



# — radiant health strategies —

*Guiding You on Your Path to Radiant Health*



Ayurveda ∞ Aromatherapy ∞ Reiki  
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*Resign to Shine in 2009*  
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## Resign to Shine in 2009!

### Greetings,

The New Year has begun. Are you ready to [Get Radiant?](#) Then **Resign to Shine in 2009!** When you discover Radiant Health, you rebuild the bridge that connects your mind with your body and spirit. The mind, body, spirit and emotions initiate a synchronization process which facilitates your healing journey--leading you back to your true self. Herein lies the beauty inside of you that manifests the bliss you've been searching for your whole life. Don't let it remain undiscovered. **Resign to Shine in 2009!** Let me guide you on the path. You can begin today by setting your intention to manifest all that you desire. Let me teach you my tricks of the trade. Together we can make sure that you stick to your plan and achieve the fulfillment that you deserve.

### In This Issue

Get Your Creative Juices Flowing

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OK, let's put these ideas into practice. If you are truly ready to shine in 2009, then I invite you to set your intention for this year by participating in a manifestation exercise. Need help getting started? I've created one for you! Email [me](#)

and I will send you a template to help you jump start your plan. Here's how it works. If you want a new bed, you must first make room by getting rid of the "old bed" right? With that idea in mind, write down what you intend to manifest for every major area of life (this is where you resign to shine in 2009). Then, add how you intend to make room (this is where you get rid of the "old bed" by dropping those ideas, habits or even people that no longer serve you). If you have already made room in your life, but haven't put your intentions to action, then include the [Radiant Health Strategy](#) that will make it happen this year. Sharing your intentions is an effective way to help you "stick to it". I'll model this strategy by sharing a few of my intentions to help get your creative juices flowing.

#### Physically

Intention: bi-weekly tribal dance classes

Making room: clear my schedule 2 nights a week, no exceptions

#### Spiritually

Intention: 30 minutes of quiet time each morning

Making room: preview my schedule a day in advance to ensure I wake up on time

#### Mentally

Intention: complete ND doctoral program

Making room: schedule in a minimum 90 minutes of research per day

#### Socially

Intention: date more

Making room: drop the excuses, attend 2 new fun social events monthly, make new friends and have more fun

#### Professionally

Intention: relocate my business to an optimal location

RHS Strategy: revamp business plan and partner with real estate brokers and lenders

#### Globally

Intention: double my environmental awareness and implement more strategies to "green" my business and home

RHS Strategy: research [green websites](#) for suggestions and consult with my [network](#) for more ideas

***Need help? Make an appointment with [me](#), and I'll help ensure your success!***

***Just as modern industry and practices are damaging our planet, we are allowing them to slowly damage and eventually kill us.***

***As a "modern" society, many of believe that what is synthetic (such as modern drugs) is real and what is real (using herbs like turmeric to purify the blood) is "new age". Allopathic medicine is only a few hundred years old. Naturopathy dates back thousands of years.***

***On the path to [Radiant Health](#), Naturopathy teaches us how to restore our connection with ourselves and with nature. If you watch an ape all day, you'll notice a specific eating pattern.***

***An ape knows which leaf, root, flower or fruit to eat from a given plant or tree. The ape does what it needs to do to survive, including protecting its boundaries and asserting its will when necessary. The ape was born with this primal knowledge.***

***Humans are also born with this primal knowledge, but somehow we have lost our connection with the earth and, sadly, with ourselves. We can learn how to reconnect on all levels. The body knows how to heal itself if we give it time and what it needs and then get out of the way.***

*The best gift you can give anyone is a healthy you. The steps on the path to Radiant Health are covered in great detail during your consultations with me. With an open mind and a willingness to begin anew, I invite you to embark upon the journey of a lifetime...the path to Radiant Health. **Resign to Shine in 2009**--stay tuned for upcoming events to support you in your goals and schedule your appointment [Radiant Health Strategies](#) today.*

Sincerely,

Phyllis Hubbard, D.D. LMT  
Radiant Health Strategies

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*Our website and blog are in the midst of a Radiant Revolution!  
Stay tuned for details...*