



## Cultivating Your Radiant Vitality

September 2011 Newsletter

[Ayurvedic](#) philosophy teaches us that there are four main paths to healing:

**Emotion**

**Nutrition**

**Herbs**

**Bodywork/Therapeutics**

For this issue, I will address the “bodywork and therapeutics” category.

Bodywork and therapeutics are important because many types of congestion that form in the organs or tissues cannot be removed from the body with emotion, nutrition, herbs and certainly not pharmaceutical medication. For example, think of a splinter in your finger. How would emotion, nutrition, herbs or medication help to remove a splinter? You know that if you want the splinter out, you will need to grab some tweezers, sterilize them, reach in and *physically* pull it out. Bodywork and Therapeutics encompasses a wide range of healing strategies including and certainly not limited to [therapeutic massage](#), exercise, [pancha karma](#), [craniosacral therapy](#), [reiki](#), and one of my favorite practices which is the subject of this newsletter, [qigong](#).

### What is Qigong?

[Qigong](#) (*pronounced chi-kung*) is a 5000 year old internal Chinese discipline that is practiced by 200 million people worldwide of all ages, physical abilities, religious beliefs and cultural backgrounds. “Qi” means energy or life force and “gong” means cultivation. Qigong is the Mother of Acupuncture and Tai Chi and develops the cultivation of energy through the use of a variety of breathing techniques synchronized with meditation, and movement. The practice of Qigong safely increases muscle endurance while reducing stress and enhancing energy.

### Why Do I Love, Teach, Practice and Encourage the Use of Qigong?

- **Easy on your body:** Qigong provides the benefits of jogging without the wear and tear on your joints, tendons and bones.
- **Anyone can do it:** You can practice qigong all the days of your life and in practically any situation. The elderly or other practitioners in wheelchairs can practice qigong sitting down. People who are bedridden or in declining state of dis-ease can practice the breathing and mental techniques. If you are alive and breathing, you can practice some form of qigong and reap its continual healing benefits.
- **Will not conflict with religious beliefs/philosophies:** Qigong is about the cultivation of the energy in and around you. It is not a religion but will enhance any spiritual practice.
- **Exponential benefits:** With consistent practice comes energy cultivation which invigorates the mind, stimulates the body, opens channels, clears congestion and allows the body to heal itself. I have personally witnessed clients experiencing the seemingly impossible during a qigong session. For example, one man was able to hold his arms up at the crown level Empty Force position when outside of practice it was impossible for him to do so because he had insufficient muscular strength. Another woman experienced an emotional response during her first qigong session—remarkable because she was on an antidepressant medication that numbs emotional responses. I personally witnessed her response. Because qigong opened the door and revealed her potential power, she developed within herself the willingness and courage to transition herself off of Cymbalta, an addictive anti-depressant psychotropic drug (which unfortunately is also now prescribed as a treatment for chronic musculoskeletal pain).

## What Are the Health Benefits of Qigong?

If you are interested in learning more about the health benefits of qigong, check out the [Qigong Institute](#). The following is a short list of health benefits:

- Nourishes the heart, improves circulation
- Stimulates metabolism, digestion, elimination and improves absorption
- Rejuvenates sexual function and the immune system
- Enhances blood flow to the brain, mental sharpness, concentration, helps prevent Alzheimer's dis-ease, reduces the negative effects of autism, ADD and ADHD
- Reduces stress and balances blood pressure
- Enhances the effects of healing work performed by professionals such as massage therapists, Reiki practitioners and craniosacral therapists
- Improves mind/body connections, reflexes and helps prevent osteoporosis
- Encourages emotional balance, spiritual growth and transformation



Picture © Salahadeen Betts for the Open Society Institute

## How I discovered Qigong: A Personal Story

About 15 years ago, my Ayurvedic practitioner and teacher suggested that I learn and teach qigong. Having recovered from COPD, but still unable to take deep breaths sitting up, I thought this request was unrealistic. Yes I had reversed chronic bronchitis, but so much damage had been done and my breath was still quite shallow. I decided instead to hike in the mountains. I first heard of the [Supreme Science Qigong Center](#) a few years ago when I was looking for an economical way to get some continuing education credits. Remembering that my teacher had once suggested it to me, I thought it would be a good time to finally check it out. However, the workshop was 4 days long! Geez, I did not have time for all of that. I only needed 16 credits. I decided to go to their qigong workshop for just two days, get my 16 credits and be gone. By the end of the first day, I was my mind opened and a transformation took place. Qigong opened up a whole new world to me; I immediately made contact with the energy field around me and began to experience improvement in my lung capacity. By the end of the second day, I vowed to stay for the entire workshop AND to become a Qigong instructor. I am continually grateful for and amazed at how my lung capacity continues to improve.

## A Once in a Lifetime Event: Practice Qigong with me and 10,000 others on 11-11-11!

“For the first time in recorded human history ... 10,000 people will experience oneness at the same instant”  
–Supreme Science Qigong Center

Join Sheryl Crow, Cy Curnin (of The Fixx) and other musical guests along with the Supreme Science Qigong Center and Qigong instructors such as myself on 11-11-11 for the One Breath One World Qigong event in Orlando, Florida. During this event you will learn and practice the Nine Breath Healing Method which is truly powerful. I have experienced this beautiful healing method with a group of 300, and again with 2,000 people. 11-11-11 will be the first time Qigong is practiced as a stadium event so I had to share the grand news. Tickets are on sale now. For additional details check out: [www.OneBreathOneWorld.org](http://www.OneBreathOneWorld.org). Hope to see you there!

## Where Can I Learn Qigong?

The Supreme Science Qigong Center has trained hundreds of qigong instructors, including myself, all over the country. I recommend this style of qigong because it is the most refined and efficient method for directly accessing and cultivating the qi that I have found. It is certainly an accessible way for busy professionals to fit bodywork and therapeutics into their schedules. Check out [www.qirevolution.com](http://www.qirevolution.com) for workshops and a list of instructors in your area. There are many other forms of qigong out there. Although I decided to use the Supreme Science method, I encourage you to investigate other styles for yourself, settle in on a style to begin with and practice a little bit every day. Consistency is the key to [Radiant Health](#) with qigong.

## Attention South Floridians: Practice Qigong with Dr. Phyl on October 29<sup>th</sup>, 1-3pm

*“Your body can manufacture and administer the precise balance of neurochemicals that can reverse illness and cure virtually any disease. Your body possesses the innate capacity to heal itself. Science has proven, beyond doubt, that the content of our thoughts and emotions directly and immediately influence our biochemistry. We can consciously influence and direct the body’s output of healthy chemical information through meditation and other mental techniques.”*

–Kelly Howell, sound healer and founder of Brain Sync

## Qigong: Cultivating Energy in a Rat Race World

Earthquakes, hurricanes, tsunamis, record breaking temperatures, economic crises, oils spills, nuclear crises, rapidly changing new technology, environmental destruction, propaganda, information overload and then there are our busy lives. This is the real world, our world—or is it? We can choose to put our heads in the sand, take on worldly stressors and distractions, or we can raise above current events, live our true passions and seek fulfillment while releasing a powerful, yet gentle sacred contagion of loving healing energy. The new frontier is not space or technology. It is the human mind and the heart connection. Did you know that our minds can direct, change and transform energy? Qi is the life force energy that is in and all around us. Gong is the cultivation of that energy. This workshop fuses the best of ancient holistic modalities refined by the Supreme Science Qigong Center in an interactive presentation, the effects of which are amplified in group practice. Learn the healing benefits of qigong, the Level One Healing Form, Taoist stretching and experience a special meditation that rejuvenates your major organs and body systems.



Workshop Highlights	Workshop details
<ul style="list-style-type: none"> <li>• Overview of Qigong</li> <li>• Health Benefits of Qigong</li> <li>• Level One Healing Form</li> <li>• Basic Taoist Stretching</li> <li>• Five Elements Healing Meditation</li> <li>• Level 2 Demo</li> </ul>	<p><b>Where:</b> Epic Hotel, 270 Biscayne Blvd. Way, Miami, FL 33131 At the Exhale Mind/Body Spa, 16<sup>th</sup> Floor</p> <p><b>When:</b> <b>October 29, 2011</b></p> <p><b>Time:</b> 1-3pm</p> <p><b>Investment:</b> \$40</p> <p><b>What to wear:</b> loose fitting, comfortable clothes, closed toe shoes with good support (yoga socks or barefoot during Taoist stretching)</p> <p><b>Sign up:</b> Contact Exhale Spa: 305.423.3900 <a href="http://www.exhalespa.com/Locations/FLMiami/default.aspx">http://www.exhalespa.com/Locations/FLMiami/default.aspx</a></p>

*I look forward to practicing with you!*

# All About Salt

Excerpt from: [RHS website](#)

In the past few months, I talked to so many people who still view salt as “bad” so it’s time to revisit salt and its many healing benefits.

## ***Did You Know?***

Symptoms such as digestive issues/constipation, low energy/fatigue, too much or dried mucous (congestion), and over time osteoporosis and other issues could be connected to a lack of good usable organic sodium. Shocking, isn’t it? Society has been so conditioned to lower salt intake that the message of good salt and how much we need it for good health has been totally lost. In fact, many people are suffering because they lack proper assessment. Most health care practitioners aren’t trained to look for it, and it’s so easy to reverse!

*Our body is continually striving to maintain its natural balance (homeostasis).*

## ***Salt is NOT Bad for Us?!***

There is a real misunderstanding about salt. On one hand, our consumption of salt seems to be killing us. On the other hand, we cannot live without salt. So, in order to answer this loaded question we must first explore the differences between table salt and unrefined salt.

Table salt has been fired at 1500 degrees so that it is stable in most climates. Once this salt has been chemically cleaned and processed, it becomes inorganic and impossible for our bodies to digest.



*A good sea salt has color (often grayish) to reflect the trace minerals present in the salt...*

Unrefined salt is unprocessed and is just like the sodium that occurs naturally in our bodies—it is essential to our daily lives and is most certainly good for us.

So to your body, table salt is like poison and unrefined salt is like nectar.

## ***Table salt: the Poison Pill***

When table salt is chemically cleaned and processed, the trace minerals and electrolytes that naturally occur in unrefined salt are removed as if they were impurities. Chemically processed table salt is inorganic which means that the chemical bonds are so strong that it can’t be easily broken down or metabolized by our bodies. When you take in an inorganic mineral, your body will either store them or eliminate them. In this case, when you take in table salt your body sees it as a poison and tries to get rid of it as quickly as possible. Unfortunately, most of us take in way more table salt than our bodies can eliminate. When this happens, your body has to do something with the excess salt.

**Wanna learn more? [Click here](#) to check out my full article on salt and learn 4 powerful healing methods. Also [click here to hear my radio interview](#) on the healing power of salt.**

# 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. We are all learning, growing, evolving 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, you may find that you are open to and welcome 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.

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**LOVE THYSELF**



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