



— radiant health strategies —



Make it Mine in 2009 3 Basic Steps

Greetings,

*In January, I challenged you to **Resign to Shine in 2009**. Over the next month, I thought about all of the barriers that generally keep us from making our dreams a reality. Generally, by March, we've forgotten what our resolutions or goals were for the New Year. Are you ready to start a new trend?*

Time to get back in the game

Got a little off track? Don't give up, take action. What's *really* keeping you from making your dreams a reality? Many of my clients tend to think that because I am their guide, it is easier for me to accomplish my goals because I put more time in on the path to Radiant Health. Humph, not so! In reviewing my goals and my assumed blocks to achieving them, I uncovered a series of recurring patterns that have surfaced for me and for some of my clients.

Uncover the blocks

Whenever I am thrown off course, it is generally because I:

- ***Pushed it*** by not getting enough sleep and/or jumped out of bed and right into my day without grounding or centering myself. *Pushing it* is problematic because although our brains are amazing tape recorders, and they are running their programs on automatic all the time, these programs are generally full of false impressions based on: life experiences and unhealed traumas of the past, mass media influence (either direct or indirect), and the voices of our families, friends, and perceived nemeses. Even if these *voices* are well-meaning, they are not YOUR voice. As a lover of music, I often find myself focusing in on just one instrument at a time. In the same way, you can practice filtering out the static of others and focusing in on your true voice.
- ***Went to bed with too much on my mind***: *What didn't I do today? Why didn't I do it? What do I have to do tomorrow? I hope so-and-so is OK, Gotta check my email, Gotta make that appointment, etc.* Well, this sets you up for two potential imbalances: insomnia and waking up running on negative automatic again. It's a potential cyclical mess.

How do we create positive change? Begin by setting your intentions each day. Read on...

[Join our Mailing List!](#)

Herb of the Month: Turmeric

Why Turmeric? It's time to clean toxins in the blood that accumulated in winter.

Turmeric is both a culinary and medicinal herb. It is a natural antibiotic that strengthens digestion and improves intestinal flora. Allopathically prescribed antibiotics weaken your digestive system and upset the natural balance of intestinal flora because it kills both good and bad bacteria. Turmeric tastes great in food and adds a beautiful yellow/orange color to whatever you're cooking. Here is a short summary of the benefits of turmeric:

- Natural antibiotic/purifies the blood
- Promotes proper metabolism (aids in the digestion of protein)
- Works on/supports the digestive, circulatory & respiratory system but really supports all tissues of the body
- Acts as a nutritive tonic, antibacterial/antiseptic agent, demulcent (soothes & protects), expectorant (promoting discharge of toxic fluids/mucus), emollient (softens/relaxes) and mild astringent (i.e. cleans and constricts pores, etc.)
- Helps heal skin disorders, diabetes, arthritis, scrapes & bruises, anemia, congestion, sore throat, low/poor circulation

Set your intentions each day: 3 Basic Steps

Are you ready to retrain your brain? The moment you realize that you are awake, decide what kind of day you will have by following 3 basic steps:

1. **Be grateful** - begin each day by focusing on what and who you appreciate. If your brain is running on automatic, you may find this exercise challenging at first. If you find that negative thoughts are competing with your gratitude strategy, know that it is time to *uninstall* your current program and *upload* a new one. This is not a one-time exercise. Think of it as refining your mind, sort of like *adding updates* to your new program. One way to uninstall negativity is to make a gratitude list. Think of people, experiences, places and things that you appreciate. Then keep this list by your bed so that you can help your brain make its *new recordings*. Make this practice a part of your grounding and centering routine each morning. Before you know it, your brain will start running on positive automatic--*and this is how you begin to manifest all that you desire.*
2. **Decide to shine** - intend to have a good day. Visualize a peaceful morning, drive to work, and productive day. We don't always realize the powerful impact mass media has on our daily lives (even if you don't watch TV, etc.). Many of us actually believe that the only way to get the kids up and ready for school is to endure a mad and stressful rush to the door, that the drive to work is riddled with traffic and confusion or that upon arriving to work one must allow oneself to be immediately bombarded with questions by co-workers before getting to one's desk. If you find yourself in this or a similar situation, just know that those other voices are at it again. You just have some more uninstalling, reprogramming, and updating to do.
3. **Be flexible** - as challenges arise during the day, view them as opportunities to learn and grow. Welcome them with an open mind, a win-win attitude and flexibility. I greatly admire the work of [Kathy Tyler](#) and [Joy Drake](#), creators of The Transformation Game®. They have a wonderful way of defining and implementing flexibility: *the ability to course correct without losing sight of the goal...stay open to the flow and keep current with new information.* Flexibility is NOT about sacrificing your needs for the sake of others. The healthy way to be flexible is to open yourself up to the win-win solution by honoring yourself first and all parties involved.

Get really good at following these foundational steps and you'll be well on your way to shining in 2009. If you set your intentions using the template I created in January, it is now time to take the next step. Implement the strategies above first, and make it a part of your daily routine. [Email me](#), and I'll send you a revised template with follow-through steps or feel free to use any goal setting strategies that work for you.

Have fun with this and stay tuned for more strategies next month.

Radiant Health Strategies for Life

I've helped my clients recover from a wide variety of ailments including:

- *Chronic digestive disorders*
- *Chronic pain, mobility restrictions, and soft tissue injuries*
- *Weight management and adrenal fatigue*
- *Infertility, menstrual disorders, and hormonal imbalances*
- *Cancer and autoimmune diseases*
- *Emotional distress*

Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease". The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps are covered in great detail during our initial consultation, and once implemented, will push you out of your conventional box and on to a new way of thinking and being. So, with an open mind and a willingness to investigate new strategies, I invite you to embark upon the journey of a lifetime...the path to Radiant Health. Call or [contact me](#) for an appointment today.

**Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem
Therapeutic Massage ∞ CranioSacral Therapy
Healing with Herbs & Whole Foods
Qi Gong ∞ Whole Body Workshops
Organic Health & Beauty Products
Cholesterol Reduction ∞ Weight Loss Strategies
License #6211**

Phyllis Hubbard, D.D., LMT
Radiant Health Strategies
916.237.7495

www.radianthealthstrategies.com

www.youtube.com/user/radianthealthstrat

phubbard@radianthealthstrategies.com