



— radiant health strategies —

Guiding You on Your Path to Radiant Health

October, 2009



All About Your A & E

Greetings,

While I appreciate the fact that October is nationally recognized as Breast Cancer Awareness month, I find myself pondering the word "awareness." I'm overwhelmed with the abundance of misinformation that exists out here in computer land, but good information exists as well. What can I do as a Holistic Health Educator to help guide you through the plethora of bad information? I'm thinking:

A&E = AWARENESS & EMPOWERMENT

So, this newsletter is all about your A&E. My role in your journey is to help increase your awareness and inspire you to shift negative paradigms so that you will feel empowered to *make enlightened decisions for yourself*. Breast Cancer is a difficult subject to write about concisely, so I'll provide just a few tidbits to help you get started. Let us begin by considering a different way to think about Breast Cancer through the implementation of a series of Radiant Health Strategies.

Radiant Health Strategy#1: Forget the dis-ease

I have so many clients who spend years trying to diagnose their "dis-ease." They come to me thrilled because they finally can name what is wrong with them. However; they quickly become disappointed when I tell them to **FORGET ABOUT THE DIS-EASE!** Naturopaths define dis-ease as "lack of ease in the body". When you "name" a dis-ease, you become tempted to define yourself by it. That is the equivalent of allowing an unwelcomed guest in your house and then allowing that guest to control your household and start their own family at the expense of yours. Instead, see the dis-ease for what it is,

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**Women Rock!
Rock Your
FINANCES
and
HEALTH
FREE EVENT
OCT 30TH**

**See below for details on
how
to register!**

gather your strength and kick out the guest! As far as I'm concerned, the dis-ease is merely a symptom of a series of malfunctions occurring in the body that needs to be corrected. I focus on locating the cause of these malfunctions. Then, I teach the client how to give the body what it needs, and how to get out of their body's way. **THE BODY HEALS ITSELF**. Drugs and surgery don't cure. Allopathic doctors don't cure. Naturopaths don't heal. **Your body is a master at healing itself**, and ALL dis-ease, regardless of the "name" given to it (which is usually just the Latin word for the symptoms anyway) forms the exact same way. If you want to learn more about how dis-ease forms and how to reverse the stages of dis-ease, please check out my you tube interview by clicking [here](#) or pointing your web browser to www.youtube.com/user/radianthealthstrat and going to my favorites tab. There you will find the Mind Over Matter TV interview. I posted it on you tube so that you could use it as a study tool to increase your **AWARENESS, EMPOWER** yourself and make the appropriate changes.

Radiant Health Strategy#2: Know that DNA is NOT your destiny

What runs in your family doesn't run in you. I first heard this phrase from a friend of mine, and I've used it ever since. **Just because breast cancer (or any other dis-ease) runs in your family doesn't mean that you will get breast cancer**. In our recent past we have seen marketing campaigns encouraging women to have mastectomies as a preventative measure! This is an outrage, irresponsible and completely unnecessary.

Even if you are diagnosed with cancer and have it surgically removed, **you haven't addressed the CAUSE** of the cancer. This is why so many people who have had cancer get it again. Please stop thinking that surgery will solve your problem. I understand that for some people, the cancer has gone too far and surgical intervention can't be prevented. However, whether or not you have surgery, chemo and/or radiation, the **ONLY** way to heal your body completely, prevent dis-ease from manifesting in your body or prevent it from reappearing is to **find the cause and make the appropriate changes to reverse the course of dis-ease**.

Heredity is only potential. For example, I have the potential to be an amazing piano player because I have long lanky fingers, and some wonderful piano players in my family. However I will **NEVER** become any kind of piano player unless I work at it! The same is true for manifesting dis-ease in your body. Holding on to unhealthy habits is just like working at creating dis-ease in your body.

LET IT GO! If you keep the same bad habits that you picked up from family members who have a particular dis-ease, you are on the path to manifesting the dis-ease yourself. It is the **environment** that you place yourself in that determines the health of your body, not heredity. Imagine two ships side-by-

Fenugreek

**Your Body's
Best Friend For:
Cancer Prevention
and
Recovery
and
Much More!**



The best way to "fight" cancer is to STOP FIGHTING!

Be a team player!

If cancer is in your body, then why are you fighting yourself? Cancer is all about some cells that have gone wild in your body because they don't want to play on your team anymore (caused by confusion in the body's cellular intelligence).

Did you know that if you give your body the proper fuel it needs, your healthy cells will have the energy to recruit those cancer cells back to your team, dump the toxins and restore your body back to radiant health? The body is a MASTER at healing itself!

side. You are in one ship and your family is in the other. If you both leave at the same time, but you decide to make even a tiny two degree change of course, you will end up in a totally different place as your family. Now, don't throw away the baby with the bath water. **Love your family with all of your heart, but drop the inherited bad habits.** EVOLVE so that you create healthier habits for future generations. Please do not resign yourself to a dis-ease simply because of heredity. Make another choice. DNA is NOT your destiny. If you need scientific proof, I encourage you to read the book by Dr. Bruce Lipton called "The Wisdom of Your Cells...How Your Beliefs Control Your Biology". The audio book is fantastic. Increase your **AWARENESS** and **EMPOWER** yourself.

Want some extra credit? See below...

Extra Credit: RHS#3: Do your part-- Two strategies to try

If you are concerned about breast cancer or any other disease, do your part by being proactive. Your lymphatic system helps your body filter out toxins that lead to ALL types of disease.

- Ladies, you can help by taking out the under wire in your bras. Metal + sweat + toxins = clogged lymph right at the site where the "trash" is taken out by your body. **No more underwire bras...EVER!**
- Lymphatic breast massage is easy to do and takes just a few minutes a day. I always incorporate some form of lymphatic drainage when I perform massage, but I also want my clients to learn how to take care of themselves between appointments. If you want to learn more about lymph and lymph drainage points, [contact me](#) to make an appointment and I'll walk you through it. The breast health project in California put together the best set of instructions with pictures that I've seen to date, and I have permission to share it with all of you. If you would like a copy of the instructions, please [email me](#) and I'll be happy to send it to you. Also feel free to visit their website at: <http://www.breasthealthproject.com/>. **Men listen up!** Lymphatic breast massage is not just for women. Follow the same instructions to avoid "traffic jams" that get in the way of your lymph doing its job. *Keep your mojo flowing!*

FREE EVENT: Women Rock! Rock your health with Radiant Health Strategies in Santa Fe, October 30th!

Rock your Health with Phyllis Hubbard and [Radiant Health Strategies](#) during the Women Rock! event. I'll reveal strategies for creating radiant health and empowering you ranging from F.E.A.R. and the swine flu to children's health issues and more!

Fuel up!

The best way to empower your cells to do their job is to do your part. You heal through emotional work, proper nutrition, herbs and bodywork and/or treatment. You must do all four parts. The powerful herb fenugreek will nourish and energize your cells to help your marvelous body get the job done.

Yes, Fenugreek loves you!

Here's a short list of the healing properties of fenugreek seeds:

- Works on the plasma, blood, reproductive system and marrow and nerves as well as the digestive, respiratory, urinary and reproductive systems
- Is used for arthritis, cancer prevention and recovery, toothaches, sciatica, allergies/cough, indigestion. It is a nerve tonic and all around rejuvenative, and is great for restoring liver function and much more

**Fenugreek says...
Use me up**

Fenugreek tastes great! Put it in soups or anything that you are cooking for more than an hour (or put the seeds in a grinder--always use a ceramic grinder. You can find them in ABQ at the herb store or online at [cooking.com](#)). Also, plant some seeds in your garden!

A WOMEN ROCK! event shows you easy and practical ways to help improve your financial well-being and your health. Sponsored by the Prudential Insurance Company of America, get the knowledge and tools you need to make smart decisions in a supportive and interactive environment.

Where: Hotel Santa Fe, 1501 Paseo de Peralta, Santa Fe NM

When: Friday, October 30th, 2009, 8am - 12pm

How: Register by calling 505-986-9635 or email: ellen.marshall@prudential.com

Radiant Health Strategies for Life

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 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.

**Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem
Therapeutic Massage ∞ CranioSacral Therapy
Healing with Herbs and Whole Foods
Qi Gong Therapy ∞ Whole Body Workshops
Organic Health and Beauty Products
Cholesterol Reduction ∞ Weight Loss Strategies
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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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