

December, 2009



— radiant health strategies —



Resign to Shine in 2009 *The Recap*

Greetings,

Back in January, I suggested that we *Resign to Shine in 2009*, and from the time my fingers typed those words, the shake down began. *What was THAT about?* Let us turn to Chinese philosophy for a bit of insight. The number 9 is quite significant in Chinese culture and carries multiple meanings. Being the last single digit, 9 represents a turning point...a time of change and transformation, for after 9 we *begin again*.

As many of you know, I am a Qi Gong instructor and in Qi Gong practice, we repeat each exercise 9 times before moving to the next exercise in the form. Whether or not you place any significance in numbers or our impending New Year, please know that we are about end a cycle and shift into something new. If you have resisted change and transformation, you may have found 2009 to be quite the year of challenge.

Working Synergistically with our minds...

Remember that our brilliant minds function as tape recorders, playing back to us all that we (or our family, friends, society, etc.) have put into them. For this reason, habits that no longer serve us may "seem" difficult to drop or change. Furthermore, our past programming may lead us to believe that letting go of something means that, in exchange, we'll get something worse. We know from last month's "Wisdom of the Tree" article that this is NOT the case: we'll actually get something BETTER! It is time to stop swimming against the current. We must practice working synergistically with our minds, consistently dumping what doesn't belong there and adding healthy thoughts that inspire positive action.

If it worked for Oprah...

The key to renewal is the expansion of our minds and the nourishment of our physical bodies.

Ease into 2010 being and staying open and receptive to new insights that will help you achieve your heart's desires. Next month's newsletter will shine a new light on your path to Radiant Health. In the meantime, as we wind down 2009, I'd like to share with you one of Oprah's favorite quotes. She uses it to inspire her into action, and it has helped me whenever I have felt stuck:

"Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I have learned deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it. / Boldness has genius, power, and magic in it." So first YOU take the step, THEN, help comes your way, not the other way around. See below for the final recap of 2009.

2009: The Final Recap

How did we do?

How did you do? Be honest and gentle with yourself. Look at what you accomplished and what you didn't. Write it down so that you can see it. Do it NOW before the end of this year. Then use it to help you develop a new plan for 2010. This was the first year that I was brave enough to share some of my goals with you, and boy did it keep me on the hook! I'm convinced that my sharing was the catalyst for my successes--definitely worth the risks I took--*your turn...* In keeping with my promise to model the process as your guide, I have listed below the final update on my goals for 2009:

Physically

Intention: bi-weekly tribal dance classes

What I've done: *Switched to belly dancing, but met this goal.*

Spiritually

Intention: 30 minutes of quiet time each morning

What I've done: *Took all year to get my act together, but I am now practicing Qi Gong every day and 5 elements healing meditation a few times per week. Praying constantly too!*

Mentally

Intention: complete ND doctoral program

What I've done: *Dr. Phyl is in the house! Finally got the doctorate Thanksgiving Day.*

Socially

Intention: date more

What I've done: *Surprise! I'm co-creating a healthy, loving, radiant, relationship with a wonderful man.*

Professionally

Intention: relocate my business to an optimal location

What I've done: *Finally meeting with some experts who can help me develop and implement strategies for my next steps which will be local, national and global in scope.*

Globally

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

What I've done: *Worked diligently on the composting, reduced my trash about 60%. Still learning, found another website with good health tips and environmental strategies: www.naturalnews.com.*

Stay tuned for next month's newsletter, where I will share with you strategies on how to *begin again...*

Practice Qi Gong with me!

Group and individual sessions are now available. Reduced pricing available if you bring 2 or 3 friends and you'll experience the power of group "qi"!

What is Qi Gong?

Qi Gong (pronounced chee-kung) is a 5,000 year old internal martial art. "Qi" means energy or life force and "Gong" means cultivation. Qi Gong is the practice of learning to cultivate and rejuvenate your internal energy using slow, graceful movements and a variety of slow breathing techniques. The practice of Qi Gong builds muscle strength, while reducing stress and enhancing energy. Its numerous health benefits are profound, including:

- Enhancing circulation and warming the blood
- Developing reflexes and dexterity and preventing osteoporosis
- Increasing arterial circulation which nourishes the nervous system while helping to prevent a plethora of nervous system disorders such as Alzheimer's Disease
- Increasing mental focus, acuity, energy and concentration and much more!

This slow, gentle exercise is performed by millions of people of all ages, physical abilities, religious beliefs and cultural backgrounds.

The path to self-empowerment and fulfillment begins with YOU. Master your mind and harness power that you didn't know existed within you by practicing Qi Gong.

[Join our Mailing List!](#)

Amaranth

The Superior Choice



What is Amaranth? Amaranth is a highly nutritious super protein "grain." It has way more protein and twice the calcium of milk. It is a superior choice for nursing or pregnant women, infants, children, people who do heavy physical labor, and people who have low weight or energy issues because of its digestibility and nutritious value.

Scrub-a-dub...

Amaranth relieves congested lungs, it helps build body tissues, reduces cholesterol (literally scrubs it away) and is a great food to give to people who are recovering from health issues. You have to eat amaranth as the whole grain, so don't fall for those cold cereals, pastas and breads: once processed, many of the healing properties fade away.

It's WEALTHY

Amaranth is rich in amino acids, including methionine and lysine which are not found in many other grains. The super fiber rich amaranth is also a great source of vitamins A and C, iron, calcium, potassium and phosphorus.

It's BEAUTIFUL

The amaranth that you see pictured above will grow to be at least 5 feet tall. Each plant will produce a minimum of 40,000 seeds. It is easy to grow and reseeds itself in your garden. It is absolutely spectacular to have in your garden because of its deep burgundy color. You can eat the young leaves which are delicious cooked (similar in taste to spinach) and are beautiful in salads. As the leaves get bigger, they become a bit tough, but are still edible and taste great in soups (be sure to slice thin).

The tiny grain pictured in my hands above is the actual amaranth grain and it is absolutely delicious. I primarily use it as a thickening agent in soups and as one of my primary breakfast cereals (cooks in about 25 minutes or put in crock pot overnight with spices). It can also be popped like popcorn, sprouted or toasted.

Mi favorita!

Amaranth is one of my favorite grains because it is a complete protein and is one of the few grains that digests alkaline (most grains digest acidic). It is much easier to eat grains that are bio-available.

Bio-what?

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 even more important for you to eat more bioavailable foods.

To make whole grains such as amaranth bioavailable, soak the grains for at least 4 hours or overnight.

Radiant Health Strategies for Life

THE BODY HEALS ITSELF. Through the implementation of this philosophy, 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 & Food For Life Cooking Instructor ∞ Whole Body Workshops
Organic Health and Beauty Products
Cholesterol Reduction ∞ Weight Loss Strategies
License #6211**

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, ND, CNHP, LMT
Naturopathic Doctor, Holistic Health Educator
Radiant Health Strategies
Call 916.2DrPhyl (916.237.7495)
phubbard@radianthealthstrategies.com
www.radianthealthstrategies.com
www.youtube.com/user/radianthealthstrat