



## Testimonials

Thank you so much for showing me how our bodies can heal themselves if you give it what it needs. In providing me with the information and guidance to do so, I became pregnant after almost 10 years of “unexplained infertility” per the [allopathic] doctors. The greatest part about it is that we were not trying to get pregnant, just trying to be healthier and to our great surprise I got pregnant and had a healthy little boy. Thanks again! This is my gorgeous son, Asher James.



Monika McKennie

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Hey Phyllis!

It's Richard Taylor. We met at the conference in Miami. I was the young man who won the very big bag of "Real Salt" during your last session. Thanks for checking in on us and holding up to your word. I just wanted to let you know that things are going very well on my end. When we met in Miami I was 260lbs and I am now down to 215lbs. I have drastically changed my eating habits and my commitment to working out. My weight loss goal is 195lbs and I am confident that I will be there before long. It feels amazing to say that I am at 215lbs right now because I haven't seen this weight since 2006. During college I got up to 370lbs and I finally decided to do something about it. By the time I had graduated in 2011 I was down to 240lbs. The only problem is that I was stuck there for the next 2 years. However meeting you and implementing very thing you taught us has really helped and pushed me to getting over that hump. I just want to say **THANK YOU!** Your work and concern for our health is so needed. I will continue to keep you posted on my progress, but in the mean time I have attached a picture from Miami in December and where I am now! Thanks for re-inspiring me!



All my best,

Richard L. Taylor Jr.





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I met Dr. Hubbard in December of 2009 by referral from a former work colleague. I was struggling through an undiagnosed illness that had lasted thus far for 12 weeks. My symptoms presented like those of the flu but after consulting with Dr. Hubbard, I discovered that my problems issued from stress. At the time, it was clear that the culprit was my former job. I missed several weeks of work and then for the remainder of that time could only work half days. My former doctor of 20 years could not determine what was wrong with me after 4 to 5 visits including a visit to an infectious disease specialist.

I was tested for everything they could think of, but to no avail. In the end, my physician that I had previous to then trusted, told me to get lots of rest, drink fluids, etc... I was NOT satisfied with that response. I've never returned to see him. I had heard of naturopathic doctors previously, but they are rare in California where I live. I liked the idea of utilizing a holistic approach, but had never met anyone that espoused that perspective. At that point, I was desperate to find answers to explain my health crisis. After the referral to Dr. Hubbard and meeting with her for an initial session, I felt encouraged and excited that someone could offer true support and knowledge about what was happening to me.

She not only addressed my concerns, but she explained her perspective and philosophy of health and what had probably contributed to my circumstances. Her recommendations were holistic and comprehensive; she didn't just focus on solving my problems and moving on, but she took the time to educate me so that I could become empowered to care for myself! She determined what to focus on first to provide some relief and then we worked together to address each area of difficulty one by one over time. I learned to pay more attention to what my body was trying to communicate to me and it made all the difference. A week after meeting Dr. Hubbard and following her recommendations, I began to experience meaningful relief for my symptoms. After 12 weeks of pain, discomfort, and confusion, I finally had hope! As I changed my diet and began to slowly build regular exercise in to my lifestyle, I regained my full health; the change to my lifestyle helped me support and maintain my health and balance. I am SO grateful that I met Dr. Hubbard. She helped me navigate through the first real health incident / crisis I'd ever had. For a person that had always been healthy with no major issues, at 46 years of age, I was very scared. It is easy to refer her to others because her approach works, and in addition to that, she is one of the most engaged, thoughtful and supportive people I know. She truly cares about her clients and she "practices what she preaches"! I enthusiastically share about how she has helped me when ever I meet others that struggle with health issues.



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Chris Williamson

I started taking Ambien in 2005 because of my inability to fall and stay asleep. I remember laying in bed at night tossing and turning with my eyes wide shut while my mind was going 40 miles per minute, or staring at the ceiling almost in tears praying to fall asleep. Then in 2008 after some breast surgery and a ordeal with cancer I was put on more medications one of them being Nuerontin (nerve meds). The doctors informed me that I would have to take it for the rest of my life for pain management from another issue I was having. I started working with Dr. Phyllis Hubbard in December of 2011 and as we discussed medication and her mentioning that I could come off of the medication of course I could not believe what I was hearing - let alone conceive of being with Nuerontin or Ambien how would I function? Then one day after a session with her I started to believe it was possible - so I started with the Nuerontin I reduced the dose from 2 per day to 1 per day then down to 1/2 a pill per day till one day I stopped. Of course I was drinking a special blend of tea Dr. Hubbard suggested that cleansed my blood.

Next was the miracle I had been wanting: being free from Ambien! Dr. Hubbard in a very calm and as a matter of fact voice suggested that I try to either listen to a cd that would retrain my brain waves, simply take four deep breaths right before I went to sleep, and if that didn't work it was ok just tell myself it's ok that I am still awake because my body was at rest. Well it seemed way to easy to be true so first I tried my own relaxing music but it did not seem to do the job - so I told myself it was ok and I enjoyed the restfulness. The next night I finally decided to try to take those four deep breaths as I laid in the bed and right before I went to sleep and after each breath I noticed I started to relax and by the time I got to the fourth one I was sleepy. Now its been almost five months that I have been free from Ambien and I a sleep very peacefully. I did discover in the process I had too much anxiety as I was drifting off to sleep so to now be able to release it all with my breath is simply amazing!

Charlene Triche

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Dr. Phyl,

This is James Worthy for the CBMA conferences in FL. I wanted to just say thank and let you know that your education has helped me naturally maintain a perfect blood pressure and a great cholesterol count. I'm coming up on 3 years of coffee free living and 1 year of carbonated beverage free existence.

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I've already lost 12lbs using recommendations from the Quick Start Guides =>

Tai Collins



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I had soft tissue injuries from a car accident and had been seeing a couple of other massage therapists to get relief. A friend told me that Dr. Phyl's therapeutic massages were the best she had ever experienced. Coming from a 94 year old, I decided to go to Dr. Phyl. My friend was right. Dr. Phyl's therapeutic massages were the best I've ever had. Dr. Phyl knew exactly what parts of my body to massage and Dr. Phyl used specific therapeutic techniques that really got to the source of the pain. Often I would start the therapeutic massage session with Dr. Phyl in pain and walk out pain free or become pain free the next day.

Lisa Bownds

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Dr. Hubbard I wish you well. We met at the OSI conference in 2009. Just wanted you to check my status today! Your words in those brief hours in Miami were very influential in some decisions that I have made in the last 6 months ... Decisions that I love and that have made me happier and healthier. Thank you.

Monique M.

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Hi Doctor Phyl:

Thank you so much for your presence, power, and participation in our retreat last week. It was an amazing experience and the feedback has been off the charts!

Shawn Dove  
Campaign Manager  
Campaign for Black Male Achievement  
Open Society Foundation

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Phyllis is a miracle worker and I am so glad to have found her when I really needed help with managing all the new energy demands in my life as a parent and entrepreneur. I had no idea that I could feel this good or have this much energy with all that my body has been through.

Kenneth Bruce Winfrey



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Because cleaning homes keeps me on my hands/knees, etc., therapeutic massage keeps me even more limber as well as has moved the toxins out of muscles/tissues, so good 'ole oxygenation has room to move through and nourish my cells. I love the deep, but gentle "organ massage". The deep is done slowly over several Rxs AND my organs say THANK YOU!!!! With toxins decreased or gone, I feel so much lighter. Of course, ingestion of "good digestible nutrients" is necessary, too.

I live out of the area presently, but enjoy the newsy emails. Always learn something new. [I'm] still looking for a M.T. who meets my expectations, since your sessions spoiled me and helped me "FEEL" what I already "KNOW" that heaven is within us.

Jo Mangeot

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Hey Phyllis!

I meant to send you a note for a long time to thank you for something you did for me about two months ago. I saw you at the Lovelace Women's Hospital health expo and reached in to get one of [your] wooden coins. It said "You can un-get." You explained to me how you learned to un-get your childhood ailment and made me see that I, too, can un-get things in my life that have had too much power over me. It was our conversation that day that started me on a totally new path. I started my own business and am living a life where I actually have some control! And some peace! Thank you for sharing your insight with me that day. I am so grateful that you took the time to explain something so important.

Audrey Ryan

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Overall, I think your Quick Start Guide is great! Packed full of **concrete information** that would be easy for people to act on. There are many health books that are considerably longer yet don't provide any more information than what you have written here. I especially like the shopping list at the end. A person could just grab that and run to the store. They'd even have brand names to look for or ask about so that is extremely helpful.

T. M. Jones



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Phyllis has been in the corporate trenches and understands my difficult journey trying to balance work, family, and a pursuit of spiritual purpose. She is helping bring me back from a life of extremes which led me to disease ... Phyllis has been my guide throughout this process.

Maria Otero

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She is encouraging yet not too pushy which works very well for me. Her continued patience and really telling me that setbacks or perceived setbacks are part of the process is very helpful so continuing that type of help is good for me. I don't feel pressured but encouraged. I like the newsletter and handouts – it is a nice balance. The information is just the right amount for me in this age of overload.

Ana Vigil

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Namaste!

I found your talk very informative and inspiring. There are few people that I have met in the field of natural healing with the passion, knowledge and experience that you have. Thank you for coming to DC and sharing your energy with us.

Your goal resonates with mine: to help people "rediscover and fall back in love with their true selves."

I will definitely be staying in touch with you! Please let me know the next time that you are coming to the east coast and I will do the same. I hope that we can work together in the future.

Sudha Sudanthi  
DiscoverSwasth

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You rock! I am SO excited about our meeting yesterday and all of the information you gave me! I put two big flip charts up on the wall in my kitchen with the things I can eat and also the list of spices. I have lots of new spices and I am already having fun with them. AND, best of all, I FEEL GOOD! And it's been just one day on a new plan –yay! Thanks so much for the gift that you are!

In gratitude,

K. Trickey



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Your show "Mind Over Matter" was great featuring Phyllis Hubbard ... Her healing techniques have saved my life and, I am wishing her continued success!!!

Patricia Vernon

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Hi, Phyllis,

I just wanted to let you know how much I enjoyed meeting you yesterday. You are amazing! I feel well all over my body today, and my foot no longer bothers me!!! I do still have the callus, of course, but the hard stuff (calcium) seems to be gone. Can't wait for the next session, my feet and hands. The whole experience was wonderful. I'm very impressed.

With thanks and gratitude,

Margaret Langford

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Hey Phyllis,

Radiantly fantastic [newsletter]! I love this. I needed to read and hear this. Sometimes a review of the information you have given me and I have stored away somewhere in my mind is very much needed. It lifted my spirits. By the way the pictures of nature are soothing and beautiful. I'm also pleased that you included the baby picture. I am very thankful that you have the gift of caring and helping people. To me you were and answer to my prayers. GOD is great!

Gracie Crossan

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I had been in a car accident and developed two calcifications in my left breast at the location where the seat belt hit me at the time of the impact. I was deeply stressed that my doctors wanted to do a couple of biopsies of these calcifications. I went to Dr. Phyl to help me understand these calcifications and what to do to treat them. Dr. Phyl educated me on the natural/herbal remedies that were specific to my calcifications. Dr. Phyl's positive/upbeat demeanor, humor and gentleness motivated me to want to take better care of myself. I very much appreciate Dr. Phyl teaching me the importance of what I put in my mouth and on my skin and I am encouraged to make healthier choices in my daily life.



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After incorporating Dr. Phyl's Radiant Health nutritional and lifestyle strategies into my daily life, I noticed positive physical changes of increased energy, more correctly proportioned body, and definitely more heightened mental alertness. In addition to these changes making me feel better physically, I also felt more confidence and more stable emotionally.

Furthermore, I had a recurring virus that was difficult to resolve. Dr. Phyl told me the specific nutritional foods and herbs to use to stop the virus and it did. I am very grateful to Dr. Phyl for her helping me become virus free by sharing her vast knowledge of nutrition and her incredible understanding of which specific foods/herbs to use to combat particular problems.

Dr. Phyl made me feel completely at ease and gave me great hope and even excitement that my health issues could and would be resolved. And since many of my health issues are resolved, my confidence level has increased to always seek natural, healthy, holistic strategies for future health issues along with great nutritional food choices. Dr. Phyl is very kind and gentle and uses wisdom in dealing with emotions. Dr. Phyl explained to me the importance of recognizing and allowing my emotions to help me heal. Dr. Phyl made it clear that the emotional process is not secondary, but an integral part of complete physical healing.

Dr. Phyl helped me incorporate Radiant Health Strategies into my life by sharing her wide range of knowledge and experience in all areas of health. Dr. Phyl's in depth knowledge of foods that bring life to the body were invaluable to me. Dr. Phyl's awesome wisdom of knowing which herbs and foods are best for combating certain diseases in the body proved fruitful to the resolution of the virus in my body. Dr. Phyl's expression of the importance of our mental and emotional health helps me to take care of myself and relax and accept and love myself.

Lisa Bownds



The students really enjoyed Dr. Phyl's Teen Empowerment Workshop. The first time Dr. Phyl came to present to our conference the students said "it was a really cool workshop, can we bring her back again?" So we brought her back to the conference the following year. Some of the feedback I heard from the students was that the breathing exercises taught them how to focus and relax. Some students said they went home and told their parents and friends about it. They suggested the exercises to their parents to help relieve stress. My co-workers son Noah attended the Leadership conference and he said he uses the warrior's breath exercise when he is playing sports and practicing. Other students said it helped them to put their mind in a more peaceful place.

Shahara Jaghoo, Director of Adult and Youth Training Initiatives,  
United Way of Broward County Commission on Substance Abuse