



Staying Radiantly Young

October, 2011 Newsletter

I have quite a few clients who are of advanced years. What a lovely place to be! With advancing age one can welcome and benefit from attaining and sharing grand wisdom. How wonderful it is to benefit from many years of knowledge and experience.

However, sometimes age brings with it attachments to the past; an unwillingness to grow and evolve; a settling in of and focusing on a particular role which reflects only one aspect of the self such as parent or grandparent; getting stuck in one's way and an unwillingness to begin or continue the pursuit of one's dreams because of a feeling of being "too old." I see these attachments in some elders and I wonder what I might do or say to encourage them to see themselves as more than just one role, to explore all aspects of the self and continue their paths towards the fulfillment of their deepest desires during their precious golden years.

Recently, I had the pleasure of communicating with a very beautiful, inspiring woman, who is also a grandmother, student, teacher, and college graduate among many other roles. To me, she is a great example of the exploration and manifestation of staying [Radiantly Young](#). Her name is Fran and she is 81 years young. This picture was taken of her and her grandson Joaquin shortly after her graduation just a few months ago. She earned her Associate of Science degree and is currently working on her Bachelor's degree in Criminal Justice with a specialization in corrections. Did I mention that she is 81 years young? I was so excited to hear about her accomplishments, and I had to know what she did to take care of herself.



Fran exercises five mornings a week at 5:30 am before starting her day. When I asked her what kind of exercise she does she replied *"I usually do about 35 minutes on the treadmill at the speed of 3.0 - 3.2 and an elevation of 9.9 to 11.1. One secret that most people forget is to cool down at the end. I always stretch before and lift weights anywhere from 10 - 20lbs depending how I feel. My routine lasts a little over 45 minutes."* She gets 6-8 hours of sleep every night, volunteers 10-12 hours a week at a hospital gift shop and works 8 hours a week as a Safety Attendant. Fran also knits hats for cancer patients. She goes to college one day a week in pursuit of completing her Bachelor's Degree. She has been financially responsible and planned for retirement so she has no car or mortgage payment. For fun, she plays cards and eats out with friends once a week and when she has time, she reads for leisure. She cooks, cleans and drives for herself and sometimes will chauffeur others when asked. What excited me the most is that Fran does not take any pharmaceutical medications. If she feels a little tired, she might take an iron supplement.

Fran spoke at her graduation. It was quite an inspiring speech. I asked her to share it with me so that I may share it with you. I've listed her entire speech on the next page, and I hope it will inspire you as well.





Fran's Graduation Speech

Congratulations we made it. This goes for parents and family also. I want to thank all of you for coming here to help us celebrate our accomplishments. Please let me acknowledge Fort Myers Police Chief Douglas Basker who so graciously took time out of his busy schedule to grant me an interview for one of my papers. Also Mr. James Sally and his assistant Elaine Jenkins from Africa University. They have encouraged me since I was in Mutarwe , South Africa at the university there where I spoke to the students regarding

the importance of education.

I was once told that you could not have a dream come true unless you had a dream. A DREAM – A dream is an idea or idle hope that is impractical and unlikely to be realized. Well, I never dreamed this day would come after my mother told me she would not waste money to send me to college. I never gave up the desire to earn a college degree. I may never use it in a professional capacity, but I will have the self gratification of fulfilling a lifelong desire. DESIRE – is a wish or a want for something. During one of my first classes at Rasmussen, my instructor, Chris Bright, in my Success Strategies class asked me what was my goal in life. The answer is the same today as it was 2-1/2 years ago. I don't know what I want to be when I grow up. I may never grow up but I hope I have learned how to act in public. Growing up on a farm and going to school in a one room schoolhouse, with one teacher for all 8 grades, there was no time to dream. On the farm there were cows to be milked – yes! I did—Weeds to be pulled and crops to be harvested. In grade school when I read about the pyramids, I always wanted to see them in Egypt, but at that time, I knew I never would, so I did not torture myself by thinking about them. In the spring of 1996, I had the opportunity to go to Egypt with my church group and actually witness the awesomeness that is the pyramids for myself ... That is just one event that I never dreamed would happen to this poor farm girl. I have led a full life. It has not been easy, but GOD never promised us a rose garden. I had four children – lost one when she was 48 and also lost one of her sons when he was only 19. Today I have three children, 8 grandchildren and 10 great-grand children plus 4 stepchildren whom I love as my own – When I graduated high school, that was enough education to get a decent job, but today a bachelors is required for a lot of careers and even a Masters degree. Education is not a waste! Not even close, as some people thought when I was a kid, which was only a couple years ago.

*People ask me why I chose Criminal Justice. I have volunteered at Lee Memorial Hospital for over thirty years – that is as close to becoming a nurse as I wanted to get, I didn't want to become a teacher because I knew I would be in jail the first time a student talked back to me and computers - Well, just simply NO!!! However, Law enforcement **did** interest me. After I arrived at Rasmussen, I found the small classes and the friendly staff is just where GOD had led me. I can't name any of the faculty at Rasmussen, because I'm afraid I would leave one out. They all coached me so I could achieve a 4.0 grade in all my subjects except algebra, and everyone here who knows me, knows algebra and I did not get along! However I ended up with a passing grade. I think the instructor felt bad because he knew how hard I had worked for that "C." We need to do what we need to do, in order to do what we want to do. The Bible says for everything there is a season and maybe this has been my season. I have completed my degree! After working, raising a family and taking care of others - it is finally MY season!! Don't get me wrong, I will still help anyone-anytime and in any way I can. From 1997 through 2007 I worked for Alice Lockmiller as an assistant. When she passed away, she left me enough money so that I can go on for my Bachelors. Yes - I am! And I know Alice is looking down and saying "Well done, good and faithful servant." Finally, as you can see, it's never too late to learn or achieve the things you want to if you want to bad enough. It doesn't hurt to dream a little either. Leo Plass, a 99 year old man from New England never dreamed he would get his Associates Degree. The last time he was in school was when he was 20 years old. Leo received his degree in July 2011, one month before his 100th birthday. Fellow graduates, congratulations again and may GOD bless you as richly as he has me. There are no words to convey how honored I feel for having all of those here who encouraged and supported me through this SEASON of my life.*

THANK YOU AGAIN to everyone. –Fran Stevens

Recurring Themes of Radiant Youth and Vitality



Let's check out a summation of some of Fran's shared wisdom:

- She is willing to dream so that her dreams may come true
- She cares for her physical body before starting her day
- She is very active, but takes the time to rest her body by getting enough sleep
- She helps others and has fun with family and friends
- She was financially responsible for many years which eventually led to financial freedom
- She recognized an important fact: "it is never too late to learn or achieve the things you want ..."

[Conventional thought is responsible for the advancement of dis-ease.](#) Conventional thought is everywhere, especially on television in commercials. Some advertisements will have us believing that aches and pains are supposed to happen as we age. The pharmaceutical commercials "train" us to use certain language in order to "own" a dis-ease. If a depression commercial is narrated the language used is "your depression" and if a person is giving a testimonial in the commercial they will repeatedly use the phrase "my depression." However any dis-ease is simply a lack of ease in the body. If we can "get" a lack of ease then we can "un-get" a lack of ease. The path may not be immediate or easy, but there is certainly no reason to take on a dis-ease as a part of our identity. We are taught that we are expected to have less flexibility and more health problems as we age. And once the problems start, they only get worse.

There is another reality that exists: the reality of our body's innate ability to heal itself. By the time we have reached middle age, our bodies are master self healers; however, many years of built up congestion begins to apply stress in various areas, particularly if we have not given our bodies good nutrition or exercise. It may take a while to remove the many paths of congestion, but once removed, the body is able to self heal again and again. It may seem as if it takes longer to heal as we age but what is really happening is that we lack a true understanding of the effects of many years of built up congestion. Think about the difference between a thin layer of rust vs. rust that has built up for decades. Whether or not we have radiant health right now or would like to achieve it, advancing age is not much more than an imagined obstacle. [We can all improve our body/mind health as we age.](#) I found a picture of myself that was taken 20 years ago. In that picture, I looked older than I look today. Fran says that your dreams cannot come true unless you first have a dream. So what are your dreams? What steps will you take today towards the fulfillment of your dreams? Will you pursue your dreams or tell yourself that it is too late or that you are too old? When an obstacle arises, will you give up or reduce your resistances to change?

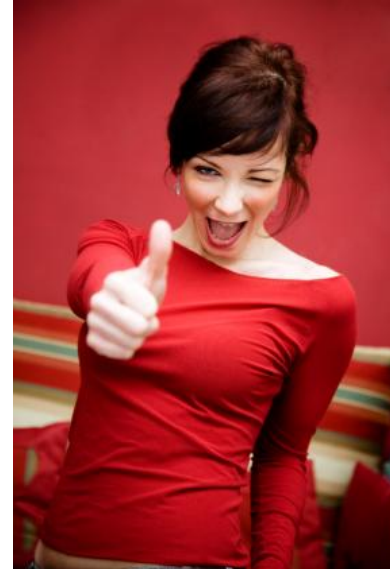
How will we achieve radiant youth and vitality? By taking small actions consistently, persistently and regardless of any obstacles that surface, we will bring about the manifestation of our deepest desires. Grand drastic measures are not necessary and are generally less effective. The late author Richard Carlson (of Don't Sweat the Small Stuff) said that he started writing by sitting in front of his computer every day for 5 minutes. Sometimes he just stared at the blank screen. Some days, he would write a few words. However, he committed himself to those 5 minutes at the same time every day. Eventually, ideas came to him, and those 5 minutes turned into 10, 15, 20, 50 minutes and then an hour. From there he became a bestselling author. Consistency and persistence is the key. Choosing to eat something healthy each day will blossom into eating healthy all the time. Stretching for 5 minutes a day will lead to continual exercise. The news of Steve Jobs' passing is all over the internet as is his now infamous quote: *"Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. You have to trust that the dots will somehow connect in your future. You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle ..."*



Radiantly Healthy Immuno-T Soup

As the seasons change, we can help our bodies by enjoying cleansing, immune boosting foods and herbs.

- 1 cup mung beans
- 1 bunch of collard greens, finely chopped
- ½ cup dried dandelion root
- ½ cup amaranth (rinsed and preferably soaked for 6 hours)
- 1 large onion, chopped
- 5-7 cloves of garlic
- 2 strips of kombu, rinsed
- 1 TSP ground coriander
- ½ tsp of ground fenugreek and turmeric
- ¼ tsp cayenne pepper (adjust to your heat preference)
- 1 tsp cumin seeds
- 1 large bay leaf
- 1 stick of astragalus root
- 1 tsp dried or freshly grated ginger
- 1 TSP coconut aminos (or 1- ½ tsp Celtic salt)
- 6 cups of water (adjust to your preference)



Pour 6 cups of water into your crock pot and turn the crock pot on high. Rinse mung beans and add to the pot with dandelion root, garlic, onion, kombu, amaranth and spices. Cook on high for 4 hours (or simmer on low all day). 30 minutes before you are ready to eat, add the collard greens. Let simmer for 30 minutes and serve. **Note:** If you are home while the food simmering, stir the soup once an hour. This is not necessary, but will help keep the amaranth from sticking. Amaranth will make your soup thick and creamy without the use of dairy. If you do not have all of the spices, please make the soup any way. Any combination of these spices will help, even if you just add lots of onions and garlic. You may add more or less water depending on your thickness preference.

Radiant Health Quick Tip: If you don't like to chop vegetables, add a pack of prewashed leafy greens or spinach in place of the collard greens (you may find collard greens prewashed and chopped as well).

Radiant Immuno-T

- 1 TSP dried dandelion root
- 1 ½ tsp dried orange peel (or mint leaves depending on your taste preference)
- 2 TSP coriander seeds
- 1 TSP licorice root
- 1 cinnamon stick
- 1-2 whole cloves
- 1TSP cardamom seeds

Place all ingredients in a large glass or ceramic tea kettle or pot and simmer slowly. You may also simmer in a crock pot. You may continue to add water as you drink the tea for a few days until the tea loses its flavor.

Radiant Health Quick Tip: In the evening, put all ingredients in the crock pot and fill with water. You'll wake up to a delicious brew. Put it in a large thermos and take to work so you can drink it all day. Leave it on "warm" in your crock pot and it will be waiting for you when you get home.

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Saturday, October 29 | 1-3pm
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qigong

CULTIVATING ENERGY WORKSHOP

with Dr. Phyllis Hubbard

Qi" means energy or life force and "gong" means cultivation. This workshop fuses the best of ancient holistic modalities refined by the Supreme Science Foundation in an interactive presentation, the effects of which are amplified in group practice. You will learn the Level 1 Healing Form, Taoist stretching and a special 5 Elements Healing meditation that rejuvenates your major organs and body systems. The practice of Qigong safely builds muscle strength while reducing stress and enhancing energy through the use of a variety of breathing techniques synchronized with meditation, movement and music.



Dr. Phyllis Hubbard, owner of Radiant Health Strategies, LLC, is a former corporate professional who used holistic healing strategies to eliminate the medication for and completely heal herself of the "incurable" COPD (Chronic Obstructive Pulmonary Disease) that had afflicted her for 25 years. She now dedicates her life to helping people achieve radiant health by implementing strategies that synthesize an array of holistic healing modalities. She is a Board Certified Naturopathic Doctor, an Ayurvedic Practitioner, a Qigong Instructor, and a Licensed Massage Therapist (#MA64036). Her wide range of professional education also includes Clinical Aromatherapy, Herbology, Reiki, and Therapeutic Nutrition. Dr. Phyl's straightforward and humorous presentations blend ancient holistic wisdom with cutting edge research in a way that is fun and easy to understand. She travels nationally and internationally as a Holistic Health Educator and to research indigenous medicines and practices to integrate into her healing techniques and workshops.



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HELPING YOUR LOVED ONES TO GET RADIANT



I'm working on a special interactive project that will help you help your family and friends to GET RADIANT. This innovative project will be interactive with print and media applications. However, I need your help to make this dream a reality. Please [click here](#) to access a quick survey which will provide the feedback I need to address your most pertinent needs. You will receive a special radiant gift for completing the survey. THANK YOU!



[I wanna help my family and friends to get healthy, GET RADIANT!](#)



[Click here](#) to access our family and friends GET RADIANT survey.



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.

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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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