



— radiant health strategies —

Guiding You on Your Path to Radiant Health

May, 2009



Make it Mine in 2009:

Why YOU Will Shine

Greetings,

The path to radiant health is a journey. **My job is to motivate you to get and stay on the path.** To that end, let me share with you a personal story so you'll understand why I'm positive that you can be successful on your path. YES YOU WILL SHINE IN 2009.

Shortly after this baby picture of me was taken, my entire world fell apart. I experienced a series of emotional traumas that seemed to happen all at once (the divorce of my parents, and accidentally walking in on the brutal rape of a little girl just to name a few). The following winter, I developed a terrible case of bronchitis (a COPD or Chronic Obstructive Pulmonary Disease), and was afflicted with it every winter of my childhood into adulthood. I had to be heavily medicated because my cough caused internal bleeding. In addition, the doctors pumped me full of antibiotics which pretty much ruined my digestive system. By my late 20's, I had adrenal fatigue, my body was racked with pain, I was so congested that I could barely breathe, and it seemed as if EVERYTHING I ate gave me gas--*and I'm talkin' 'bout the methane kind ya'!!!*

Desperate for answers, I began to study Ayurveda and other holistic practices which filled me with optimism for the first time in my life. **I learned that what you can "get" you can "un-get".** After suffering for decades, was it really possible to simply make a few changes to cause my suffering to disappear? The possibilities completely intrigued me. Pharmaceutical commercials always say that you cannot cure a COPD, and once you get one, you are destined to get another (bronchial stasis, bronchitis, asthma or emphysema). However, I am living proof that you can truly reverse the course of disease. I no longer get bronchitis, have pain or adrenal fatigue and I've successfully rebuilt my digestive system. Oh, and as a by-product of getting healthy, I lost a bunch of weight too!

[Join our Mailing List!](#)

[Crack the Code to Optimal Health:](#)

[A Holistic Health Symposium](#)

**Why Attend?
You Will:**

Learn how to heal disease and chronic illnesses

Learn how to assess and heal illnesses with natural remedies

Unlock key elements to natural healing: self awareness and assessment, food as medicine, emotional healing, and positive change

Learn amazing health strategies **that your doctor doesn't know**

I do what I do because I know what it is like to go "through the fire" terrified, and I know what it is like to emerge from the fire blossoming with [radiant health](#), strength and refinement. Most importantly, I know that with an open mind, some patience, persistence and a willingness to learn to love yourself, you will achieve the physical, mental, emotional and spiritual fulfillment that you desire.

Please don't allow your past to keep you from going for it!
[Resign to Shine in 2009!](#) Now is YOUR time for action!

I have two upcoming events designed to ensure your success on your path. The first one is on May 8th: [Your Path To Radiant Health](#) where I reveal the secrets to weight loss, increased energy, the healing of chronic diseases and much more. The other is with me and a few colleagues in Washington D.C. where you will learn how to [Crack the Code to Optimal Health](#). During this holistic health symposium, you'll learn how my friend, client and colleague, [Ruby Lathon](#), overcame cancer with no chemo, no radiation or surgery and much more. Please join me for these events and pass this information on to your family, friends and networks. See sidebar and below for more details.

Leave with the knowledge, tools and motivation you need to find inner peace and the things most yearned for: happiness, contentment, fulfillment and success

Receive an inspirational, practical guide for anyone feeling sick, depressed, frustrated, anxious, nervous, angry or simply searching for answers

Find motivation and assistance to heal and overcome mental, physical and emotional blocks, facilitating full, natural and loving healing

Leave with a success plan and strategies for radiant health

Learn about our support network

[Click here to register](#)



Your Path to Radiant Health

When: May 8th, 6pm-8pm

Where: The Sun Room, Santa Fe Soul & Healing Ctr., 2905 Rodeo Park Dr. E Bldg. 3, Santa Fe, New Mexico 87505

Click [here](#) to register online (\$42.50)

How did I rid myself of chronic bronchitis and digestive distress, adrenal fatigue-and of course what everyone wants to know-how on earth did I lose all that weight!?? I got on MY path to Radiant Health. Learn how to get on YOUR path during my [workshop](#) in the beautiful Sun Room at [Santa Fe Soul](#).

Are health concerns or stressful situations keeping you from finding true fulfillment? This interactive workshop fuses the [power tools](#) of Naturopathy, Ayurveda and Biophysics in a way that is FUN and easy to understand. The first steps on your path to Radiant Health involve the reeducation necessary to facilitate the inspired action which helps your body heal itself. You'll receive simple strategies which will help you get your groove back and put you on the journey of a lifetime... *YOUR path to Radiant Health.*



Crack the Code to Optimal Health: A Holistic Health Symposium

When: May 31st, 9am-4pm

**Where: Embassy Suites Downtown Washington Hotel
1250 22nd Street NW, Washington, DC 20037**

Click [here](#) to register online - Special Rate until May 8th

Think that healthy food tastes bad, that you have to cut or count calories or reduce fat, salt, and sugar to lose weight? Think that diseases just "happen" and are incurable? Think again. During a holistic health symposium downtown on Sunday, May 31st, Ruby Lathon, Ph.D., award winning researcher and engineer, Phyllis Hubbard, D.D., LMT, Holistic Health Practitioner and owner of Radiant Health Strategies, and Jewell Elliott McCoy, J.D., D.C. attorney and founder and CEO of Encouragement Ministries, Inc., will discuss how to overcome a wide variety of ailments including chronic digestive disorders, pain, infertility, cancer, and emotional distress using holistic healing strategies.

During this interactive symposium, participants will learn how to unlock key elements to natural healing: self awareness/assessment, using food as medicine, emotional healing, and positive change. Dr. Lathon will share how she overcame cancer without chemicals or surgery and achieved fulfillment through natural healing. Phyllis Hubbard will provide the naturopathic reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. Jewell Elliot McCoy will focus on finding the motivation and assistance to heal and overcome mental, physical and emotional blocks, facilitating full, natural and loving healing. Participants will receive a savory lunch that accommodates vegetarian and vegan diets, personal success mapping with their own workbooks to take home, a success plan, strategies for achieving radiant health and an opportunity to become part of the holistic health support network.

"I've always had a firm belief that the body can heal itself and in January 2007 I was given the opportunity to put that belief to the test," [Ruby](#) says, "When I received the shocking news that I had thyroid cancer, I resolved to find an alternative to surgery and began a quest to heal my body naturally. I discovered how to use food as medicine and embarked on a spiritual journey of self awareness and inner healing which deepened my faith in God. 14 months later, the once cancerous tumor was benign and months after that the tumor completely dissolved! I am living proof that the body can heal itself when given what it needs. Leaving behind a successful engineering career, I began teaching others about the healing powers of plant based nutrition and pursuing my mission of inspiring others to live "above the clouds."

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... YOUR path to Radiant Health. Call or [contact me](#) for an appointment today.

**Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem
Therapeutic Massage ∞ CranioSacral Therapy
Healing with Herbs and Whole Foods
Qi Gong Therapy ∞ Whole Body Workshops
Organic Health and Beauty Products
Cholesterol Reduction ∞ Weight Loss Strategies
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THANK YOU for joining me on this journey. Stay tuned as we continue to delve deeper and travel further down the path to Radiant Health.

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