



— radiant health strategies —

Shower Yourself With Release...Nourishment...Love

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**Matriarch
Gathering for
Women
June 25-27th
2010!**

I will be presenting a unique twist on Radiant Health Strategies at the Matriarch Gathering Women's Conference this summer! Join me and 18 of my prestigious colleagues for a power packed weekend retreat! [Click here](#) to register online.

Greetings,

Well they say "April showers bring May flowers," don't they? I've been tracking the weather which has been off the charts in many areas. However, one thing is certain: despite our consistent environmental abuse, Mother Nature is trying her best to maintain the seasonal cycles.

According to Ayurvedic philosophy, we change with the seasons. Back in the winter time, I discussed the wisdom of the tree. The tree, which has lost its leaves in winter does not mourn its loss because it knows that winter rest will lead to renewal in the spring.

So spring has come. I am reminded of a song I loved years ago that echoes the frustration of going through challenges and the wisdom that those challenges make us stronger. The lyrics that resonate most with me are "just like rain to a garden, when the ground becomes hardened, I know you're using it all to help me to grow..." Will you allow yourself to be like the ground that allows the rain to harden, soften, open up and allow your growth to come through?

Now is the time for your renewal. Water is the symbol for purification, so shower yourself with:

- **Release** -- Let go of the burdens that hold you back. Have you chosen to say "yes" when you really wanted to say "no" and are regretting it? It's not too late to change your mind.
- **Nourishment** -- When was the last time you got a massage? Sat in a hot tub? Pampered yourself in your favorite way? Took time for yourself?
- **Love** -- Have you listened to your "self talk" lately? What are you saying to and about yourself? Is it loving?

I chose my words very carefully for this month's issue--that's probably why it took me so long to get it out. I said "Shower Yourself With..." and I meant it! Stress is the #1 killer. We can't control outside forces, but we can control our reactions to them. At the very least, we can make the effort to be kinder to ourselves. Give it a try. Shower yourself with release, nourishment, and love...see where the growth takes you. Wanna do more? Read on!

WHAT?

Experience the true essence of sisterhood by participating in 3 days of powerful seminars & workshops presented by amazing women from diverse backgrounds.

WHERE?

Lightner Creek Inn,
Durango, CO

WHEN?

June 25-27th 2010

HOW MUCH?

\$200 includes all seminars & workshops and a gourmet vegetarian lunch all three days catered by The Yellow Carrot. **This conference is limited to 50 registrations so don't delay, register ASAP!**

**Call Ann at
1.970.247.3776
to register**

Powerful
Healing
Beautiful
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Women

**Or register online
by clicking
here: lotus
oasis**

Shower Your Heart with Release: Let Go of Aspirin

I promised myself if one more person told me that they were taking aspirin to "protect" their heart, I would SCREAM! And then I would highlight heart loving herbs in my newsletter. Well I can't take it any more (and it felt good to let that scream out) so here we go...

First a word on aspirin...I think Dr. Edward Shook, ND, DC., said it best: **cell intelligence refuses to assimilate those substances which are poisonous; therefore, poisons cannot be expected to heal.** Aspirin is a toxin that the body recognizes as poison that carries a lovely number of side effects, is quite hard on the kidneys and increases the risk of pancreatic cancer. As consumers we need to wake up to the truth: Drugs do not heal; they can only offer a false sense of security in the form of damage control and symptom management, along with a hefty cumulative price tag that reveals itself slowly in the form of varied and harmful side effects. However nature offers many alternatives that STRENGTHEN, support, tone and energize your cardiovascular system. If you are currently taking aspirin and have done so for quite a while, here's a safe way to detoxify yourself and create Radiant Heart Health:

1. Eat more fruits and veggies, especially dark leafy green veggies for at least one month before weaning.
2. Incorporate EFA's (Essential Fatty Acids) into your nutritional regiment such as Omega 3 rich unrefined flax, hemp, or certified mercury/lead/pcb free fish oil.
3. Practice a simple deep breathing exercise at least 3 times a week for a minimum of 5 minutes: breath in to the count of 2 and exhale to the count of 4; continue to double these numbers until you hit your max without straining. When you've hit your limit, work on increasing your practice time from 5 minutes to 10 minutes, etc.
4. Begin to wean yourself off of aspirin in this order:
 - Wean yourself off blood thinners first if you are taking them (speak to your doctor about the best way to do this and [contact me](#) for a consultation so that I can help you rebalance your blood naturally, and research any other drugs you are taking)
 - Continue to take aspirin at the same time every day
 - After about a week, take aspirin every other day
 - After another week, switch to every two days, etc.
 - When you have gone 2 weeks without taking aspirin, and your body feels fine, it is safe to stop completely.

Listen to your body! Go slower or faster depending on how you feel. Some systems are stronger and can wean off of toxins faster. Other systems need more time. The strategy listed above is a GUIDE, but your body will let you know how fast or slow to go. Need guidance? [Contact me](#) for an appointment. I've helped many of my clients strengthen their internal body systems and safely transition off of a wide variety of medications. Everybody is different, but nobody needs aspirin!

Nourish and Love Your Heart with: Cinnamon

There are many herbs that love your heart such as hawthorn berries, and amalaki, but I wanted to highlight an herb that most people have in their pantries--one that is mild enough for most body types--*one that smells like nourishment and love...*

Why cinnamon?

This tasty herb strengthens and balances circulation throughout your body. It promotes healthy digestion, loves your kidneys, relieves tooth aches, muscle tension, and supports the circulatory, urinary, digestive and respiratory systems. And YES...it strengthens your heart!

How do I prepare it?

- Cinnamon tea is absolutely delicious! Simply put one or two cinnamon sticks in a pot of hot water and steep for about 10 minutes. I usually put two sticks of cinnamon in my glass tea kettle and slow simmer it for at least an hour to fill my kitchen with its loving scent. Add cardamom for additional flavor and health benefits
- Add cinnamon to your favorite whole grain cooked breakfast cereals such as whole oats, millet, quinoa or amaranth. Add coconut milk and dates or your favorite dried fruit and your breakfast will taste more like dessert!
- The possibilities are endless! I make cinnamon rice, sprinkle cinnamon on apples and sweet potatoes and bake them...use your imagination!

Where can I find it?

Get cinnamon sticks or powdered cinnamon in bulk at your local health food store. You can also go to any grocery store, but keep in mind that most spices are irradiated for longer shelf life. Only purchase non-irradiated spices (the package will usually say "organic" or "non-irradiated").

Ready to Get Radiant?

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 "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 and 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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