

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 57th Newsletter, I want to talk to you about **Electromagnetic Fields** and their impact..

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**.

EMF CURRENTS RUN HAVOC WITH YOUR BODY'S NATURAL CURRENTS!!!

An **electromagnetic field** can be described as a physical field that is produced by moving electrically charged objects. It has an effect on the behavior of charged objects in the vicinity of the field. It is known as one of the four fundamental forces of nature. Although electromagnetic fields are a classic part of our history, it can also have an impact **on the current** parts of our lives. In this newsletter, I want to focus on the impacts that electromagnetic fields can have over you and your health and well-being.

This week on our Fan Page, we have included articles that will offer you information on how electromagnetic fields can have an **effect on you and your health**. These articles that we have posted will cover the mental,

physical, emotional and spiritual effects that electromagnetic fields can have on your body and ultimately, your well-being.

Many of us are **unaware of the impact that electromagnetic fields** have in our lives. They are seen in our everyday lives. From the EMF's that surround power **lines and electrical devices** that we use daily to the EMF's that are in our workplace environment, we receive exposure to them more often than we know! This exposure that we receive can have an impact on us physically. There have been concerns that daily exposure to electric and magnetic fields have **caused many health problems** in individuals, including childhood cancer! In adults, EMF's may reduce heart rate and this may or may not affect your health. Other physical effects that have been reported due to EMF's include:

- Headaches
- Suicide
- Nausea
- Fatigue
- Child prematurity
- Low birth weight
- Cataracts
- Cancer

The effects that EMF's have had on us physically have been reported to be **serious**. As like the physical impacts, the psychological effects can be just as great. Electromagnetic fields can **affect your brain waves while you are sleeping** if electronic devices are too close to your sleeping space. Devices such as electric clocks have a very high magnetic field up



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to three feet away! If you are using a bedside clock, you are probably sleeping in an EMF equivalent to that of a power line! Many studies have linked the high rates of **brain tumors to the exposure of magnetic fields**. Telephones and answering devices can bring the same effect. Other psychological effects can include schizophrenia and ADD in addition to other learning disorders!

Problems with electromagnetic fields are something that I was not aware of! I encountered many problems throughout my health journey **that steamed from the EMF's** that I was encountering. Acute cases of nausea and fatigue were problems that I often had. Being that I was not knowledgeable on what a large **i m p a c t** EMF's had on our health and (Cont on next page)



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EMF CURRENTS RUN HAVOC WITH YOUR BODY'S NATURAL CURRENTS!!! (Cont.)

body, I did not know what to do to prevent this from happening! Eventually, after I became informed, I took the necessary steps to **make my exposure to EMF's a little less**. I spent less time sitting in front of the computer and began attaching a small EMF shield to all of my devices including my phone, my computer and all of my appliances such as my microwave. **Becoming more knowledgeable** on things can help your health in the long run!

From an emotional standpoint,

IS YOUR BODY BEING "OVER CHARGED"???

Do you seem to suffer more from **insomnia or muscle weakness** after spending a great deal of time at the computer? Fatigued after a day of video gaming? The reason could be over exposure to **electromagnetic fields**. You feel this way is because your body's electrical system could have become unbalanced from the EMF waves or pulses produced by all of the electronics in your live.

Our bodies are made up of **electrolytes and ions**. As such we have electric pulses or waves running through our body. When outside EMF waves or pulses are absorbed by our systems, this can cause an imbalance in our body's electrical system. As with anything to do with our bodies, if it is out of balance, this can upset our **immune systems and our healing processes**. Why are EMFs implicated in so many health problems? Very simply, it is because every bodily function depends on electrical activity. Our electrical system works to balance the activity of our organs and is the very foundation of the healing process. Our body's **flow of electricity** is as important to our wellbeing as is the blood that runs through our veins.

Our body's natural electrical energy is used to **aid in sleep cycles**, hormone production, digestion and immune responses. Constant exposure to outside EMF's could keep the body's electrical system out of balance. Studies have shown that people who

electromagnetic fields can impact you as well. After a sufficient amount of exposure to the waves that is given off by EMF's, **imbalances will be produced within our bodies**. Emotional effects can include depression and mood disorders amongst many other things. With the chemical imbalances that are created, it becomes difficult to control your emotions.

With our **bodies being imbalanced**, it will become very easy for our spiritual growth to become

stagnant. Our bodies have to align spiritually, mentally, physically and emotionally in order for us to progress. If **one of them** is not in accordance to the others, it will be difficult for us to be balanced in the other areas. Once we balance out the other factors, it will become **easier for us** to find balance within ourselves, spiritually.

Cherish your body and watch for and **steer clear of EMFs** and their impact on you.

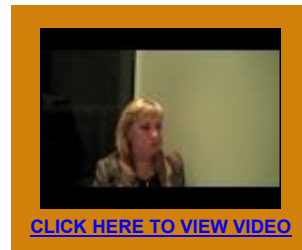
have long term close exposure to computer monitors complain of **frequent headaches**, chronic fatigue and increased stress levels. EMF exposure has also been blamed for not only brain cancer but increases in lymphoma leukemia, autoimmune system deficiencies, birth defects, tumors, and insomnia and heart problems. Increased use of laptops being held on our laps has also been blamed for **male infertility**.

Research has also shown an increase in **childhood cancers** and increases of cases of ADHD and childhood asthma when pregnant women have high exposures to EMF waves or the children receive high exposure during their **early formative years**. There has also been shown to be increases in cognitive development problems with young children exposed to higher levels of EMF's.

People with a **heightened sensitivity or over exposure to electrical impulses** can also experience such side effects as:

- nausea
- dizziness,
- headaches,
- irritability,
- irregular heart rates,
- altered metabolism,
- immune system disorders,
- hair loss,

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn of its needs and the impact of not just what I consumed but also everything in my environment. This is how I detected the reactions my body had to the waves of **electromagnetic fields** I came in contact with. By listening to my body, I experienced **incredible changes** to my life and to all aspects of my well-being.

By learning to listen to your body, you may be able to be sensitive to electromagnetic fields that lead to imbalances in your **personal electrical system** and keep your body's electrical activity working properly. Listen to your body and keep it balanced! Will you **join me** in this **rewarding** health and well-being **journey**???

IS YOUR BODY BEING "OVER CHARGED"??? (Cont.)

- teeth pain,
- impaired sense of smell,
- ringing in the ears,
- eye irritation,
- skin rash,
- facial swelling,
- pain in joints and/or muscles,
- skin numbness,
- abdominal pressure and pain,
- breathing difficulty,
- paralysis,
- balance problems,
- body and/or muscle spasms,
- convulsions,
- Confusions & memory loss
- depression,
- difficulty in concentrating,
- seizures,

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!!**

EMFs MAY BE WHY YOU CAN'T THINK STRAIGHT OR BALANCE YOURSELF!!!

Continued exposure to the waves or pulses **produced by EMF's** around can have an effect on our physical wellbeing, but we must also look at how they can affect us mentally, emotionally and spiritually. Certain imbalances in our body's immune system such as the levels of melatonin and serotonin can disrupt our **mental and emotional wellbeing**.

When our body's levels of serotonin are imbalanced, this affects many areas of our mental and emotional state such as: memory loss, **mood disorders**, eating disorders, depression, panic attacks, alcoholism, ADD and other learning disorders, aggression, PMS and schizophrenia. Lack of serotonin can also cause impairments in functions that are collectively known as executive functions. Executive function is a **collection of brain processes** that are responsible our body's thought processes, impulse control, sensory information processing,

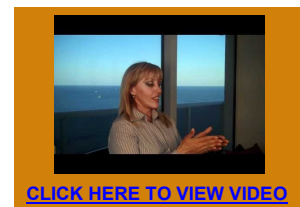
setting goals, and how we react to outside stimuli such as distractions. It can also affect how we **plan, multi-task and decide our need to seek help from others**. These executive functions are developed during childhood and if a child has over exposure to EMF's then they are likely to suffer more from the above mentioned difficulties.

Our body's **melatonin levels** can also be affected by EMF's, disturbing not only our sleeping patterns, but also can cause such things as: Bipolar disorder, Alzheimer's, Autism,, Epilepsy, Sudden infant death, Over Anxiety

From a spiritual stand point, if our physical, emotional and mental systems are out of balance, **then we are not balanced spiritually**. When constant exposure to EMF sources raises our levels of stress this can cause us to not feel relaxed or at peace with ourselves and

Being aware of your **exposure level to EMF's** can lead to preventing a lot of the problems caused by over exposure. Some of the suggested methods include lessening the time you spend at the computer or with your laptop. Unplugging appliances and devices not in constant use is another way to lower the EMF levels in your home. After all, **prevention can be the best cure**.

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the world around us. When we aren't able to properly rest and relax, then we do not thrive spiritually. Our spiritual wellbeing is completely connected to the balances of our physical, emotional and mental systems as well. It is important that we try to reduce our exposure to outside EMF sources as much as possible so that we **can be healthy and balanced**.

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.

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