



— radiant health strategies —

Guiding You on Your Path to Radiant Health

June, 2009



Your Emerging Beautiful Body:

Part 1

Dear Phyllis,

What is beauty? How do you create that allure that radiates from within? You Resign to Shine. Let's stop chasing quick fix schemes and get real. You don't get a beautiful body from a cream or the latest health fad. There is no one pill or herb or fruit that will do it for you. It emerges from within. Each month I have presented you with strategies for achieving your highest potential. You learned how to stay on track by setting your intentions and focusing on gratitude. You moved on to the importance of having F.U.N. (For Ultimate Nourishment). I shared my personal story with you to model how optimism and courage can be used to help you emerge from the fire with strength and refinement. So how does one synthesize it all and let the beauty flow? By dropping the disease in your body. Dis-ease simply means lack of ease in your body and mind. Are you ready to let it go?

Over the next few months, I'm going to take you on a journey of deprogramming. It begins with learning how the six stages of dis-ease are formed. You will then learn how to reverse the course of disease. Along the way you'll learn more about food as medicine and other healing strategies. Let's begin by considering the following statement:

Conventional thought is responsible for the advancement of dis-ease. Here's a typical example. Let's say that you've been working late for a few days and now you feel lethargic. In accordance with standard conventional thought, you push through it, drink some coffee and figure you'll catch up on sleep during the weekend. Sounds

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RHS Healthy Protein of the month:
Quinoa

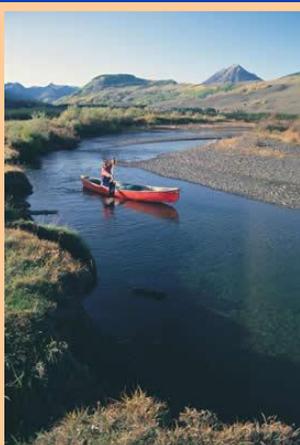
What is Quinoa?

Quinoa is a grain. It is a complete protein that has about twice the amount of protein as other grains, yet it is extremely easy to digest. It digests alkaline and contains all of the amino acids that are missing from most plant-based proteins. It has as much calcium as milk (but with no cholesterol), very little starch and is low in calories. Quinoa also contains all eight essential amino acids (that we must get from outside food sources) in the right quantity and ratio.

reasonable, right? Let's deprogram this way of thinking. First of all, when you begin to feel discomfort in your body or mind, you can be sure that your body has been stressed for some time. You are now "feeling it" because your body can no longer "hold down the fort" without your help. In an effort to maintain homeostasis or internal balance, your body sends you a signal in the form of, for example, lethargy, discomfort or pain to warn you that you are entering into a stage of dis-ease.

A beautiful mind and body emerges from learning to think properly. In this case, proper thought would be to view the lethargy as a **stage of dis-ease**. When you view lethargy as a stage of dis-ease instead of ignoring, medicating or justifying it away, you take positive, healthy ACTION, which keeps the stage from progressing and reverses the course of the dis-ease. There are six stages of dis-ease (accumulation, aggravation, flooding, displacement, manifestation, flowering). Wanna learn more? *Read on...*

This month we are covering Stage 1: Accumulation



In order to help you understand the stages of dis-ease, I'll use the metaphor of a rising river. A river that is accumulating water doesn't *appear* to be causing a real problem. In our bodies, this rising river can show up in many ways including:

- Constipation, gas
- Heat around your belly button, yellowish discoloration in whites of your eyes, dark yellow urine, craving quick energy
- Lethargy, feeling "heavy", low appetite

In the accumulation stage, your body is bogged down with too much of something or is in a state of depletion. The good news is that in stage 1, you tend to crave what you need to help restore balance, so listen to your body. If your body wants to sleep, then your job is to immediately give it rest. If you are feeling congested, stop eating mucus-forming foods (i.e. dairy). The one item that needs clarification is the craving of quick energy. If you crave sugar, you've deprived your body of healthy protein for too long. This causes your body to go into "survival mode" and forces a craving of sugar to quickly restore balance. Consuming a steady stream of healthy protein throughout the day (i.e. munching on raw almonds) will re-establish balance and eliminate your cravings or binge eating. See side bar for a spotlight on quinoa, the [RHS](#) healthy protein of the month.

Stay tuned! Next month we will cover Stage 2 of dis-ease, Aggravation, and strategies for complete reversal.

Quinoa cooks in 15-20 minutes!

Now you can't use the excuse that you have no time to eat healthy. It is much easier to eat grains that are bio-available. Bio-available essentially means digestibility. It refers to the rate at which a food can be absorbed and utilized by the body. If you have ever had any kind of digestive issue (acid reflux, constipation, diarrhea, IBS, heartburn, indigestion, low metabolism, thyroid issues, etc.) then it is important for you to eat more bioavailable foods. To increase the bioavailability of whole grains such as quinoa, soak the grains for at least 5 hours or overnight.

A savory quinoa recipe

Korean Style Salad

2 cups cooked quinoa
1 cup sprouted mung beans or sprouts of your choice
¼ cup finely chopped scallions
2 TSP Tamari (variation: Braggs Liquid Aminos or Nama Shoyu)
1 TSP unrefined Sesame Oil
1 TSP Raw Unfiltered Apple Cider Vinegar
½ tsp Agave Nectar
1 clove garlic, minced
¼ tsp ground black pepper
1/3 cup raw almonds (or sunflower seeds)
Lettuce leaves (use red lettuce for color and nutrients)

Soak quinoa overnight, then rinse thoroughly. Put quinoa in 4 cups of water and bring to a boil. Reduce heat to simmer and cook for 15 min or until tender. Combine scallions, Nama Shoyu, sesame oil, vinegar, Agave, garlic & black pepper. Toss with quinoa, sprouts and nuts. Chill for at least 1 hour before serving on lettuce leaves.

Enjoy!

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.

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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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