



Radiant Allergy Relief



Although the weather is iffy, spring has technically arrived. Whatever the weather, you can rest assured that the dreaded "allergies" will start to kick in for some folks at this time. Have you ever wondered why some people get allergies and some don't?

As a society, we've grown so accustomed to allergies that we have created an *allergy culture*, and we **accept** this eruption of dis-ease as a part of our lives. What if I were to suggest that ***NO one is actually SUPPOSED to have allergies?*** Allergies reflect symptoms of underlying issues in the body that trigger an overreaction of the immune system. Why expect and endure allergies every year? Why not do away with them all together? Do you know that if you give your body what it needs, the allergic reactions will simply fade away?

One of the best ways to overcome allergies is to rejuvenate your precious liver. In Ayurvedic school, we nicknamed the liver "The CEO of the body" because we were blown away by the OVER 600 functions that the liver performs. Spring time is THE time to love your liver so here are some simple things you can do to support and rejuvenate your internal CEO.

- **Whole leaf aloe vera juice** - drink ¼ cup each morning and evening. If you don't like the taste of aloe, it tends to disappear in apple juice (the taste usually "grows" on you), so go straight up or juice some apples and mix it in
- **Eat organic apples!** Your liver loves apples as well as pears, grapefruit and lemons (put fresh lemons in your water between meals)
- **Veg it up!** Eat plenty of cruciferous vegetables such a broccoli, cauliflower and cabbages
- **Garlic and onions** are amazing antioxidants and add scrumptious flavor

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Dandelion Root: Your Liver Lover

Dandelion is a POWERFUL detoxifier of the body. It cleanses the liver and gall bladder, clearing out any excess "gunky stuff" that accumulates there.

Dandelion also increases the production of bile in the liver and facilitates its release from the gall bladder. Although this article is focused on the liver, I have to mention that dandelion is also an excellent remedy for dis-eases of the lymph (congestion and swelling) as well as a wide range of breast issues such as tumors and cysts.



What parts do I eat?

You eat the greens and the root.

How do I prepare it?

- You can make a tea with dandelion root and add either burdock root or chicory root (or all three) for a super liver rejuvenating tea. If your roots are dried and chopped, just add about a tablespoon of each in a pot of water and steep for about 20-30 minutes.
- You can also add dandelion root to soups. It tastes great. I often make soups and in my crock pot and add about ½ cup of dried chopped dandelion root to the crock pot. It reconstitutes, softens up and pretty much takes on the flavor of the soup.
- Whenever you see dandelion greens in the health food store, pick up a bunch (they are beautiful and sometimes colorful) and mix it with collards, kale or chard. Don't mix it with mustard or turnip greens because the combination will be too bitter for most palates. [Click here](#) for my YouTube cooking show on preparing greens and substitute a bunch of dandelion greens in place of one of the bunches of chard...YUM!

Where can I find it?

Are you kidding? Most people step on them or spray them with noxious poisons every year! Let's not do that anymore. Nature is BRILLIANT, providing you with a very tenacious "weed" that is determined to keep you healthy. So if that option doesn't work for you, you'll find the greens in the larger health food stores and the dried chopped root is available in the bulk section all year round.

You can also find dandelion root in tinctures or in a pill form.



Radiantly Healthy Immuno Soup

As the seasons change, we can help our bodies by enjoying cleansing, immune boosting foods and herbs such as the ones featured in this hearty, delicious and spicy soup.

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
5-7 cloves of garlic
2 strips of kombu, rinsed
1 TSP ground coriander
½ tsp of ground fenugreek
½ tsp 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



These delicious mung beans are easy to digest and do not have to be presoaked.

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 in place of the collard greens (you may find collard greens prewashed and chopped as well).

Enjoy in Radiant Health!



About Dr. Phyl



Radiant Health Strategies, LLC is a privately owned holistic health educational business founded by Dr. Phyllis Hubbard. Having used holistic healing strategies to eliminate the medication for and completely heal herself of a supposedly incurable illness (COPD - Chronic Obstructive Pulmonary Disease), Dr. Hubbard now dedicates her life to helping individuals and groups achieve radiant health through strategies that integrate an array of holistic health methods, professional and lifestyle skills.

She is an Executive Coach, Board Certified Naturopathic Doctor, an Ayurvedic Practitioner, a Qigong Instructor, Reiki Master and a Licensed Massage Therapist (#MA64036). Her wide range of professional education also includes Corporate Sales and Marketing, Education, Training, Therapeutic Nutrition, Clinical Aromatherapy and Herbology.

"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 holistic practices to integrate into her healing techniques and workshops. [Click here to schedule a Radiant Health Consultation or to set up a group or corporate workshop.](#)



Dr. Phyl teaching Qigong