



## Season's Greetings from Radiant Health Strategies

Greetings,

I am grateful for many diverse individuals who surrounded me during my early childhood. My babysitter was East Indian married to a West Indian, our neighborhood consisted primarily of people from various islands in the Caribbean, we attended many African parties and those tiny towns in South Jersey where I grew up were heavily populated with Italian Americans. Needless to say, I grew up eating all kinds of delicious spicy foods.

Thanks to these influences and my mom's good Jewish friend, I learned that my beloved Christmas and Kwanzaa was not celebrated all over the world. Hey, I was a kid and thought the world revolved around America.

So, whether you celebrate a particular holiday or not, I want to wish you a Radiant Season's Greetings! I founded Radiant Health Strategies, LLC with the intention of guiding you on your path to Radiant Health through education and self empowerment, holistic lifestyle management and bodywork/therapeutics. As we wrap up 2010 and head into 2011, I would like to share with you my three simple "truisms." I have found that if my clients get off track, it is generally because they have forgotten some basic understanding of their own truth. My truisms were born out of my desire to help you fall back in love with your true self. To that end:

- **Truism #1: You have the choice and the power to change your life.**
- **Truism #2: You have within you the wisdom and ability to achieve and maintain Radiant Health.**
- **Truism #3: There is no "bad" part of you; only parts of you yearning for love, acceptance or transmutation.**

*Radiantly Yours,*

*Dr. Phyl*

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### **Radiantly Raw Chocolate Pudding**

Looking for a decadent dessert to share this holiday season? Try this delicious dairy free pudding.

2-3 large ripe avocados

28 oz - 1 quart of coconut milk (adjust to your thickness preference and number of avocados)

½ tsp cardamom (or to taste)

½ cup raw organic cacao nibs (or to taste-can be more bittersweet if you like), powdered in a coffee grinder (the only good use for a coffee grinder!)

Date sugar or raw agave nectar (or unrefined sweetener of your choice) to taste

Place avocados, coconut milk and cacao nibs in the blender or Vitamix and blend thoroughly. Taste for sweetness. If needed add 2 TSP of your favorite unrefined sweetener and blend again and taste. Pour into pudding dishes and chill for 3 hours. Garnish with edible flowers or goji berries.

Variation: Blend in a 1/8 cup of goji berries (for best results, soak the berries for about 30 mins. before blending). You can also add ginger for a special zing and extra digestibility.

Enjoy!

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**Radiant Health Strategies will be out of the office  
December 23 - January 7**

**Have a wonderful New Year and stay tuned for new  
and exciting announcements for 2011!**

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**JOIN OUR MAILING LIST!**

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## **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)**

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**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 ∞ CRANIO SACRAL 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, BCND, LMT  
BOARD CERTIFIED NATUROPATHIC DOCTOR  
HOLISTIC HEALTH EDUCATOR  
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**LOVE THYSELF!**