



— radiant health strategies —

Guiding You on Your Path to Radiant Health

July, 2009



Your Emerging Beautiful Body:

Part 2

Greetings,

Last month, I asked you go on a journey with me. This is the journey that reaches deep down and pulls up YOUR beauty that radiates from within. Not *feeling* the beauty yet? Whether you "feel" it or not, it is there. Take the journey, get rid of the "stuff" that tricks you into believing that you are anything but radiant. Begin to see your emerging beautiful body.

Do we get second chances? Absolutely! In fact, as you will soon realize, you get multiple chances. Never give up. Stay on the path to radiant health and keep your eyes on the prize.



In June, I introduced the Ayurvedic concept of the stages of dis-ease and you learned about the first stage, accumulation. This month, you will get to review stage one and have the opportunity to learn about the other stages all at once (*aggravation, flooding, displacement, manifestation and flowering*). During a recent interview with Mitch and Brandy from the [Mind Over Matter TV Show](#), I presented my philosophy on creating and maintaining radiant health, which included a lively discussion of the six stages of dis-ease. If you missed the show when it aired last month, you get *multiple* chances to see it again on [You Tube](#). Check it out and learn more about the mystery of you. I end the show with a very important concept. I encourage you to work with and incorporate this concept into your daily routine. Simply click on the link below to see the show at your leisure!

[Mind Over Matter TV Show #32: Six Stages of Disease](#)

or check out my "favorites" tab on my
You Tube channel:

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*RHS quick picks for
summer:*

**YOU
CAN
eat sweets!**

Ya'll keep asking me: "What can I buy at the store when I want something yummy?" Well, it is summer so here are a few quick picks that you can find at most health food stores (if you can't find it, have them order it).

What? I can eat ice cream?

Yes you can! The problem with conventional ice cream is the dairy (too acidic and mucus forming) and the unhealthy ingredients (refined salts and sugars). As a former sufferer of pulmonary disease I had to give up dairv. but I loved ice cream. Then the

[Radiant Health Strategies on You Tube](#)

There are six parts to the show (10 mins. each).
Laugh with me!

Resign to Shine in 2009 Check in: *Where are you now?*

I promised to keep you in the loop so I'm going to put myself on the hook and share with you my updates. Yes I'll be brutally honest with you, if you'll be brutally honest with yourselves. It's never too late to start again so even if you fell off the wagon, get back on and keep trying. To that end, here's an update to my [Resign to Shine in 2009](#) goals that I sent you in January:

Physically

Intention: bi-weekly tribal dance classes

Update: switched to belly dancing but doing it biweekly!

Spiritually

Intention: 30 minutes of quiet time each morning

Update: fell off the wagon here, sometimes I only get in about 5 minutes so I'm working on this one.

Mentally

Intention: complete ND doctoral program (90 min per day)

Update: I finally got my act together so yes, I'm doing it with the intention of finishing by January 2010!

Socially

Intention: date more

Update: I'm doing the social events, making new friends and having more fun. Not really dating yet though...stay tuned!

Professionally

Intention: relocate my business to an optimal location

Update: Didn't really fall off the wagon, but I realized that I have some more strategic planning to do before I move forward. This is in process...

Globally

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

Update: Doing very well here. I'm eating veggies from my garden, which has a huge compost system and I've reduced my trash considerably. I've also increased the energy efficiency of my home. Still have more to do, but I'm "on the path"...

heavens opened up and out came "Luna & Larry's Coconut Bliss" ice cream. Read all about it by clicking [here](#). It is one of the few NON DAIRY products I've discovered that is smooth, rich, decadent and creamy. It tastes better than regular ice cream and you get none of the bad side effects. You will not gain excess weight with this product because it is not made with refined sugars or salts (which bog down your digestive system and slows your metabolism). Plus it is all organic so enjoy! You will also not over eat this product because it is a "good fat" so you'll simply eat what you need and be done. Try it.

Note: there is another product you can try as well called "[Nada Moo](#)". This is a blend of coconut and rice milk ice cream. It is not as rich as Coconut Bliss, but it is pretty good as well and is made with the right ingredients.

What's better than butter?

Have you tried [Artisana's organic nut butters?](#) OMG! Talk about luxurious! Who says that healthy food is not delicious? I use the coconut butter in place of regular butter because it is rich, decadent and RAW which means it is full of essential amino acids and it is the good fat so your body will not allow you to over eat it. My favorite is the amazon flavor and the Cacao (chocolate) Bliss. Remember that cacao beans are heavily sprayed with pesticides so the only "healthy" chocolate is raw, organic, AND it must be made with sea salt and a healthy sugar such as agave nectar.

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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Healing with Herbs and Whole Foods
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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.

Phyllis Hubbard, D.D., LMT
Radiant Health Strategies
Call 916.2DrPhyl (916.237.7495)
phubbard@radianthealthstrategies.com
www.radianthealthstrategies.com
www.youtube.com/user/radianthealthstrat