



— radiant health strategies —



Find us on **Facebook** 

Follow us on **twitter**

View our profile on **Linked in**

## New Year, New Website and Radiant Health Strategies, LLC Goes Social

I hope your NEW YEAR is off to a great start. I'm thrilled to announce that my new website has gone live. My website has over 100 pages of content, and I will continue to evolve it into an educational emporium. Check it out here: [www.radianthealthstrategies.com](http://www.radianthealthstrategies.com). If you like my website, please click the "like" button on the home page. I have great expectations for you and me in 2011. I will do my best to inspire you to continually educate and empower yourself. My mission is to provide you with education, consultation, holistic products and therapeutic treatments to help you experience Radiant Health in your body, mind, emotions, family, work and recreational lives. I will accomplish my mission by interpreting cutting-edge contemporary research synthesized with indigenous and holistic wisdom ANYONE can learn and apply to any life challenge or situation. And by "anyone" I mean YOU!

You will also find me on Facebook, Twitter and LinkedIn by clicking on the side bar buttons or visiting my website.

---

**Now that it's 2011, ARE YOU READY TO GET RADIANT?** What's holding you back? Is your shadow side in your way? If so, learn what small steps you can take today to help you overcome emotional obstacles: [Bringing Radiance to your Shadow Side.](#)

Sometimes we get stuck in our past. However, our perception of our childhood is generally inaccurate. You are on earth for a reason and now is the time to move beyond the trappings of the past. I'm not suggesting that your past is insignificant. I AM suggesting that you resolve to thrive in spite of past traumas. Consider this short prose on your inner child: [Inner Child.](#)

Finally, to get 2011 off to a strong start, you'll want to clean out physiological toxins. Do you know what substance stimulates metabolism and digestion, flushes out heavy metal toxins and calcification, reduces addictive cravings, balances acid/alkaline irregularities, normalizes blood pressure, cleans the intestines and heals skin diseases? Read about it here: [The Healing Power of Salt](#) or check out my radio interview: [Radio Interview on the Healing Power of Salt.](#)

Do you have talents that are untapped? Are you thinking "If only I knew what to do, I would fulfill my purpose?" Wherever you are on your journey, you can be sure that it is time to bring out your inner radiance. Please don't let another year go by without reaching and stretching towards true fulfillment. NOW is YOUR time. When you don't share yourself with the world, you rob the planet of your unique talents and gifts. As Dr. Michael Beckwith says, we are supposed to be the "dispensers of divine gifts upon the planet." Your time to GET RADIANT is now. If you are feeling fearful or reluctant, just push through it and get over yourself. I openly admit that I have allowed fear to hold me back in the past, but no more! See below for the proof that I'm taking HUGE steps to get over myself.

---

## I'm Belly Dancing to Get Over Myself, What About YOU?

The past few years have taken its toll on my fitness level. I've spent most of my time with my head in the sand researching and completing my doctorate and other certifications. When an elderly woman passed me on the hiking trail while I was huffing and puffing walking uphill, I decided that enough was enough! So I started taking belly dance and zumba classes to get in shape and increase flexibility. I've been fumbling around for a few months looking silly and hoping that at some point my brain and muscles will establish a new line of communication - a humbling experience indeed. Well, much to my surprise, the dance studio decides to put on a student showcase. When they assume that I will participate, I laugh heartily because there is no way I'm getting on stage with my current skill level. NO WAY! However, in the midst of my vehement protests, I realized that the source of my fear and self consciousness was just crusty old ego stuff. Ahhh, but the realization is not good enough. Once you know better, you must do better. So to prove that I have gotten over exposing my belly to strangers and shaking my groove thang in public, I will be dancing with my fellow beginning students in the Farfasha World Dance Studio's Student Showcase. The showcase will feature beginners like me as well as intermediate and advanced students performing belly dance, hula, flamenco and zumba dance routines.

When: Saturday, February 5, 2011

Where: Outpost Performance Space, 210 Yale Blvd.  
SE (505) 268-0044.

Cost: \$8 in advance/\$12 at the door

I'm told that the show sells out early so if you want to witness me putting my money where my mouth is, you'll probably want to do it ASAP. As a recovering perfectionist, this was a big step for me, but I decided to do it. What about you? What decisions will you make today that will expand your mind? How can you become more flexible and willing to evolve, moving forward to your next level - even if it pushes you past your comfort zone?

---

### **RESOLVE TO GET RADIANT**

Radiant Health Strategies, LLC

Guiding You on Your Path to Radiant Health

[www.radianthealthstrategies.com](http://www.radianthealthstrategies.com)

[www.youtube.com/user/radianthealthstrat](http://www.youtube.com/user/radianthealthstrat)