

OKANAGAN  
**Sun**

**SEPTEMBER  
2016**



**Music, art bring 'cool vibe'  
to Osoyoos café**

**FREE**

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100% locally  
owned

By *Kelsi Bissonnette*  
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Watermark Beach Resort

## Wellness Words

*Getting to the Physical and Emotional Core ...*

Is the fall a good time to cleanse?

Summer fun will be drawing to an end shortly. The yummy barbecue food, the later warm evenings, the drying sun, the rich wines and the go go go energy in the town. Fall is coming and it is the perfect time for a cleanse.

*cleanse*  
klenz verb  
make (something, especially the skin) thoroughly clean

*rid* (a person, place, or thing) of something seen as unpleasant, unwanted, or defiling

*free* (someone) from sin or guilt

The fall is the time to cleanse all the areas of our lives to improve wellness. From our bodies, to our homes, in relationships, in our careers and in our emotions.

The fall brings an abundance of local, fresh and natural foods useful to cleanse. Vegetables and fruits are still in abundance and wonderful to make home-

made juices and cleansing smoothies. One of my favourites from the Okanagan Juice Box is the Energy Booster. It is lemon, great to help restore an alkaline state in the body, mint to refresh the body, ginger to heal the body, carrot for essential vitamins and I ask to add a beet for the antioxidants found in the rooty hardy beet.

The home is cleansed by decluttering. Removing unpleasant, unwanted items from your home is very cleansing. Donate your items to charity and rid the home of things not being used to bring clarity into the home and organization.

Our relationships can be cleansed by removing negativity or guilt from our energy and bringing honesty to any situation. Spend time with people who inspire you, remove any drama from your social circle, only believe what you see and refrain from speaking about others unless it is helpful or with good intentions.

Our careers can be cleansed as well. Clean out your work space, delete and remove old files or old emails. Start your fall with new intentions in your ca-



reer, which may include taking on a new course or education to learn more and grow in your career.

Start your fall and the change in the season with a cleanse. Speak to health professionals and nutritionists about great food cleansing options. Ask for help from a friend or family to remove the old in your home, cleanse yourself of old habits and unhealthy friends and make way for the new season upon us...

In good health,  
Kelsi Bissonnette

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