



— radiant health strategies —

Beaming in the sun or Do you want a million dollars?

In This Issue

[RHS Out Of Office
Announcement](#)

[Wanna Million Dollars?](#)

[Coconut Water...true
abundance](#)



**Radiant Health
Strategies
will be
OUT OF THE
OFFICE
'til August 16th**

Please wish me well and send me positive energy as I take some exams, work on a few projects and "sharpen the saw".

If you currently have an appointment with me, no worries. I am keeping those appointments.

Greetings,

We've been pretty hot and heavy on the deep concepts for quite some time now. It's important that you don't forget that the journey to Radiant Health is about abundance and fun! The heavy concepts are necessary for you to implement so that you may free your mind--liberating yourself from the mental, physical and emotional rubbish that keeps you from living the life of your dreams. Let this issue remind you of the freedom to just be you and to have fun!

***So do you want to go beamin' in the sun or in a million dollars?
How about both?***

A recent event reminded me of something that happened years ago when I was a student of Ayurveda. A friend of a friend who is retired, bought and drives his limo for his church pastor--in service and for fun. When I mentioned that I was flying into Oakland to go to class, he offered to pick me up from the airport and deliver me to my school in Sebastopol. Along the way, I had to make a pit stop at a mall and realized that although I said I wanted to be abundant, when given the chance to practice, I was extremely uncomfortable with it. It felt weird riding around in a stretch limo, and the way people looked at me as I entered and exited the limo...it was very uncomfortable. I was relieved to finally arrive at the school.

Flash forward to a few months ago and the recent event. While traveling out of town, a friend of mine offered her car to me. She usually rides a motorcycle, so I didn't know she had a car. She asked me if I drove a stick shift and I said..."It's been a while, but I'm sure I'll remember." I asked her what kind of car it was and she said "Oh it's just an old BMW". The next day, her boyfriend arrived to drop off the car:



However, I'm not taking new appointments during that time.

I will be taking new appointments beginning August 16th.

I look forward to working with you and helping you achieve Radiant Health!

Needless to say, I was shocked! I still went through this temporary weirdness of driving around Miami in a slammin' beamer, getting all of the "wow" looks and such. However, I was MUCH more comfortable this time:).

We often say that we want abundance, but when it starts coming our way, even as practice, we don't know how to handle it. (This situation tends to apply to many things we say that we want.) See below for some fun ways to practice developing your wealth consciousness.

Let me give you a million dollars

At the Matriarch Gathering last month, I met an amazing woman who travels the world lecturing on many subjects. At the gathering, she presented on the now infamous Mayan Calendar and what 2012 really means...not the end of the world of course, but the end of the old consciousness. (Thinking that money is bad or dirty reflects the old consciousness.) One of her exercises was to give us million dollar bills so that we could practice developing our wealth consciousness. I took a picture of it on a royal purple background so that you may have a picture for your vision boards. She said, whenever you have currency in hand (she prefers cash, but I would also recommend practicing with checks, money orders, etc.) hold it in your left hand, with your fingers gripping the bottom left hand corner and say this before investing or circulating your money (never use the word "spend"):



***You and I are inseparable...
Go and feed the hungry,
Clothe the naked,
And return to me a million fold...***

I love this practice! I do it as I pay my bills, go shopping, etc. and I'm grateful that I'm able to circulate abundance into the economy. By paying my bills on time and with gratitude, I allow the employees of the mortgage, electric, gas companies, etc. to do the same.

I also work with affirmations on a consistent basis to develop and raise my wealth consciousness. Some abundance affirmations I've borrowed from abundance guru Rev. Eikerenkoetter (a.k.a. Rev. Ike) include:

- *I have money making money, making money, making money...*
- *I see God, multiplying back to me, all of the money that I use, give, or circulate in any way, in a never-ending cycle of increase and enjoyment.*
- *Money loves to fill my hands, pockets, bank accounts, and investment accounts.*
- *I condition my mind for a greater and greater use, circulation and enjoyment of money.*

- *Money is wonderful stuff.*
- *I open my mind to money making ideas that enrich me, everyone and everything.*
- *Whatever I turn my mind toward rushes to meet me...*

Keep that last bullet in mind so that you'll remember to turn your mind towards those thoughts that serve your highest good.

Coconut Water...an abundance of electrolytes



Did you know?

During the Vietnam war, the Vietnamese taught our American doctors how to use coconut IVs to save our soldier's lives when we ran out of plasma? Coconut water is almost identical to the plasma (the liquid part) of our blood. Fresh young coconut water is abundant in electrolytes, amino acids, vitamins, hormones, glucose and many other substances we need to develop and grow. Here's a short list of healing benefits compiled by Dr. Bruce Fife:

- Reduces swelling in hands and feet
- Aids in kidney function and dissolves kidney stones
- Protects against cancer
- Helps balance blood sugar and improves digestion
- Improves blood circulation and cholesterol levels
- Lowers high blood pressure and reduces risk of heart dis-ease
- Enhances immune function
- Possesses anti-aging properties
- Makes an excellent oral re-hydration and sports beverage and aids in exercise performance

So I LOVE coconut water! I'm talking about the coconut water from the YOUNG coconut. To clarify, these are the white Thai coconuts or the green Caribbean coconuts with the undeveloped, gelatinous coconut meat inside which is also very good for you.

Where can I find it?

- Most Asian stores sell the fresh young coconuts by the dozen at a low price. Be sure to inspect your coconuts to ensure there are no purple spots. Purple spots indicate that the coconut is getting old. It is still edible, but has begun to lose the nutrients of the young coconut. They are also available at a higher price at health foods stores like Whole Foods, and they are easy to crack open with a cleaver (unlike the harder brown coconuts).
 - You can purchase boxed/canned/bottled coconut water, but make sure it is 100% pure with no additives. Some good brands are Vita Coco and O.N.E., both of which can be shipped to you by the case monthly through Amazon.com. It will not taste as good as fresh out of the coconut, but it is much tastier and WAY healthier than toxic pseudo sports beverages such as Gatorade or Red Bull.
 - When you eat at a Thai food (sometimes Indian) restaurant, and you see "fresh young coconut" on the menu, order it!
 - Recently, I found Vita Coco & O.N.E. coconut water sold at Walgreens in Miami. Now that is progress! Go to your local drug store and ask them to order it.
-

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.

**Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem
Therapeutic Massage ∞ CranioSacral Therapy
Healing with Herbs and Whole Foods
Qi Gong and 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.



Dr. Phyllis Hubbard, ND, CNHP, LMT

Naturopathic Doctor

Holistic Health Educator

Radiant Health Strategies, LLC

Call 916.2DrPhyl (916.237.7495)

phubbard@radianthealthstrategies.com

www.radianthealthstrategies.com

www.youtube.com/user/radianthealthstrat