

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 39th Newsletter, I want to talk to you about the differences between drinking filtered water and tap water.

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 and go back and watch them. You can also read all of the articles in full [HERE](#).

THE SOURCE FROM WHICH YOU DRINK YOUR WATER CAN MAJORLY IMPACT YOUR HEALTH!!!

Most of the time, we are not aware of what we are really putting into our bodies. From the foods that we eat to the liquids we consume, most of us rarely think about the effects that it has on our bodies. Whether we have noticed or not, the type of water we consume can have **drastic effects on our bodies and our living**. In this newsletter, I want to focus on the impacts that drinking tap and filtered water has over you and your body.

This week on our Fan Page, we have included articles that will offer you information on the **difference between filtered water and tap water** and the effects that it has on

you and your health. These articles will cover the physical, mental, emotional and spiritual effects that these types of water tend to have on your body and ultimately, your well-being.

Aside from not having enough water in your body, a major problem is what types of water we are taking in. In previous years, **filtered water was not an option**. Many/most people relied on tap water. With more discoveries of lead in tap water though, drinking filtered water has become more common. Tap water is nowhere near free from dangerous contaminants. Containing traces of lead, copper and fluoride, **tap water has been said to be extremely unsafe for consumption**. In addition to this, choosing to drink tap water has been said to:

- Be the leading cause of epidemic **disease** in developing countries
- Cause several types of **cancer**
- Cause a lack of physical **development**
- Cause several birth **defects**

From an emotional stand point, water is said, by some, to carry and transmit emotions. According to Japanese researcher, Dr. Masaru Emoto, humans and the Earth are affected by emotions. With water being a great part of the Earth, it aids in **transmitting emotions**. By drinking tap water which has impurities, the emotions that may come about could have a chance of being the furthest from positive. Dr. Emoto claims one may become **upset or saddened by drinking the contaminated water**. With



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filtered water, however, since the trash and lead are being taken out, the emotions that a person has may tend to be a little more positive!

I have always drank a lot of water. Since I was traveling extensively, I drank bottled water to **keep my water as clean as possible**. When I became very ill in 2010 and needed to stay home to heal, I had a really high end filter installed at home. I drink **exclusively from that filtered water** and when I am out of the house I still use bottled water.

I am clear, from listening to my body and my holistic doctors, that I cannot clear my body of toxins and chemical imbalances while putting more chemicals into it through water.

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THE SOURCE FROM WHICH YOU DRINK YOUR WATER CAN MAJORLY IMPACT YOUR HEALTH!!! (Cont.)

For proper mental development, having healthy drinking **water is essential**. In addition to causing improper mental development, drinking unhealthy water has been said to contribute to 480,000 cases of learning disorders in children each year in the United States. Children, including **babies and toddlers, are more susceptible to improper development** problems because their bodies are still developing and their exposure on a pound-per-pound basis is higher. They are also lacking the **detoxification system** that adults have, so it makes sense that they can be at

a higher risk.

Water has many meanings! Water, in spiritual scriptures and writings, has most often **represented a Spirit in various forms**. Whether it relates to the river, a fountain, rain, baptism, cleansing rituals, or drinking it, water is said to have a spiritual impact on many different levels! By drinking water, the goal is to **cleanse us** of bad habits, old ways, addictions and various other negative things we may have within us. Drinking tap water that could potentially have harmful contaminants in it will likely not help one

cleanse themselves of what they need to be cleansed of. By drinking water through a filter, you may be more likely to **receive the cleansing you want/need**.

Water is a life source! Listen to your body as it calls for the healthiest water possible to nurture your body, mind and spirit! Join me in a healthier water path today!

TAP WATER CAN TRULY BE DAMAGING TO YOUR PHYSICAL HEALTH!!! HAVE YOU MADE THE SWITCH TO FILTERED WATER???

Drinking different types of water can have its benefits and hindrances. Whether you decide to drink filtered or tap water can **vastly impact you physically**. Many individuals, not knowing the different effects of each source of water, have no preference of either and just choose to drink whichever is available.

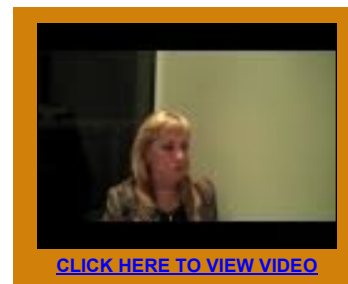
Unknowingly to many individuals, drinking water straight from the **tap can cause numerous health issues!** This is mainly because tap water hosts a whole array of contaminants including: microorganisms, disinfectants, disinfectant byproducts, inorganic chemicals, organic chemicals and radionuclides. It may include arsenic, barium, copper, mercury, and/or lead. Lead, as an example, is a metal that is found in natural deposits, and has its greatest exposure when it is swallowed or inhaled. Having lead in your drinking water can **host a variety of adverse health effects**. In babies and children, exposure to lead in drinking water can result in damaged physical and mental development and can

cause deficits in their attention span and learning abilities. For adults, **it can cause an increase in blood pressure** and be the leading factor in developing kidney problems or high blood pressure!

While tap water can have such a large negative impact on you and your health, moving over to filtered water could be the improvement that you need! Out of bottled water and tap water, drinking filtered water serves to be the best solution! **Water filters could be the safest and healthiest solution when it comes to drinking water.** They may remove more dangerous contaminants than any other purification method and can be uniquely designed to work with municipally treated water.

Although lead is rarely found in source water, it enters tap water through **corrosion of plumbing materials**. This can especially be seen in homes that were built prior to 1986 because they are more likely to have lead pipes, fixtures and solder. New homes, however, are at risk as well!

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn all of its needs, allowing me to supply it with all the **necessary nutrition** it needed. I experienced **incredible changes** to my life and to all aspects of my well-being. Learning to listen to my body was one of the best things that ever happened in my life!! By learning to listen to your body, and by giving your body what it needs, you will most likely notice differences in your physical health, your **state of mind, your emotions**, and maybe even your spirituality. I invite you to **join me** in this **incredible** health and well-being **journey!!!!**

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TAP WATER CAN TRULY BE DAMAGING TO YOUR PHYSICAL HEALTH!!! HAVE YOU MADE THE SWITCH TO FILTERED WATER???

Even with the **"lead-free" plumbing** that has been created, up to 8 percent of lead may still be contained! To avoid these health risks that you could potentially attain due to lead being in your

water, purchasing a filter may just be the best solution for you and your **family's health!** You may not notice the difference now, but eventually, you'll very likely be thankful for making the change

from tap water to filtered water!

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



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WHAT MENTAL, EMOTIONAL AND SPIRITUAL BENEFITS WILL YOU DISCOVER BY MAKING THE SWITCH TO FILTERED WATER???

Drinking enough water is very important, but drinking enough of the **right type of water may be just as, or even more, important!** Drinking the right type of water may impact you in emotional, mental and spiritual ways. Choosing to drink filtered water over tap water may be one main to keep, not only our body healthier, but our **brain and brain chemicals** too.

Drinking tap water may have a direct impact on your emotional, mental and spiritual state. **Drinking contaminated water has a physical effect** on you, but it also may have an emotional one on you as well. Contaminated water has been said to cause anger and irri-

tability in its consumers. Also, studies have shown that it causes many mental defects in children and adults. Consuming tap water as opposed to filtered water can mean consuming many **harmful toxins and chemicals that affect the neurological system**, which in turn slow down the learning process for children.

Choosing to drink filtered water over tap water may help your spirituality. A clean body is a clean vessel for your spirit. The consumption of tap water with its contaminants may harm your spirit and cause blockage for a clear spiritual connection. Drinking filtered water, which may likely be rid of contami-

nants, may be the best for you spiritually! When choosing between tap and filtered water, I invite you to consider the impacts of each on your mental, emotional and spiritual health!!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

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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