



# Radiant Thoughts for the Holidays and New Year

December 2011 Newsletter

When I was a kid, I really had a tough time understanding the logic behind the 12 Days of Christmas. I mean, I love animals (from afar), but what would I do with a partridge in a pear tree or 4 calling birds? So this year, I thought it might be fun to offer you some Radiant Health Strategies for the 12 Days of Christmas. I'll skip the repetitions and just get to the point (feel free to sing along):

***On the 12<sup>th</sup> day of Christmas, my true love sent to me:***



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***12 Qigong lessons***

***11lbs of veggies***

***10 prayers for peace***

***9 minutes of laughter***

***8 sprigs of rosemary***

***7 chakra bracelets***

***6 walks in the park***

***5 vegan cheesecakes***

***4 bear hugs***

***3 kisses***

***2 back rubs***

***And a tall glass of coconut water***



## Radiant Health Lessons from Kwanzaa

How was 2011 for you? I'm very grateful that I am continuing to benefit from the lessons of 2011. I have learned a great deal about myself and have many ways to apply these lessons in 2012. Several years ago, I was asked to share my vision of the New Radiant Earth with regards to Health Care and the Healing Arts. [Click here](#) to read this vision and I invite you to [take the Radiant Earth Pledge](#). I choose to highlight Kwanzaa because of the depth of beauty and richness of culture that it inspires with a collective perspective: what you do affects you, your family, community, and world. Kwanzaa comes from the phrase "matunda ya kwanza" which means "first fruits." Kwanzaa provides a way for people like me of African descent to speak our cultural truth in this world. How do we co-exist in this world and learn to connect with each other so that we can finally believe that we are all one - all connected? One way is through learning more about and embracing the richness of our own culture as well as others in our society. Kwanzaa, which is celebrated from December 26<sup>th</sup> to January 1<sup>st</sup>, provides an excellent way to reconnect with values that will prepare us for the major shift that begins in 2012. See below for an abbreviated list of values to embrace and (implied) actions to take.

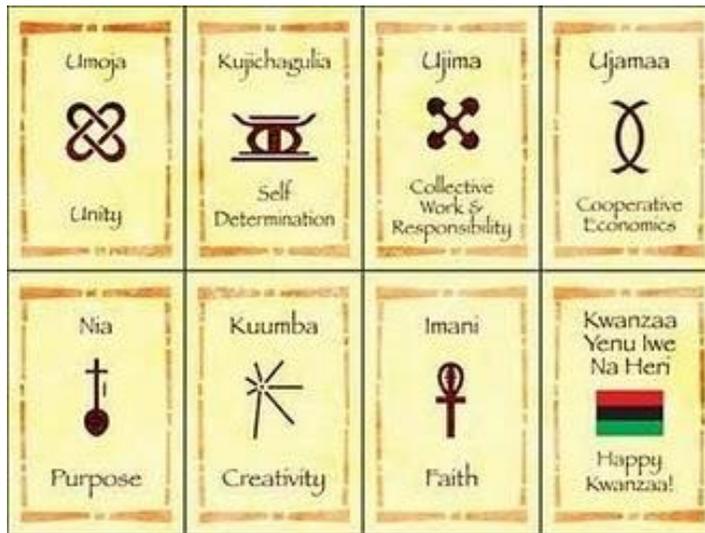


Image reprinted from: <http://www.officialkwanzaawebsite.org>

December 26: Umoja (oo-MO-jah) means unity (of family and community).

December 27: Kujichagulia ((koo-gee-cha-goo-LEE-yah) means self-determination (choosing to make decisions that serve the highest good of our family and community).

December 28: Ujima (oo-GEE-mah) means working together (remembering our responsibility to be active participants of positive actions on behalf of our community, society and world).

December 29: Ujamaa (oo-JAH-mah) means supporting each other (using the power of collective economic strength to support businesses that serve the highest good of our family, community, society and world).

December 30: Nia (NEE-yah) means purpose (setting personal goals that also serve our community).

December 31: Kuumba (koo-OOM-bah) means creativity (putting our creative talents to good use in our community).

January 1: Imani (ee-MAH-nee) means faith, especially faith in ourselves (embracing self love, power and courage—the best gift you can give anyone is a healthy you in body, mind, spirit and emotions).

# Radiant Light Fare for the Holidays

All of those holiday parties can have a tendency to weigh us down. Many of us are invited to potlucks so perhaps we can be the ones to bring the light fare to the party. Here is a delicious recipe that is also beautiful in design to bring as a light fare option.

## Dr. Phyl's Persimmon Salad

1 large bunch of organic spinach, washed and drained

½ cup of black currants

2 ripe persimmons

Phyllis' shiitake rosemary salad dressing

## Dr. Phyl's Shiitake Rosemary Salad Dressing

¾ cup fresh shiitake mushrooms

5, 4-inch strips of fresh rosemary

1 medium sized carrot, chopped into thirds to fit into blender

The juice of ½ lemon

2 TSP Raw Agave Nectar or 4 dates

2 inch chunk of fresh ginger

3 TSP coriander seeds

1 tsp black peppercorns or pinch of cayenne pepper

1/8 tsp fenugreek seeds

pinch of pink salt

¼ cup raw unfiltered apple cider vinegar (use freshly squeezed lemon or lime juice if you are overcoming a yeast overgrowth issue)

½ cup extra virgin cold pressed olive oil

Combine all ingredients into a vitamix, blendtech or blender and blend on high until thoroughly liquefied.

**Get creative!** Here is where the fun begins. Enjoy arranging spinach, persimmons and currants in ways that are beautiful. You can use the dressing in decorative ways as well to make patterns or special shapes. Have fun with it and enjoy.



*Love your tummy this holiday season!*

**In Honor of ALL Cultures this Holiday Season:  
From Naam Yoga®: The Universal Prayer of Light**



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



Wishing you love, power and peace this holiday season

## 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." 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**  
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**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**

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