



— radiant health strategies —

## For the Patriarch in you and the Patriarchs you 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 16 of my prestigious colleagues for a power packed weekend retreat! [Click here](#) to register online.

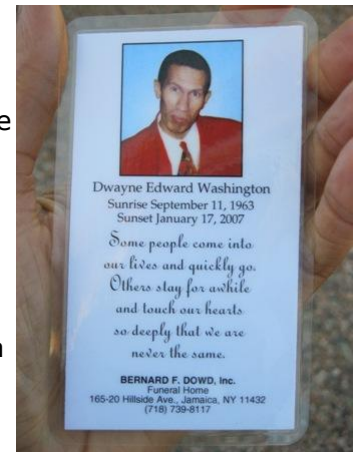
### Greetings,

I'm honored to have many patriarchs in my family. It was quite difficult to decide which one to highlight to inspire you. If you look up the definition of the word patriarch, you may find a wide variety of meanings that have nothing to do with the Radiant Health concept of the patriarch in you. So, for this reason, I decided to highlight someone who would never have been considered by conventional society to be a patriarch, my late, beloved cousin, Dwayne Washington.

I chose Dwayne because his inspired actions exemplify those of the healthy empowered "father" image.

Even though Dwayne died young he lived his entire life B-I-G, with love, integrity, and authenticity. He didn't have children, but he loved and cared for all children who crossed his path, and took care of many children in our family. Many of our family members negatively judged Dwayne because he was openly gay, but he loved all of them anyway and never denied any part of himself. He lived a very hectic New York lifestyle, but made sure to keep in close contact with the family. He never ended a phone call without saying "I love you" and he always initiated the calls. Dwayne called me 7 days before he died. I didn't call him back because I was "too busy". I thought, "I'll get back to him later."

But, later never came. The next time I saw him was at his funeral. I learned so much from him during his short time on earth. He was such a fun loving, goofy person that even at his funeral, he only allowed his favorite up-beat music to be played. If I weren't so heartbroken over losing him, I would have jumped up and started dancing. He was so well loved and respected that he had two funerals, one in New York and one with our family in Maryland, both were packed houses and many people attended both services. So what qualities made Dwayne a patriarch?



**WHAT?**

Experience the true essence of sisterhood by participating in 3 days of powerful seminars and 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 and 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!**

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- Unconditional love for self, family, friends, co-workers
- Constant loving contact with family and friends
- Living life true, without judgment or denying any part of himself, even if some of those parts were judged
- Inspiring and caring for the youth
- Embodying and radiating self-empowerment

Just like my grandmother who was an amazing matriarch, and many other powerful leaders, Dwayne's greatest shortcoming was that he forgot that just like a bank, we cannot only make withdrawals, we have to make deposits into our physical, spiritual and emotional "accounts" or we will deplete ourselves. See below for suggestions on fathering yourself and bringing out the patriarch in you.

## True Patriarchs "Father" Themselves First

When I was trying to decide which patriarch to highlight for this



newsletter, I had a curious experience. This red dragonfly flew into my back yard and hung out with me for a while. It let me get very close to it and almost seemed to be posing. It appeared to smile at me, reminding me of my cousin Dwayne who wore red in the last picture I got of him--always goofing off and having fun.

How does one "father" oneself when so many of us are

fatherless? So many of you don't know who your fathers are, didn't grow up with your fathers or do not have good relationships with your fathers. Others are fortunate to have a loving father or loving paternal influences. Remember that you are never alone. If your biological father is not in your life, your spiritual father is. Acknowledge, embrace and appreciate this person. The patriarchal energy is one of loving empowerment, leadership, mentorship, and exemplifying the true concept of the "gentleman." So all of the self-care suggestions involving self-love that I mentioned last month apply, but in addition we must truly embrace and live in action the concepts of:

- Self-empowerment -- who are you and why are you here? Are you being led by your true voice or are you living your life according to the standards set by others? Are you living true and following your bliss?
- Inspiration -- who looks up to you? What core values form the foundation of your life? How do you live those values "out loud" in order to inspire others to do the same?
- Strength -- how do you radiate strength? Does strength come from being an unemotional rock? Or can you radiate strength by addressing and acknowledging your awareness of fear or uncertainty, but then process those emotions and refuse to let them become a barrier to achieving fulfillment?

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## Patriarchal Papaya



### **Why Papaya?**

I chose papaya this month because this juicy fruit contains a very important enzyme that helps digest protein in your body--excellent for indigestion. True patriarchs take in the energies of life, digest and assimilate them for use in the world. Papaya also contains a wealth of nutrients including vitamins A, C, B1-3 and 6, calcium, potassium, iron, magnesium and much more!

### **How do I prepare it?**

- You can eat the juicy fruit first thing in the morning or at least 15 minutes before any meal.
- The roots, leaves (used as a diuretic) and seeds (used to expel parasites) are also edible.
- Add papaya to your smoothies with banana, lettuce and kiwi to make a light summer time drink or uses Victoria Boutenko's recipe for a yummy pudding with 1 papaya, 1 avocado and 1 cup of spinach

### **Where can I find it?**

Papayas are sold everywhere. Have some fun and experiment with them this summer.

# 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.

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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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