

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 41st Newsletter, I want to talk to you about Allergies.

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](#).

### LISTENING TO YOUR BODY MAY BE THE KEY TO TREAT YOUR ALLERGIES!!!

In this article, I want to talk to you about all the different ways allergies can affect our physical, emotional and mental well-being.

Allergies are relatively common. The body immune system is designed to protect your body against harmful substances, such as bacteria and viruses. Therefore, every time the immune system considers you to be near harmful substances, it will automatically react to protect you against it. When you experience an allergic reaction, it means that your body is reacting to protect your health and well-being in an exaggerated way.

The immune system can be over-sensitive. When it recognizes an allergen, it releases chemicals,

such as histamines, which fight off the allergen. This can result in itching, swelling, mucus production, muscle spasms, hives, rashes, and other symptoms, which vary from person to person. You cannot inherit allergies from your parents. However, if your parents suffer from this condition, it's more likely you may have it as well.

Along my health journey, I dealt with many types of allergic reactions. I was allergic to things like medications, foods, smells, sounds and even stress. The reactions took the forms of light sensitivity all the way to nausea, migraines, a skin rash that would suddenly appear and move across my body causing me extreme heat, itching and discomfort, even complete rejection by my kidneys and liver.

One of the key things that helped me treat my allergy reactions in an amazing way, was listening to my body. By listening to my body I began learning and understanding which substances it was reacting towards. I then became keenly aware of foods, chemicals, and other things. During my health journey, different foods worked during some stages of my illness, but not during others. Now, before eating any food, I can actually test it by touching it before it even goes in my mouth. It is the same with things I wear and use and in any way come in contact with, such as soaps, detergents, certain smells, and so on. I can sense my body reacting now before a full allergic reaction starts. This includes things that cause me



CAROLINA ARAMBURO

stress.

Even though I now eat a completely organic, vegan diet and have eliminated many foods, I still listen to my body to tell me what foods to eat on any given day as my system may overload with a particular food at any time. For example, I was juicing everyday with spinach, dandelion, wheatgrass, beets and various berries. I had to stop and return to cooking some of those ingredients, like spinach and beets, as the juice started to cause reactions in my body because it was too intense for my system.

During this whole process I had different allergic experiences, but it might be totally different for you.

(Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## LISTENING TO YOUR BODY MAY BE THE KEY TO TREAT YOUR ALLERGIES!!! (Cont.)

**Since each one of us reacts differently** to allergies, the secret to overcome one may be to learn from **your own body's allergic reactions** and experiences.

Some allergies cannot be avoided. Therefore, they may need to be treated with allergy shots (immunotherapy). This treatment may help you **control your allergy as well as stop it.**

If you notice an allergic reaction is taking place in different parts of your body at the same time, you probably need to **call your doctor urgently**, because you might be suffering from anaphylaxis, which is a life threatening allergic reaction. For example, if your eyes water and at the same time your face swells and your blood pressure drops you may need to run to the hospital. The anaphylaxis reaction

**can lead to death in less than 15 minutes.**

If you suffer from any kind of allergy, or if anyone in your family does, it is important **to be aware of these symptoms.** Start listening to your body today—what it has to tell you may save your life!

### IN WHAT WAYS WILL YOU CHOOSE TO TREAT OR MINIMIZE YOUR ALLERGIC REACTIONS???

Allergies are considered abnormal **immune system reactions** to things that are typically **harmless** to most people. When you are allergic to something, your immune system believes that the harmless substance you are allergic to is harmful to your body. These substances (allergens) may include:

- Certain foods
- Dust
- Plants
- Pollen
- Medicines

When the immune system feels threatened by a substance, it **reacts to protect** your body against the allergens by producing antibodies. These antibodies make certain cells in your body release a chemical called histamine into the bloodstream which acts on the eyes, nose, throat, lungs, skin, or gastrointestinal tract and causes the symptoms of the allergic reaction.

Allergies are considered to be a very **common condition**. It is estimated that **50 million North Americans are affected by allergic conditions.** There are more than **30 types** of allergies. The most commons are:

- Hay Fever (Allergic Rhinitis)
- Poison Ivy and Plant Allergies
- Bee Sting Allergy
- Pet Allergies
- Cosmetic Allergies
- Drug Allergies
- Eye Allergies (Allergic Conjunctivitis)
- Food Allergies

**If you think you might have any of the conditions mentioned above, consult your doctor** (if you haven't already done so), because some allergies can be life-threatening. Symptoms that may help you recognize if you have an allergic reaction are: sneezing, difficulty breathing, cramps, and vomiting.

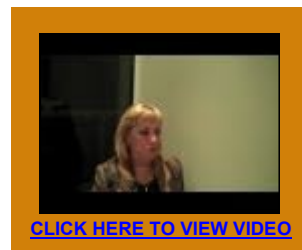
The most dangerous and **life threatening** allergy is called **Anaphylaxis**. It is a rare allergy **emergency** in which the body's response to the allergen is sudden and affects the whole body. Allergy symptoms may begin with sudden itching of the eyes or face and within minutes they could progress to more serious **symptoms**, including:

- Varying degrees of swellings that can make breathing and swallowing difficult
- Abdominal pain
- Cramps
- Vomiting
- Diarrhea
- Mental confusion or dizziness

Allergies are treatable. **Natural remedies can be as effective as immunotherapy.** Natural remedies have several advantages including keeping your body chemical free.

There are many **different types of natural remedies** including:

- Homeopathy
  - Enzymes therapy
  - Ayurveda
  - Acupressure or acupuncture
  - Yoga
- (Continued on next page)



The **Second Health Proposal** is about listening to your body. In this proposal, I suggest that you can connect to, and become aware of, what your body wants and needs. By listening to your body and responding accordingly, you may totally be able to tell what your body will have an allergic reaction to.

By **listening to my body**, I was able to protect my body from substances I could potentially have an allergic reaction to. By learning to listen to your body, you may be able to avoid oncoming allergic reactions and potentially even save yourself from a fatal allergic reaction. I dare you to **join me** on this **incredible** health and well-being **journey!!!!**

## IN WHAT WAYS WILL YOU CHOOSE TO TREAT OR MINIMIZE YOUR ALLERGIC REACTIONS???(Cont.)

However, between these particular different types of natural remedies for allergies, the most effective and easiest is **homeopathic treatments**. Homeopathic therapy utilizes dried or fresh plants or their particular extracts as remedies to take care of a variety of ailments. Homeopathy is extremely popular; research reveals that more than **80% of the global population utilizes herbal plants** in various ways to cure and treat diseases.

### Advantages of homeopathic therapy:

- No side effects
- Can treat any level of severity
- It helps to balance the immune system, stimulating it to perform

correctly

- Purely natural and derived from plants
- Kids of all ages can benefit from it

Although there are very effective treatments available in the market, here are some tips on how to avoid an allergic reaction in the first place:

- **Remain indoors** as much as possible when the pollen count is high and on windy days.
- **Dust-proof the home**, particularly your child's bedroom.
- **Use air conditioning** instead of opening the windows.
- Consider putting a **dehumidifier** in

damp areas of the home, but remember to clean it often.

- Have your child wear a **face mask if playing outside** when the pollen count is high.
- **Take vacations in areas where pollen is not as prevalent** - such as the ocean.

Allergies are incredibly common. If you think you may have one, I suggest you consult your doctor if you haven't already done so. They can be life threatening! There are several treatments available for allergies. You may want to consider natural methods over immunology, or simply to stay away from what activates your allergic reaction!

## 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](#)



[CLICK HERE TO VIEW VIDEO](#)

CONNECT WITH ME



## ALLERGIES CAN LEAD TO UNEXPECTED PSYCHOLOGICAL IMPACTS!!!

Allergies can lead to a fear of a particular object or phenomenon. They may evoke previous experiences of being harmed before by the very same substance (e.g. harm caused from eating a certain food).

When a person suffers from a **psychological allergy impact**, it can be very difficult to treat because patients who report food allergy symptoms may not have objective symptoms when **challenged** with the offending food. In most cases the possibilities of treatment are minimized and rare because

of the emotional suffering of patients and their families.

The best way to **treat a person with an allergy** may be to first ask the person whether he/she is willing to heal himself/herself. When a person **determines** that they are completely and totally afraid of something, it can be very difficult for doctors to heal or remove that negative emotion.

When an individual finally decides and is **strongly positive** about healing himself/herself, it is then **easier to**

**proceed with alternative treatments.**

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

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

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.

© Carolina Aramburo, 2011  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)