

# — radiant health strategies —

Guiding You on Your Path to Radiant Health

August, 2009



# On Trying... & Being Lucky

#### Dear Phyllis,

Can you believe that we are less than 2 weeks away from September? On the home stretch to 2010? Are you satisfied with your progress so far? Challenges? Triumphs? Are you on track to reaching your goals or have you slipped off the path? Either way, have you had fun learning those lessons?

#### Mama Says...

My mom used to always say to me "you are so lucky.". I never liked to hear that because I believed I worked too hard to be "lucky." However; a friend recently shared with me what all "lucky" people have in common, and as it turns out, I seem to have a natural tendency to incorporate these behaviors into my daily life. "Lucky people":

- · Try
- Expect the best
- Put a positive spin on "negative" events
- Relax

This month, I'd like to focus on "trying". Recently, I've noticed that some of my clients have resisted trying new <u>strategies</u> because they have no prior knowledge or experience with the strategy. Or even worse, they fear they will fail.

#### So much to learn from babes...

When a baby is first learning to walk, they fall down many times. Do they just sit there and cry or do they keep trying? Would you beat your child up because they couldn't walk the first time they tried or would you have compassion and continually encourage them? It's the getting up/falling down/getting back up again cycle that makes a child's legs stronger and enables them to walk.

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ALL ABOUT WATERMELON

# To seed or not to seed...that is the question!

The watermelon conversation always puts me on a soap box. If you have heard any of my presentations, you know that I always say "conventional thought is responsible for the advancement of disease." How did we come to think that watermelons need to be seedless? Even in the health food stores, it can be a challenge to find a watermelon with seeds. Come on people, wake up! Seedless watermelons are genetically modified even if they are organic. Please insist on only purchasing watermelons with seeds before they all go away--and before you forget how a real watermelon is supposed to taste.

If you have resisted trying, remember that the "falling" is supposed to be used as a tool to make you stronger so that you can succeed. The emphasis is supposed to be on the "trying" not the "falling". Many times we allow one event to completely derail us or we'll redefine our lives by it. Then, we decide to stop trying and assume that we are "unlucky" at or simply can't do "THAT". If you can relate to this scenario, it's time to once more let that old faulty programming go. Expect the best, put a positive spin on "negative" events (all of them come bearing gifts), and relax. Don't think it will work? Try! And if you don't see immediate results, don't beat yourself up. Be gentle with yourself, try again and repeat.

# Don't forget about the F.U.N. (For Ultimate Nourishment)



Summer time in ABQ is so much fun. Even my intense doctoral research schedule will not keep me under lock and key when it comes to summer time music in ABQ. I find it easier to study when I occasionally escape from research "lock down". If you are local, I hope to see you around town. I'm attending these events at the Albuquerque Museum Amphitheater (2000 Mountain Road NW, Old Town ABQ):

# August 22nd: The Jeff Brown Trio & Tommy Gearhart and His Hammond B3 Trio

Jeff's been doing his thang at the Univ. of Texas so let's show him some "welcome back" love ABQ style and support this event!

#### **August 28th: Son Como Son**

Ya'll know how much I love salsa and especially Son Como Son. You'll have to get there early for this one because it will be packed for sure. See ya on the dance floor!

#### September 4th: Havana NRG

I saw this band last year and they were so much fun--high energy! I remember lots of laughing, dancing and then the next day--soaking in the tub with Epsom salt!

If you are not local, get out and have some F.U.N. wherever you are!

#### Try!

I grow my own watermelon, which makes it difficult for me to purchase any from the store (unless it is out of season and I'm really craving it). My little home grown watermelons are so sweet and delicious, no store bought melon can compare and they are so easy to grow. If you have the space in your backyard, give it a try.

#### Perfect workout food?

The electrolyte rich watermelon is one of the best fruits to have after exercising. It also contains vitamins B1, B6, C, beta carotene, lycopene, biotin, pantothenic acid, magnesium, potassium and plenty of fiber.

# Watermelons for prostate health?

For men with prostate issues, I prefer to recommend watermelons over tomatoes for its lycopene content. The high water content of watermelon allows for a much easier absorption/utilization of lycopene.

#### Don't forget the melon rules!

Remember that melons are fruit so they must always be eaten before meals, never after. Melons are also divas so they are to be eaten alone--never mixed with any other fruit or food.

### **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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