in nutrients, and adds a pleasantly nutty taste.

Stretch Your Back Begin on your hands and knees. Slide your hands and arms out in front of you so that your torso forms one long sloping line from your fingertips to your tailbone. Breathe smoothly; reach forward with your fingertips while you keep your hips in line with your knees. Hold for about 30 seconds. Relax and then repeat. If you have back problems, first consult the professional who treats you before performing this stretch.

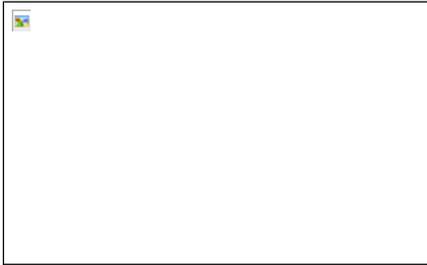
Exercise After Illness How can you know if you are too sick to exercise? If you have a hacking cough, pressure on your chest, a fever, an upset stomach, or fatigue and aching muscles, give your body a rest. It is usually okay to do mild to moderate activity if you have a cold without these symptoms.

Also ["What chemicals are in your bathroom products?"](#)

Five minute de-stressors People often say they are "stressed" when their normal coping mechanisms have been overwhelmed. If you need to decrease stress and improve coping, consider taking at least one 5 minute, de-stress break each day, preferably more. You can try different 5 minute activities throughout the week. These include stretching, daydreaming, deep breathing, reading a few pages of a novel, doodling, listening to your favorite song, or going for a quick walk. These mini "me" times provide a quick break and allow you a chance to regain emotional and mental control in difficult situations.

Healthy Bagel Spread Are you a bagel lover? Modest portions of whole grain bagels can be a healthy breakfast option. Traditional cream cheese spreads, however, deliver a big hit of saturated fat and calories. Consider this alternative - a blend of silken tofu, cinnamon, vanilla extract, and minced dried fruit. This spread provides dietary fiber, protein, several vitamins and minerals, contains only healthy fat, and has no cholesterol.

If you really, really love your cream cheese use it but less, or consider trying a lower fat version such as Neufchatel cheese. Your heart will thank you!



NEW ~ The Story of Cosmetics

On July 21st with the release of The Story of Stuff Team's [The Story of Cosmetics](#), which exposes the \$50 billion cosmetics industry's use of toxic chemicals in everything from lipstick to baby shampoo-even chemicals linked to cancer and birth defects. Yuck! You can help spread the word about the movie watching the movie and by forwarding the [30-second teaser](#) to your friends, family, neighbors and colleagues. Thanks for everything you do to make the world a better place.

Best, Annie, Michael, Allison, Christina and Renee
The Story of Stuff Team

[More healthy tips](#)

OK in Health's Contests

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

Closing date is September 24th 2010 - New Summer 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

Thank you to all our OK In Health practitioners who donated these wonderful prizes.

Visit our [contest page](#) to enter the new Summer contests.



Enter to Win New Summer Contests

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



Special Referral Contest

Refer your friends, family, colleague, or clients to OK In Health and when they sign up, they are asked who referred them. The person with the most referrals from now until September 24th wins a special Prize -

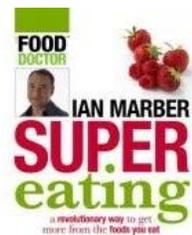
Supereating: a revolutionary way to get more from the foods you eat
by Ian Marber (Author)

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



Thank you for taking the time to read the OK In Health e-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](#)

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.

[unsubscribe](#)

Please show your support for OK in Health and Invite your friends to-day to sign up. <http://okinhealth.com/forms/contact.html>

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