



— radiant health strategies —

Waiting For Superman September 24, 2010

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Women Rock!

**Rock Your
Finances
&
Health**

**Free Event
Santa Fe
Convention Ctr
October 22nd**

I will be presenting new Radiant Health Strategies on the mind, blasting through roadblocks and ridding yourself of dis-ease during the Women Rock event.

A WOMEN ROCK!

Greetings,

I had a very memorable experience in 1983. I was a naive, sheltered sophomore who attended a lower middle class high school in South Jersey. I thought I might want to take Algebra II/Trigonometry. Even though I was a college prep student (we all were tracked in that school) I had to get permission from my guidance counselor who, much to my surprise, was quite puzzled by my request. He said to me, "Why would you want to take this course?" I told him that I wasn't sure, but I thought I might want to take calculus. He was flabbergasted. He looked at me and paused, and then he said something that I will never forget: "Come on now, be realistic. You're female and Black. How far do you expect to go? Why don't you just marry some man and try to stay off welfare?"

I was shocked...speechless...catapulted into the drunken stupor of disbelief. And then I realized that if he felt that way about me...a college prep student, what kind of advice was he giving to the remedial students? This was my first lesson in the reality of our failing public school system. The odds were certainly against me. I had most of the statistical reasons for failure including being the child of teenage parents, lack of exposure, low income, unstable home life, naivete, ignorance, etc. Had I not been scared to death of poverty, I may have taken the words of my guidance counselor seriously. However, I have a tendency to be idealistic. If you suggest that I will fail, the fighter in me will spend the rest of my life proving you wrong.

My second lesson came several years ago, when I volunteered at an inner city school in Boston. I was horrified. I knew that our school systems were in trouble, but the Boston experience left me feeling as if we were just writing off a generation of children. We are all connected. In the words of Dr. Michael Beckwith "There is no 'other' to serve. When you serve 'other' you are actually serving yourself because all beings are an individualized expression of the only life that there is..." What do we want to offer to our children? Hopelessness and the temptation to explore crime and punishment or opportunity and the potential for fulfillment...evolution? In support of the latter, I'm suggesting giving as a pathway to [Radiant Health](#).

Yes, our American educational system has failed miserably. Our ability to compete in the global market is so scary that even Bill Gates started testifying before Congress to push for science and math educational reform. There is no magic solution. Superman is not going to swoop down and rescue our children, but each of us can do our part to help reverse the process of our scholastic dis-ease. Our communities are extensions of ourselves and if our communities are not healthy, we are not healthy. I'm

event shows you easy and practical ways to help improve your financial well-being and your health. Sponsored by the Prudential Insurance Company of America, get the knowledge and tools you need to make smart decisions in a supportive and interactive environment.

Register

by calling:
505-986-9635 or
email:

Ellen Marshall

thrilled to share with you a way for each of us to make a difference in our communities. This week you will have an opportunity to view an insightful, poignant and engaging documentary, [Waiting For Superman](#), which opens in selected theaters on September 24. I hope you will [pledge](#) to see this amazing movie. Simply by [pledging to see the movie](#), you will receive a \$5 gift code to give to a classroom project of your choice. When you purchase your movie ticket, you will receive another \$15 gift code. Most teachers spend \$40 per month of their own money on classroom essentials. \$20 will help relieve some of that burden, and what you will learn from the movie will transform abstract concepts into real life, expanding your awareness and opening your heart. My mind is still has a hard time accepting the rubber room, the lemon dance and the tenure process that is described so well in the film. I urge you to read on...

Donors Choose



Meet Charles Best A Kind Heart, a Noble Idea and Giving as a pathway to Radiant Health

I was honored to attend the preview of the movie [Waiting For Superman](#) in New York. The film put me through a wide range of emotions. After watching the film, I was so impressed with Charles Best, Founder and CEO of [Donors Choose](#), that I simply had to meet and talk with him. I was inspired by his genuine spirit and kind-hearted manner. While teaching social studies at a public high school in the Bronx, Charles developed the Donors Choose concept and when he shared his idea with his students, they volunteered to help him start the organization. The idea was simple:

1. **You give** to a classroom project
2. **They deliver** the materials to the classroom
3. **Kids learn** and communicate their gratitude back to you

How cool is that? Philanthropy at the grassroots level! You can give to any school of your choice in any amount that you can afford. What a wonderful way to connect individuals to children in communities all across the nation. I did a little research for the locals. Currently, there are 67 school projects that need funding in New Mexico. You can view them by [clicking here](#). If you are like me and spent your childhood years elsewhere, you can also [click here](#) to go to the search page, type in your state, city and/or favorite

school and pick a project or donate to the most impoverished schools in that area.

I have to admit that I can be a skeptic. Even though I had already taken the pledge, Charles melted my heart, my beloved knows Charles personally, the film and several trusted sources verified both his good nature and the integrity of the organization, the concept still seemed too good to be true. I've always been reluctant to give to organizations because I want to be sure that the money actually goes to those in need, and I will not publicly recommend an organization unless I'm sure that I can trust them. So I mentioned the organization to my favorite educational expert: my cousin and veteran master high school teacher, Danielle Johnson. She shared her personal knowledge of the many classrooms who have benefited by [Donors Choose](#) at the charter school where she teaches in San Francisco. That's what I needed to hear before I would recommend these [Radiant Health Strategies](#) to you. I encourage you to be a grassroots community philanthropist by following three simple steps:

1. [Click here to pledge to see "Waiting For Superman"](#)
2. Check your local listings and see the movie when it opens September 24. If the movie is not showing in your area, get the DVD. The pledge information will be on the DVD as well.
3. Purchase your tickets through [Fandango, Movie tickets.com](#) or make a donation directly through the [Donors Choose](#) website.

Let's take the health of our communities into our own hands. We can co-create our new world together, and the time to begin is now. We have an opportunity to participate through the revitalization of our educational system. Let's not throw up our hands in surrender and dismay because the challenge seems so large. Instead, let's just begin by doing our part...one classroom at a time.

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

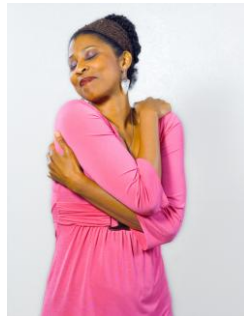
Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease". The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps 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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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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New website coming soon!

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LOVE THYSELF!