

# Getting Your House In Order

## April, 2011

### Radiant Health Greetings!

Tax season makes me think of getting my house in order. I mean this literally and figuratively. Some of us are great at keeping records, so tax season rolls around, all of our papers are in order and we zip on through our taxes and on to the next thing. Others, well perhaps I should say, the rest of us find this time a bit more challenging and time consuming. At some point we got so busy that we stopped writing down the mileage so now we have to back track and try to remember where we were on June 1<sup>st</sup>, 2010 and how many miles was it to that workshop? Ugh! Who enjoys back tracking? And all of those receipts! A few of us blow it off altogether and then when the tax man cometh, he brings with him anxiety and stress and takes away a good amount of our money. Wherever you may fall in the spectrum, tax season requires some organizational skills, which brings me to the subject of getting our house in order.

Let's consider for a few moments the literal side. I believe that the most important way to get your house in order is to clear out the clutter. I once cleared out my file cabinets, and I found owner's manuals for products that I had not owned in years! That did it for me. I decided no more clutter. Are you ready to get radiant? Here are some simple strategies to help you rid yourself of clutter:

- **Pick a time to declutter:** Start with something that is reasonable and fits into your schedule. In my opinion, every year at tax time is too long; however, if you live a relatively clutter free life, this plan may work for you. If you have a lot of clutter see if you can set aside a few hours each month dedicated to the decluttering process.
- **Begin with the cleanest room:** Resist the temptation to tackle an extremely messy garage. That is a big job and it has most likely been left alone and cluttered for a long time and for specific reasons. Instead, pick that one corner in your room that is a small annoyance. Clear it out and relish in your accomplishment. Then take on another corner, and another. When you have accomplished these small goals, and can enjoy the benefits of them, move on to a small room. Before you know it, you will have decluttered your entire living space and you will feel sooooo good!
- **Go slow and be OK with getting it done over time:** Resist the temptation to overdo it. Take your time and remind yourself that decluttering is a process. You will get there when you get there. Slow and steady wins the race.



*Decluttering your life is invigorating!*

*Need help getting started? [Contact me](#) for an appointment, and I'll help you on your way.*

Now let's consider for a few moments the figurative side. Has procrastination crept into our lives? Do we have unfinished business that we have been avoiding? Is there a nagging pain in our body that we have ignored? Are their family problems that have progressed unchecked? Have we gained weight? Have we been "diagnosed" with a dis-ease? Do we have financial troubles? These situations are symptoms of a much bigger issue: our house is not in order. Here are some simple ways to help you get your "figurative" house in order:

- **Face what you have been avoiding:** There is an old saying "If you ignore your health, it will go away." As a Holistic Health Educator and Lifestyle Coach, I invest a great deal of time in educating my clients on the [stages of dis-ease](#). When we truly understand the [stages of dis-ease](#), we begin to realize that nothing in life "just happens" to us. It is impossible to just wake up one day and all of a sudden have high blood pressure or cancer. These types of dis-eases take many years, sometimes decades, to develop. The same is true for family challenges and person life crises. Ignoring or putting off a problem will only make it worse.
- **See things as they are:** Many years ago I studied a form of meditation called "Vipassana." The translation of that word is "to see things as they really are." This was a huge revelation. I began to realize that most of my energy was unfocused and misdirected. If someone said something mean to me, I would take it on and let it bother me for weeks or even years. However, when I began to see things as they really were, I realized that the person who said something mean was in their own world, dealing with their own challenges and struggles. I began to recognize the difference between issues that were my responsibility to resolve and issues that belonged to others. Once that realization hit me, I was able to respond to what belonged to me and do so with love. I loved and respected others, and I refused to allow others to disrespect me.
- **Declutter:** Once we face the issue and understand what is happening, what do we do? We do the same thing we would do with a dirty room ... clean it up! Let go, forgive, be forgiven, and learn our lessons. However, we cannot move forward unless we take the lessons that we have learned and apply them to new and novel situations when they arise ... and they will arise.



*Need help getting started? [Contact me](#) for an appointment, and I'll help you on your way.*

# *Amaranth*

## *A superfood that will help you get your house in order*

Amaranth is a highly nutritious super protein “grain”. It has way more protein and twice the calcium of milk and it is a superior choice for nursing or pregnant women, infants, children, people who do heavy physical labor, and people who have low weight or energy issues because of its digestibility and nutritious value.

Amaranth relieves congested lungs, it helps build body tissues, reduces cholesterol (literally scrubs it away) and is a great food to give to people who are recovering from health issues. You have to eat amaranth as the whole grain, so don’t fall for those cold cereals, pastas and breads—once processed, many of the healing properties fade away. Amaranth is rich in amino acids, including methionine and lysine which are not found in many other grains. The super fiber rich amaranth is also a great source of vitamins A and C, iron, calcium, potassium and phosphorus.

The amaranth that you see pictured above will grow to be at least 5 feet tall. Each plant will produce a minimum of 40,000 seeds. It is easy to grow and reseeds itself in your garden. It is absolutely spectacular to have in the garden because of its deep burgundy color. You can eat the young leaves which are delicious cooked (similar in taste to spinach) and are beautiful in salads. As the leaves get bigger, they become a bit tough, but are still edible and taste great in soups (be sure to slice thin).

The tiny grain pictured in my hands above is absolutely delicious. I use it as a thickening agent in soups and as one of my primary breakfast cereals. It can also be popped like popcorn, sprouted or toasted. Amaranth is one of my favorite grains because it is a complete protein and is one of the few grains that digest alkaline (most grains digest acidic). It is much easier to eat grains that are bio-available. Bio-available essentially means digestibility. It refers to the rate at which a food can be absorbed and utilized by the body. If you have ever had any kind of digestive issue (acid reflux, constipation, diarrhea, IBS, heartburn, indigestion, low metabolism, thyroid issues, etc.) then it is even more important for you to eat more bioavailable foods. To make whole grains such as amaranth bioavailable, soak the grain for at least 4 hours or overnight. Check out this wholesome amaranth recipe:

### **Curried Amaranth & Veggie Soup**

- 2 cups of amaranth (preferably soaked) rinsed
- 1 large sweet potato or yam, diced
- 1 large red onion, diced
- 3 large carrots, diced
- ½ lb organic baby spinach, rinsed
- 4 cloves of garlic (optional)
- ½ tsp of each: cumin seeds, celery seeds, fenugreek seeds
- 1 TSP fresh ground coriander seeds
- 2 TSP curry powder (adjust to your taste preference)
- 2 TSP Tamari, Nama Shoyu or Braggs Liquid Aminos

*Soak 2 cups 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. Wanna learn more ways to learn how to use amaranth? [Contact me](#), and I’ll help you get started!*



*Amaranth I grew in my garden.*

# *Lavender ... The Wonder Herb*

***What can I do with lavender?*** Are you kidding?

Lavender is good for just about everything! If you have an injury or disorder and don't know what to do, chances are lavender can help. Lavender flowers can be used in the bath, in a tea or as delicious infused water. To make lavender-infused water, place the lavender in pitcher of water and in about an hour, your water will turn a subtle, beautiful shade of lavender. As you drink the water, continue to refill the pitcher for delicious nourishing water for about 48 hours. When the lavender begins to smell "interesting" it's time to recycle them, so please compost the used flowers. To make lavender tea, simply steep the lavender flowers in hot water for 5-10 minutes. To enjoy a decadent bath, throw the lavender into the tub as it is filling up. You'll love the smell!



***So lavender is edible huh? Why would I want to consume them?***

Here's a short summary of the main uses for lavender flowers as an herbal remedy:

- Relieves flatulence (intestinal gas)
- Is a natural, gentle diuretic
- Relieves (and prevents) spasms, especially of the muscles
- Helps heal scars, sores, sprains, strains, stretch marks, scabies, bruises, athlete's foot
- Relieves acne, dermatitis, allergies, asthma
- Relieves vertigo and whooping cough
- Is a natural insect repellent, relieves itching
- Is used for migraines, depression, rheumatism, labor pains and headaches
- Is used for depression, anxiety, and stress relief
- Is used for burns, chicken pox, colic, cuts, and cystitis

And so much more! Lavender is truly a wonder herb! Experiment and have fun with lavender. Use them any way you like. All herbs (spices) have medicinal properties. If you have any questions about how to use lavender flowers or any other herb/spice, [contact me](#) for an appointment, and I'll help you get started.

# Qi Gong

## *The energetic way to get your house in order*

Qi Gong (pronounced chi-kung) is a 5000 year old internal martial art. “Qi” means energy or life force and “Gong” means cultivation. Qi Gong is a the practice of learning to cultivate and rejuvenate your internal energy using slow, graceful movements and a variety of slow breathing techniques. The practice of Qi Gong builds muscle strength, while reducing stress and enhancing energy. Its numerous health benefits are profound, including:

- Enhancing circulation and warming the blood
- Developing reflexes & dexterity and preventing osteoporosis
- Increasing arterial circulation which nourishes the nervous system while helping to prevent a plethora of nervous system disorders
- Increasing mental focus, acuity, energy and concentration & much more!

This slow, gentle exercise is performed by millions of people of all ages, physical abilities, religious beliefs and cultural backgrounds.



*Qi Gong pictures courtesy of Salahdeen Betts for the Open Society Institute*

*It's not too late! Come and join me and 2,000 others for the Qi Gong conference in Orlando, Florida, April 30 – May 3<sup>rd</sup>. I became a Qi Gong instructor with the Supreme Science Foundation a few years ago and have been gliding on qi ever since! April is world Qi Gong month with over 200 million people practicing Qi Gong. The conference is only \$99. For additional details, or to attend another Qi Gong conference in the future, check out [www.qirevolution.com](http://www.qirevolution.com).*



# Radiant Health Strategies, LLC on the Move: Update

## Sold!

My house has sold, and I'm on my way to Miami! This was truly a divinely inspired miracle sale! More details on how it happened next month.



## What will change?

**I will be out of the office until May 16<sup>th</sup>.** I will be attending the Qi Gong conference in Orlando, moving myself to Miami and getting settled. Beginning May 16<sup>th</sup>, I'll be available for in person consultations in South Florida and long distance consultations via phone, skype and email as usual.

Remember, 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.

## Change happens

Getting your house in order is also about embracing change. It is the change of the seasons that encourages us to go with the flow. Our houses fall out of order because we resist the impending change. However, if we move forward with the change, cleanse and rejuvenate ourselves and go with our internal flow, we will move in to a higher state of health ... into RADIANT HEALTH. 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.



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**LOVE THYSELF**