

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 54th Newsletter, I want to give us a chance to consider the impact that thyroid health can have 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](#).

DON'T BE FOOLED BY THE THYROID "HIDDEN EPIDEMIC"!!!

Thyroid disorders are often called a "hidden epidemic". They can be overlooked. Finding out the **symptoms of having a thyroid disorder** is the primary step to discovering if you are affected by it. In this newsletter, I want to focus on the impact that thyroid health can have on you and your body.

This week on our Fan Page, we have included articles that will offer you information on thyroid health and the effects that it can potentially have on your well-being. These specific articles will cover the physical, emotional, mental and spiritual effects that thyroid health can have on you and your body.

More than **twenty million Americans are diagnosed with a thyroid disorder**. Many of us have no idea that we have one. These disorders are going undiagnosed because many primary-care doctors are still not recognizing the importance of the thyroid in body health. When a thyroid disorder is finally diagnosed, it is usually treated as a simple physical problem rather than something on a more serious level! Some of several other possible **physical effects that are caused** by thyroid disorders can include:

- Weight gain
- High cholesterol
- Blurred vision
- Tingling in extremities
- Muscle tension
- Dizziness
- Hyperventilation
- Being upset when about to eat
- Dry and flaky skin
- Sensitivity to hot or cold
- Irregularities in the menstrual cycle

Throughout my health journey, I have been struggling and fighting with thyroid problems. Having a poor thyroid can bring about a **mass amount of fatigue, stress, pain, and has even caused weight gain**. Attempting to maintain a healthy lifestyle while my thyroid keeps shutting down is difficult, but I know that it is important. Taking

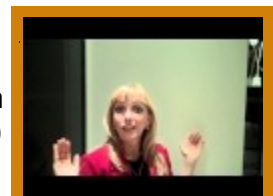


CAROLINA ARAMBURO

iodine in the form of sea vegetable and dark leafy vegetables, full of **Vitamin A**, has been a great help. Including **primrose oil and Siberian ginseng** has also been awesome for my treatment! Coping with my thyroid health problems has been a difficult journey, but with the knowledge that I have attained, I'm a step closer to improving my health each day!

Physicians may be quick to prescribe anti-depressant or bipolar medication if you **complain about depression, anxiety, mood swings**, or an inability to concentrate.

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DON'T BE FOOLED BY THE THYROID "HIDDEN EPIDEMIC"!!! (Cont.)

Although on occasion this may be what is needed to cure the disorder they diagnose us with, it may also be that our **depression, anxiety or other mental health problem is not a unique and unrelated illness.** Some of these problems could be due to having a low free **T3, the active thyroid hormone, and/or adrenal insufficiency.**

Having this problem may not only cause depression or anxiety. Other symptoms or disorders can include:

- Paranoid schizophrenia
- Confusion
- Dementia
- Obsessive compulsive dis-

orders

- Mental aberrations
- Memory Loss
- Clinical depression

Many physicians have yet to discover the **importance of thyroid problems in mental health and have been diagnosing patients with different disorders.**

Many of the people experiencing mental anguish may have a thyroid disorder.

Thyroid disorders can also impact your emotional health. Some physicians suggest that **having thyroid issues can cause mood swings.** It may

also cause excessive fear, irritability, and rage, among many other mental and emotional effects.

Listening to your body may guide you in diagnosing the health of your thyroids and other parts of your body. If you think you may have a thyroid disorder, consult your doctor!

BUZZING IN YOUR EARS, DIZZINESS, WEAK KNEES??? CHECK YOUR THYROIDS!!!!

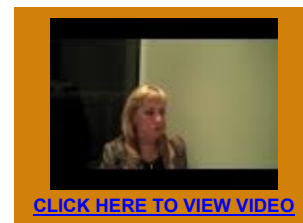
More and more Americans are being diagnosed with a thyroid disorder. Despite the fact that over twenty million Americans are known to have a type of thyroid disorder, there are still **plenty of individuals who may be victims of it.** Thyroid disorders can cause large threats to you physically and are sometimes diagnosed as something else. A lot of individuals who have thyroid problems are being **misdiagnosed by their primary care physicians and/or psychiatrists** as having a physical problem.

Physical impacts can include, but is not limited to, **weight gain or weight loss, muscle tension, dizziness, blurred vision and high cholesterol.** However, each of these symptoms can be seen in many other disorders or sicknesses that people develop every single day. Due to this, some patients may be misdiagnosed with something other than a thyroid disease.

Physical signs and symptoms are the body's way of communicating what is going on with our health. Our bodies can provide us with almost all of the information that is needed if we observe the signs that are being given. **Ignoring those indicators** can cause more trouble than the initial problems, but many of us tend to do it very often. Paying close attention to what your body is attempting to tell you can give you and your doctor important insights into your thyroid status and help determine whether or not there is a thyroid problem at hand that needs to be treated. Some symptoms that should be recognized can include:

- Stiff or weak knees
- Back or leg aches
- Ringing, buzzing, clicking, or rumbling sounds in ears
- Hair loss
- Deep-seated pain between shoulder blades
- Mass amount of sinus infections

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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 discover that my **thyroids** were the source of a lot of issues, from dizziness to pains to weight gain.

I recommend that you **listen to your body** to guide you in boosting your thyroid (and overall) health. You may 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 invite you to go on this **enchanted journey** with me!

BUZZING IN YOUR EARS, DIZZINESS, WEAK KNEES??? CHECK YOUR THYROIDS!!!! (Cont.)

In addition to these physical symptoms, for men, if your **neck is thickening or bulging in the front** under the Adam's apple, this could be a symptom.

Visual hallucinations, feeling uncoordinated, loss of eyelashes, pale or swollen lips, slow reflexes, recurrent ear infections and developing flat feet could all be symptoms to look out for, as well.

Becoming knowledgeable about

your health status is extremely important! More people are being **diagnosed with a thyroid** disorder every day that had no idea about it. Having a **thyroid disorder can be serious** and should not be taken lightly. Each day that a person is misdiagnosed, the symptoms listed above could be developing into something much worse! It may be best to let your primary care physician or psychiatrist know if you have any

of the above conditions so that they can guide you on what to do. With all of the symptoms that are looked over for thyroid diseases, calling it a **"hidden epidemic"** seems to be an accurate fit!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- 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.....
- 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.

- 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"**.
- 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.

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

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THYROIDS DISEASES MAY NOT STOP AT THE PHYSICAL... THEY MAY SEVERELY IMPACT YOU MENTALLY AND EMOTIONALLY TOO!!!

Thyroid diseases can have an emotional and mental impact on us. Since many people are unaware of the severe consequences that they can have, they may consider having a thyroid disorder as something unserious. It may even be overlooked by physicians and psychiatrists!

Studies have shown that thyroid disorders can bring about stress, depression, agitation, irritability, mood swings, anxiousness, sadness, and uncontrollable rage and fury.

In terms of mental health, thyroid problems can cause a **large amount of confusion and unclear thinking**. Other symptoms may include:

- Estranged thoughts
- Difficulty concentrating
- Nightmares or strange dreams
- Becoming overwhelmed with simple things
- Feeling like you are going crazy

Often misdiagnosed or ignored, poor thyroid health may be incredibly serious and may impact

you on a physical, mental, emotional and spiritual level!

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[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.