

OK In Health's



New Year Greetings from our OK in Health Team, Practitioners, Workshop Instructors, Events, Authors, and members..such as (see below for more photos of OK Members)



EDITOR'S MESSAGE

Greetings to all our OK In Health members,

Wishing you an amazing New Year 2010, full of Joy, Happiness and new Adventures and that you and your loved ones are surrounded by love, laughter, growth, peace, and good health. Allowing time to follow your bliss, whatever that may be. Let yourself be surprised!

It's exciting to realise that another year has gone by and that we embark into the **6th year** of OK In Health.

These years have seen one of the biggest passions of my life come to fruition – that of bringing together those who have the gift of the knowledge of healthy ways of living and healing with those who wish to explore them.

In bringing OK In Health to life, a pathway has been found to set up connections between our local [health & healing community practitioners](#). OK In Health is a strong promoter of providing a forum for both conventional and traditional medicine systems to reach those in need of these services. It also opens doors onto preventive medicine and natural therapeutics by providing up-to-date information for our members. We start the year with many [new workshops, classes, and events](#).

Last month, OK In Health highlighted one of my favourite videos called "The story of Stuff". Annie Leonard has a new video out and is well worth watching. **The Story of Cap & Trade** video is a fast-paced, fact-filled look at the leading climate solution being discussed at **Copenhagen** and on Capitol Hill. If you've heard about Cap & Trade, but aren't sure how it works (or who benefits), this is the film is for you.



To set powerful goals in motion for the New Year ... See our many New Year articles... below... As editor, I have so enjoyed reading them!

Thank you for reading this newsletter, I hope you get as much pleasure receiving it as I had sending it. Please feel free to contact me if there is anything I can do for you. We welcome you to our website and the whole team here at OK In Health wish you well. From Our Hearts to Yours, Yours In Health, Maria Carr and The OK In Health Team [see team's names below] Publisher of OK In Health E-Magazine - www.OKinHealth.com



- [New Articles](#)
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OK In Health send **Wayne Dyer** well wishes in his journey in his recovery.



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

The OK in Health Team wishes our readers a wonderful, relaxing, healthy, joyful, and peaceful new year, and that each and every one of you takes another exciting step on the unfolding journey of taking care of ourselves and loved ones.

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: Sheila Stephenson.

OK In Health is a GREEN Business since 2004

Articles

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

Naturopathic Corner with Dr. Tamara Browne

'For the Health of It' with Brenda Molloy



Vitamin D: Winter Blues, Winter Flus, A simple explanation

In northern climates vitamin D deficiency is common due to the fact that the sun's rays are angled to such an extent that the UVB portion of these rays is filtered out.....[[click here to read full article](#)]



2010 - Year of the Tiger

According to Chinese Five Element Astrology Calendar, 2010 is the Year of Metal Tiger . Gold is related to Metal and money. People who like to talk about wealth will say that 2010 is a Golden Tiger year. In Five Elements (Metal, Water, Wood, Fire and Earth) theory, the color representing metal is White. Therefore, we also can say that 2010 is the Year of White Tiger.

"To Your Good Health" with David Dixon



Too Much of a Good Thing

Every year it's the same scenario: Gather with friends and family to celebrate the season, eat too much because the food is too good not to, then, oft times, imbibe far more than 'normal'. The results are pretty consistent as well and generally not all that pleasant. Well, don't fret – not too much, anyway - for there is yet hope. I'll explain.....[Read More...](#)

Natural Beauty with Deanna Klan



Clearing Skin in the Teenage Years (Part Two)

Did you print off the tips from part one and post them where they can remind you (or someone important) to follow them and have great skin? Part one's advice was mainly about lifestyle choices and how they affect our outer selves. Now we will move on the skin habits.....[read more...](#)

'Embracing Change' with Lyndsay Blais



Embracing the New Year~!

Capitalize on the energy of the New Year with fresh commitments to yourself and your goals. If you have found it difficult to keep on track with your goals in the past, take a new look at what you would like to create for yourself in 2010.....[read more...](#)

'Soul-Full Journeys' OK Column with Pamela Shelly



Are You Having An Identity Crisis?

This article is about our sense of loss we often experience when we make the necessary changes in our lives as we move forward into who we are now. We need to be willing to honor our journey as well as the journey of others.....[read more...](#)

' Parenting Tips' OK Column with Maggie Reigh



Lessons from the Sandbox

Are you so caught up in building for the future that the life you live right now is exhausting you? Right now is all there is... let your children remind you that THIS is your moment of creation![Read more.....](#)

"Paws 4 That" Column with Dr. Moira Drosdovech



Feed Your Cat as Nature Intended

Although commonly accepted that commercial dry food is an adequate 100% complete balanced diet for cats, I have many concerns with this line of thinking. First, let's take a look at what cats really are. Cats are 100% carnivores.....[read more....](#)

'Soul Food' OK Column with Sharon Taphorn



You're Mission – Should you Choose to Accept It!

What is my life purpose is perhaps the most asked question during private readings. Many of us feel that there is something more grand that we should be doing. [\[click here to read full article \]](#)

Feng Shui Gems with Teresa Hwang



Geng Yin – Yang Metal Tiger Year

For the upcoming Geng Yin year – Yang Metal sitting on top of Tiger, at first glance it looks like a year of major conflict, due to the Heaven and Earth clash between the Yang Metal and Yang Wood, but when we take the Yang Fire and Yang Earth into account, there is a flow of Qi between all these elements.....[read more....](#)

Coaches Corner with Sue Chambers



Change.....

Change is never far from us, whether it is breaking up with someone, having someone move away, loss of someone or a job or anything that once meant a great deal, but didn't turn out the way we were hoping. Being prepared for change involves flexibility, strength and a belief in ourselves.... [\[click here to read full article \]](#)

Glorious Gardens Gems



Is it OK to compost poinsettia's ?

The leaves are toxic to eat, but these toxins get broken down during the decomposition process. You will be happy to hear that **poinsettias can** be safely added to the **compost** heap.

We are looking for a columnist to write for this section! Do you know of anyone interested?

Body Plus Column



The Foundation of Supplementation - Written for OK In Health, by Elaine Munro

The importance of investing in our health is something we all need to remember. While the intricate details of what we consume and the activities we engage in are of obvious significance, the need for supplementation is often overlooked. Health food stores are filled with hundreds of products with almost countless applications. While there are condition-specific supplements required for some people, these top 5 foundation supplements will cover the bases for most. They address the significant nutritional concerns of a contemporary lifestyle including.....[read more....](#)

OK In Health 's Favourite Picks from our OK members



Swine Flu, Bird Flu, H1N1, Flu Shot, Flu Hysteria? by Katharina Riedener, Osoyoos

Historical evidence over the last 200 years has shown that Homeopathic Medicine has done a great job in helping people to survive major epidemics and pandemics. It is commonly known that if you are generally healthy, your immune system has a much higher chance of success in fighting any disease, including flu. Constitutional homeopathic treatment can raise the general level of health and well being, and stimulate a healthy immune response.....[read more....](#)

Maria's Favourite OK Picks from our OK members



What is a Shiatsu Face Lift? by Harold Siebert, Vancouver, BC

An important part of a persons' health is beauty. It helps to bring happiness and joy into ones' life by creating and maintaining optimum health. Throughout history, beauty has been seen and coveted as a sign of health and well-being. Surveys show that women spend on average, an hour per day in front of a cosmetic mirror. We could say that facial beauty has become an obsession. Japanese Facial Massage developed to promote health and longevity. This was to prevent problems, rather than curing existing ones. A well trained practitioner of the Shiatsu Face Lift can improve the persons' beauty, remove toxins from the face and balance ki [life force] to improve overall health.....[read more....](#)

Formulas As Individual As You Are

Formulated by Michael Adams, B.Sc., M.D.

Michael Adams, B.Sc., M.D. has been involved in the health and wellness industry for over 20 years. He has a background in nutrition and has been a member of the International Board of Standards and Practices for Health Care.

www.progressivenutritional.com

Community Events at your fingertips!

Have you ever wanted to attend a community event, health show, weekend retreat, workshop, movie, fitness class, or find a local practitioner or support group?

Well, OK In Health is a website that is a great resource for finding all this.

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

Join the OK in Health Association!

Sign up for Newsletter
3,000 members

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

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

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

Up Coming Events

Sun. Jan. 24
KRYON
UpClose 2010
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](#)

Starts, Sat, Feb. 13th
Raw Food Classes
Kelowna

Feb. 20 & 21,
Ra~Sheeba Level I
Kelowna

Feb. 27 & 28th,
Ra~Sheeba Level I
Penticton

[1st Monday](#)
Adrenal Support
Yoga Series [Penticton](#)

[January 14th](#)
Wise Women's
Circle Workshop
[Penticton](#)

Beyond Cancer:
Yoga For Wellness
[Penticton](#)

Prenatal Yoga
[Penticton](#)

[January](#)
The Yuen Method
[Penticton](#)

[January 23rd](#)
Family Literacy Day
Celebration
[Penticton](#)

[Jan 2010](#)
RAC Reflexology
Course [Surrey](#)

Advanced Tools For
Self-Mastery
[Toronto, Ont](#)
[Kelowna](#)
[Vancouver](#)
[Calgary](#)

Chakra Yoga
Hatha Yoga
Sessions
[Armstrong](#)

[Feb. 6 & 7,](#)
Plant Spirits
[Penticton](#)

[Sat. Feb. 6th](#)
Reiki Level 1
[Kelowna](#)

[Feb. 13th & 14th](#)
Reclaiming Your
Inner Child
[Kelowna](#)

[Feb 13 & 14](#)
Munay-Ki
[Salmon Arm](#)

[Nia classes](#)

[February 6th and 7th](#)
Reiki I & II Course
[Armstrong](#)

[MORE Details](#)

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

	<p>'The Work' ~ Group Facilitation ~ New Experience the Power of 'The Work' of Byron Katie first hand in this 6 week hands on facilitation series being offered in Vernon, BC. Jan. 11 through Feb. 15</p> <p>'The Work' of Byron Katie An Introduction to 'The Work' of Byron Katie. This is a full day event offering participants an interactive day of teaching, video, music and ample opportunity to do and experience the power of 'The Work'. Saturday, February 6</p> <p>"Byron Katie is one of the truly great and inspiring teachers or our time. She has been enormously helpful to me Personally. I love this very wise woman." Dr Wayne Dyer</p>
<p>OK In Health's Special Winter advert discount</p>	
<p>- 50% off all workshops and events adverts</p> <p>Place an ad - only \$20 to post an event, fitness classes, or classified advert. This is a limited time offer..... [...More Details]</p>	
<p>February 20th – Equine Lecture Series - One Vancouver</p>	
<p>March 13th - Equine Lecture Series - Two Vancouver</p>	
<p>April 17th – Equine Lecture Series - Three Vancouver</p>	
<p>May 8th – Equine Lecture Series - Four Vancouver</p>	
<p>June 5th & 6th – Classical Equitation Series: Weekend Workshop Vancouver</p>	
<p>August 15th – Movement and Gait analysis Vancouver</p>	
<p>August 6th - 8th – Horse Intuitive Sessions: Weekend Workshop Vancouver</p>	
<p>September 19th – EQUINE BASIC FIRST AID Vancouver</p>	
<p>October 17th – ADVANCED EQUINE FIRST AID Vancouver</p>	
<p>November 7th – BASIC INTRODUCTION TO EQUINE MASSAGE Vancouver</p>	

[March 1 & 2](#)
Shiatsu Face Lift
Training
[Agassiz, B.C.](#)

[March 4](#)
Have You Had A
Spiritual Experience
~ Free Workshop
[Vernon](#)

[Sat. March 13](#)
Reiki - Level 2
[Kelowna](#)

[March 26 & 27](#)
Business Feng Shui
[Vernon](#)

[March 2010](#)
FSRC Four Pillars of
Destiny Essential
Course [Vernon](#)

[March 2010](#)
Certified Traditional
Chinese Feng Shui
Practitioner
- Modules 1 -4 [Vernon](#)

[April 2010](#)
Teri Applegate - A
public presentation on
TCM [Penticton](#)

[April 2010](#)
Soaring Crane Qi
Gong - Weekend
Workshop [Penticton](#)

[April 2010](#)
Cranio Sacral
Reflexology
New Advance and Third
Level.

[April 2010](#)
Cranio Sacral
Reflexology Hand course
[Penticton](#)

[April 23 - 25](#)
Spring Festival of
Awareness

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

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

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

[MORE EVENTS](#)

Special International Events - Hosted by OK In Health

Future OK Events -

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

Anatomy Refresher Course - Part One and Part Two - coming soon. [\[Contact our Event Team\]](#) in Penticton, BC.

If you would like to host a course of ten students, OK In Health will come to your area. Host receives a free course.

Cranio Sacral Reflexology Course - April 2010 [\[Contact our Event Team\]](#) in Penticton, BC. with Dr. Martine Faure Alderson from the Paris/ England CSR institute and 4 International Teachers.
CSR Part One - April 6,7,8,9 - (refresher rates available) This course is already 1/4 full already
CSR Part Two - April 11,12,13,14 - (refresher rates available) This course is already 1/2 full already
 April 15 - Exam day - for students wanting to be certified CSR practitioner
CSR Hand course - April 16, 17 - This course is already 1/4 full already



Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



Eating in season; how to hibernate.

The term "seasonal eating" is sometimes tossed around these days in diet books and even on menus. The idea is that, for optimal health, we need to eat the foods that are available locally at each time of year. Is this a good idea? What is involved? What we tend to forget is that up until a couple of generations ago, seasonal eating was the only way of eating...[read more...](#)

Plus a new recipes called "[The Lazy Lentil Stew](#)" by Alexis.

Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Holiday Blueberry Squares

2 cups rolled oats
 1/2 cup quinoa flakes
 1/2 cup sugar cane granules
 1/4 tsp salt
 1 cup butter (room temperature)

Blueberry filling:
 3 cups fresh or frozen blueberries
 1/4 cup maple syrup
 2 tbsp lemon juice (fresh squeezed is best)
 2 tbsp purified water
 4 rounded tsp arrowroot or cornstarch

In a saucepan mix blueberry filling ingredients, bring to boil while stirring, reduce heat and simmer until thickened. Remove from heat while preparing oat mixture. In a large bowl add oats, quinoa flakes, sugar and salt and stir together. Cut in butter with pastry blender or two butter knives until in course crumbs. Press half mixture into 8 inch square pre buttered pan. Pour cooled blueberry mixture over oat mix. Sprinkle with remaining oat mixture and lightly press. Bake at 350 degrees for about 45 minutes or until light golden brown. Let cool on rack before cutting. This recipe is from the Bliss kitchen.

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

More Recipes.....

Raw foods - [Coconut Cream Pie](#) - from Leah Lougheed in Oliver, BC

CRUST-	FILLING-
process nuts, sesame, continue processing after adding honey and oil, press into bottom of pie plate or spring form pan, slice layer of banana onto crust. 1C cashews or macadamia nuts 2T sesame seeds 2T honey 1T extra virgin coconut oil 1 banana (optional)	Blend first 5 ingredients, drizzle in coconut oil, pour into pie crust, freeze. 2 C coconut milk 1 C dates 1/2 vanilla bean chopped 2 fresh OR frozen bananas 1T lemon juice 1/3 C liquid virgin coconut oil

Coming Soon
 an
**OK In Health
 Special Event**

**Cranio Sacral
 Reflexology**
 with Dr. Martine Faure-
 Alderson (England/Paris)
[More details](#)
 April 2010



Live Almond Nog...good for Holidays

- from Leah Lougheed in Oliver, BC

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

Generic Gluten-Free Flour Mixture

Yield 6 1/3 cups. 4 cups white rice flour, 1 1/3 cup potato starch, 1 cup tapioca flour. Sift ingredients together and store in plastic containers. Refrigerate for longer storage periods.

[More recipes....](#)



2009 CSR
Canadian
Graduation Day

For info on the 2010
CSR course - [click here](#)

New Year
Greetings



What's New?

This Month is Dedicated to: Alzheimer Awareness Month

Week: January 18th -24th is National Non-Smoking Week

Day: * January 21st is Weedless Wednesday and January 27th is Family Literacy Day

The North Okanagan Centre for Spiritual Living

2913 - 29th Avenue, Vernon. Regular ongoing programs include weekly meditation groups, Monday night Men's Group, Sunday night Braveheart Women's group, Spiritual Cinema Circle Movie Nights, A Course in Miracles study group, newly expanded book store, and Science of Mind spiritual study. For any questions or more information, call Lynn 250-308-4665

Mental Wellness education & support

for family/friends/other members of the circle of support for a person in recovery from a mental illness in the South Okanagan.

1. **Monthly Family Support** 7pm 2nd Thursday of each month at 205 Martin Street Penticton led by family members

2. **Weekly Family Support** programs Yvette Zwysig, Family Support Worker

a) Monday 2-4 pm at Wellness Room Department of Psychiatry, Penticton Regional Hospital

b) Tuesday 10 am to 12noon at Ministry of Children and Family Development, 13211 Henry Avenue, Summerland

for individuals call Yvette Zwysig at 250-493-7338 for an appointment or drop by the office

3. Peer Support Program Groups 205 Martin Street Penticton Led by trained Peer Support Workers for persons in recovery from a mental illness

a) **Women's Group** Monday 1.30-3pm

b) **Men's Group** Friday 1.30-3pm

c) **Positively Social** Thursday 1.30-3pm A variety of activities to bring a little fun into your life.

4. **Community Education opportunities** are available call the office to arrange at 250-493-7338

For more supports in your area - [click here!](#)

OK In Health Members's Classifieds

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 - 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

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.

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

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

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

Heather's Senior Services

Offers Special Care and Attention for Your Loved Ones, When You Can't Be There.



Heather has 20 years of experience and is a certified care giver. All our staff are certified and has under-gone extensive verification for your protection. Contact Heather or Kevin today for your Fee Assessment @ 778-476-2576 or [via email](mailto:heather@heatherseniorservices.com). We offer Home and Personalized Care combined with Meal Prep and House Keeping in Penticton and surrounding area. The ultimate in confidentiality and convenience is now affordable and available to You in Your Home.

NIA Classs with PATTI TENNESSY

"The Nia Technique goes beyond the cardiovascular improvements of aerobic exercise, beyond the endorphin high and physiological improvements to produce a cathartic emotional effect and unification of the body, mind & spirit. It is dance therapy in its ultimate transcendental state." Lourdes Pollock M.A.



JOIN BLACK BELT NIA INSTRUCTOR
PATTI TENNESSY FOR AN AMAZING JOURNEY
INTO YOUR SELF... BE PREPARED TO DANCE,
TO PLAY AND TO SEEK JOY IN YOUR MOVEMENT!

Certified Black Belt Nia Instructor BCRPA
Weight Room Instructor BCRPA
Yoga-Fit Instructor
Certified Pilates Reformer Instructor
Former Nutrition & Wellness Specialist



Patti Tennessy - Kelowna

The movements feel natural and open up to insights that will make you feel like you are discovering yourself in a new way. Set to great music, Nia is fitness with self-expression that is easy to learn no matter what your age or fitness level. Nia is like chocolate ~ you just gotta taste it!!

SIGN UP NOW FOR CLASSES
BEGINNING IN THE NEW YEAR.
MOTIONWORKS FITNESS IS TAKING YOUR
RESERVATION. ~ LIMITED REGISTRATION ~

www.nianow.com

[Watch the Video!](http://www.youtube.com/#)
<http://www.youtube.com/#>

DANCE RIGHT INTO YOUR HEART

250-768-1001
MotionWorks Fitness

www.motionworksfitness.ca --

Through movement we find health



What our members are saying:

Thanks for putting the site together - really helpful in finding out what's in the area. I am located in the Kootenays. Veronika

Keep up the great work! from Marianne Lobel.

Love this newsletter - thanks! from Shannon Holand.



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

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



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

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

Get to know some of our OK In Health members!



RAPID, GENTLE, LASTING TRANSFORMATION OF CORE BELIEFS AFFECTING YOUR HEALTH

Subconscious beliefs, those taken on when we were too young to remember, have a powerful effect on our physical health. Core Belief Engineering helps you to gently change negative core beliefs creating or worsening pain and illness into positive, adult chosen core beliefs creating health and well being. Then a transformation of the negative core beliefs is completed on the spiritual, mental, emotional and physical levels, down past the layer of the cells. When transformation is this deep and thorough, changes last and accumulate.

Call: Laara K. Bracken, B. Sc., Psychotherapist, 24 years experience, at 250-763-6265 Phone and Skype sessions equally effective.
www.changecorebeliefs.com

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



Simply Horses Plus

Simply Horse Plus is a combination of Horse interaction, Art therapy and Self-Esteem exercises. We run one and two day equine workshops, full of presence and wisdom from the horses to help heal and transform your life. Also custom design a workshop, fun family and corporate events, and for people of all ages and background. No experience necessary. Contact Ann Turner, Denise Cunningham and Lisa Van Edgom at Wit's End Equine centre, in Abbotsford at 1 877 835 0444 [click here to e-mail](mailto:info@simplyhorsesplus.com) website: www.simplyhorsesplus.com



To Advertise on OK In Health - please contact Maria at [email](mailto:maria@okinhealth.com) 250 493 0106

Pamela Shelly



Pamela Shelly is a Transformational Teacher with years of multi-faceted training and works closely with the Archangels and Ascended Masters. Guided by Archangel Michael and Ascended Master Saint Germain, Pamela shares advanced transformation tools and provides personal assistance that will help you fulfill your Divine life purpose. Workshops are offered in Vancouver, Kelowna, Calgary and Toronto and is also available through Skype. For more information please contact Pamela at 250-861-9087 or 1-866-847-3454 outside Kelowna. [E-mail](mailto:pamela@pamelashelly.com) & website ~ www.pamelashelly.com

Visit OK in Health's [event calendar](#) page for Pamela's next workshops.

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 course . Consultations are also available in German.

Katharina Riedener DHom, RCS Hom, HMC - Click here for [Email](#) or Phone: 1 - 250 485-8333, www.homeokat.com



Workshops
Practitioners
Wellness businesses
Non-profit
Support groups

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,
Guyline, 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

Dr. Jese Anne Wiens, B.Sc., N.D. - Naturopathic Doctor

Natural treatments for digestion, menstrual problems, allergies, menopause, fatigue, and more.

Do more than just treat the symptoms!

Acupuncture, nutrition plans, botanical medicine, & homeopathy.

Heal chronic pain with Bowen therapy, a gentle technique for low back pain, frozen shoulder, sciatica, and most injuries. Contact Dr. Jese Anne Wiens at 318 Main Street, Penticton BC.

Phone: 250-276-9485 - www.okanaganwellnesscentre.com

Ann's Angel Readings

Readings are \$75 an hour and can be recorded.

You can pay by MasterCard or Visa, phone to book appointment with Ann Turner, Abbotsford, B.C. Ph: 604-504-5909 or Toll Free: 1-877-835-0444 or [Click Here to E-mail](#) - Website is www.annsangelreadings.com

"Having an angel reading by Ann was a wonderful, healing, and an uplifting experience". Alissa Van Egdom

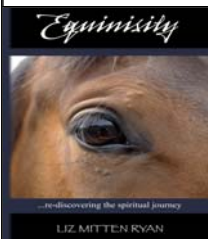


Chrysolinthe, Database & Office Support – Virtual Office Assistant

We assist small businesses and consultants to achieve their goals, by managing the information they require and providing administrative & secretarial services, virtually and on-site. Check our website for contact information www.chrysolinthe.com



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>

Massage in Motion

Improve your mind, body & spirit with a soothing, relaxing massage. Therapy includes full body massage and accupressure at my Salmon Arm practice. Your employees will benefit from a stress easing chair massage during busy seasons.

I offer personal massage for workshops, business seminars and yoga retreats.

Travel will be considered for groups of three or more.

Patricia Larmand. [Email for more Details](#)

Every Other Day Paintings - Róisín O'Farrell



Having discovered the fun of regular blogging, Róisín posts 3 -4 small oil paintings each week on her blog www.everyotherdaypaintings.blogspot.com

Róisín is an Irish artist from a family of talented artists and writers. Having turned to the medium of oil, she has embraced the Daily Painting Movement. This exciting and growing movement allows art lovers a chance to follow experienced artists and new artists from early in their careers.



Irish Artist - Róisín Every Other Day Blog!

[Sign up for free RSS feeds](#) & be inspired!

-----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; Accupressure, 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

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.



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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](http://www.NiaNow.com)



Patti Tennessy
Black Belt Instructor
Kelowna
[Website](#)
250-768-2517
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Inner Bliss BellyDancing- with Jenny Puls



Classical Egyptian Cabaret Bellydance Teacher & Performer. Come have fun and release your inner goddess. All ages and sizes welcome. Improve cardio, increase flexibility, strengthen core muscles, and your body's movements. Bellydancing for Beginners, Advance, Health & Fitness, Classes and Private Lessons, in Penticton & Okanagan Falls. Also Children Parties, Anniversaries, and Special Occasions. BD Costume Supplier. Call: 250- 497-1189 Email - [Click Here](#)

Dawn Dancing Otter

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



Dawn Dancing Otter, Penticton, BC. Ph:250-276-6359 [Email](#) Website: www.dancingotter.ca
Accepting and Loving What IS...Manifesting what is BEcoming...and Dancin' like there's nobody watchin'
New Article: [What is DanceAlchemy Ecstatic Dance?](#) & Upcoming Classes - [Click Here](#) & [Contests](#)

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

New Year Greetings

Wellness Tips



Improve your chances of achieving your new year's health goals. Be specific. Instead of promising to lose 15 pounds, state how you will do it. For example, say that you will add 40 minute walks along the lake front or workouts at the health club, 4 times a week. Use a simple tracking system, perhaps check marks on a calendar, to help you keep your focus.

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.

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



The OK Team & Staff.

**Publisher/
Founder**
Maria Carr

Proof Readers
Please be patient as we proof read the website



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!

[More healthy tips](#)



OK in Health's Contests

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

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

Special Referral Contest.

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

Central Okanagan Area

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

South Okanagan Area

- One complimentary 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 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** pilate's 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 workshop...

Contest closing date is January 20th.



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

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and



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.



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](#)

Maria Carr and the OK in Health Team
The OK in Health Website

www.OKinHealth.com

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Health Care Practitioners & Healing Workshops – Natural Environment, Animal, Maternity, Women's & Families Info.
Health Stores & natural Businesses - Great Articles & Recipes, Local Events & support groups and more

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 and [sign up for our Free newsletter](#) .

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