



## **Radiant Thanks Giving**

November, 2011 Newsletter

In a few days, many of us will celebrate the tradition of Thanksgiving. Having dedicated part of my life to the study of our life force, energy or “qi,” I tend to view traditions differently. I hope you will enjoy this holiday, however it may manifest for you. In the spirit of positive “qi” I invite you to incorporate some [Radiant Health Strategies](#), designed to increase the nutritional value and taste of your meals, and perhaps give you a few thoughts to ponder.



### **Radiant Thanks**

I would like to take this time to say Thank You. I am so grateful that you have decided to embark upon this journey with me. I am deeply grateful for your questions and comments. You have truly been my teacher on this path, leading us all to Radiant Health of the mind, body, emotions and spirit. Please accept my heartfelt thanks as we continue to go deeper, learn more and explore the unknown lessons that will continue to unfold.

This is a beautiful time to remember gratitude. Who and what are you grateful for? Do the people in your life know how you feel about them? When was the last time you shared the love? How about right now? I'll begin by saying “out loud” a few gratitude statements. I'm grateful for:

- My family and friends for their love, support, honesty and respect
- My lover for his daily expressions of gentle love, support and for mirroring and mentoring me
- My clients for teaching me how to be a better communicator, teacher and researcher
- My colleagues for sharing ideas to help me think outside of myself
- My teachers for encouraging me to be courageous and go beyond my perceived limitations

### **Radiant Giving**

What do you have to give? Are you giving it or are you waiting until it or you are “ready?” Ready or not, I'm going to give you some [Radiant Health Nutritional Strategies](#) for the holidays. I hope you'll enjoy them.



## Radiant Thanks Giving

Let's take a look at some of the age-old food traditions of this holiday and apply some [Radiant Health Strategies](#).

Food	How to make it healthy or healthier
Turkey	Purchase free-range turkeys, free of antibiotics or drugs.
Stuffing	Try stuffing your turkey with greens. It's absolutely delicious see recipe below.
Cranberry Sauce	Fresh cranberry sauce is easy to make and absolutely delicious! See below for my suggested recipe.
Gravy	You can make delicious gravy by putting about a cup of the turkey stock in a blender with 4-5 cloves of garlic and two cups of cannellini, garbanzo or navy beans. Blend until smooth and creamy and simmer on the stove or in a crock pot. Add organic nama soya or coconut aminos for flavor and additional color.
Yams	Yes they are sweet enough. Just sprinkle on some cinnamon and bake them as they are. They will taste delicious!
Mashed Potatoes	Use only red skinned potatoes and mash with a TSP of ghee (recipe below) and cashew cream. To make the cream, place 1 cup of cashews in a blender with water, 1-2 cloves of garlic and blend. For added creaminess, soak the cashews first for at least 20 minutes. Adjust the amount of water for the thickness level of the cream. It will taste divine! You can also add in veggies or peppers for color.
Greens	<a href="#">Click here</a> for my cooking show how to make my delicious <a href="#">chard mushroom fusion</a> .
Sweet Potato Pie	See below for my sweet potato pie recipe.
Apple Pie	Apples are so good for you. It's such a shame to cook them. Try my suggested raw apple pie recipe below.
Biscuits	Do you really need bread? OK. How about some sprouted whole grain rolls with ghee? I can live with that☺.
Macaroni and cheese	Sorry, cheese and pasta are among the unhealthiest processed foods out there. With all of the delicious food you'll be serving, it will not be missed. In a few years, your family will forget about it.
Ham	Sorry, nothing good can be said about eating pork. Pigs have a symbiotic relationship with parasites. These super parasites can protect themselves against the highest temperature in your oven and they will not cause trouble for a long time ... until many of them have collected near the illeocecal valve in your colon. Let's just let pork go.

## Radiant Recipes!

### Radiantly Delicious Turkey Stuffing

1 bunch of chard, finely chopped

1 bunch of kale (or greens of your choice)—use less for a smaller turkey, finely chopped

1 bunch of celery stalks, finely chopped

½ cup raisins or black currants (preferred)

½ tsp of the following dried herbs: sage, rosemary, thyme, coriander, chives (or use the fresh herbs)

¼ to ½ cup of apple cider vinegar

1 tsp of organic garlic sea salt or seasoned sea salt

½ tsp cayenne pepper

Mix herbs with spices and toss with greens. Add currants and toss. Stuff turkey with mixture until the turkey swells as much as it can. You will be

amazed at how much you can stuff the turkey. Put turkey in the oven. Check turkey in about an hour. Stuff with remaining mixture or repeat process until turkey is fully stuffed. Bake turkey as normal and serve.



### Radiantly Tangy Cranberry Sauce

12 ounces (1 bag) of fresh organic cranberries

½ - ¾ cup of coconut sugar or organic agave nectar

1 ½ cup of water

½ organic orange or tangerine, thinly sliced

1 cinnamon stick

In a medium saucepan bring the cinnamon stick to a boil. Reduce to simmer and simmer for 3-5 minutes or until the water turns a cinnamon color. Add ½ cup of coconut sugar. Add the orange slices. Stir in the cranberries, and cook until they start to pop (about 10 minutes). Taste to see if you need more coconut sugar. Remove from heat, and transfer to a bowl. Cranberry sauce will thicken as it cools.

### Dr. Phyl's Down Home Sweet Potato Pie (with a coconut twist)

2 large yams, diced and boiled or baked with skin on (can blend raw with a high powered blender)

2 pie crusts (I recommend Wholly Wholesome's Original pie shells:

<http://whollywholesome.com/products/pie-shells.php>)

1 cup of coconut milk (might need to adjust amount for blending purposes)

1/3 cup unrefined coconut oil

3 organic, free range eggs (or egg substitute equivalent), beaten

2 whole nutmeg seeds, freshly ground in a coffee grinder (the fresh ground nutmeg is the secret to the amazing taste)

¼ cup coconut sugar or agave nectar (adjust to sweetness preference)

1 tsp organic vanilla extract (optional)

A pinch of Celtic Salt

Combine all ingredients except eggs in a Blendtec, Vitamix or blender and blend until smooth and creamy. Pour in eggs and hand mix thoroughly. Punch holes in the bottom of the pie crust to vent and then pour mixture into pie shells. Bake for about 45 minutes or until outer edge of pie crust is a light golden brown. **Because this recipe uses less or no eggs, consistency will be creamy so a toothpick will not come out clean when the pie is done.**

Delicious served warm with Vanilla **Coconut Bliss** Ice cream!

## Ghee

Ghee is clarified or Kosher butter. It is butter with the milk solids cooked out. This form of butter has been used in India for centuries as a digestive aid. It is very good for you and is the only oil (besides unrefined coconut oil) that you can actually cook with. You can purchase it in the health food store, but it is pretty expensive. Here is a simple recipe.

1 lb of organic unsalted butter

In a sauce pan, melt the butter over medium heat. As the froth rises, remove it with a large spoon and discard. Continue to remove the froth until it is gone. The butter will begin to slow boil. **WATCH IT CAREFULLY.** When the butter turns golden brown and begins to smell like popcorn it has become ghee. You will see golden brown crusty deposits at the bottom of your pan. I always use a glass sauce pan. Glass, ceramic or clay is best, but any pan will do. As the ghee cools, pour it into a glass container to store. It will last for about a month at room temperature, but it will last for many months refrigerated. Use and enjoy!

## Radiantly Raw Apple Pie

### To make the Crust:

2 cups almonds, walnuts or pecans (or a combination)  
2 tablespoons coconut butter or 10 dates (processed in food processor)  
1 tablespoon coconut sugar or agave nectar IF you do not use dates  
A pinch of Celtic Salt  
Optional: 1 tsp of cinnamon and ½ tsp of ground cardamom

Place in nuts in food processor with the “S” blade and pulse until you get a coarse meal consistency. Add the coconut butter and agave nectar. Mix until well combined. Press into a glass pie shell or tart shells. Make your mixture about ¼ inch thick. ***Date option:*** *empty the nuts into a bowl. Add the spices. Place the dates in the food processor with “S” blade and process until it forms a ball. Take the ball of dates out of the food processor and mix in with the nuts thoroughly. Press into a glass pie shell. Remember, the dates are the sources of sweetness so do not use additional sweeteners if you use dates. Dates are a delicious super food so go for it!*

### Pie Filling:

4 organic apples, cored and thinly sliced (you may peel if you like, but I will sometimes leave the skins on)  
The juice of ½ lemon or lime  
¼ cup agave nectar  
1/8 cup organic maple syrup  
1 tsp cinnamon  
1/3 cup raw oat or coconut flour (optional)  
A pinch of Celtic Salt

Place the apple slices in bowl. Add the citrus juice and toss lightly. Mix together the agave nectar, maple syrup, pinch of salt and cinnamon. Taste for desired sweetness and adjust to your taste preference. Stir into the apple slices. Add coconut or oat flour and toss to coat.

### Spicy glaze:

3 TSP organic maple syrup  
1 TSP coconut butter, at room temperature (softened)  
½ tsp of cinnamon  
A pinch of Celtic Salt

Mix thoroughly. Add to pie shells or pie dish and refrigerate for 4 hours.

**Want more delicious recipes?**  
[Click here](#) to view some of my  
**other cooking shows.**  
***I highly recommend the pesto! It  
makes all of your savory dishes  
taste delicious!***

**In Honor of Thanks Giving:  
From Naam Yoga®: The Prayer of Light**



Love before me  
Love behind me  
Love at my left  
Love at my right  
Love above me  
Love below me  
Love unto me  
Love in my surroundings  
Love to All  
Love to the Universe

Peace before me  
Peace behind me  
Peace at my left  
Peace at my right  
Peace above me  
Peace below me  
Peace unto me  
Peace in my surroundings  
Peace to All  
Peace to the Universe

Light before me  
Light behind me  
Light at my left  
Light at my right  
Light above me  
Light below me  
Light unto me  
Light in my surroundings  
Light to All  
Light to the Universe



**Have a RADIANT Thanks Giving!**

# 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 "disease." No worries and no judgment! Life is a learning process and Radiant Health Strategies are about moving positively forward. 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**  
**FL license# MA 64036; NM 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, CNHP, LMT**  
**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](http://www.radianthealthstrategies.com)**

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

**LOVE THYSELF**



*The best give you can give anyone is a healthy you!*