

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 63rd Newsletter, I want to talk to you about **Foodborne Illnesses** and their impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

### YOUR LIFE DEPENDS ON YOU BEING CAREFUL WITH AND TREASURING WHAT YOU EAT !!!

The Centers for Disease Control and Prevention estimates that 1 in 6 Americans are sickened (48 million), 128,000 are hospitalized and 3,000 die each year from **food borne illnesses**. Children, the elderly, pregnant and post-partum women and individuals with compromised immune systems are at **highest risk of developing** complications from food-borne illness. In this newsletter, I would like to highlight the variety of forms food borne illnesses can take and some **simple precautions** that can be practiced to avoid contracting them.

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

Food safety is an important aspect of our lives; given that food is such a **big part of our society and culture** as well as critical for living a healthy life. There are many ways that practicing proper food safety plays a part in preventing food borne illnesses.

Eating or drinking foods contaminated with **bacteria, parasites, or viruses** may cause food borne illnesses. This can occur at the root, when a food product is growing or harvested, or it could occur during processing. **Bacteria can also grow**, however, through improper food preparation.

Symptoms of food borne illnesses often **mirror those of the stomach flu**, therefore a large majority of the milder cases are never reported. It is estimated that even though there are 48 million reports of food borne illnesses a year, that around 78 million people are actually affected by food borne illness every **year in the US**, whether they are reported or even diagnosed.

One of the more common causes of food poisoning. Salmonella is most commonly found in eggs as well as raw vegetables such as spinach, lettuce, and sprouts. A danger of salmonella is the **development of salmonellosis**, an infection caused by the bacteria present in salmonella. The symptoms that are developed can be very similar to **normal food poisoning** symptoms such as fever and diarrhea, but long-term affects can include:

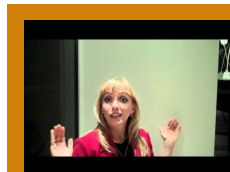
- Pain or stiffness in joints
- Irritation in the eyes
- Painful urination



CAROLINA ARAMBURO

In order to prevent food borne illnesses, **food safety can play an important role**. There are some simple but affective ways to ensure food safety in your home. These can include:

- **Defrost meat** in the refrigerator or in the microwave. Don't leave it out in room temperature as bacteria may begin to grow
- **Wash your hands** frequently, before and after any food preparation
- **Prevent cross-contamination**; separate meats and vegetables when preparing to cook
- **Properly clean and disinfect utensils** that come into contact with raw meat such as knives and cutting boards
- **Rfrigerate all left-overs** within two hours



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## YOUR LIFE DEPENDS ON YOU BEING CAREFUL WITH AND TREASURING WHAT YOU EAT!!!(Cont)

- **Cook all meat** at the proper temperature (140 degrees Fahrenheit) and reheat at 160 degrees
- **Wash all fresh fruits and vegetables** before eating or cutting them
- **Keep your refrigerator clean** and not stuffed full of food as it prevents cold air from properly circulating

In my own health journey, I have had a few brushes with food borne illnesses. It **was not a pleasant experience** and had very physically tired and sick. I couldn't eat normally for a few days. I experienced **lack of appetite**, upset

stomach, and dehydration. I drank an excessive amount of water to move the toxins out of my body naturally. Our bodies lose a lot of water when we are sick, especially with food poisoning when you may have a fever or be nauseated and vomiting. Since I eat **non-processed** organic foods, I now carefully store and prepare them. Also, since I listen very closely to my body, after the first few times of becoming ill, I learned to be **able to hear my body's reaction** to food before I even ate it. I could, just by touching the food, know that there was something "off" and prevent eating things that would make me sick.

The impact of food poisoning can take a toll on your emotional and mental well

being and could include **stress**, an aversion to certain foods afterwards, feeling lethargic, and feeling tired. Clearly when you are affected physically and emotionally there is also always the spiritual impact on your ability to hear and connect with your higher self. Listening to your body and taking the right precautions will keep you at a very low risk of having to deal with this.

I recommend **practicing good food safety**, including when you go out to eat! If you do contract a food borne illness, be sure to consult a healthcare professional **immediately**, pay attention and react immediately if symptoms persist or increase.

## FOOD BORNE ILLNESSES CAN BE DEADLY!

Not to be taken lightly, **food borne illnesses** have an array of physical impacts and, in extreme cases, food-borne illness may possibly lead to **death if not properly treated**. More likely, however, is that most symptoms cause discomfort for several days, much like the stomach flu. The FDA estimates 2 to 3 percent of food borne illness victims develop secondary **long-term medical complications** resulting in over 1.5 million lingering health problems per year.

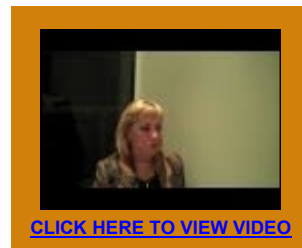
Some of the more common causes of food borne illness include:

**Campylobacter** - one of the most common causes of diarrheal illness in the United States, causing approximately **2.5 million illnesses and 1,000 deaths** each year. Almost 20% of all reported cases occur in children under the age of 10 and the incidence in children under the age of one is twice that in the general population. Approximately 1 out of every 1,000 illnesses will result in **Guillian-Barre Syndrome**, an autoimmune reaction that causes paralysis and kills between five and ten percent of its victims.

**E. coli O157:H7 and Other Shiga-toxin Producing Pathogens** - cause an estimated **73,000 illnesses and 61 deaths each year**. Nearly half of all reported cases occur in children under the age of 15. Approximately 2% to 7% of all illnesses will result in Hemolytic Uremic Syndrome (HUS), a

relentless condition characterized by cascading organ failure that can cause its victims to have **seizures, strokes and heart attacks**. Many HUS patients require splenectomies, repeated blood transfusions, and even intestinal reconstruction and one-third of HUS survivors will suffer life-long medical problems such as high blood pressure, diabetes, kidney failure and brain damage. **Children under the age of 5** and the elderly are at highest risk of developing HUS. In fact, HUS caused by *E. coli* O157:H7 and other foodborne pathogens is the leading cause of acute kidney failure in children in the United States.

**Listeria monocytogenes** - a bacterium **found in ready-to-eat products**, causes an estimated 2,500 illnesses and 500 deaths each year. While healthy adults and children are rarely sickened by *listeria*, it is a different story for the **elderly, people with weakened immune systems** and, in particular, pregnant women and newborns. Pregnant women are 20 times more likely to develop *listeriosis* than healthy people and about 1/3 of reported cases occur in pregnant women. Furthermore, *listeriosis* kills more than 1/3 of perinatal victims. Newborns affected with *listeriosis* will frequently suffer from sepsis or meningitis. It is recommended that **pregnant women should not eat hot dogs or deli meats** unless they have been reheated to steaming and that all soft cheese products should be avoided. (Cont. on next page)



It is often said that **we are what we eat** and in the case of eating food with bacteria, viruses and parasites what we become is **very sick**. Food safety is the key to preventing food borne illnesses. While it sounds and **is very simple** it does take creating habits with your food storage and preparation that might require **close attention** at first.

Our bodies, are susceptible to the **causes of food borne illnesses**. If we have any other physical conditions that **lowers our immune** system then it can become deadly. In my health journey, as my various systems were dealing with a lot of physical stress, I had to deal with food borne illnesses attacking me. Fortunately I had **relatively simple food borne illnesses** and it moved quickly. **Cherish your body** for all of it's imperfections and listen closely to it.. If you do contract a food borne illness **take immediate action** and do what you can to manage your emotions. Ultimately a healthy body, emotions and mind is the answer to connecting with and hearing the voice of your soul. **I honor you** and request you honor your body!

## FOOD BORNE ILLNESSES CAN BE DEADLY!!!! (Cont)

**Salmonella** - causes approximately **1.5 million illness and 600 deaths** each year. More than one third of all cases occur in children under the age of 10 and the incidence for children under the age of 1 is 10 times higher than that of the general population. **Children are at increased risk of infection** with antibiotic resistant strains of *Salmonella* and are at greatest risk of severe complications. Furthermore, salmonella is one of the

leading predictors for reactive arthritis, a painful, chronic and potentially debilitating condition that causes joint inflammation.

Often when there is an outbreak of food borne illness, it will be **announced in the news**, such as an outbreak of E. coli in strawberries or other foods, so it is important to pay attention to announcements such as these and properly dis-

pose of **infected foods**.

The best way to combat food borne illnesses is to **prevent them before they happen**. If you are affected by any kind of food poisoning, get yourself to a doctor immediately, follow your health-care providers instruction, try not to strain yourself and **allow the healing process to take place naturally**.

## 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](#)



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## CARE FOR YOUR FOOD TO PROTECT YOUR EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING!!!!

Contracting a food borne illness can be devastating to your physical health, but it can also **heavily impact your emotional, mental and spiritual state** of being! These are the hidden costs of food borne illness? Serious food borne illness is a traumatic experience that, regardless of the outcome, will change your life forever. First of all, no one expects that a previous healthy person could become **deathly ill by eating food**. Even when they are informed about the severity of the disease, they find it hard to believe. Actually, it isn't until someone sees their loved one on dialysis or a respirator that they begin to understand that they are **fighting for their life**. At that point, no one is thinking about medical expenses, loss of work or the long-term emotional impact.

And then there are the losses you can't put a price on. The parents of a four year old are informed that their child will

likely need a **kidney transplant** before she is fifteen. A perfectly healthy six year old loses her pancreas, becomes a diabetic and has to take 40 pills a day in order to eat. A nine year old is terrified to go to sleep for fear she will never wake up again. A college freshman loses her hair and is told that her kidneys would never survive a pregnancy. A two-year-old child dies. The price of severe food borne illness is high.

The spiritual impact of food borne illness can also be very high. As your body is **physically impacted**, whether it is for a few hours or for life, it constrains you, during that time, from being able to hear the **quiet voice of your soul**. This is further constrained by the added emotional and mental impacts. Each layer of impact has your **listening to and then connecting** to your soul decrease.

When dealing with food borne illnesses, it's important to remember that it can be **prevented now and in the future!** If you do get a food borne illness do whatever you need to do to not let it take over your emotional state. Get immediate medical attention and fight back as much as you can! You **have control over your emotional** reactions.

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

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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