



# — radiant health strategies —

*Guiding You on Your Path to Radiant Health*

JANUARY, 2010

*This issue is dedicated to the BEAUTIFUL people of HAITI...please offer your prayers, send them money, FOOD, supplies, love and positive energy as they go through the process of rebuilding...of Beginning Again...*



## BEGIN AGAIN IN 2010

### Greetings,

Now that the New Year has begun are you ready to Get Radiant? Then, Begin Again in 2010! When you discover [Radiant Health](#), you rebuild the bridge that connects your mind with your body and spirit. The mind, body, spirit and emotions initiate a *synchronization process* which facilitates your healing journey--leading you back to your true self. Herein lies the beauty inside of you that manifests the bliss you've been searching for your whole life. Don't let it remain undiscovered. [Let me guide you on the path](#). You can begin today by setting your intentions to manifest all that you desire--and backing it up with inspired action.

### *Radiating on the 3's..*

Start by keeping it simple and taking small steps. Pick a small number, like 3. Then agree to do the following:

- Pick 3 ways you can nourish yourself or enhance your life. This is now your "*Radiant 3*"
- Stick to your plans for 3 weeks straight--give it your all
- At the end of the three weeks, note how you feel and make adjustments to your plans

Take a break and celebrate your accomplishments. What you have completed or converted into habit is now kicked off your list. Add completions to your gratitude journal.

Pick another *Radiant 3* and keep it going all year long!

*Remember that **sharing your intentions** will help you stick to your plans. My first Radiant 3's are: adding Level 2 Qi Gong form to my Level 1 daily practice, outlining the reorganization of my website, and figuring out when I can take a vacation.*

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

*Radiant Health Tip:*

## SALT

### *Did You Know?*



Digestive issues, fatigue, congestion, osteoporosis and other issues are connected to a lack of good usable unrefined organic

sodium.

Shocking, isn't it? Society has been so conditioned to low/no salt intake that the message of unrefined sea salt and how much we need it for good health has been totally lost. **Here's the scoop on salt.** (For more detailed information, [click here](#)):

### *What is SALT?*

An ESSENTIAL mineral (our bodies are comprised mostly of water and salt)

### *Why do I need SALT?*

--Salt alkalizes the blood and prevents your bones from having to neutralize acids with calcium (bones)

## *Feeling Radiant...* **THE EMOTION POTION**

The Swine Flu pandemonium has proven that the conventional definition of FEAR is taking deeper roots. Remember that fear on one level or another is the main way in which products are sold. Let's end the madness! The conventional definition of FEAR is:

False Evidence Appearing Real

*Do you think that this definition of FEAR will put you on your path to Radiant Health?*

We Naturopaths translate the FEAR acronym differently. Try this on for size:

**FACE EVERYTHING AND RECOVER**

When my clients begin their radiant health journey, they sometimes say *"I don't have the time, I don't have the money, It is too inconvenient..."* I always respond, *Do you have time for depression? The money to treat infertility? Is it more inconvenient than an autoimmune disease?* Look, repeating your status quo will prevent you from making your dreams come true. You are much stronger than you realize. YOU are the captain of your own ship. When challenges arise, don't choose to go down with the ship just because a storm is raging. The storm helps you develop the skills you'll need to strengthen for your next steps...

Choose to Begin Again in 2010 by taking small steps. Need a health tutor? [Contact me](#) for an in person, email or phone session. There are infinite ways to get to the finish line. What do you need? Help shopping? Transitioning off medications? Healing Dis-ease? Rebuilding muscle strength? Empowerment? Prioritizing? De-stressing? Reorganizing?

*Let me help you find your way.*

--Salt stimulates metabolism, flushes out heavy metals and calcification, reduces addictive cravings, cleans intestines, and heals skin dis-eases

--Salt neutralizes harmful electromagnetic waves in our homes/environment

*How do I use SALT?*

--Season your food with it and drink sole (click [here](#) for sole recipe and instructions)

--Relieve congestion, snoring and a wide range of sinus issues using the Neti pot

--Relax and detox in a salt bath (½ hour salt soak is equivalent to fasting for 3 days)

*Where can I find unrefined salt?*

Most health food stores carry high quality unrefined organic sea-salts

*What's the best way to get organic sodium?*

1. Raw fruits and vegetables
2. Celtic Salt, Himalayan Crystal Salt, Redmond's Real Salt (plain or seasoned)
3. Many other forms of unrefined sea salts exist, experiment and enjoy--yum!

*How much does it cost?*

\$4 and up depending on size/quantity

*Final tip:* Unrefined salt is much more potent than table salt, so a pinch goes a long way. Table salt is poison to the body--*like Dracula sucking your blood and then giving you an indigestible B12 shot!*

# 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 "disease". 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 & Food For Life Cooking Instructor ∞ 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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