



— radiant health strategies —

For the Matriarch in you and the Matriarchs you love...

In This Issue

[Matriarch Gathering
Retreat June 2010!](#)

[The True Matriarch](#)

[Matriarchal Mint](#)



**Matriarch
Gathering for
Women
June 25-27th
2010!**

I will be presenting a unique twist on Radiant Health Strategies at the Matriarch Gathering Women's Conference this summer! Join me and 16 of my prestigious colleagues for a power packed weekend retreat! [Click here](#) to register online.

Greetings,

My grandmother, Elsie, was an inspirational matriarch. I used to say that I had to hurry up and have children so that they could experience the most amazing woman I've ever known. Grandma Elsie taught me (and continues to teach me) the concept of unconditional love. She had a very difficult early life, enduring an abusive husband while struggling to raise her 7 children, some of her grandchildren and even other children in our family. She was an amazing pillar of strength--careful to not let us see her complain, managing to feed us no matter how limited her funds were, and making her home welcome to all in need. She transitioned on in February of 2008. Sometimes, when I'm working in the garden, hiking on the trail or giving a presentation, I can feel her right beside or behind me and I smile...



However, before she passed, when her illnesses began to progress, I panicked. I was still unmarried with no children. I told myself that she couldn't die...not yet. I wasn't ready, and I didn't want to raise children without her direct influence. When my irrational emotions subsided, I realized that she had been depositing her love into me all along and expecting me to radiate it. I tape recorded an interview with her about a year before she died and asked her to share with me any wisdom she had to offer. She took a deep breath, lowered her head in prayer and said "Lord, make me worthy". She seemed worried, and I was puzzled by this because, to me, no one on this planet seemed more worthy. As I listen to that recording now, I realize that she was passing on the baton to me and my family.

One of my cousins told me recently that he was concerned because his mother had abandoned the role of both mother and grandmother many years ago. All his children had was their great-grandmother (Elsie). What would life be like for them without her? Without hesitation, I heard myself saying to him "I can be their auntie, I can be their mother, I can be their grandmother." It's up to me and all of the willing matriarchs in my family to step into that role and fill in the gaps so that no child in our family (or in any family) will feel abandoned. In that moment, a great sense of peace enveloped me as I realized that Grandma Elsie's

WHAT?

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WHERE?

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WHEN?

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HOW MUCH?

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principles of unconditional love and matriarchal strength are alive in me. I just need to be willing to walk the path, and the answers will come.

This issue is dedicated to the matriarch in you and the matriarchs you love. Some of us have yet to step into that role. Perhaps like me, you are waiting for something, or expecting it to come from someone else. Life has a way of encouraging you to step up to the plate. It is not a difficult step, but like the path to Radiant Health, it is a process of loving, setting healthy boundaries, letting go and continuing to broaden and deepen that love.

I feel so honored to have been invited to present at the Matriarch Gathering Women's Conference this June in Durango, Colorado. The conference is for women to inspire and be inspired, to grow and to facilitate growth, to love and be loved. To keep costs low, none of the 16 presenters will be paid. This is an amazing opportunity at a tremendously low cost. I hope to see you there. See the side panel for additional information.

True Matriarchs "Mother" Themselves First

One of the lessons today's Matriarchs AND Patriarchs must learn in the midst of our chaotic, rat-race world is the concept of self-love and self-care FIRST. We'll focus on Patriarchs next month. However, I want to emphasize the importance of understanding that ALL of us carry the energy of both the masculine and the feminine within us. The matriarchal energy rules our healthy feminine side.

How do we re-learn the concept of "mothering" ourselves? My first suggestion would be to treat yourself as if you were your own mother. However, what if you didn't grow up with a healthy, emotionally grounded mother? What if you felt neglected, abused, manipulated, or traumatized in one way or another? What if you don't remember anyone demonstrating to you the healthy concept of a mother's love?

Let's face it, we all came into this world with issues to work through. Our parents did the best they could with the level of consciousness they had at the time. Some evolve and grow. Some don't, but the past doesn't matter any more. NOW is YOUR time. Today you create your reality and lay the groundwork for your future. Your emotional growth and empowerment will be limited by any resentment you harbor against your parents. On the path to Radiant Health, you must move beyond these limitations. Here are a few simple ways to start or deepen your process:

- Let it Go. You cannot fully love or be loved until you let go of the hurts of the past. If your mother wasn't or isn't who you want her to be, then love her for who she is and ask divine intelligence to send you a loving matriarch to fill in the gaps. More often than not, she is already in your life right now.
- Honor your physical body. Matriarchs are self-empowered leaders, healers, lovers, teachers...without physical energy and resources, you will burn out in the process of spreading yourself

too thin and long before your dreams can become reality.

- Watch your inner self-talk. What do you say about yourself in your head? How do you treat yourself after you've made a mistake? A healthy mother would not beat her child senseless for spilling milk; instead, she would forgive her child and together they would clean up the mess. Negative self-talk is equivalent to beating yourself senseless. It will accomplish nothing more than causing more pain and wasting your time.

Matriarchal Mint



Why Mint?

I chose mint this month because mint is soothing to the body. In particular, it soothes the digestive and nervous system. Like being the the loving arms of a true Matriarch, it helps to calm and clear the mind and senses.

How do I prepare it?

- Mint tea, especially peppermint, is cooling, refreshing and aids digestion. If you grow mint in your yard, a hearty handful will make a tasty pot of tea. Mint tea is readily available in tea bags. You can also make an infusion of mint water by putting a handful of fresh mint in a pitcher of water. You can keep replacing the water and the mint will stay fresh for 24-48 hours.
- If you grow mint in the garden, snip off a piece and chew on it to freshen your breath or aid digestion.
- Mint tastes great in smoothies, chutneys and pestos.

Where can I find it?

Mint tea is sold everywhere. Mint is extremely easy to grow. You can also find dried mint in Asian, Indian and health food stores. Peppermint works best for digestion, spearmint is more of a diuretic (i.e. for inflammation of the urinary tract), horsemint works best for relieving spasms (i.e. menstrual cramps). There are many other varieties of mint.

Ready to Get Radiant?

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, chronic and adrenal fatigue**
- * **Infertility, menstrual disorders, and hormonal imbalances**
- * **Cancer and autoimmune diseases**
- * **Emotional distress (including depression, bulimia and more)**

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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