

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 73rd Newsletter, I want to talk to you about **Food Allergies** and it's 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](#).

15 MILLION AMERICANS SUFFER FROM MILD TO SEVERE FOOD ALLERGIES!

Food allergies are a **common affliction** in today's society, with an estimated **15 million Americans** affected by its effects. In this newsletter, I would like to discuss the effects of food allergies, illuminating the physical and emotional results for your health and well-being.

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

Allergies relating to food are caused by a **body's exaggerated immune response** to certain foods. Studies suggest that food allergies, and more commonly, food intolerances, affect around **6 to 8 percent** of children under the age of five and 3 to 4 percent of adults. In the United States over 200 people die annually from food allergies.

A person can be allergic to almost any food, but there are several foods that can be more common causes of allergies. **90% of all food allergies** are caused by these 8 foods that may be more likely to affect children be:

- Eggs
- Milk
- Peanuts
- Fish & Shellfish (such as lobster, crab, shrimp)
- Soy products
- Tree nuts
- Wheat
- Gluten

These may be some of the most common causes of allergies. Many **children may grow out** of them if avoided, but certain foods, such as peanut, tree nuts, and shellfish allergies are more likely to stay with a person for their entire lifetime. Along with fish, those four make up the most **common food allergies** in adults.

In some cases, people may only have **an oral allergy** to certain foods such as fruits and vegetables as they may contain other allergens such as **ragweed pollen** and tree pollen, which many people may be allergic to aside from in foods.

In food allergies, the body may mistake a food substance for something harmful, which may trigger your body to **release antibodies** into your blood stream to counteract what it deems harmful. The second time this happens, your body may recognize it and send out the same signals, **causing an allergic reaction**.

Many people **confuse food** allergies with food intolerances, as the symptoms may be identical in most cases. Intolerances, however, are generally



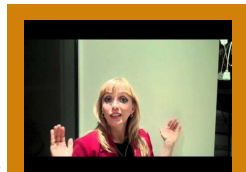
CAROLINA ARAMBURO

milder and some people may even be able to eat a small amount of the **reaction-causing food** and be fine. In true allergies, even the smallest amount of a food can cause a reaction.

In some cases, people may not be allergic to the actual food but to something used in the **production or preservation** of the food such as chemicals used to preserve fruit or other additives such as those found in wine and canned goods.

Though allergies may be more commonly **developed in younger children**, there are other risk factors that may increase the odds of developing a food allergy. These can include family history. If your family has a **history of asthma**, eczema, hives, or allergies, such as hay fever then you may be at a greater risk of developing an allergy to something.

If, as a child, you had an allergy, there may be a chance that it (Cont on next page)



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could return in adulthood. Along with age, the younger a person is, the more likely they may be to develop an allergy as the body hasn't finished growing and is more likely to absorb components that may cause allergies.

In my own health journey, as the chemicals of my body dealt with various illnesses and medications, I came across several food reactions in my own body that caused various symptoms such as headaches and rashes. By listening closely to my body I was able to determine the source of the reactions and then avoid those foods. Fortunately, the reactions I had were temporary and when tested later no

longer caused the same reactions. I found that food rotation diets are a great way of preventing food allergies from developing in the first place, and are the best way to reintroduce foods for those who have been on an elimination diet. One of the primary reasons that adults develop food allergies is from eating the same foods day in and day out.

Sometimes it may be difficult to determine if it is a true allergy or simply an emotional or psychological response as there are many factors that can contribute to reactions in the body. There are many different ways of determining if you have an allergy, and

isolating the individual food can sometimes be hard, and sometimes even a medical test might not be accurate.

If you suspect you have a food allergy, **visit a health care provider** and make a list of your symptoms. They may perform a blood test or a skin-prick test, or recommend taking the suspected food out of your diet for a few weeks and then slowly reintroducing it. There are natural cures for allergies and working with natural doctors such as an acupuncturist is a route that you can try for you, if you are affected, as many cases of allergies have been proven to be resolved this way.

UNSUSPECTED FOOD ALLERGIES CAUSE REACTIONS FROM RASHES TO DEATH!!!!

Approximately 6% of allergy sufferers have food/drug allergies as their primary allergy. Food allergy is more common among children than adults. Statistics show that food allergies account for 30,000 visits to the emergency room each year. Physical symptoms of food allergies can begin immediately after ingesting a certain food for many people. They usually occur within two hours of ingesting the offending food. Some allergic reactions may be very delayed, however, taking several days to show up.

Allergic reactions can range from mild to extreme depending on the level of intolerance a person holds for a certain food. Some reactions may be so mild that people might not even realize they have in intolerance. However, many reactions are physically obvious.

Some of the symptoms that stem from food allergies can include abdominal pain, swelling of the face, neck, mouth, and other parts of the body, difficulty swallowing, diarrhea, itching of the mouth, face, skin, throat, or eyes, nausea, runny nose, lightheadedness or fainting, shortness of breath, stomach cramps, or vomiting. Many of these happen immediately after ingesting the food, and some may be serious enough that you may have to go to the hospital. Allergies may even be severe

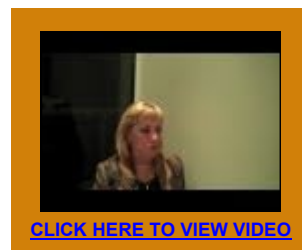
enough to cause death.

In some cases, people may only have a reaction in the mouth. Symptoms can include itchy lips, mouth, and tongue, or swelling of the lips or tongue. This reaction may be confined to the mouth area, but swelling may get bad enough to prevent natural breathing.

In the most severe cases, people may go into anaphylactic shock, an extreme reaction that affects the entire body and one that is life threatening. Some doctors may prescribe carrying an epinephrine shot, which can stop the body from going into shock in extreme cases. Always ask your doctor about something like that as it can also be dangerous.

Food allergies may also act as a trigger or worsen other physical problems in the body such as asthma or eczema (a chronic skin disorder characterized by itchy, red, scaly skin).

Determining food allergies can be done through physical tests. With children, feeding them small amounts of new foods may help determine if they might have any reactions. Doing it slowly over a long period of time may be a good idea in case they are allergic to anything. If someone has an unexpected reaction, a blood antibody test or a skin-pricking test may (Cont. on next page)



The worse part of getting food allergies is often getting to the cause of the reaction you may be having many elements are impacting our bodies at all times. Since I am very sensitive to my body's reactions physically, mentally and emotionally, I have usually been able to determine quickly what I am reacting to. I have experienced allergic reactions to things, during my intense health journey, that I never had reactions to before. I know that it was a combination of many things that had my immune system depleted. The minute I could connect my reaction to a particular food I would remove the food completely and rotate my diet. After a little time I usually found that could introduce the food again. Now that I am healthy again I have no food allergies left but I continue to rotate my diet and listen to my body for any hint of one.

Cherish your body with all of its imperfections. Listen to your body to guide you to take care of your well being for the best performance as possible. **I honor you** and request you honor your body and all of it's beautifully designed systems!

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be a way to determine if any allergies are present. The test, however, cannot **predict the level of reaction** a person might have if they eat the food.

Natural supplements that can be especially useful in helping to heal food allergies include quercetin (a bioflavonoid that reduces inflamma-

tion in the gut), glutamine (an amino acid that heals the lining of the gut), milk thistle (an herbal medicine that protects and restores liver function), and inulin (a vegetable fiber that promotes the growth of good bacteria in the gut). These **natural products** have potent anti-allergic properties in the gut, and therefore help to reduce allergic sensitivity when

used in conjunction with an **allergy elimination diet**.

It may be time-consuming to check nutrition in everything you eat, but it may save your life in the long run and definitely be **preferable to an allergic** reaction. Cherish your body for its imperfections and take care of it appropriately!

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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FOOD ALLERGIES CAN START A CHAIN REACTION OF MENTAL, EMOTIONAL AND SPIRITUAL ISSUES!!

Food allergies can be emotionally taxing at times, **creating stress, anxiety**, and even social pressure where there might normally be none. Keeping your body balanced while suffering from food allergies can be difficult, but through practicing good health and maintaining your **emotional health**, you can live a healthy, normal life.

Children with **delayed pattern food** allergy may have nightmares, tantrums, and fail to learn at school because of attention deficits. Some of these children grow into troubled adults with "learning disability". Others remain hyper, **moody, and volatile**. Adults who have delayed pattern food allergy are sometimes described as "depressed" or "neurotic". Migraine sufferers may have neurological symptoms that suggest a **stroke or a seizure**. The occasional patient will have food-triggered epilepsy. Often changes in sensation,

motor control, balance, and vision are symptoms of food allergy and suggest the **diagnosis of serious neurological** diseases such as Multiple Sclerosis. Food allergies was implicated in depression, anxiety, hyperactivity in children, epilepsy, migraine, Meniere's syndrome, Multiple Sclerosis, and Guillain-Barre Syndrome.

Allergies may also change over time, which can affect how we react emotionally. A cycle of allergies may change, creating new problems or even lessening others. Allergies, however, may generally be a **manageable condition**, and the emotional repercussions may be slight or non-existent. In order to maintain a balanced emotional and spiritual life, it may be necessary to look inside yourself and figure out how you want to live your life. **Balancing and organizing** may help a lot in managing allergies and social situations.

As always, when your body is sick and that is followed by mental then emotional implications it becomes more and more **challenging to listen** to the quiet voice of your soul – thus your connection to your higher self is lessened. Keenly listening to your body is a key to not letting this **downward spiral** happen in the first place.

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

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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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