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OK In Health Monthly E-Magazine - March 2010

EDITOR'S MESSAGE *eannachtaí na Féile Pádraig oraibh!*



Greetings to all our OK In Health magazine subscribers,

Another month has flown by almost at the speed of light.... Time definitely seems to be speeding up. I can't believe it is March already.

Being Irish and Canadian, it gives me great joy to wish you **Beannachtaí na Féile Pádraig oraibh!** (*That's Happy St. Patrick's Day in Gaelic*). As we celebrate, let us be mindful that we all are soul citizens of planet Earth.



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).

Dr. Art Hister gave a very informative talk in Penticton on Friday, March 5th the Penticton health show. If laughter is the best medicine, then Dr. Art Hister is here to make your 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. Currently, Dr. Hister is a daily health analyst on the Morning News on Global TV in BC and on CKNW's Morning News, and he is the resident health analyst for Up All Night on BBC 5 as well as Global TV's Noon News and Weekend News. Accomplished radio, television and live host, moderator and speaker and Authored two bestsellers, *Midlife Man* and *Dr. Art Hister's Guide to a Longer and Healthier Life*, as well as numerous articles for publications. He is knowledgeable on a variety of medical topics including men's health, and health in children.



www.soshf.com



I will be attending the **Cranio Sacral Reflexology one year Dipolma** course in April, so if you have any events or listings to post... please post as early as possible. Deadline for our OK In Health's April emagazine is March 20th and our OK In Health website and office will continue to be open.

We invite you to come visit **OK In Health** website 24/7, for the full details of **upcoming events and news**.

OK In Health will be at **Vernon Body and Soul Wellness Fair**, May 1st & 2nd - All day. 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. Also at the Seniors Symposium in Penticton presented by the Seniors Wellness Society. Drop by and say hello.

We have two new columnists joining OK In Health. (see new column below)

Dr. David Suzuki is a scientist, broadcaster, author, and chair of the **David Suzuki Foundation**.

He is Companion to the Order of Canada. Dr. Suzuki is Professor Emeritus at the University of British Columbia in Vancouver and holds 24 honorary degrees from universities around the world. He is familiar to television audiences as host of the long-running CBC television program *The Nature of Things*, and to radio audiences as the original host of CBC Radio's *Quirks and Quarks*, as well as the acclaimed series *It's a Matter of Survival* and *From Naked Ape to Superspecies*. His written work includes more than 47 books. Dr. Suzuki lives with his wife, Dr. Tara Cullis, and family in Vancouver, B.C.



Dr. Faisal Moola is director of the David Suzuki Foundation's Terrestrial Conservation and Science Program.

He is a practising scientist and has published widely in scientific journals on many topics in the areas of wildlife biology, conservation, and environmental policy. He has conducted research in some of Canada's most significant wilderness areas, such as the great northern boreal forest, the old-growth rainforests of British Columbia, and the Acadian woodlands of Atlantic Canada. He has also been a university lecturer and is currently an adjunct professor in the University of Toronto's Faculty of Forestry. He lives in rural B.C. with his wife and their two young children.



Lastly, OK In Health is excited to announce we plan to have a **brand new improved website** built this spring. We welcome feedback about this.

To celebratthe this, we plan on a special 'Come Together' evening for all our members in Pentiction, Kelowna and Vernon in May. During these three nights, we will all have a chance to network with each other, update our profile picture by our OK In Health's photagraher Sarah Larsen Photography, guest speakers, gift baskets, contests, sample demos, mini treatments, and for you to join in on an informative fun evening. If you would like to be a guest speaker or offer a gift, please contact us. For our members in other areas and provinces, we will have a special contest prize for you too. 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 - The Integrative Health & Healing Information Center- Est.2004

May you always have walls for the winds,
 a roof for the rain, tea beside the fire,
 laughter to cheer you, those you love near you,
 and all your heart might desire.

May your thoughts be as glad as the shamrocks,
 May your heart be as light as a song,
 May each day bring you bright, happy hours,
 That stay with you all the year long.



Wishing you all a lively Spring in your step and in your hearts ...
 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



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 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

I just received your e-magazine and I want to begin by congratulating you on your recognition on "Health and Fitness Education". - Elizabeth MacLeod, Kelowna

Maria and Team, Congratulations on your nomination. I really enjoy receiving your E-magazine. Keep up the great work. Continued SUCCESS! Mr. Rae Slavens, Naramata Centre

Go OK In Health Go! from Wildflower

Congratulations on the nomination, OK In Health ! - Naomi Ludington

Congratulations OK In Health ! - Sheila Kamaraus

[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

**1st Monday
 Adrenal Support Yoga
 Series
 Pentiction**

**The Yuen Method Free
 Demo
 in Vancouver
 Friday March 26**

**April 15th-19th
 Basic & Diploma
 Counselling**

**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](#)**

**April 2010
 Teri Applegate - A
 public presentation on
 TCM Pentiction**

**April 2010
 Soaring Crane Qi Gong
 - Weekend Workshop
 Pentiction**

**April 2010
 Cranio Sacral
 Reflexology**

[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](#)

March 13th - Equine Lecture Series - Two [Vancouver](#)
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](#)

[Retreats page - click here](#)

March 26th - 28th
[My Apex Escape Retreat - Apex, Penticton.](#)

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



Feb 12 - 14th [Sound Breath Movement` ~ Weekend-Retreat](#) [Penticton](#)

[Walking Clubs in Kelowna, Penticton and now in Summerland - Free Groups](#)

body  soul
Wellness Fair

Drop by the **OK In Health's** booth to say hello or join us for the day
[Vernon, BC. - May 1st & 2nd - All day - Click Here](#)

Computer Instruction and Professional Writing Services

Let me assist you with:

- . computer training
- . writing services

Special International Events - Hosted by OK In Health

**One Year Postgraduate Diploma in Cranio-Sacral Reflexology
- MCSRI Practitioner**

**International Course with Dr. Martine Faure-Alderson from England & Paris
and 4 International CSR Teachers. **NEW LOWER RATES!****

April 2010 [[Contact our Event Team](#)] in Penticton, BC and Montreal.



CSR New Advance - (1st part) - April 6,7,8,9 - Penticton
CSR third Level - (2ns Part) - April 11,12,13,14 - Penticton
[More info on the CSR Courses](#)

April 15 - [Book a treatment!](#) with Dr. Alderson

CSR Hand course - April 16, 17 Penticton
Also **NEW LOWER RATES** for
Special discount at hotel where course is held - \$65

What is Cranio Sacral Reflexology? - [Click Here](#)



Testimonial for the CSR course:

The CSR course was extraordinary to say the least. I was in awe of Martine Faure-Alderson; a fascinating teacher who was bursting with so much information all relating to cranial-sacral reflexology. It was a privilege to learn from this woman!
Thank you Maria for bringing Dr. Martine from Europe to Canada.

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



The Alternative Scientific Approach to Health:

This month we start to look at
- What is a Naturopathic Doctors:
- Who are they?
- The Principles on Naturopathic Medicine:

This column teachers steps towards prevention and longevity...
[\[Read full article\]](#)

Science Corner by David Suzuki with Dr. Faisal Moola



Caring for ourselves goes hand in hand with caring for the planet

Ecosystems come in all shapes and sizes, often without distinct boundaries. And what happens in one ecosystem affects other ecosystems. We can even consider the human body as an ecosystem, or perhaps more correctly as a number of interrelated ecosystems.....

[\[... Read full article...\]](#)

"To Your Good Health" with David Dixon



Spring Cleaning

Spring is an excellent time to clean not only our house but our "temple" as well. Before you dive into a cleanse program, however, there are some considerations that may make the time and process, go much more smoothly.....[\[...Read more...\]](#)

Natural Beauty with Deanna Klan



Let's Hear it for the Boys!

Often I am asked by women if I do treatments for men as they think that their boyfriend or husbands would enjoy the same services that they do. Perhaps you have wondered this or the man in your life has expressed an interest himself, but has some questions. So here are some answers that may help..... [\[.... Read More \]](#)

'Embracing Change' with Lyndsay Blais



Embracing an Attitude of Gratitude

'Soul-Full Journeys' with Pamela Shelly



The Ascension Journey



Guard your thoughts carefully, as they create your experience...
 How do we remain optimistic when it seems the world has gone mad, people are leaving us, the economy has hit many smack between the eyes, war, earthquakes, fire, anger, intolerance.... I could go on and on...
[\[read full article \]](#)



In today's society, most men experience a decline in sexual energy--caused by waning testosterone levels--as they age. Aside from the fact that overall health is negatively affected as we lose this vital hormone, this dip in testosterone also leads to low mood, loss of lean muscle tissue and strength and a drastic decline in the libido that once never failed us. In other words, testosterone is the primary hormonal message behind a man (and a woman's) sex drive....[\[read more \]](#)

Coaches Corner with Sue Chambers

Glorious Gardens Gems



Six Pillars of Self-Esteem by Nathaniel Brandan.... Reviewed by: Sue Chambers.

This book is used to identify what the most important factors on which self-esteem depends. Reminding us that if self-esteem is the health of the mind then it is urgent that we learn the different aspects of it. This book reminds us that we are living in turbulent times and that this demands strong minds with a clear sense of identity, competence and worth, knowing that the stability we cannot find in the world we must create within ourselves.[\[click here to read full article \]](#)



The Lucky Shamrock Plant

Shamrocks were believed to possess magical properties with its tripartite leaves, as three was a sacred number in numerology. In ancient times they were used by druids to ward off evil spirits. It was also thought that an upward direction of its leaves was a prophecy for grave weather. According to recent research, red clover has shown anti-cancer activity, and poultices of the herb have been used as alternative medicine for skin complaints such as psoriasis and eczema.

Body Plus Column



It takes more than an apple a day by Norm Daniels.
 Norm is considered one of Canada's leading sport nutrition specialists.

Green food supplements are continuing to gain in popularity, offering a wonderful bridge between food and supplements. Made up primarily of whole food concentrates and extracts, they are nutritionally denser than the foods we consume, and contain a wide variety of vegetables that would otherwise never make it to our table. Vegetables don't play much of a role in today's fast food world, but they are nutritional powerhouses that must be included in our diet. This is where green food supplements make their greatest contribution. They are highly alkaline, contain significant levels of phytochemicals and trace nutrients and make a tremendous contribution to our nutrient intake. [\[Read full article \]](#)



Your Digestion Column by Dr. Brenda Watson



What is Heartburn / Acid Reflux?
 By Brenda Watson, Naturopathic Doctor, colon hydrotherapy, & founder of the Renew Life School of Natural Therapies

Heartburn, (also known as acid indigestion, acid reflux, or GERD), is an irritation of the esophagus caused by acid that comes up (refluxes) from the stomach. Many different things can cause heartburn to occur..... [Read More.....](#)

OK In Health's Favourite Picks from our OK members



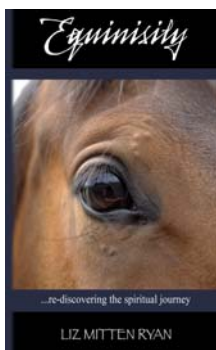
A natural approach to pregnancy and childbirth using Homeopathy
 by Sara Fitzharris, Kelowna
 Many women find that pregnancy is a time where they gain a new focus and really want to take care of themselves and their body – and what better reason could there be? During this time, many women find themselves drawn towards more natural forms of medicine – ones that will do no harm to the baby growing inside them and which will give gentle relief to many of the problems that can arise in pregnancy. Homeopathy is a wonderful choice during pregnancy....
[\[read full article\]](#)





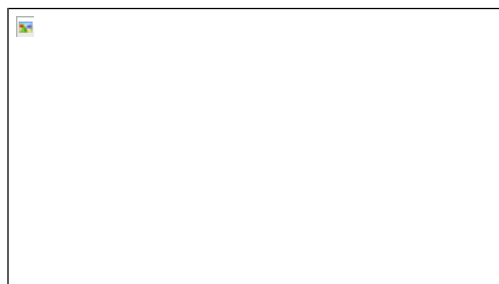
What's New
OK In Health
is now on
FACEBOOK
[Click Here to](#)
Become a Facebook Fan

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!



Massage in Motion ~ Salmon Arm

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](#)

The Reconnection™ and Reconnective Healing® - with Bernice Granger

Energy Healing Utilising New Frequencies

Feel the Peace and Relaxation from a [Reconnective Healing Session](#)

as the body's inner balance is attended to on all levels.

Healing that goes beyond healing from disease.

Healing that is about improving and upgrading life on all levels.

My clients often say they are amazed at

"...how peaceful and put back together they feel!"

Others cannot get over how a chronic pain is gone.

To make an appointment, please contact

Bernice Granger, Reconnective Healing Practitioner™

Tel 250 492 6093, or [Email](#)

Read article " [What is Reconnective Healing?](#) "



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

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



2010
Seniors Symposium
Wellness Fair

Presented by the
South Okanagan
Seniors Wellness
Society

October 20th

Largest seniors trade
show in Western
Canada.



Recipes

Happily Holistic - Alexis Costello's Nutrition OK Column



How sweet it is

By Alexis Costello

Sugar, oh honey honey. People as a whole have a definite sweet tooth. It's not your fault, it's biological. Since we know that human beings are hard wired to like sweet things, how can we satisfy this without causing harm to our bodies? What sweeteners can be used in place of sugar? If your answer is aspartame, back away from the computer, run four laps, and then get back to me. What we want to do is replace refined sugar, which makes insulin levels go crazy while providing absolutely no nutrients, with something that will nourish the body.....[read more](#)

Blissfully Delicious! - Shannon Bliss's OK Recipes Column

Shaydons' Favorite Oatmeal Cookies

1 cup butter
1/4 cup apple sauce
1/2 cup brown rice syrup or maple syrup
1 1/2 cups whole-wheat flour
1 tsp salt
1 tsp vanilla

1 tsp baking soda
1/3 cup boiling water
1 cup rolled oats
1 cup quinoa flakes
1/2 cup chopped nuts
3/4 cup chocolate chips or raisins

1. Beat butter until creamy.
2. Add syrup and applesauce and beat.
3. Add vanilla.
4. Add flour and salt, mix well.
5. Dissolve baking soda in boiling water and blend into mixture.
6. Stir in nuts, oats and chips.
7. Roll into balls and flatten with fork.
8. Bake at 350 degrees for 10-12 minutes.

This was my sons' favorite school time cookie while growing up.

The original recipe called for sugar and was tasty, but over the years I've slowly changed this recipe by substituting some ingredients.

Alternatives to sugar: Brown rice syrup, maple syrup, applesauce or agave nectar.

There are many variations of flour on the shelf these days, and lots of people to food sensitivities, why not try buckwheat flour or brown rice flour.

I hope you enjoy!

Recipes submitted by

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

Are You an Emotional Eater?

Do you eat whenever you're anxious? Is food one of the few things that make you feel better? If so, you may have been conditioned to turn to food for comfort. For many people, food is more than just nutrition. Eating is something to do when you're bored, tired, anxious or when dealing with emotions. Often these behaviors can lead to overeating. If you eat because of emotions, you may want to start keeping a food record of what you eat, when you eat and why you eat. Recognizing what triggers your eating can often make it easier to make changes. To help break the habit of turning to food when emotions begin to take over, find other things to do, such as walking around the block, taking a bike ride or playing with the dog. Find a balance between eating and your emotions and still enjoy your comfort foods.

Mushroom Risotto

[More recipes....](#)

OK In Health Member's Classifieds

Wanted: To Rent - a home in the Okanagan

Looking to rent 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 returning to the Okanagan where I have lots of spiritual support. Love nature. Have great references.

Kindly contact Barbara - [click here to email](#) or 1 (519) 713-9226.



Do You Enjoy Art!

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 - hey we are still here and we really need a home - please give us a home. We need a rescue! and we want to stay together. so we can be in a cage together. We are very curious, we like to connect with you, we are also very gentle and are now learning to interact by coming out of our cage, eat from your hand, and sit on your finger. This is in thanks to the patience and kindness of the bcspca foster family that have cared so wonderfully for us. We need someone to adopt us, so that our foster mum can help another animal and get them ready for their new family. 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)

**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

March is...

		Month
		"Help Fight Liver Disease" Month
		National Colorectal Cancer Awareness Month
		National Epilepsy Month
		National Kidney Month
		National Nutrition Month
		National Social Work Month
		Red Cross Month
		Week
*	11-17	Canadian Agricultural Safety Week
	16-22	Brain Awareness Week
	16-20	Poison Prevention Week
		Day
*	8	International Women's Day
	12	World Glaucoma Day
*	22	World Day for Water
	24	World Tuberculosis Day

Support group just posted on OK In Health

The Canadian Mental Health Association Peer Support Group is for those working towards mental wellness. Our discussions are designed to foster positive attitudes and are directed towards peer self-help. We encourage peers to become aware of and utilize community resources and discuss wellness topics in addition to providing support to group members. Join us at 504 Sutherland Avenue Wednesdays from 5:30-6 pm for a non-structured social time. Group is from 6-7:30 pm. Call Denise at 250-861-3644 ext. 106 for more information.

Food Sources of B Vitamins

B vitamins are required for energy metabolism. Good sources for most B vitamins include whole grain products such as whole wheat pasta, and whole grain breads and cereals. These foods also provide plenty of fiber and other essential nutrients. An exception is vitamin B12. It is not found in whole grains, vegetables or fruits. It is found in meat, eggs and dairy products. Thus vegetarians, as well as adults over age 50 (who may not absorb vitamin B 12 well), may benefit from foods fortified with B12.

Granola Bars

Many granola bars might not be as healthy as they seem. According to registered dietitians, some contain large amounts of sugar, saturated fats and calories. Look for bars that have no added sugars and are high in fiber. For a quick and easy alternative, fill a small sandwich baggie with whole grain cereal, mixed with nuts and dried fruit. While you still have to watch calories, the fiber and nutrient content of this snack is a sure bet.

Simple Back Stretch

Are you looking for a simple and relaxing low back stretch? If so, try this tip: Lie flat on the floor, on your back, with your legs extended. Pull your right knee up to your chest while pressing your lower back against the ground. Hold the position for about 30 seconds to a minute. Repeat with your left knee. Low back stretches can help relieve tension, improve flexibility and reduce stress. If you have preexisting back disease or injuries, check with your physician or therapist first.



Salad Dressing Calorie Control

Many people are eating more salads to boost vegetable consumption. However, drowning greens in high fat salad dressings can put a dent in your fat budget. If you regularly enjoy adding salads to your lunch or dinner, consider trying this way of applying the dressing. Place just 1-2 tablespoons of salad dressing in a large zip-lock bag or airtight container. Fill with salad, seal, and shake away! A small amount of dressing will lightly coat your greens and vegetables.

Television and Obesity

Do you have children or grandchildren? Did you know that hours of television viewing have often been linked to childhood obesity? Consider replacing some daily TV watching with exercise time with your children. Play catch, Frisbee, or hopscotch. Kick the soccer ball around or walk the family dog. Try making physical activity a fun and routine part of your evenings together.

More Wellness Tips

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

1. Williams Lake

One complimentary 30 min Lemurian Oracle reading with **Sharon Taphorn** from Playing With the Universe..

2. All Areas

One complimentary Distance Journeying for [Power Animal Retrieval](#) session by [Dawn Dancing Otter](#) (reading by phone or internet).

3. [closed](#)

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 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



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." - 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.](#)



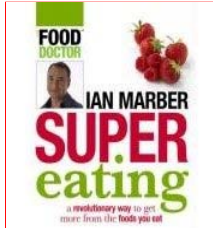
Such is Life (book) by P. Ann Turner, Vancouver, B.C.

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.

[Enter Here](#)

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 May 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.

Congratulations to Sheila Stephenson, who won the last 'referral contest' and 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..

[Enter Contests](#)
Plus full details

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

Share this newsletter with a friend!

