



Radiant Health Transitions

August 2011 Newsletter

Many years ago, I met a Reiki Master who was also a massage therapist at a spa. He was my therapist and came to get me early for my massage appointment which I thought was unusual. He then asked me questions about how I felt. Believing that he was talking about my muscles, I ran through my list of muscular discomforts to which he interrupted me by saying “no I mean what is going on with YOU.” I thought this was highly unusual, and I didn’t know how to respond. He then ran through a list of emotions that he saw trapped various parts of my body which caused me to burst into tears. I cried HARD for about 5 minutes and then when I was done, he said “now we can begin the massage.” It was an amazing massage. At the end of the massage he wrote down the title of a book called “The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce and Other Losses” and strongly suggested that I read/apply it with a supportive friend. I was puzzled by his assertiveness as I didn’t believe I had grief issues. But then I started reading the book which defined grief as “the normal and natural reaction to loss of any kind.” A line in the book stood out: “An incomplete past may doom the future.” I was still skeptical, but decided to give it a try. The authors said that most people experience about 20-25 incidents of grief during a lifetime, and one of the first exercises was to create a timeline from birth to present day to count the incidents. I was very surprised to have counted 22 major incidents of grief before I hit age 18! I then remembered that I lost the ability to cry for about 10 years of my childhood. Thus began my journey into the world of grief healing and recovery. I never saw that Reiki Master again, but he inspired me to become a Reiki Practitioner and I plan to transition to the master level attunement in 2012.



Kevin with his wife Denise

This issue is dedicated to my beloved cousin Kevin Johnson who passed away a few days ago in a motor vehicle accident. In our family, we are very close so our cousins are like our brothers and sisters. I’m so grateful for the correspondence Kevin and I had in recent years discussing topics covered in my newsletters. I will miss him dearly, but am comforted by the fact that his transition came instantly so he did not suffer. He is a beautiful man inside and out and leaves behind a gorgeous family, including his wife and three children.

Kevin’s passing reminded me that I don’t call my baby brother often enough and that my family is in need of tender loving Radiant Health Strategies. Kevin has transitioned out of this physical world and we are grateful that he is still with us in spirit. However, the shock of his



sudden transition and effects of our physical loss of him will remain for a while. Our family is now experiencing “the normal and natural reaction” to this loss. If we allow ourselves to go with the flow of these cyclical processes, the aches we now feel will eventually soften and transmute. Who and what we love, and learn about ourselves will evolve exponentially because of having celebrated Kevin’s legacy and having experienced this Radiant Health Transition.

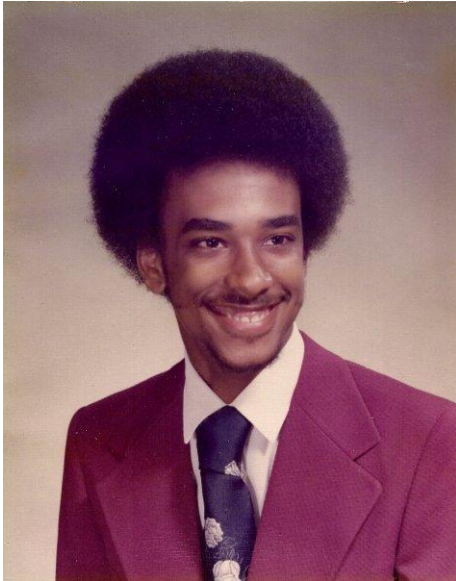
Grief is a part of the transformation cycle, and in order to process grief, we allow ourselves to go through each stage in the cycle. Let’s briefly discuss the transformation cycle on the next page and ways to take care of ourselves during times of grief so that we may gently love our bodies and nourish our hearts.

Radiant Health Strategies for Stressful Transitions

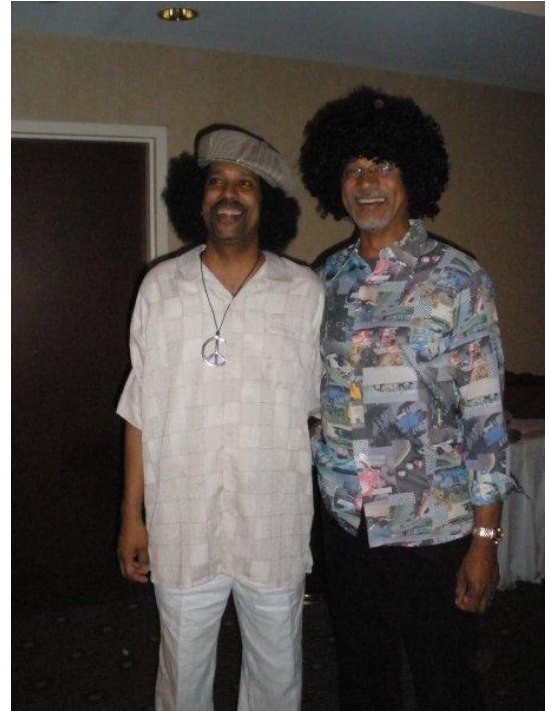
<p style="text-align: center;">Nutrition</p> <p>If you honor your body by eating even a little bit of healthy food, your appetite will gradually increase. Stress depletes your body. You have to make important decisions following a traumatic event and nutrition helps you stay clear headed.</p>	<ul style="list-style-type: none"> • Eat at least a piece of fruit and some soup or salad daily. • If you have no appetite, drink some ginger tea or chai. • Make a green smoothie and sip on it throughout the day if you are not feeling hungry (click here for recipes) • Ask your loved ones to bring you fruits, vegetables, soups and limit the sugary “comfort” foods. Refined sugar bogs down your immune system and increases depression.
<p style="text-align: center;">Digestion</p> <p>At first, loss may be very difficult to “digest” on an emotional level which often affects physical digestion. Enzymes and probiotics are the key to radiant health.</p>	<ul style="list-style-type: none"> • Take a probiotic enzyme every morning and evening on an empty stomach. (All Flora is a good probiotic). • Take digestive enzymes with your largest meal (Digest is a good basic digestive enzyme). • Chew your food thoroughly.
<p style="text-align: center;">Hydration</p> <p>To truly get and stay hydrated you need: water + EFAs (Essential Fatty Acids) + electrolytes. All are vitally important during times of intense physical and emotional stress, because these substances are the first to get depleted and usually the last to get replenished.</p>	<ul style="list-style-type: none"> • Have distilled water with you at all times to ensure that you will have water with you when a crying episode occurs. • Add a pinch of high quality sea salt to your distilled water at least once a day to replenish digestible trace minerals. You may not taste the salt in the water but your body will get electrolytes/minerals. • Coconut water is an excellent way to rehydrate your body. Try to drink one serving a day for the first few weeks following a traumatic event. • Put at least one tablespoon of flax seed oil on your salad, in your smoothies or other foods daily.
<p style="text-align: center;">Elimination</p> <p>Elimination is also the metaphor for letting go of toxic thoughts and feelings. “Letting go” is an important transition in the transformation cycle.</p>	<ul style="list-style-type: none"> • If elimination has slowed or stopped, drink a cup of warm water first thing in the morning on an empty stomach or drink sole. Click here for the sole recipe and instructions. • Have a warm amaranth, millet, quinoa or oatmeal cereal for breakfast and add a tablespoon of ground flax seeds.
<p>Emotion</p> <p>Let your emotions rise up and allow them to release. There is no specific time frame for how long this process “should” be. Listen to your body and allow it to process all that you are feeling for as long as it takes.</p>	
<p style="text-align: center;">Exercise (yoga, qigong are best)</p> <p>Ask family members and friends to continually remind and exercise with you because you may not feel like doing this at all. Just one minute devoted to any of these practices each day will help your body recover from the effects of stress and trauma. Allow your tears to flow at any time. Try the shaking exercise for 40 days following a traumatic event. If your limbs periodically shake involuntarily at other times this is a healthy sign that your body is also releasing suppressed deep traumas and that you will feel better sooner.</p>	<ul style="list-style-type: none"> • Practice gentle, relaxed deep abdominal breathing as often as possible. This is especially important when emotions well up and you are or have been crying very hard. When you inhale, you expand your lower abdomen out like a buddha belly. When you exhale, pull your belly button inward towards your spine. Practice for 30-60 seconds. • Beginning with your ankles and working up to your head, rotate each joint 10 times clockwise and counterclockwise. • Go for short walks outside (just around the block is fine). • Lie on your back with your feet/hands up in the air at a 90° angle. Shake your arms and legs vigorously for one minute. This exercise releases anger, frustration, and trauma and stimulates your circulatory and immune systems. Begin by shaking one leg at a time if this exercise is too challenging.

Your Emerging Joy – Feel Better Sooner by Going for the Ride

To the right is a picture of Kevin with his big brother Cliff. Since I am a huge fan of old school music and the fun fashions of the 70's, I decided that this would be one of my favorite ways to remember Kevin. I honestly can't remember a time when I did not see a smile on his face. I constantly send positive energy and love to Cliff as he processes the transition of his baby brother.



This high school picture to the left really cracks me up because of the serious 70's attire and it is hanging up in my Aunt Marjorie's house. It always stood out to me for some reason. Having lost her husband, brothers (one of which was my grandfather who transitioned a few years



ago) and now her youngest son, my Aunt Marjorie is certainly feeling intense pain. There is no denying what she is going through. People often say to me "I just feel so helpless. I don't know what to do." After today, you can no longer feel helpless. On the previous page I have

given you many ways to positively support yourself or someone in pain and help prevent them from turning to antidepressants which will only prolong the grieving process while setting their bodies up for future dis-ease. You now have many more ways to offer your love, prayers, and gentle support. Even a hug, a shoulder to cry on, and the sending of positive energy will go a long way. Although essential oils such as rosemary, rose oil and marjoram help with grief, I prefer to focus on offering tender loving care in the form of helping griever's to stay healthy and moving forward with the flow of life.

I included these pictures and some of my family's story because I love my family dearly and thought it would be helpful to immediately apply these concepts through the eyes of a real life story. So this is the cycle. I like to think of it as "Emerging Joy." We give our bodies what it needs and we go with the flow. We have happy times, and we have times when we feel pain or the emptiness of the void. We go through all of the emotions *but we let them flow through us instead of getting stuck in us*. We nourish ourselves and call on the support of family and friends. The process takes time, energy and causes our bodies a great deal of stress. It is indeed a wild ride of ebbs and flows—the joy emerges and we'll feel much better much sooner when we go for the ride.

When our hearts break open, we are given a divine opportunity. And, we are given a choice. We can choose to avoid or numb the pain which will lead to more suffering (and eventually some form of dis-ease) for the rest of our lives. It's like inviting a lifetime of emotional agony. Or we could choose to take the Radiant Health path. This is the path of healing, transformation and transmutation. This is the path of loving ourselves, allowing ourselves to be loved and loving others. This is the path of sharing, growing, learning and evolving, of traveling into the unknown to see what lessons, insights and potential blessings are awaiting us. I will be out of the office for a week as I travel home to be with my family, and offer my love, support and Radiant Health Strategies.

From Naam Yoga®: The Prayer of Light



Love before me
Love behind me
Love at my left
Love at my right
Love above me
Love below me
Love unto me
Love in my surroundings
Love to All
Love to the Universe

Peace before me
Peace behind me
Peace at my left
Peace at my right
Peace above me
Peace below me
Peace unto me
Peace in my surroundings
Peace to All
Peace to the Universe

Light before me
Light behind me
Light at my left
Light at my right
Light above me
Light below me
Light unto me
Light in my surroundings
Light to All
Light to the Universe



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 "disease." No worries and no judgment! Life is a learning process and Radiant Health Strategies are about moving positively forward. 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. [Contact me](#) for an appointment today.

Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem ∞ Natural Therapeutics
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
FL license# MA 64036; NM License# 6211

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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LOVE THYSELF



The best give you can give anyone is a healthy you!