



— radiant health strategies —

Guiding You on Your Path to Radiant Health

FEBRUARY, 2010



ON LOVERS LOVE & LOVING

Greetings,

With the recent passing of Valentine's Day, I found myself, a self-proclaimed nonconformist, reflecting on our American tradition of choosing a day to ritualize or celebrate love and romance. Whatever your thoughts on V's Day, I hope that sharing some of my personal reflections will inspire you to embrace a reconnection or deeper connection with your true essence.

Our most important relationship is with ourselves. My love journey was seasoned along the way with programmed habits and life experiences that I transmuted and synthesized as I traveled on my path to [Radiant Health](#).

My adventure began when I decided to embrace unconditional self-love which put me face-to-face with my "good, bad and ugly." Over time, my "good" started to refine itself and become better, and my perceptions of "bad and ugly" began to transform, a process that continues to evolve with every passing day. This trek helped me see more clearly so that I could:

- Uncover my true core values
- Attract the type of men who embodied them
- Attract, be receptive to and embrace "the relationship"

(Wanna learn how to access your core values? Let me help you find your way. [Click here & get started.](#))

The next lesson required that I relinquish control by:

- No longer stressing over trying to make it work, looking silly, blurting out words I wished I had kept to myself, exposing my vulnerabilities, etc.
- Allowing myself to be accepted for ALL of me, even those parts of me in desperate need of refinement:).
- Sharing my story with you without fear that "it" may all fall apart at any moment
- Accepting that nothing is guaranteed to us but this moment and dedicating my life to living in the moment

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Radiant Health Tip:

Ashwagandha:

*"That which gives the
vigor and sexual energy
of a horse"*

What is Ashwagandha?

An herb highly revered in Africa, India and the Middle East for its wide variety of rejuvenative properties.

Why Ashwagandha?

--It is an aphrodisiac that heightens sexual potency

--It is a powerful immune builder and antioxidant

--It is an anti-inflammatory herb that helps relieve stress, anxiety and depression, enhances memory and learning (and much more!)

How do I use it?

--In the spirit of love, use in powder form to make a lover's tea (recipe below)

I have always known these universal truths *intellectually*.

However, I can honestly say, that for the first time in my life, I've actually synthesized my intellectual knowledge with my heart and solar plexus (gut) knowledge. To know is one thing...to do is something else entirely...

To complete the foundation of my process, I had to:

- Drop unhealthy barrier patterns and habits based on fears I held on to→inspired by a lifelong legacy of witnessing unhealthy relationships and failed marriages in my family
- Learn more about my ancestors and ethnic heritage so that I may know, empower and love the "indigenous me" that has been dismissed, ignored and rejected

For so many years, my mind segregated the spirit of Valentine's Day from Black History month. Because Black History is about education, empowerment, freedom and self-love. The month of February functions more for me as remembrance to evolve and grow deeper. African American Naturopath Dr. Paul Goss once said that love has to be *injected* first and then *projected*...that love "shaped and shapes the universe". I believe that we struggle with love because we don't "inject" before we "project".

It is a multi-step process and we can't skip the steps:

SELF-LOVE → LOVE OF OUR (indigenous) PEOPLE → LOVE OF ALL PEOPLE → LOVE OF ALL (universal)

How to Feel Radiant... **THE 30 Second Self-Love Test**

Invest 30 seconds of your time in YOU. Give this test a try:

1. Look at yourself in the mirror for 30 seconds. Do you like or love who you see? Are you already talking yourself out of doing this exercise? If so, try and push through those feelings and do the exercise anyway.
2. If you like or love who you see, say out loud what you like or love about yourself while looking directly into your eyes and be grateful.
3. If negative emotions come up:
 - Ask yourself "What is the gift in this?" Think about the positive lessons you have learned from the negative emotions that have arisen.
 - Say out loud "I'm grateful for the reminder that I've learned _____ from _____ reflected in what I now see. Now that I have remembered, I let go of the _____ (negative feeling) and I now commit to liking/loving/learning to like/love myself." (Say what you can most easily believe.)

Repeat this exercise until you can move from where you are to self-love at its deepest level. Keep at it! The more challenging you find this exercise, the more important it is that you do it.

--It can also be taken in pill form

Where can I find it?

--Many health food stores carry ashwagandha.

--You can also order it online through [Banyan Botanicals](#) or the [Ayurvedic Institute](#).

Lover's Tea: The Recipe

One of my most loved and respected gurus, DeAnna Batdorff, owner of the [Dhyana Center](#), first taught me about the lover's tea when I was her student. The idea is to drink the tea after lovemaking to replenish ojas.

Oooh la la...OJAS!

Ojas has many definitions, but essentially means vitality or vigor--your vital fluids/force which includes but is NOT limited to your sexual potency. Ojas is released from the body after orgasm in both men and women, and many sexual/reproductive dysfunctions develop because of its continual depletion. *Infertility is more myth than reality. Most folks need nourishment and to renew their ojas!* [Contact me](#) to learn more.

Bring back the LOVE!

It is a beautiful gesture for you and your lover to take turns making for each other, serving and sipping the lover's tea symbolizing the end of lovemaking--the physical merge and a returning to the self.

My version of the recipe:

- o 2 cups of almond milk
- o 1 TSP of ashwagandha
- o 1 tsp of fresh ground cardamom (can sub cloves, cinnamon, ginger or do a combo)
- o 3 stamens of saffron
- o 12 Goji berries
- o 1 tsp of 100% pure maple syrup or date sugar to taste (optional)

Abundant Love In Action: Do It For YOU

Are you ready to Get Radiant? Do loving things for yourself every day:

- Eat or eat more raw organic fruits/vegetables daily
- Learn more about your ancestors and ethnic heritage
- Make a habit of speaking and acting from a loving place...especially during times of conflict
- Check out the Lover's Tea Variation below. *Drink it whether or not you currently have a lover, after all, YOU are your first lover...*

Lover's Tea Variation: The Vitamix/Blendtec Method Add 1 cup of organic raw almonds (preferably soaked) and 2 ½-3 cups of water (adjust to your thickness preference) along with remaining ingredients listed in the next column. Then blend for at least 2 minutes (or until heated to your satisfaction). Makes a hearty serving and is extra rich with the fresh almonds--beginners can cut portions in half.

Place the almond milk and all other ingredients in a pot (no microwave!). Stir ingredients until mixed thoroughly and heat mixture until it is just about ready to boil. Serve.

Remember that red fruits (like goji berries) and veggies strengthen your OJAS so eat your colors!

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, chronic and adrenal fatigue
- Infertility, menstrual disorders, and hormonal imbalances
- Cancer and autoimmune diseases
- Emotional distress (including depression, bulimia and more)



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.

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Therapeutic Massage ∞ CranioSacral Therapy
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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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