



# — radiant health strategies —

*Guiding You on Your Path to Radiant Health*

November, 2009



## Remembering The Wisdom of the Tree

### Greetings,

***Thanksgiving is my favorite time of year to discuss the wisdom of the tree.***

I can totally relate to the challenges of change. Change is ever unfolding, and more often than not, our frustrations are caused by our *resistance to change*. Conventional thought would have us believe that change is a bad thing--unpleasant at best--and worst of all—we, on some level, tend to think that what we give up for change will leave us worse off than before. Not so! With change comes wisdom and understanding, freedom and choice. It is the path of change that leads you to the fulfillment of your hopes and desires.

#### ***Critical Concept...***

The most important critical concept to internalize before rocking and rolling on your journey is that of letting go. Naturopathic holistic healing modalities were first inspired by the study of nature. In the fall, when the leaves turn and drop off, the tree doesn't say "*Hey wait! Come back! Wind, please I beg you! Please don't blow my leaves away! I need to talk to Mother Nature about the wind and its interference with my life! Oh no, what am I going to do without my leaves?*" Instead, the tree in its infinite wisdom knows that for everything there is a season, and when the fall comes the tree gets to drop its heavy load just in time for winter rest.

#### ***Be Willing...***

The tree lets go willingly, because those leaves do not serve the tree anymore. Holding on to the old leaves will just hold the tree back. So the tree willingly lets go, knowing that when spring comes, it will once again be renewed with beautiful buds of life; and in summer, it will have MORE leaves than it had the season before.

**[Join our Mailing List!](#)**

**What's New with  
RHS?**

***Cancer progs...  
On The Road...***

**See Below for details!**

***Exciting Stuff!***

### **See What's Really There...**

The winter time is a special time, but it can be very deceptive. On the surface, it looks like there is nothing going on. The same thing happens in our lives. We begin or deepen our journey on our paths to [radiant health](#). We are planning the work and working the plan, but the results have yet to show. We work some more, change a few things...still no results that we can see that work within our current understanding of time. *Sigh...*

Before long, we begin to doubt ourselves and our journey. To make matters worse, our family members and friends who do not share our path comment, "*See? Your new plans are not working...why don't you just give it up? What was the purpose of changing anyway?*" How can we recognize when winter has come? Just know that during those times when we feel "bare" winter has come. It is a natural part of our growth process. It is extremely important to stick to our plans. We must remember to NOT GIVE UP in the winter time when those empty feelings surface and before our results begin to show. **Remember the wisdom of the tree**. In winter time, the tree looks empty and bare--almost dead. We may not be able SEE the progress, but there is so much going on with that tree *beneath the surface*. If there were no inspired action, the tree would die before spring. However, we know that is not the case with the tree, and it is also not the case with the work we are doing in our lives. Hang in there!

### **Gratitude...**

Most of all, remember gratitude. Regardless of what is going on in our lives right now, we all have something to be grateful for. Focus on gratitude. If we find ourselves feeling "bare," during winter, we can participate in activities that nourish our body, mind and soul. Self-love and nourishment are great ways to get through the winter time...until springtime comes.

*Have a wonderful Thanksgiving, and be thankful...  
for all that you have in your life right now.*

**What's Up with Radiant Health Strategies?  
Check it out!**

**Food For Life Cooking Classes** - I was recently trained as a Food For Life Instructor by [The Cancer Project](#), a Washington, D.C. based non-profit organization dedicated to cancer prevention and survival through nutrition, education and research. I will be teaching classes in hospitals, cancer centers and support groups, churches, community centers, health food stores and a variety of other venues. I'll be offering several series of classes, however the most popular series is as follows:

- Introduction to How Foods Fight Cancer
- Fueling up on Low-Fat, High-Fiber Foods
- Discovering Dairy and Meat Alternatives
- Cancer-Fighting Compounds, and Healthy Weight Management

## Sage

### **The Thanksgiving Spice That's Thrice As Nice**



**Sage** is actually part of the mint family.

*Most people know about the common or culinary sage, and you've probably heard of white sage and clary sage but did you know that there are at least 36 different types of sage?*

**Here's a short list of healing properties of the culinary Sage most of us use in our Thanksgiving dinners:**

- **Reduces excess secretions in the body** (sweating, night sweats, excess mucous)
- **Dries up ulcers and sores and stops bleeding**
- **Taken hot, it is an expectorant and promotes perspiration**
- **Taken cold, it is an astringent and a healthy diuretic**

If you are interested in bringing these classes to your organization, sponsoring a single or multiple class series, or would like to be a Cancer Project volunteer, please [email me](#).

Although these classes have a focus on cancer prevention, the foods presented for you to sample are truly foods for life. If you are looking for ways to prepare healthy foods in a short amount of time that even kids would enjoy, come to the classes. The classes will begin next year, so stay tuned for more details in next month's newsletter.

I've also been approached by the originating organization, [The Physician's Committee for Responsible Medicine](#), to begin teaching classes on Diabetes prevention and survival next summer. Please [contact me](#) if you are interested as I am collecting data on possible education sites.

## **Radiant Health Strategies is On the Road Again...Next Stop, Miami! Learn more about the Campaign for Black Male Achievement...**

I'm off to Miami to present strategies on renewal and creating and maintaining radiant health during the Campaign for Black Male Achievement's Leadership retreat, presented by the [Open Society Institute](#) in partnership with the prestigious [Knight Foundation](#). These folks are doing great community work, and I'm honored to participate in their program. Check them out, and learn more about this dynamic group. *From the OSI website:*

*The Campaign for Black Male Achievement provides grant making and other operational support for efforts to advance educational equity, dismantle the school-to-prison pipeline, strengthen families through responsible fatherhood, support youth organizing and leadership, promote economic opportunity, and develop a strategic communications framework to change public representations and perceptions of black boys and men.*

Click [here](#) to learn more about their programs.

- *When used as a gargle it is great for sore throats*
- *As a wash it heals bleeding sores*

*Each variation of sage will have other properties. For example, the flowers of clary sage are often processed as an essential oil and used to release all kinds of stress and tensions.*

*Clary Sage is also a powerful muscle relaxant and useful for the treatment of asthma, migraines and depression--in particular postpartum depression and hormonal regulation for women. Clary Sage is also a great remedy for greasy hair and dandruff and it is even an **aphrodisiac**--oh la la!*

*You'll definitely want to plant several varieties of sage in your garden.*

*I have about 5 different species including clary and Russian sage. I'm hoping to collect and plant more. Sage grows all winter long...yum!*

# 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.

Phyllis Hubbard, CNHP, D.D., LMT  
Radiant Health Strategies  
Call 916.2DrPhyl (916.237.7495)  
[phubbard@radianthealthstrategies.com](mailto:phubbard@radianthealthstrategies.com)  
[www.radianthealthstrategies.com](http://www.radianthealthstrategies.com)  
[www.youtube.com/user/radianthealthstrat](http://www.youtube.com/user/radianthealthstrat)