



— radiant health strategies —

Guiding You on Your Path to Radiant Health

September, 2009



September Babes & More

Greetings,

Did you know that more babies are born in September than any other month of the year? My birthday is coming up at the end of the month, and I thought, "What a great time to discuss [radiant baby health](#)." Did you know that many of the dis-eases that afflict young children, particularly digestive issues, infections and colic, can be eliminated with some nutritional tweaks and infant massage?

So many changes!

Babies go through so much when they are born. They go from hearing soothing muffled sounds in the womb, to loud sounds, cold air, bright lights, camera flashes and more when they are born. This is quite traumatic for a baby. Think about how you feel when someone turns on a bright light after you've been sleeping in the dark. Nothing calms and soothes a baby like a loving touch. In India, traditional Ayurvedic practices warrant a full body massage (usually with unrefined sesame oil) of both the baby and mother immediately following birth. Here's a short list of the healing benefits of giving your baby a massage:

- Increases bond between mother and child
- Strengthens immune and circulatory systems
- Relieves colic and digestive disorders
- Increases motor skills and intellectual development
- Promotes a restful sleep

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Tis The Season for
Rosemary

Why now?



The seasons are about to change and now is a good time to think about detoxification and giving your respiratory system a boost.



Quick and Easy Technique

The best way to give an infant a massage is to provide light, loving strokes in an upward motion beginning from your child's feet working up towards their head. This

stimulates the lymphatic flow in the direction of the heart and improves circulation. Don't worry too much about technique, trust your intuition and let your hands guide you. If your baby becomes irritable, move on to another area, but keep moving and continue with light loving strokes. To help with colic and digestive issues, lightly rub your baby's tummy in a clockwise direction. I strongly recommend that you perform this light belly rub in a clockwise direction every time you give your baby a massage. You will be aiding in the digestive process, but you will also soothe and relax most of your baby's vital organs.

Remember, a baby goes from being fed through the placenta to drinking mother's milk or formula. This may not seem like a big deal, but it is the first time the body has had to process food that has not been digested, *per se*. The digestive system kicks in gear, but there is an adjustment for the tiny body to make. Each time the food becomes more sophisticated, your baby's digestive system has to adjust. So even if you can't give your child a massage on a regular basis, try to at least incorporate light abdominal massage whenever there is a change in the complexity of the food.

If you want to learn more about nutritional health for your baby, [email me](#) and I'll include this info in a future article.

Quick Checklist



Here's a quick checklist of important considerations when giving your baby a massage:

- Try to give your baby daily massage. You don't have to spend a lot of time. To start, simply add about 5 minutes to bath time.
- Only use unrefined oils (sesame is good for helping your baby sleep, sunflower is good if there are no nut/seed allergies, olive is the best all around oil-and YES, these are the same oils that you eat. Remember that the skin is not only the largest organ in the body, it acts like a third kidney. Never use any shampoos, soaps, lotions, etc. full of chemicals. Try not to put anything ON your baby that you wouldn't

Rosemary is an absolute must-have in your garden or back yard. Even if you don't have a garden, rosemary will grow like a shrub and yield its healing properties every day of the year. Pick a moderately sunny spot to plant your rosemary. If it is too sunny of a spot, it will be hard to grow, trust me, I killed a few before I finally got the message. It grows all year around so you will never be without this delectable culinary herb, but it also has a VERY long list of healing properties.

Rosemary:

It's the lung-loving, body-protecting, brain tonic and much more!

Rosemary is a brain tonic and is very stimulating. I often give a piece of rosemary to my clients as they are leaving to help them "wake up" from their relaxing massage.

Check out some of rosemary's healing properties:

- *antibacterial*
- *antifungal*
- *anti-parasitic*
- *analgesic (relieves pain)*
- *Helps heal respiratory congestion, asthma, catarrh (inflammation of mucous membranes)*
- *circulatory problems*
- *premature baldness, dandruff and scurf (scaly skin)*
- *debility*
- *headaches.*

put IN your baby (that goes for YOU too).

- Begin giving your baby a massage ASAP after birth so that your child gets used to massage. Babies like routine. If you wait too long, they might squirm a little simply because they don't know what you're doing, but once they've figured it out, they'll love it.
- If you are trying to calm an irritable child, you can use no more than one drop of chamomile essential oil in your baby's massage oil. Essential oils are very potent, so only use the purest organic essential oils and no more than one drop diluted in a 8 oz or larger glass bottle.

There is so much more to discuss, but I try really hard to keep my articles concise. If you want to learn more, I teach parents about nutrition and how to give their infants and children massage, so [contact me](#) for a session.

Thanks to [Steve Christman](#) for taking these fun photos!

Rosemary Salad dressing

As always, I encourage you to tweak my recipes to your satisfaction. I don't think I've ever made the same salad dressing twice! I love this rosemary salad dressing because it is a wonderful way to get raw healing herbs in your system, as well as EFA's (essential fatty acids), electrolytes and enzymes that support digestive health. Enjoy!

5, 5-inch strips of fresh rosemary
1 5-inch strip of fresh thyme
1 5-inch strip of fresh oregano
1 tsp fresh lemon juice
1 tsp dried orange peel
1 TSP coriander seed
1 clove of garlic
1 TSP Raw Agave Nectar
½ cup Raw, unfiltered Apple Cider Vinegar
½ cup plus 4 TSP of Extra Virgin Cold Pressed Olive Oil

Variation: 1 part vinegar and 2 parts olive oil; adjust to your taste for tartness.

Combine all ingredients into a vitamix or blender and blend until completely mixed (about 1 minute).

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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