



## Lovin' You



What is the difference between knowing the path and walking the path? Radiant Health Strategies is all about introducing you to the MULTITUDE of ways by which you may fulfill your deepest desires. It is my hope that these strategies work for you directly or inspire you to develop your own strategies. That said; let's get on with lovin' you ...

### Lovin' You

This type of loving yourself is not something that you can just turn on. If that were the case, depression would not be so widespread. Lovin' you is something that you have to pull up and activate. It doesn't actually begin with love, per se. It usually begins with knowing yourself on a deeper level as you journey through life. The more you know yourself, the more you can and will love yourself. Let's explore these concepts further ...

### Your Radiant Legacy, Family and Self

1. **Your Radiant Legacy** is about your ancestry and your indigenous people. In discovering your radiant legacy, it is important to embrace all of your past: the beautiful, the shameful, the powerful, the frightful, etc. We all have light and dark sides in our legacies. Acceptance and forgiveness will set us free. Knowing how you came to become you can be a transformative experience. Begin your investigation by calling, visiting and interviewing your elders. They will truly appreciate your company. Preserve your radiant legacy by sharing what you've learned with your extended family during reunions and gatherings. Continually research your indigenous people. For example, my indigenous research would consist primarily of African and African American history. The more I learn about my people and my history, the more I love my people, and the more I love my people, the more I love myself.
2. **Your Radiant Family** is about your immediate family. Think about the family members who truly annoy you. These special family members are in your life to teach you something. What have you learned from them? Can you separate the person from their actions? Can you love them for who they are without judgment – even if it means to love them from afar? Now think about your favorite family members. Why are they your favorites? What do they reflect back to you?
3. **Your Radiant Self** is all about your relationship with the real you. Are you happy with all aspects with yourself? If so, celebrate who you are and resolve to learn more about yourself through your favorite form of introspection. If you have never tried this before, you can begin by taking just a few minutes each morning and evening to practice deep abdominal breathing. This is a gentle, relaxed practice. When you inhale, you expand your lower abdomen out like a Buddha belly or Santa Claus. When you exhale, pull your belly button inward towards your spine. As you practice, you may notice that many thoughts pass through your mind. It is as if your brain is the river and the thoughts are passing through on boats. Try not to engage any of these thoughts. Just let them pass on by. It may take some time, but eventually you will notice that the thoughts pass by less and less until there is only the peaceful river. When you get to your peaceful river radiant introspection begins – the genesis of loving yourself with depth.

Emotional work around self love is powerful, beautiful. Lone Rangers, go for it! If you would like a partner to help you get and stay on your path, [contact me](#) and I'll guide you there.

## MEN, Radiate Your Sexy Thang



### Understanding Andropause

Before I can get to your sexy thang, I have to talk about a hormonal imbalance that can get in the way called andropause. Hormonal imbalances are not just affecting middle aged men. These imbalances are showing up in younger men as well. Andropause is a decrease in function of the male reproductive organs. When testosterone levels decrease and cortisol levels increase, men more easily develop body fat. Fat is used by your body to create hormones whether the fat is good or bad. Excess fat leads to more hormonal imbalances as testosterone is converted to estrogen. The end result is estrogen dominance in men (definitely not sexy!). There is a long list of physiological and emotional dysfunctions that are associated with andropause including fatigue, joint aches, insomnia, irritability, low sex drive, erectile dysfunction, male “breasts,” heart disease, increased cholesterol, decreased assertiveness, competitiveness and concentration, osteoporosis, loss of muscle tone and much more. No more denial, let’s deal with this NOW so that you can shake those peacock feathers and radiate your sexy thang.

### Send Andropause Packing

#### Nutrition to the rescue: EFAs, Fiber and the Basics

- EFA’s: In order to reverse this course of this dis-ease, it is important to get essential fatty acids in your system (EFAs). EFAs cannot be made by your body. You must get them from your food. The cleanest sources of EFAs are hemp, flax and chia seed oils. Most men need about 2 tablespoons a day.
- Fiber: Excess estrogen is filtered out of the blood by the liver and sent to your intestines where fiber binds with estrogen and carries it out of your body. If no fiber is present, the estrogen is reabsorbed into your bloodstream in an endless cycle that taxes your liver and makes your body vulnerable to dis-ease
- The Basics: Eat mostly fruits and vegetables (be sure to include deep red and orange foods such as cherries, pumpkin and pumpkin seeds, beets, etc.). If you eat meat, eat about 4 ozs every other day and make sure that the meat is grass fed so that you can ensure it has not been pumped full of antibiotics, growth hormones and other drugs. If you eat seafood, it must be wild caught. Mass produced meat is full of excess estrogen.

Stress Reduction – practice abdominal breathing to rejuvenate the male power center, the lower dan tien. Place your right hand over your left hand and place your hands (centered) just below your navel. Remember, this is a gentle, relaxed practice. When you inhale, you expand your lower abdomen out like a Buddha belly or Santa Claus. When you exhale, pull your belly button inward towards your spine.

Increase Circulation and Flexibility – Commit yourself to 30 minutes of cardiovascular exercise at least three times per week and stretch the major muscle groups.

### Radiate Your Sexy Thang!

If you practice the strategies above, you will rebalance your testosterone levels and feel more like yourself again, increasing your confidence. And when you feel like yourself and re-establish your juicy internal flow ... oooh la la! Your Sexy Thang will flow through you and radiate from you. Do you need a coach to help guide you along? [Contact me](#) and I’ll put you on the path.

# LADIES, Radiate Your Sexy Thang



## About PMS, Menopause and other Imbalances

These imbalances are primarily caused by low progesterone and high estrogen, and will most certainly squash your sexy thang. Some of the culprits include poor nutrition, erratic lifestyle, stress, thyroid imbalances, birth control pills, cosmetics (xenoestrogens), hormone injected meats and the list goes on. The end result is estrogen dominance in women. There is a long list physiological and emotional dysfunctions that are associated with female hormonal imbalances including fatigue, joint aches, insomnia, irritability, low sex drive, PMS, breast cancer, heart disease, ovarian cancer, edema, obesity, migraine headaches, irregular menses, cysts, fibroids, endometriosis and more. Radiant Health begins now. Your inner radiance comes from your sexy thang so let's get it started!

## Regulating Female Hormones

### Nutrition to the rescue: EFAs, Fiber and the Basics

- **EFA's:** In order to reverse this course of this dis-ease, it is important to get essential fatty acids in your system (EFAs). EFAs cannot be made by your body. You must get them from your food. The cleanest sources of EFAs are hemp, flax and chia seed oils. Most men need about 2 tablespoons a day.
- **Fiber:** Excess estrogen is filtered out of the blood by the liver and sent to your intestines where fiber binds with estrogen and carries it out of your body. If no fiber is present, the estrogen is reabsorbed into your bloodstream in an endless cycle that taxes your liver and makes your body vulnerable to dis-ease
- **The Basics:** Eat mostly fruits and vegetables (be sure to include deep red and orange foods such as cherries, beets, yams, pumpkin and pumpkin seeds, etc.). If you eat meat, eat a handful every other day (about 4 ounces) and make sure that the meat is grass fed so that you can ensure it has not been pumped full of antibiotics, growth hormones and other drugs. If you eat seafood, it must be wild caught. Mass produced meat is full of excess estrogen.

Stress Reduction – practice abdominal breathing to rejuvenate the female power center. Make a diamond shape around your belly button with your thumbs and forefingers touching, spreading your other fingers across your lower abdomen (direct contact with your ovaries). When you inhale, you expand your lower abdomen out like a Buddha belly or Santa Claus. When you exhale, pull your belly button inward towards your spine. Even if you have gone through menopause, you lose energy every month from your power center, so be sure to practice often.

Increase Circulation and Flexibility – Commit yourself to 30 minutes of cardiovascular exercise at least three times per week and stretch the major muscle groups.

## Radiate Your Sexy Thang!

If you practice the strategies above, you will rebalance your progesterone levels and feel more like yourself again, strengthening your inner will and power. Then you will re-establish your juicy internal flow and ... ooh la la! Your Sexy Thang will flow through you and radiate from you. Do you need a coach to help guide you along? [Contact me](#) and I'll help you get there.

## Herbs and Foods to Help You Radiate Your Sexy Thang

Welcome to your very own Radiant Health Strategies self-study course. Check out these herbs that function as aphrodisiacs, hormonal balancers and reproductive tonics.

Ladies	Gentleman
Saffron, rose, hibiscus, garlic, wild yam, rose, damiana, fenugreek, asparagus, raspberry, shatavari	Solomon's Seal, ginseng, licorice root, fenugreek, raw onions, sesame seeds (especially the black ones), asparagus, lotus seeds, marshmallow root, garlic, ashwagandha

### Remember to Clean Up

Putting in good foods is great. But what about the years of toxic build up that still exist in your system? There are many ways to clean up. You can begin a gentle cleansing regimen by eating plenty of veggies from the cruciferous family such as cabbages, broccoli, cauliflower, Brussels sprouts, and kale. Detoxifying herbs such as turmeric, cilantro, garlic, ginger, cayenne pepper, coriander and oregano are great cleansers. If you are a heavy meat or dairy eater, you may want to get a series of colonics to help your body rid itself of old congestion and toxic residue.

### Wanna Look Younger?

Soft, supple, beautiful skin with a radiant glow will certainly increase your sexy thang-o-meter. The best way to get the glow is to eat more raw foods. Begin by eating more raw organic fruits. Then, cook your veggies less and less. Start with a goal of eating 10% raw foods per day. Try to increase the percentages. For most people, 30% raw will take you from walking to soaring down the path to Radiant Health. See below for a simple, delicious raw food recipe that also contains a cruciferous vegetable and some detoxifying herbs.

### Dr. Phyl's Asian Cabbage Slaw

5-6 cups shredded cabbage (1 head of cabbage)  
1 cup cilantro leaves, minced and firmly packed (about 1 small bunch)  
1 tablespoon each water and raw agave nectar  
2-4 cloves of garlic  
4 TSP Tamari (organic, sea salt version only)  
1 cup sesame oil  
½ cup raw apple cider vinegar  
2-3 inch chunk of Ginger  
Black sesame seeds  
Cayenne pepper (optional)

Place tamari, vinegar, ginger, garlic, agave nectar and sesame oil into a Vitamix or blender and blend at high speed for about 20 seconds. Add all ingredients to a large glass or ceramic salad bowl. Garnish with black sesame seeds and a light sprinkling of cayenne pepper.

### Yes, I danced the Samba ... Yes, I Belly Danced

Yup, I did it! I faced the fear, and sashayed, pranced and shook my sexy thang on stage to a sold out crowd. It was liberating to get over exposing my belly, my self-criticism and perfectionism. I practiced and did the best I could and I had a great time.

**YOUR TURN!**



# 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.

**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**

**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**