

5 Sure Fire Weight Loss Strategies

Radiant Health Strategies, LLC June 2011 Newsletter



WHY Can't I Lose Weight?!!?!?!?!?!?!?



As a Holistic Health Educator and Lifestyle Coach, I hear this question often. There are many answers to this question, but the bottom line is that we tend to resist shifting our perspective when we want something new. Obviously, if we could get what we want without taking a DIFFERENT set of actions, we'd already have it right? So let's agree that if we want to achieve a different goal then something within US must shift. How do we get over it and get cranking so that we can get what we want? Does it have to be a drag or can we actually have fun with it? It is my intention to have as much fun as possible, what about you? In this newsletter, I'm offering you 5 sure fire weight loss strategies. Are you ready to Get Radiant? Check it out:

1. **Begin with your own personal credo**
2. **Love who you are now**
3. **Ignore the scale, counting and the clock**
4. **Get it in you**
5. **Rock it baby!**

Would you like step-by-step instructions in a list format? [Click here](#) to order my Radiant Weight Loss Quick Start Guide and get started today.

Number 1: Begin with your own personal credo



Your credo is your philosophy. It is the reason(s) why you do what you do or why you decide to take no action. If you can get clear about your personal credo, you'll have the motivation you need to take inspired action. This fact applies to anything you want to accomplish, not just losing weight. Here's one of my credos:

After decades of trying allopathic medicines and suffering from their numerous side effects, only Radiant Health Strategies in the form of natural therapeutics were able to reverse the COPD (Chronic Obstructive Pulmonary Disease) that once afflicted me. I now dedicate my life to helping you create and maintain

Radiant Health. My love for the human body and for YOU motivates me to do my part to share what I've learned about holistic health and healing.

Number 2: Love who you are now

Ok, so you want to lose weight. Do you look in the mirror and call yourself horrible names? Or, do you love who you are now? Do you want to lose weight because you think a thinner body will make you more acceptable to others? Either way, I encourage you to try this 5 second exercise. Stand in front of the mirror butt naked, give yourself a big hug and tell yourself that you are perfect just the way you are right now. If you find that exercise too challenging, just stand in front of the mirror naked for 5 seconds, look deeply into your eyes and smile. Do it every day until it no longer feels like a faked or forced exercise. Do it until you truly feel love for yourself.



The secret to Radiant Weight Loss is that excess fat is the physical manifestation of unresolved emotional issues that you are unwilling to release. You cling to them and so the fat clings to you. If you have tried many times to lose weight and have failed, then you have not yet drilled down to core issues that must be resolved. No matter how you slice it, self love (or the lack of it) will ALWAYS be the biggest part of your core issue(s).

Number 3: Ignore the scale, counting and the clock



I threw out my scale about 20 years ago when I was 30 pounds heavier because I realized that there was a healthier me inside that had nothing to do with how much I weighed on the outside. I also realized that the scale tempted me to negative judgment. I generally have no idea how much I weigh. However, I can feel that I am at my ideal weight. My clothes fit just right, and I feel good in them. Your ideal “scaled” weight is based on national averages, but you are an individual. So give it up! You know when you feel and look your best. Who needs a scale for that?

Counting calories and measuring portions is a waste of time! If you really want to get into specifics on losing weight, then [click here](#) to order my Radiant Weight Loss Quick Start Guide. It is full of simple actions you can take that will lead to permanent weight loss. The calories and the portions are not as important as the quality of the food you eat. When you eat high quality foods, it will be impossible for you to overeat. Have you ever stopped to think about why you could two bags of potato chips or a plate full of brownies, but you couldn't possibly eat an entire plate of avocados? Perhaps you could eat 1 whole avocado or 2, but by the third one, your body will stop you. This is because the bag of potato chips has virtually no nutrients, but they mimic nutrients that your body really needs so your body will urge you to keep eating with the hopes that a nutrient might show up. Sadly, your body's needs are never fulfilled. However, the avocado is so rich in nutrients that your body will get what it needs and allow you to feel satisfied. Yes avocado has fat, but it is the type of fat that your body must have to perform essential functions such as transporting nutrients and creating hormones. Furthermore, the fat in avocados will help your body rid itself of excess stored fat. The fat in a bag of potato chips will cause your body to store excess fat and the refined sugar in brownies will temporarily shut down your immune system.

Let go of the need to lose a certain amount of weight by a certain amount of time. In my [Radiant Weight Loss Quick Start Guide](#), I discuss the stress connection in detail. Putting pressure on yourself to lose weight by a certain time goes against your natural biorhythms. You may lose the weight by your deadline, but the weight will come back again ... sometimes two or tenfold!

Number 4: Get it in you

We've all been taught to reduce portions and count calories. If that doesn't work, what is the solution? Get the good stuff in you. What would you do if I gave you a book to hold every minute? After about 8 minutes, you will have to start putting the books down because I'm giving you more books than your arms can hold.



When you eat refined and processed foods, your body doesn't get the energy or resources it needs to do its job. When your body gets more than it can hold, it stores the excess. This stored excess sets you up for future dis-ease. However, if you give your body what it needs, your body heals itself. If you have good nutrients in your body, your body will have the energy and resources it needs to get rid of the excess waste. When that happens, you lose the weight and you will not gain it back. Here are some basic nutrients that you gotta get in you every day:

- The right sugars, salts and uncooked oils (essential fatty acids)
- Enzymatic foods
- Mostly alkaline foods

It is also essential to practice deep breathing, stretch and rotate your joints daily to facilitate proper circulation. To speed up the weight loss process, continually wean out low quality foods (refined, processed foods, hormone and drug laden meats). Do you know whether or not the meat you eat is clean? [Click here](#) to watch a two minute entertaining, yet eye opening video called "[The Meatrix](#)."

Do you want to know more about enzymatic foods or the right sugars, salts and oils? [Click here](#) to order my Radiant Weight Loss Quick Start Guide. It contains simple step-by-step instructions in a short list format to help you get that weight off for good!

Number 5: Rock it baby!

This is your time. Are you ready to Get Radiant? Then rock it and rock it now! Why haven't you lost the weight yet? Because you haven't rocked it yet! Rocking it is the equivalent to taking inspired action. It is the little actions that you take throughout the day that makes all the difference. [Get my Quick Start Guide](#), grab a friend and inspire each other. Have fun with it and enjoy the process.



Ginger: The hot and spicy tummy lover



Ginger is a very special herb. It loves your tummy and your lungs, and its powerful healing properties support all of the tissues in your body. Its flavor is rich, spicy and decadent. It has been used to spice up teas, invigorate Indian and Asian foods and put a scrumptious bite in chocolate. Savvy travelers know the power of ginger to settle an upset stomach whether traveling by air, sea or car. But did you know that ginger is a digestive stimulant? If you want to lose weight, then you'll want to be sure that you digest and assimilate your food properly. Check out some of the healing properties of ginger:

- Rejuvenates your digestive and respiratory systems
- Reduces pain and inflammation (dried ginger is great in the bath)
- Relieves indigestion, flatulence and menstrual cramps
- Relieves headaches and arthritic conditions
- Is used for hemorrhoids, heart disease, vomiting, colds, laryngitis, coughs and upset stomach
- Much, much more!

*Wanna know how to use ginger in a delicious summer salad?
Check out my recipe on the next page!*

Dr. Phyl's Asian Slaw

This simple, yet delicious summer salad utilizes the healing power of freshly shredded ginger and black sesame seeds. I hope you'll love it.

- 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
- 4 cloves of garlic
- 4 TSP organic Nama Shoyu (or 1 tsp Celtic Salt)
- 1 cup unrefined sesame oil
- ½ cup raw apple cider vinegar (or the juice of two fresh lemons or limes)
- 2-3 inch chunk of Ginger
- Black sesame seeds
- Cayenne pepper (optional)

Place cabbage and cilantro into a large glass bowl. Put Nama Shoyu, AC vinegar (or lemons), ginger, garlic, agave nectar and sesame oil into a vitamix or blender and blend at high speed for about 20 seconds. Pour mixture over cabbage and cilantro and toss thoroughly. Garnish with black sesame seeds and a light sprinkling of cayenne pepper.

Note: for those of you addressing issues with Candida overgrowth, use Celtic salt instead of Nama Shoyu and lemons or limes instead of apple cider vinegar.



Ginger is the ultimate tummy lover

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 (FL license pending)

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
Holistic Health Educator and Lifestyle Coach
Radiant Health Strategies, LLC
786.759.0390
916-2DrPhyl (916.237.7495)

[Please check out our new website and click on the "Like" button](#)

www.radianthealthstrategies.com

phubbard@radianthealthstrategies.com

LOVE THYSELF