



— radiant health strategies —

Guiding You on Your Path to Radiant Health

April, 2009



Make it Mine in 2009

The F.U.N. Factor

Greetings,

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This month let's bring on the F.U.N.!

F.U.N. "For Ultimate Nourishment"

Last month, I asked you to get back in the game by uncovering the stumbling blocks that throw you off course and keep you from achieving your highest potential. I suggested you begin each day by being grateful, deciding to shine and being flexible. Please continue this practice. These essential foundational steps will lead you to the fulfillment of your dreams...

THIS MONTH we are going to layer on an element that is extremely important, yet often dismissed. FUN! I translate F.U.N. as **For Ultimate Nourishment**.

Why plow through life without FUN? Reality check: if we weren't so determined to separate everything into categories, finding the FUN wouldn't be such a challenge. It is time to drop this bad habit. Why not add more FUN to all aspects of life? I'm going to challenge you to include FUN in your work--even if your current "job" does not reflect your true passion.

A great deal of research exists on the importance of play for children, but what about us? We need to have FUN too and for pretty much the same reasons. Without an element of FUN in your life your body will start sending signals such as a scattered mind/excessive day dreaming, fatigue, insomnia, decreased productivity, increased irritability...the list goes on. Take the hint!

Herb of the Month: Coriander

Why Coriander? Because coriander is the prodigious herb for everyone.

Coriander is a medicinal and culinary herb.

What is the difference between coriander and cilantro? Nothing but flavor! Did you know that when you plant coriander seed, the plant that grows is cilantro? Coriander and cilantro have very different flavors. Coriander in seed form has a very mild flavor, but cilantro in plant form has a very distinctive, strong flavor. They share the same healing properties.

How can you use coriander? Coriander is a wonderful herb because it is compatible with all body types, and it makes your food taste great. As a medicinal herb, coriander can be used both internally (as a tea) and externally (as a poultice).

Coriander increases digestion and absorption and **helps heal:**

- Diarrhea, vomiting, dysentery (inflammation of the lower intestinal tract)

When was the last time that you had FUN? Make a commitment to yourself have some fun this month and every month from now on.

I'm fortunate enough to know some POWERHOUSE talents who live right here in the land of enchantment and they know how to combine inspiration with FUN. If you've ever attended any of my workshops or have had a consultation with me, you know that I always teach with FUN because I want you to see and incorporate more abundance, excitement, and joy into your life.

Put these ideas into practice...take action!

- Urinary tract infections, stops burning urine
- Kidney stones
- Rashes, burns, itching, inflammation (used externally)
- Allergies, hay fever
- Sore throat

A healthy diuretic, coriander also helps to cleanse the body of environmental toxins. Coriander is such a mild spice, when ground, it can be used to encrust vegetables, seafood and meat.

Radiant Health Strategies for Life

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.

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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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