

# Time to Live(r) it Up: Radiant Liver Season

## Radiant Spring Greetings,

Do you want to keep enduring those pesky allergies or are you ready to live(r) it up? If you want to live(r) it up, then it's time for some Radiant Spring Cleaning. Have you ever wondered why only SOME people get allergies?



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 stress 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? It will take a little effort on your part, but if you do your part you can get rid of each allergy one by one. Wanna [get radiant?](#)

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. In anatomy class we called the liver "The Chemical Plant of the Body" because of the many conversions it completes throughout the day. 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:

- **Pancha Karma with me, at home or both** – Pancha karma (PK) is an Ayurvedic term that means “five actions.” Remember that Ayurveda means “The Science of Living.” PK is a series of Ayurvedic therapeutic rejuvenation techniques that are customized to gently support your personal healing process. It cleanses and rebalances your body systems using intensive, but mild therapies. The all-inclusive processes generally occur all day and for a specified period of time. Depending on your individual needs, I will conduct these therapies or provide specific instructions on which of these therapies you can do at home. Based on your specific needs, I customize and design a plan just for you that could include any combination of Ayurvedic or other holistic therapies or modalities. [Contact me](#) and I'll help you get started. If you live in another part of the nation, no problem! I've developed many ways for you to do PK at home that fits all budgets. Some of the strategies are in this comprehensive spring cleaning newsletter so I urge you to give them a try. You can learn more about PK on my website by clicking here: [http://www.radianthealthstrategies.com/ayurvedic\\_massage\\_and\\_pancha\\_karma\\_albuquerque\\_n.m.php](http://www.radianthealthstrategies.com/ayurvedic_massage_and_pancha_karma_albuquerque_n.m.php).



***Not ready for pancha karma but you wanna do something to help your liver? This comprehensive issue contains a wealth of Radiant Health Liver Strategies. Read on to learn about the liver, lymphatic connection, change and more! See page 7 for herbs and foods to help you live(r) it up!***

## Weekend Liver Retreat: The Concept

As most of you know, I am NOT a fan of fasting without eating or harsh "cleanses" because I like to ease the body into cleansing. However, I have used a wonderful liver rejuvenator that has worked wonders for me over the years. I love it because:

- It only takes about 36 hours to complete so you can do it over a weekend
- You are neither full or hungry while you are doing it
- There are no fast runs to the toilet
- It is very gentle on the body

I retreat at the beginning of spring, changes of any season, OR any time after I've been traveling without access to good healthy food (like when I'm visiting my family down south). I invite you to give it a try.

**Ingredients needed:** 2 grapefruits, extra virgin cold pressed olive oil, Himalayan crystal salt, two mason jars, fruit, vegetables and sprouted grain bread of your choice. ***Wanna do it?*** See below for instructions.



A healthy digestive system is the key to  
Radiant Health!

**Are you ready for your Radiant Liver Retreat?  
See pages 3 and 4 for instructions.**

# Radiant Liver Retreat Instructions: **The First Day**

## Breakfast

- Refrain from taking any supplements/unnecessary medications.
- Refrain from eating any fat (no butter, oils or dairy whatsoever). Eat cooked whole grain hot cereal, juice, an apple or pear, have some sprouted toast with date paste, agave or molasses.

## Lunch

- Have some fruit, then steamed veggies with sea salt and herbs and a baked red-skinned or sweet potato (no dressing, fat or oils). Or a soup cooked without oil. This will be your last meal.

## 2:00 pm Snack time

- You can sip on some water with lemon (no more food).
- In a glass mason jar, prepare a salt water drink. My preferred recipe is 4 tablespoons of sole in 3 cups of water. [Click here](#) for instructions on how to make sole.

## 6:00 pm Dinner time

- Drink  $\frac{3}{4}$  cup of the salt water solution.
- Try not to drink anything else, but if you have an after taste, you can sip a little bit of mint or lemon water.
- If you refrigerated your olive oil and grapefruit, take it out to give it time to reach room temperature.

## 8:00 pm

- Drink  $\frac{3}{4}$  cup of the salt water solution (be on time, you must keep the schedule). Sip a bit of mint or lemon water if necessary. Soak one cup of amaranth in water for tomorrow's dinner.

## 9:45 pm

- Pour  $\frac{1}{2}$  cup of extra virgin cold pressed olive oil in a glass jar with a lid.
- Add  $\frac{3}{4}$  cup of fresh squeezed grapefruit without the pulp to the olive oil and shake vigorously until the mixture blends.
- If you have to go potty, do so but stay on schedule for your 10pm drink.

## 10:00 pm

- Shake olive oil and grapefruit mixture once more, go into your bedroom and while sitting in bed, drink it down.
- **IMMEDIATELY LIE DOWN.** You can prop your head up on a pillow if you feel more comfortable but **stay as still as you can for 20 minutes.** You may feel some gurgling in your liver. This is exactly what needs to happen. Go to sleep.

## Radiant Liver Retreat Instructions: **The Second Day**

### Anytime AFTER 6:00am

- Wake up naturally and drink  $\frac{3}{4}$  cup of the salt water solution. You should NOT be nauseous, but if you are or experience any indigestion, wait until the feeling passes BEFORE drinking the salt water solution. Put your veggies and amaranth in the crock pot (see suggested recipe below).

### Two hours after waking

- Drink the final  $\frac{3}{4}$  cup of the salt water solution. You can sip or rinse your mouth with mint or lemon water if needed.

### Two hours later

- You can eat again! Start with fresh fruit juice. (preferably freshly squeezed juice or use a juicer)
- 30 minutes later ... eat a piece of fruit or a slice of sprouted toast.
- One hour later ... eat normally, but not too much at a time and go easy until dinner.

### Dinner time

- Have a normal, but light dinner before 7pm. I usually put some nice veggies and about  $\frac{1}{4}$  cup of amaranth in the crock pot so that my soup is ready by dinner time. Here is a nice simple recipe that you can make in your crock pot in the morning of the second day:

#### **Dr. Phyl's Radiant Curried Amaranth and Veggie Soup**

1 cup of amaranth (preferably soaked overnight), rinsed thoroughly

$\frac{1}{2}$  cup of dried dandelion root

1 large sweet potato or yam, diced

1 large red onion, diced

3 large carrots, diced

$\frac{1}{2}$  lb organic baby spinach, rinsed

4 cloves of garlic (optional)

$\frac{1}{2}$  tsp of each: cumin seeds, celery seeds, fenugreek seeds

1 TSP fresh ground coriander seeds

2 TSP curry powder

2 TSP Tamari, Nama Shoyu or Braggs Liquid Aminos

Soak 1 cup of amaranth overnight (or for 6 hours) and rinse. All ingredients can be added all at once in a crock pot with 5 cups of water in the morning and when you come home from work, you'll have a delicious soup! The amaranth will stick a little so be sure to stir well as soon as you get home. If you are home, add 5 cups of water and all spices. Add diced onion and sweet potatoes and simmer for 2 hours. Add amaranth and remaining ingredients and simmer for at least 2 more hours. Stir every hour or so to make sure amaranth is evenly distributed. The beauty of this recipe is that the amaranth will cause the soup to be thick and creamy without the use of dairy. Feel free skip some of these spices and add your own special touches!

The liver retreat is nice and easy on your body. You may have loose stools, but you will NOT have diarrhea. Most people aren't full or hungry and some may only feel their liver gurgling the night before. *Enjoy in Radiant Health!*

# The Lymphatic Connection

## Lymphatic Breast Massage – For Women AND Men

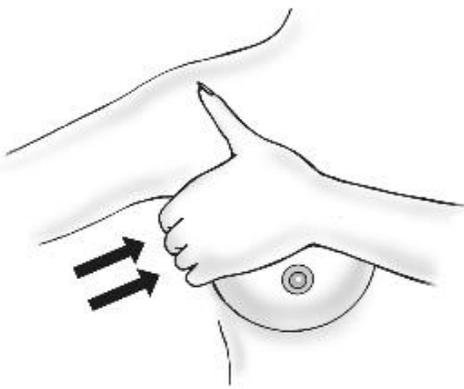
Deep abdominal breathing is a great way to stimulate your lymphatic system. This is a gentle, relaxed practice. When you inhale, you expand your lower abdomen out like a Buddha belly or Santa Claus. When you exhale, pull your belly button inward towards your spine. Lymphatic breast massage is a great way to rejuvenate your lymphatic system (an important part of your immune system) and your liver at the same time. Try practicing deep abdominal breathing while you perform lymphatic breast massage. It is easy to do and should be done daily, but at the very least, once per month. I do a form of lymphatic breast massage on my clients during therapeutic massage sessions to move out lymphatic congestion. [Contact me](#) for an appointment and I'll help you clear out congestion and teach you the process.

---

*Copyright 2005 Breast Health Project. Copied with permission from the Breast Health Project.*

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

### Lymphatic Breast Massage

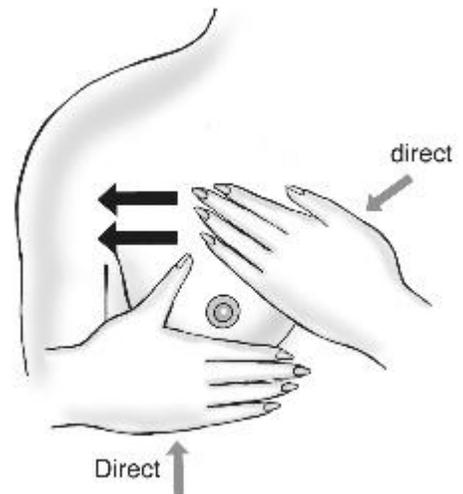


Pump directly into armpit.  
Feel for tenderness.  
Repeat pumping action 10X - 20X

Lymphatic Breast Massage is easy to learn. It is different than just massaging your breast because you will specifically move the breast in a way that mimics how lymph moves in the body. We will use a pumping movement where we move the breast using some light pressure and then release the breast gently, allowing it to return to its normal position. Each “pump and return” counts as one pump.

Put your hand in your armpit and push inward and upward. Go deep into the armpit. Pump upward and release. Do this ten to twenty times.

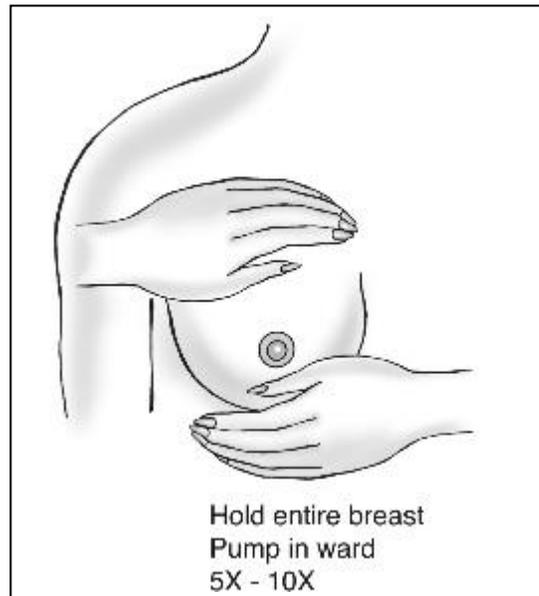
Hold your entire breast and move it upward toward the armpit. If your breasts are large, this may take more than one hand position. Do this ten times.



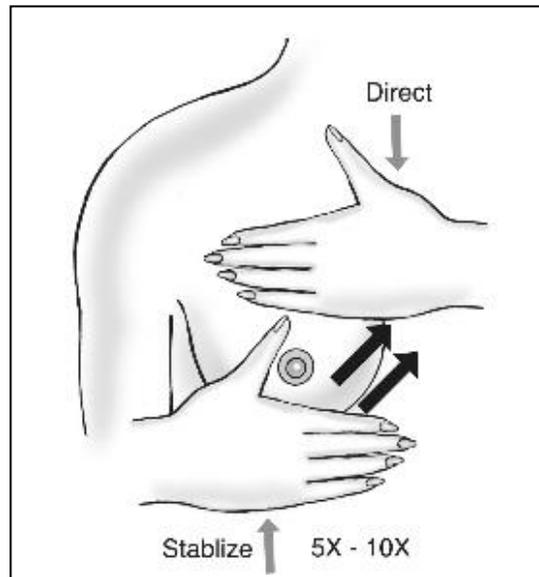
Pull-release 7X - 20X

## Lymphatic Breast Massage (continued)

Hold your breast and pump directly inward toward the chest wall. Do this five to ten times.



Holding your breast stable, pump the upper inner quadrant of your breast up toward your neck. Do this five to ten times.



You can do the pumping more than the recommended number of times if you like. **Remember, if you only did the pumping of the armpit, but you did it every time you washed, you would be creating breast health everyday!**

*Copyright 2005 Breast Health Project. Copied with permission from the Breast Health Project.*

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

## Herbs and Foods to Help You LIVE(R) it up

Welcome to your very own Radiant Health Strategies self-study course. Check out these herbs that function as supporters of your liver and gall bladder and more.

Herbs	Foods/drinks
<p><b>Dandelion</b> - 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. Dandelion is 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. See page 4 for a recipe using dandelion root.</p>	<p><b>Whole leaf aloe vera juice</b> - drink ¼ cup each morning and evening. Drink it straight up or juice some apples and mix it in (the apples take over the flavor). My favorite brand is Lily of the Desert in the glass jar:  <a href="http://www.lilyofthedesert.com/our_products/category/preservative-free-aloe-vera-juice/31">http://www.lilyofthedesert.com/our_products/category/preservative-free-aloe-vera-juice/31</a></p>
<p><b>Bupleurum</b> – Bupleurum is a Chinese root that is a great overall tonic for the liver. Use bupleurum whenever you want to balance your hormones or rejuvenate your liver. The best thing about bupleurum is that it tastes great. I like this alcohol free tincture version that you can get at any health food store:  <a href="http://www.naturesanswer.com/p-537-bupleurum-root-loz.aspx">http://www.naturesanswer.com/p-537-bupleurum-root-loz.aspx</a></p>	<p><b>Eat organic apples!</b> Your liver loves apples as well as pears, grapefruit and lemons (put fresh lemons in your water between meals).</p>
<p><b>Barberry</b> – Barberry behaves a bit like the wonder herb, turmeric. It is great for cleaning up toxins in the liver and helping to rebalance its functions. This version is not alcohol free, but if you boil water and then add the dropperful of barberry the alcohol will evaporate and the herb will remain:  <a href="http://www.naturesanswer.com/p-494-barberry-root-loz.aspx">http://www.naturesanswer.com/p-494-barberry-root-loz.aspx</a>.</p>	<p><b>Veg it up!</b> Eat plenty of cruciferous vegetables such a broccoli, cauliflower and cabbages. <b>Garlic and onions</b> are amazing antioxidants and add scrumptious flavor too!</p>

### More on Dandelion because it is such an important tonic for your liver

**What parts of the dandelion 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. If you use mustard or turnip greens, the combination will be too bitter for most palates.

#### 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. And, yes, you can take it in pill form ... but why?

# **Radiant Health Strategies, LLC Will Be on the Move Soon**

## **Going Back to Miami**

Yes it is true; I will be moving back to Miami and relocating my business there. I have big dreams for my Radiant Health Healing Center and it is time to start planning for the big expansion. The first step is to move to Miami so stay tuned for additional details. I'll keep you in the loop every step of the way. For my clients who are in New Mexico, I'll still be here while I sell my house and prepare for the relocation, so you can continue to make appointments as usual. If you haven't seen me in a while, you might want to get in for an appointment (especially for therapeutic massage) before I leave. For those of you who get therapeutic massage from me, I will work on a transition plan for you. Consultations will not change! We will just do consultations over the phone or via skype just like I do for my long distance clients. For my long distance clients, nothing will change. You can just make continue to appointments as usual (unless of course you are in Miami).

## **What will change?**

You will still receive my newsletters, and I'll continue to evolve the content on my website. I will continue to perform all of my services, but my focus will begin to shift more to conducting workshops, seminars and retreats so that I can spread Radiant Health Strategies across the country and world and work on my expansion plans.

## **Are you in or moving to Albuquerque?**

If you live in, know people in or are moving to Albuquerque, please help me spread the word. I will be selling my gorgeous spacious single family home with majestic mountain views that sits on 14,520 sq. ft. lot. Some of the many features of my house include a huge great room and master bedroom with Jacuzzi tub in master bath, 12' ceilings, granite and marble counter tops, berber carpet and stone tile floors, all appliances included, carefree xeriscaped lot with 6' privacy wall, organic garden (of course!), and organic compost pile and much more. Please check it out: <http://www.forsalebyowner.com/listing/7MCW2> and spread the word to all of your friends. This home is For Sale By Owner Only.

## **Change happens**

Spring cleaning is all about change. It is the change of the seasons that encourages us to go with the flow. Allergies happen because we resist the impending change. However, if we move forward with the change, cleanse and rejuvenate our liver and go with our internal flow, we will move in to a higher state of health instead of suffering with allergic reactions. In order to grow we must change. Now that it is time for me to move forward with my own change, I will not fight it. I will go with the universal flow so that I may be a Radiant Beacon of light for you. Thank you for your love and support. Please send me positive energy as I gear up for this BIG change and stay tuned for the exciting Radiant Health news to come!

**Change Happens**

**Change is Good**

**Embrace Change ... Savor the Adventure!**

# 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. [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.



**Dr. Phyllis Hubbard, BCND, LMT**  
**Holistic Health Educator and Lifestyle Coach**  
**Radiant Health Strategies, LLC**  
**916-2DrPhyl (916.237.7495)**

**Check out our new website and click on the "Like" button**

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

**[phubbard@radianthealthstrategies.com](mailto:phubbard@radianthealthstrategies.com)**

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

**LOVE THYSELF**