

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 56th Newsletter, I want to give us a chance to consider the impact that **alcohol** can have on our physical, mental, and emotional 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](#).

### TO DRINK OR NOT TO DRINK???

The latest dietary guidelines make it clear that no one **should begin drinking alcohol** or drink more frequently on the basis of any announced potential health benefits. So don't feel pressured to drink alcohol.

In this newsletter, I want to focus on the impact that alcohol can have on you and your body so you can begin to answer for yourself if you want to drink or not.

This week on our Fan Page, we have included articles that will offer you information on alcohol 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 alcohol** can

have on you and your body.

I have never been much of an alcohol drinker. For some reason I never got the "buzz" that people seem to enjoy and I disliked the physical impacts on my body like **being slowed down**.

One of the causes of my illness was a severe sleeping disorder that caused acute sleep deprivation. At the beginning, when I was being diagnosed with various things, including an acute sleep disorder, acute chronic fatigue syndrome and acute post traumatic stress disorder, my traditional doctors had me on very heavy medication to basically "**knock me out**" at night. It was sleep or die at that point so I **took the medications and slept** whatever time they provided me with.

At some point along the way the medications began to **cause more harm than good** to my body so I and my doctors began to wean me off all of the heavy medications I was on. Once we weaned me off of the heavy sleep medication, I needed to find **new ways to sleep**. Through listening to my body and my natural doctors, I began to slowly sleep a little every night again.

My natural doctors permitted me a **little natural, organic**

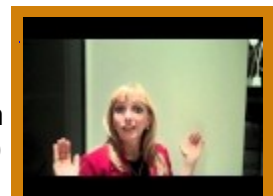


CAROLINA ARAMBURO

**wine at night** to help me sleep. I was clear that I desperately needed to sleep, so in addition to all of the other methods I was using (journaling, meditation, exercises, deep breathing, etc), I tried to have a glass of wine a few nights during the week to help me sleep. While it seemed to make a difference at first, I was later unsure if it had any positive effect at all. Honestly, I cannot say that it makes any positive difference in sleeping.

There is something to be said here about **balance**. I have so often heard and experienced that anything in moderation is OK.

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## TO DRINK OR NOT TO DRINK??? (Cont.)

I have also always had the experience that my body, like all of me, requires balance.

There is a lot of evidence that a **little alcohol is not bad**. As a matter of fact, there are studies that say that a very moderate use of red wine could improve your **coronary system**.

My personal opinion is that even though a glass of wine once in a while is fine, in life there are many other things that can give you the joy/connection/high that people

look for in alcohol, such as a spiritual connection, family, and nature, among other things. I would treat alcohol as a dessert. An ice-cream twice a year is ok, but an ice-cream every day is very unhealthy.

Ultimately, you need to judge for yourself if drinking works for you. An excess of alcohol has been proven over and over by an array of sources to be **physically, mentally and emotionally** damaging. I am not talking about excessive alcohol use here. I am talking about choosing whether or not to drink alco-

hol, and what to drink if you choose to do so. Do your research and make a decision. We have great articles on our Fan Page this week.

Above all, listen to your body for **your unique answer**. Since our bodies are all unique, don't let yourself fall into some "one-answer-fits-all" answer. Your body knows what benefits it and how much benefits it. Your body also knows when something **does not benefit it**. So let it tell you exactly what it needs to tell you and listen to it.

## CONSUMPTION OF ALCOHOL CAN ABSOLUTELY HAVE SHOCKING COMPLICATIONS!!!!

The question about alcohol, when it comes to your health, is: **is it better to drink or not to drink?**

Recently several studies have proven that even a **small intake of alcohol complicates** your health issues.

In one of them, researchers found that women who had as little as one drink a day boosted their risk of **cancer of the breast, liver, rectum, throat, mouth, and esophagus**. Meanwhile, numerous studies dating back decades show that **alcohol and heart health have a positive relationship**.

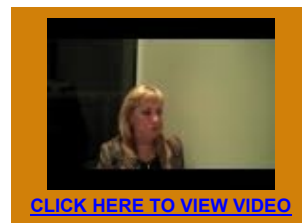
While the experts disagree on some answers, they do agree that no one who has or had a **problem with alcohol dependency should drink**, nor should any woman who is pregnant.

Here are the dangers that stud-

ies have proven about alcohol and health:

- **Arthritis** - Increases risk of gouty arthritis.
- **Cancer** - Increases the risk of cancer in the liver, pancreas, rectum, breast, mouth, pharynx, larynx and esophagus.
- **Fetal Alcohol Syndrome** - Causes physical and behavioral abnormalities in the fetus.
- **Heart Disease** - Raises blood pressure, blood lipids and the risk of stroke and heart disease in heavy drinkers. Heart disease is generally lower in light to moderate drinkers.
- **Hyperglycemia** - Raises blood glucose.
- **Hypoglycemia** - Lowers blood glucose, especially for people with diabetes.

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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 **drinking in moderation** to assist in sleeping worked for me.

I recommend that you **listen to your body** to guide you in whether or not to consume alcohol, and how much and what kind to consume, if you choose to do so. By listening to your body, you may notice **exuberant changes** in the power of your mind, your physical health, your emotions, and your ability to connect with Source/God/the Universe. I invite you to go on this **enchanting journey** with me!

## CONSUMPTION OF ALCOHOL CAN ABSOLUTELY HAVE SHOCKING COMPLICATIONS!!!! (Cont.)

- **Kidney Disease** - Enlarges the kidneys, alters hormone functions, and increases the risk of kidney failure.
  - **Liver Disease** - Causes fatty liver, alcoholic hepatitis and cirrhosis.
  - **Malnutrition** - Increases the risk of protein-energy malnutrition; low intakes of protein, calcium, iron, vitamin A, vitamin C, thiamine, vitamin B6 and riboflavin; and impaired absorption of calcium, phosphorus, vitamin D and zinc.
  - **Nervous Disorders** - Causes neuropathy and dementia; impairs balance and memory.
  - **Obesity**
  - **Psychological disturbances** - Causes depression, anxiety and insomnia.
- Alcohol can endanger several areas of your health.** On the flip side of that recent studies show that moderate use of alcohol may have a beneficial effect on the coronary sys-

tem. In general, **one drink per day for women and no more than two drinks per day for men** is the maximum amount of alcohol consumption considered to be moderate use. This would not apply to pregnant women, individuals addicted to alcohol, people with pre-existing medical conditions, among others.

Listen to your body to guide you in determining whether or not to drink. If you choose to drink, listen to it to guide you on how much to drink and what form of alcohol. Be safe, be moderate, and be healthy!

## 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**.

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## ALCOHOL, AS A DEPRESSANT, HAS AN ENORMOUS IMPACT ON YOUR EMOTIONAL, MENTAL AND SPIRITUAL LIFE!!!

When you drink alcohol, it passes quickly through your **stomach to your bloodstream**, where it's carried throughout your body. When it reaches your brain, it causes an increase in production of a neurotransmitter called gamma-aminobutyric acid (GABA). GABA is responsible for making you feel sleepy. It **slows your central nervous system**, which controls things like your breathing rate, heart rate, and transmission of signals within your brain. This is called a **"depressant" effect**.

The same depressant effect that makes you feel relaxed actually causes your **senses to be dulled**. Alcohol decreases the effects of your nerve cells firing and lessens the effects your

neurotransmitters have on carrying information through your brain. Your level of **mental sharpness** decreases, along with coordination and alertness. Alcohol can affect memory, mood and impulse control.

Soon after **drinking alcohol**, brain processes slow down. For example, the effect on men's driving skills is measurable after the consumption of three to four units. Women can reach this same concentration by drinking just **two or three units**.

As far as a **spiritual impact of alcohol** it becomes obvious that anything that depresses your clarity impacts your spiritual clarity. Many who follow spiritual paths choose to remove any

kind of impact that will alter their clarity. It is a **choice**. Let your SELF choose for you what you let impact you mentally, emotionally & spiritually. **Only you** know what works for you.

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

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

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