

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 29th Newsletter, I want to give us a chance to consider the impact that organic food has on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

INDULGE IN THE SWEETNESS AND PURITY OF EVERYTHING ORGANIC!!!

Over time, we have learned that how foods are grown are just as important as which ones we decided to eat. In this newsletter, I want to focus on the perspective that food produced without using pesticides, fertilizers, radiation and so on, have a direct positive impact on our health and well being.

This week on our Fan Page, we have articles that will offer you information about organic foods and the claims that they will make you look and feel better. They cover the physical, mental, emotional, and spiritual effects that organic food has on your body.

Certified organic foods must come from farms and processing plants that are certified by the USDA's organic standards. That is why foods that are organically grown proudly advertise it on their label.

Keep in mind that while there are products that are 100% organic, there are also products that are "organic"

and "made with organic ingredients". Foods that are labeled organic will be at least 95% organic and will bare no sulfites, or in other words, preservatives. On the other hand, foods that are labeled "made with organic ingredients" must be at least 70% organic, and also have no sulfites added. Either way, the lack of harmful bacteria in organic foods reduces serious illnesses that could be contracted from non-organic foods. These illnesses include, but are not limited to: Alzheimer's disease, behavioral disorders, and birth defects that include premature births, obesity, and cancer.

While some studies have shown that the minimal amounts of chemical pesticide residue on non-organically grown foods are not dangerous, I prefer to not take the chances of introducing more foreign chemicals into my body. Throughout the last 30 years, there has been evidence that animals fed with organic feeds are healthier and that the benefits for the environment are better as well.

Different studies have shown that organic produce has between 30% and 300% higher nutritional concentrations. This is said to be due to a better quality of soil and because their growth has not been artificially sped up. Non-organic foods also tend to contain more water and therefore less actual solid food content.

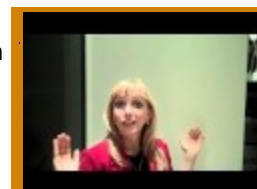
Eating a healthy diet will definitely satisfy your taste buds and it will also impact the mental, emotional, and spiritual aspects of your life. Studies have shown that by eating a healthier diet, you will in turn have better chances at more balanced emotions, display more mental clarity, and be able to concentrate and focus in life. Feeling better, increased energy, and a stronger immune system from organic foods will translate to more vitality and better efficiency and productivity in whatever you choose to do.



CAROLINA ARAMBURO

There is no need to add anything to the already perfect formula of the food we eat. My body reacts differently when I eat organic. Through listening to my body, I can immediately tell when ANY chemicals have entered into my body. Throughout these months, in which I have been undergoing my healing process, my body has become used to organic food and expects that I provide it with nothing less. Due to this, I have to ensure that I cherish my body by giving it organic food. Any small amount of chemicals will upset my own chemical balance, create problems with my liver as well as my kidneys, and cause me not to sleep well. When my body is not pure, my mental and emotional capacities are immediately impacted. Cherishing my body also allows me to cherish myself spiritually. My focus for mediation and my ability to clearly connect with the planet, people and Source depends on clean, non-chemical food.

(Cont. on next page)



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INDULGE IN THE SWEETNESS AND PURITY OF EVERYTHING ORGANIC!!! (Cont.)

I deserve a pure vessel to work through and I make sure I create that by eating only 100% organic foods. As I found, no matter how much you wash or soak non-organic produce, you will still be consuming, at minimum, some chemicals. Even a simple apple can have over **20 different kinds of pesticides** on it.

For mothers-to-be, there is a **real reason to go organic** above and beyond their own health. Recently, there were 3 new studies published stating that prenatal exposure to or-

ganophosphate (OP) pesticides used on non-organic food are linked to IQ deficits. Pesticides are **proven**, in these studies, **to be harmful** to the developing brain, especially before birth.

Please be aware that just because the label reads organic, it does not mean that it guarantees good health. **Eating organic is simply one piece of the puzzle.** Organic sweets still contain sugar and organic butter still contributes to clogging your arteries. So you must still **listen to your body** about what organic foods to eat.

Eating for my best health has become a **passion** of mine. It is a journey that I would love for you to join me on. The change to organic within your diet can contribute to enormous results that I want you to have.

Cherish your body and **listen to what it really wants, and more importantly, what it needs.** If you pay attention, I bet it will tell you loud and clear: "Eat organic!"

UNVEIL THE INTOXI-LICIOUS BENEFITS OF ALL NATURAL ENERGY!!!

Organic food is becoming more and more popular every day. People are beginning to care more about their health and what they eat! The big question that many people are inquiring is: **what is organic food and how does it differ** from the food that we are already eating?

USDA describes organic food as being meat, poultry, eggs and dairy products that come from animals that are given no antibiotics or growth hormones. Organic food is produced **without using most conventional pesticides or fertilizers** that are made with synthetic ingredients or sewage sludge, bioengineering or ionizing radiation.

The USDA also claims that organic food does not ensure food quality. On the other hand, proponents stated that organic foods are **richer in nutrients** than non-organic foods. Charles Benbrook, a chief scientist at the Organic Center in Oregon, found that organic food tends to have higher levels of antioxidants, Vitamin C and trace minerals. Consuming more organic food is **not the only way to improve your nutrient intake**, but it may be the safest.

It was reported by the French Agency for Food Safety (AFSSA) that organic foods are better for human health and contain less pesticides and nitrates, which are **linked to many diseases** including diabetes and Alzheimer's.

Organic food benefits reported by AFSSA:

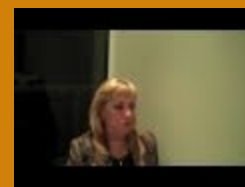
- Organic plant products are more **nutrient dense**.
- They have a higher level of **minerals**.
- They contain **more antioxidants** such as phenols and salicylic acid, which protect against cancer, heart disease and many other health problems.
- Organic animal products contain **more polyunsaturated fatty acids** which also protects against heart diseases.
- 94–100% of organic foods do not contain any **pesticide residues**.
- Organic cereals contain similar levels of **mycotoxins** as conventional ones.
- Organic food may also help **weight control** by meeting your body's nutritional needs. In turn, it will make you no longer feel hungry and will stop you from eating and craving junk foods.
- Organic food also improves your physical state by making you feel better, **increasing your energy, and providing you with a stronger immune system**. These translate to a higher chance of reaching success.

Apart from having a great effect on your health and how organic food improves your nutrient intake, we can also relate it to non-obvious benefits such as:

- **Better taste:** People believe that organic food has a better taste than non-organic food because it is produced using organic means. Organic food is often sold locally. Therefore, the food will be sold

fresh in the markets.

- **Environmental safety:** As a result of organic food being produced without chemicals, there is very low pollution of the soil, air and water, ensuring the planet for future generations.
- **Animal welfare:** Animal welfare is an important aspect of producing organic milk, organic meat, organic



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The food we eat impacts us on a physical, mental, emotional and spiritual level. The first health proposal is about cherishing our body and the second one is about **listening** to it. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants. In my health journey, I listened to my body to connect with the **gratifying and positive energy of organic food**. I totally indulge in the food I eat and the incredible peace and clarity it gives me.

Listen to your body to tell you how to use natural organic foods to support you physically, mentally, emotionally and spiritually. You can notice **exuberant changes** in the power of your mind, your physical health, your ability to connect with Source/God/the Universe, and your emotions. I provoke you to go on this **enchanting journey** with me!

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UNVEIL THE INTOXI-LICIOUS BENEFITS OF ALL NATURAL ENERGY!!! (Cont.)

poultry, and organic fish. People can feel responsible that the animals are not confined to a miserable caged life while eating organic.

Many organic food consumers complain about its price and how organic

food is more expensive than non-organic food. The reason for that is because organic **farming practices cost more** than conventional farming methods. The government regulations required for organic certification, including certification costs, labor hours and shipping prices, lead to the high

costs as well. I personally **consider the cost of organic food as insurance for my body**. Organic food has become an instinctual choice for me. I have realized the benefits it has provided for my body and you can enjoy the many benefits of organic foods too!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in

their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

SURRENDER TO THE CRAVING OF YOUR MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH!!!

Maintaining a healthy diet goes beyond having mere physical benefits. It also impacts you emotionally, spiritually and mentally. If you carry out a healthy diet you may notice that your emotions may become more **balanced** which will in turn increase the balance in your life.

Aside from the organic food farming methods not being harmful to the environment, **choosing to eat organic**, as opposed to non-organic, will forward you as well. When you know that you are doing the best for your body, your family, and the environment, you can then have the peace of mind that comes along with that.

Having a **non-organic diet can have an adverse affect on your brain** according to three US universities. The University of North Carolina, UC Berkeley and Columbia University did three separate studies on how pesticides (dialkyl phosphate and chlorpyrifos) used in the growth of **food influences** how the brain develops during childhood and at the adult age. These stud-

ies revealed that pesticides do in fact impact the brain and showed that pesticides can have a large effect on unborn babies. Although these findings were related to **prenatal exposure** to pesticides, they also have a negative impact on the brain function as well as mental health of anyone exposed.

Exposure to organophosphate (OP) pesticides have been said to be linked to **IQ deficits in school-aged children**, but we are continuously exposed to OP pesticides because they are being used widely on the fruit and vegetable crops here in the United States. Additional studies have shown the link between exposure to pesticides and the effect it has on a person's **mental stability**. These studies have proven that exposure to pesticides has actually caused depression amongst some individuals.

Please take care of your body and cherish it, whether you are thinking about the well-being of your family or simply yourself. Providing your body

with the correct nutrients and dietary plan will give you a different outlook on life. Once you begin to **put the right foods in**, the right person will come out, creating a positive, healthier, stronger you. Taking better care of your eating habits will give you more stability in your emotional and mental state of life and increase your spiritual health. With the **positive aura** that stems from eating correctly, your life and the lives of the people surrounding you will improve. Start today!

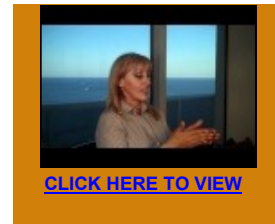
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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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