

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 53rd Newsletter, I want to talk to you about **Kidney Health**.

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**.

NEGLECTING THE HEALTH OF YOUR KIDNEYS MAY HAVE DISASTROUS IMPACTS ON YOUR HEALTH!!!

Kidney failure is a very serious problem. In this newsletter, I want to focus on the ways you **can improve your kidney health**. I also want to highlight the signs of kidney problems so you can be aware of them.

This week, we have included articles on our Fan Page that will offer you information on your kidneys and the **effects that they can have on your health and well-being**.

Our **kidneys are one of our main organs**. The physical effects that they can have on our bodies, if not taken care of, can be much larger than we may think. Having issues with one or both of your kidneys can be

physically damaging in many ways. Primarily, it can affect your **metabolic state**. It can also affect a whole array of things, such as the testosterone secretion leading to **testicular atrophy** in males and the **ceasing of ovulation** or menstruation in females. Kidney failure can even create problems with sex. This is because the chemical changes that would occur in your body can **affect your hormones, circulation, nerve function and energy level**. Overall, kidney failure can place the whole body in a weakened state of health.

For a large portion of my life, I have had issues with my kidneys due to an accident that occurred when I was 18. In 2010, my kidneys began to fail me when I became ill, **due to a series of physical problems**. Some of the things that impacted my already weakened kidneys were my sleeping disorder, acute Post-traumatic Stress Disorder and Chronic Fatigue Syndrome. All of this was **complicated by the medications that were used to treat** my chemical imbalances, which in turn, took everything in my body over the limit and caused my kidneys to begin shutting down. With my kidneys not functioning, there was **nothing monitoring my body fluids, electrolytes, potassium or sodium**. My cells and other organs then began to stop functioning properly. I experienced **nausea, vomiting,**

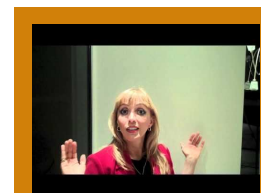


CAROLINA ARAMBURO

pain, fatigue, shortness of breath and extreme levels of acid in my body because of my kidney issues. I was also much less able to focus and concentrate.

My holistic doctors rushed to work to balance the effects of the medications and treated me with acupuncture and proper nutrition to have my kidneys begin to function favorably again. However, throughout my entire health journey, my kidneys have been on the verge of failure many times. Whenever there is **stress on my body or a change in my medication**, my kidneys experience the impact!

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NEGLECTING THE HEALTH OF YOUR KIDNEYS MAY HAVE DISASTROUS IMPACTS ON YOUR HEALTH!!! (Cont.)

Attempting to cope with kidney failure isn't just about managing the physical symptoms with treatment or medication. It is a **major life change that can cause a great deal of stress** and can host a range of emotional reactions. Some **emotional effects** due to the failure of one or both of your kidneys could include:

- Feeling tired
- Anxiety
- Frustration
- Anger

- Fear
- Feeling down
- Denial

A common misconception that many people have is that the organs in the body are only designed to handle physical functions. Organs, however, including kidneys, may **process a person's emotions and can easily get overloaded** when they are "out of control". When there is a sense of **unbalanced emotions or chemicals in your**

body, it can affect every aspect of your health, including the physical, mental, emotional and spiritual.

I recommend that you listen to your body. It may give you early warning **signs of kidney problems** (and other health problems). Your kidneys are too valuable to ignore!! If you sense something is wrong, consult your doctor immediately!

YOU CAN TOTALLY UNCOVER IMMINENT KIDNEY TROUBLE!!!

One of the kidneys' major functions is to **remove waste products and excess fluid from the body through urination**. Each kidney is approximately the size of a fist, located on either side of the spine at the lowest level of the rib cage. Each kidney contains about one million **functioning units called nephrons**. The kidneys perform the critical regulation of the body's **salt, potassium and acid** content as well as **produce hormones and vitamins** that affect the function of other organs. Developing any type of issue with your kidneys can drastically affect your health.

There are **multiple types of kidney diseases** and they usually affect both of your kidneys. If the kidneys lose their ability to remove and regulate water and chemicals due to the disease, a person can build up waste products and excess fluid. This can cause severe **swelling and symptoms of uremia, also known as kidney failure**.

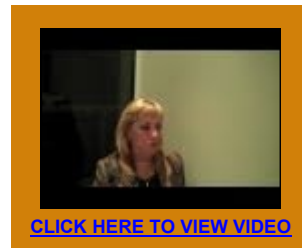
Some types of kidney diseases can include hereditary disorders, acquired kidney disease, kidney stones, and diabetes. Most of us

are familiar with diabetes and kidney stones, but other diseases may not be as noticeable. Hereditary disorders can be transmitted to both males and females and **produce clinical symptoms from teenage years to adulthood**. The most prevalent hereditary condition is **polycystic kidney disease**. While hereditary disorders are transmitted through your heritage, acquired kidney disease may not be. These diseases are numerous, but the general term used is nephritis. **Nephritis, which means the inflammation of the kidney**, can be most commonly seen as glomerulonephritis.

The **cause of many kidney diseases is still unknown**, but that does not mean you cannot notice the symptoms of them. Many forms of kidney disease do not **produce symptoms until late in the course of the disease**, but nevertheless, there are warning signs that may indicate kidney disease. Some of the signs and symptoms include:

- Burning or difficulty during urination

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The **Second Health Proposal** is about listening to your body. When I learned to listen to my body, I experienced **incredible changes** to my life and to all aspects of my well-being. One thing I learned was the **amount of water I needed to drink per day to prevent kidney infections**. The doctors said that I would need to take antibiotics every day for the rest of my life to prevent such infections but, by listening to my body, I learned alternative **natural ways to prevent** myself from a lifetime of kidney infections!!!

I invite you to listen to your body and to respond to what it needs to protect your kidneys and your overall health. You may find that your body guides you to improve your physical, emotional, mental and spiritual health. Learning to listen to my body was one of the best things that ever happened in my life!!

YOU CAN TOTALLY UNCOVER IMMINENT KIDNEY TROUBLE!!! (Cont.)

- An increase in the frequency of urination
- Passage of blood in the urine
- Puffiness around the eyes
- Swelling of hands and feet
- Pain in the small of the back, just below the ribs
- High blood pressure

Some kidney diseases can **progress to advanced kidney failure**. In this stage, it may be necessary to perform **dialysis and/or a kidney transplant**. However, kidney infections and kidney stones can often be successfully treated. Chronic inflammation of the glomerulus (glomerulonephritis), the most common kidney disease, has

a slow progression to kidney failure.

To help with your **kidney disease or kidney problems**, a doctor may recommend certain medications or specific diets, among other treatments. Do your research and check with experts.

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!!**

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YOUR KIDNEYS ARE THE KEY TO YOUR EMOTIONAL, MENTAL & SPIRITUAL WELL-BEING!!!

Problems with your kidneys can have more than just a physical effect on you. They can also impact you **emotionally, mentally and spirituality!**

A study published in the *American Journal of Kidney Diseases* found that 20% of patients with early stages of **chronic kidney disease suffer from depression**. Susan Hedayati, an MD from the University of Texas Southwestern Medical Center, found in her research that reported major depressive episodes seem to be more prevalent in chronic kidney disease patients **than in patients with other chronic diseases**. These diseases include diabetes (11%), congestive heart failure (14%) and coronary artery disease (16%).

When medical attention is sought out for kidney problems, it is generally for relief from the physical unease that they cause. Many people do not realize that

kidney problems can cause **emotional unease as well**.

For example, kidney disease can cause an immense amount of anger and fear in individuals, since they may be unsure what is going to happen to them next. It can also produce feelings of **sadness and despair in patients**. If you have these feelings, it may help you to reach out for support and to communicate your feelings. Keeping your emotions "bottled up" may only make the anger, fear or other emotions that you are experiencing, much worse to deal with. It may also help to **include practices that will allow you to bring down your stress levels**, as stress plays a big role in increasing the severity of kidneys problems.

In Chinese Medicine, and in many spiritual realms, the kidney is considered the most **important organ in the body**. Just as it is the key organ involved in purifying

the blood and eliminating toxins from the body it is also, as is often forgotten, **the rejuvenating recycling source of the body**. Keeping your kidneys in good health cleanses not only your body but your spirit. Our bodies being cleansed give us flow, energy and light for all of our spiritual practices.

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