



— radiant health strategies —

Radiantly Grateful Thanksgiving at Work

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Alternate Nostril Breathing

A great way to balance your right and left brain in under a minute!

Feeling stress on the job? Take a

Greetings,

Last month I presented some strategies for creating Radiant Health at work from the employer's point of view. Since that time, some of my clients on the employee end have shared with me their struggles on the job. During this month when most of us celebrate Thanksgiving, I would like to offer a synthesized way of approaching challenges on the job that involves being in the moment and being radiantly grateful. How do you respond when your employer is unbalanced and the energy of your workplace stressful? Do you: Dread going to work?

- Go to work early, stay late, bring work home to make deadlines?
- Complain about your job to your family, friends, colleagues?
- Have insomnia or some form of indigestion?
- Have at least one fellow employee, or manager with whom you don't get along?
- Believe you are "stuck" in your job because of a struggling economy?

Well then, it is time to Get Radiant! Consider this quote from Matthew and Terces Engelhart, the authors of the book, Sacred Commerce:

Prayer does not necessarily consist only of a special time set aside and away from distractions, but in the realization that every moment is sacred, and every act of labor we perform is meaningful when done with a clear mind and intent, focused wholly on the task at hand and consecrated to the beautiful mystery of the moment.

Do you believe that each moment is sacred? During my many years as a corporate professional, I've learned that

into the bathroom and practice alternate nostril breathing. This yogic style breathing exercise cleanses and brings radiance, vitality and energy to your nervous system. It is also great for balancing your blood pressure. Do it for just one minute and you will notice a calm mind and a more balanced perspective. Do it for 5 minutes whenever you feel stressed and you'll change your life! Here are some simple instructions (for those of you are yoga students or students of Ayurveda, make the Vishnu Mudra for hand placement; for everyone else, follow instructions below):

- Blow your nose gently to clear your nasal passages and sit up straight with an erect spine.
- With your right thumb, close your right nostril and exhale through your left nostril.
- Inhale through your left nostril.
- Open up your right nostril and at the same time take your pinky finger or ring finger (whichever is more comfortable) and cover your left nostril.
- Exhale through your right nostril. Inhale through your right nostril. Open up your left nostril and at the same time cover your right nostril and exhale through your left nostril.
- Repeat beginning with step 3.
- Continue for at least one minute.



most of the time, stress at work is caused by bypassing or forgetting to apply fundamental concepts to new and novel situations. If you'd like to revisit some of these concepts, I invite you to read on...

Creating Radiance at Work: Overcoming the Snowball Effect from the Employee's Point of View

As I mentioned last month, the snowball effect is the energy behind many problems at work whether you report to a manager or have employees reporting to you. It starts with a small issue, but then over time the issue gets out of hand. If you choose to avoid the issue, it certainly will not go away, causing some people to quit, lose their jobs or even "flip out" and become violent. These issues are caused by situations that could have been resolved in the early stages. Unfortunately, many people choose to simply exist, hating their jobs, but accepting their fate and conforming to a life of "Whatever, I need the money and I have no choice so I'll just do what I need to do to keep my job." Is this any way to live your life-for the rest of your life?

If you are an employee

The stress often comes from not interviewing properly for the job in the first place. When you interview for a job, are you interviewing them or are they interviewing you? I always had at least 30 questions prepared for every interview. I didn't usually ask all of the questions, but I was always prepared. I made it a point to interview the company as much as they were interviewing me. If I interviewed with more than one person, I asked everyone the same questions because this technique helped me learn the true picture of the dynamics of the work environment, including how employees got along with each other and how I would potentially fit into their dynamic. I do workshops and consultations around these types of strategies, so if you are interested in learning more [contact me](#) for an appointment.

Some other reasons for stress on the job include:

- Not receiving adequate training to do your job
- Not getting along with fellow employees
- Not feeling valued for the work that you do
- Competition for promotions

for success:

Don't take fast breaths or you will get lightheaded. In fact, if you feel lightheaded, you are not doing it right.

Begin slow and work your way up to very slow, very deep breaths.

Take long slow deep breaths, do not rush the process and do not force your breath to go deep. You will get better with time and practice, so just do your best each time.

If you cannot take deep breaths focus on taking slow breaths. As you practice, your breath will become slower and deeper. The goal is to breathe deep, expanding your lower abdomen fully (outwardly) on the inhale and contracting your abdomen (inwardly) towards your spine on the exhale.

Just try it for one minute. Work your way up to 5 minutes a day, then 5 minutes whenever you are feeling stressed.

Increase your time over time. You will be amazed at how calm, focused and centered you will be. When you are ready, [contact me](#) for an appointment and I can teach you more advanced methods of practice.

- Having a difficult time managing priorities

What if we choose to look at these issues in a different way-from the inside out? Here are some simple strategies to help get you back on the right track and re-establish the [Radiant Health](#) balance at work:

Create Radiance within Yourself first. Let's refer back to Matthew and Terces Engelhart's suggestions from their [Sacred Commerce](#) book:

A clear mind and intent. How do you start your day? Do you wake up with plenty of time to set the course for your day or do you rush around, barely eat, and just make it to work on time? Someplace in between? Here are some simple ways to begin your day with a clear mind and intent:

- Go to bed 30 minutes earlier so that you can wake up 30 minutes earlier than usual to give yourself some time for self care. As soon as you open your eyes, give thanks for a new day, your health, your life and your work.
- Stretch for 15 minutes covering the major muscles of your body and making sure to also rotate (clockwise and counterclockwise) the joints of your ankles, knees, hips, wrists, elbows, shoulders and neck.
- Make yourself a green smoothie (see October's newsletter for details) or at the very least have some fresh fruit for breakfast. Avoid listening to the news while eating.

When you arrive at work, review your plan for the day, and ask yourself what are the most important tasks that must occur. If you are not sure, meet with your manager and ask for clarification. Then set your intention on accomplishing those tasks only. You will, of course, experience many interruptions, but when you know what you have to get done, you manage to get it done.

Focused wholly on the task at hand. Be with each assignment. Ask yourself, what is the best way to approach this task?

- Don't be afraid to ask your manager for help prioritizing or finding the best way to begin. Misunderstanding tends to be the main reason why employees tend to get off on the wrong track.
- Stay focused. Interruptions are bound to occur, and you may be tempted to daydream when bored with tedious routine tasks. If you feel stuck on an idea or if you are having a tough time focusing, stop and take a few long slow deep breaths (see the side bar

for alternate nostril breathing instructions) or take a quick walk outside or up a flight of stairs to clear your mind.

- Be wherever you are. Most people don't like meetings because they think the meeting is a waste of time, they are annoyed with a person who showed up unprepared, or they don't feel that they have something substantial to contribute. If you are attending a meeting, do your part by preparing to contribute to the meeting and staying present during the meeting. If your meetings seem like time wasters, take the initiative and speak to your manager about how to make the meetings more productive.

Consecrated to the beautiful mystery of the

moment. Do you really know what is going on in the moment? I used to consider myself an outstanding communicator. I was humbled to realize how many times I improperly hear, see or misunderstand messages. The beautiful mystery of the moment comes when you decide to:

- Recognize a problem and address it ASAP with the person who can actually do something about the issue. Don't waste time complaining to people who have no power to change the situation.
- Challenge yourself and set your bar high. Instead of competing with your colleagues for recognition and attention, reach your own personal goals and be a true team player.
- Be grateful for the work that you have. See it as a stepping stone to something greater-whether you plan to stay in your position, get a promotion, or eventually leave. If you are struggling in your current position, know that the challenging situation is teaching you something and you are resisting the lesson. Let go of your resistance. Be present so that you can see the situation for what it really is. Be grateful for the lesson and then take heed.

This Thanksgiving, be grateful for all that you have: those situations that make you feel good as well as the challenges that provide you with growth opportunities. Truly love your loved ones by not bringing home stressors from work. Take a minute to do the alternate nostril breathing explained on the side bar before you step out of your car and by the time you get inside your home, you'll have a different, more balanced perspective.

Having Turkey for Thanksgiving?
Try stuffing your turkey with greens!

You may never go back to traditional stuffing again!

It is ironic that I'm not a huge fan of turkey because I am well known in my family for making delicious turkeys. I tend to make turkey for my family and friends, but I mostly eat veggies. If I decide to eat meat it is usually duck or buffalo. However when I do make turkey I ALWAYS stuff it with delicious leafy greens. I tried it once and it was so delicious, I never looked back. The last time I served up this dish my guests were tearing the turkey apart to get to the greens!

Why stuff my turkey with greens?

- Greens are much lower in fat than breadcrumbs, and they taste better.
- Greens are much higher in vitamins and easily digestible minerals.
- The flavor is amazing and the presentation is gorgeous!

By now you should know this, but just in case, let me remind you to please only purchase turkeys that are free range and not injected with antibiotics and hormones.

How do I make it?

Here is a simple recipe that I learned and modified from my favorite guru and teacher [DeAnna Batdorff](#) many years ago:

1 bunch of chard, finely chopped

1 bunch of kale (or leafy greens of your choice), finely chopped

1 bunch of celery stalks, finely chopped

½ cup raisins or black currants

½ tsp of the following dried herbs: sage, rosemary, oregano, thyme, coriander, chives (or a ½ cup of fresh herbs); you can also use organic poultry seasoning and add the coriander and chives.

¼ to ½ cup of organic raw unfiltered apple cider vinegar (I usually add ½ cup)

1 tsp of Celtic sea salt or organic tamari made with sea salt (or to taste)

½ tsp cayenne pepper (optional)

When you first look at this mixture you will not believe that all of these veggies will fit inside even the largest of turkeys, but they absolutely will! Remember that greens cook down to less than half their size. Mix herbs with

spices and apple cider vinegar and toss with greens. Add currants and toss. Stuff turkey with mixture until the turkey swells as much as it can (pack it tight). Season and bake your turkey as usual. Check turkey in about an hour. Stuff with remaining mixture or repeat process until turkey is fully stuffed. Enjoy and have a wonderful thanksgiving!

Are You 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 loss, 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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LOVE THYSELF!