



RADIANT HEALTH STRATEGIES

Dr. Phyllis Hubbard, BCND, CNHP, LMT (#MA64036)

Holistic Health Educator, Lifestyle Coach and Qigong Instructor

Director, BMA Health & Healing Strategies for the Campaign for Black Male Achievement

Dr. Phyllis Hubbard (a.k.a. The Body Whisperer) currently serves as the Senior Director of BMA (Black Male Achievement) Health and Healing Strategies, an innovative wellness endeavor functioning within the Campaign for Black Male Achievement (CBMA). BMA Health and Healing Strategies seeks to improve the health and well-being outcomes of cross-sector leaders working on behalf of Black men and boys, their families and communities.

She is a Board Certified Doctor of Natural Medicine (Trinity School of Natural Medicine), an Ayurvedic Practitioner (Dhyana Center), Qigong instructor, Reiki Master, Licensed Massage Therapist, Life/Mental Health Coach and Holistic Health Educator. Dr. Phyl specializes in therapeutic nutrition and movement, clinical aromatherapy, herbology, self-empowerment. She has provided wellness education and training for CBMA since 2009 where she customized a version of her "Transformational Leadership from the Inside Out" series of seminars specifically for CBMA events.

Dr. Phyl's straightforward and humorous presentations blend ancient holistic wisdom with cutting edge research in a way that is fun and easy to understand. She travels nationally and internationally as a Holistic Health Educator and to research indigenous holistic practices to integrate into her healing techniques and workshops.

Dr. Phyl has worked with, facilitated and customized workshops, seminars and retreats for organizations such as: The Obama Foundation, Summit Eden, The United Way, W.K. Kellogg Foundation, Canyon Ranch Resort, The Carillon Resort and Spa, Breast Cancer Project, Oakland Unified School District, California State University Chico, Sacramento City Unified School District, Prudential, The Breakers Palm Beach, Swarthmore College, The Overtown Youth Center, Pritikin Longevity Center, The Whole Expo, Dress for Success, Rutgers University, African American Research Library and Cultural Center, The National Association of Community and Restorative Justice, The Matriarch Gathering, Association for Black Foundation Executives (ABFE), Johns Hopkins University, University of Michigan, The Lt. Governor's Summit on Financial Education, Black Male Engagement (BME), Forward Promise (Robert Wood Johnson Foundation), etc.

Before joining CBMA, Dr. Phyl founded Radiant Health Strategies, a privately owned holistic health educational business. Having used holistic healing strategies to eliminate the medication for and completely heal herself of a supposedly incurable illness (COPD - Chronic Obstructive Pulmonary Disease), Dr. Phyl develops and provides health prevention and intervention programs that help correct and restore imbalances in the mind and body, without the use of medications, through the use of a synergistic blend of holistic healing modalities.