

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 77th Newsletter, I want to talk to you about the **Digestive System** 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**.

YOUR DIGESTIVE SYSTEM WILL EITHER REGULATE YOUR BODY OR THROW IT COMPLETELY OUT OF BALANCE!!!

Your digestive system regulates all the food in your body and helps to process the **enzymes** and things that you eat! In this newsletter, I want to focus on ways to keep your digestive system in top condition and **how to recognize** any problems before they happen!

This week on our Fan Page, we have provided links and information about your **digestive system** that will help encourage a healthy lifestyle. These articles will provide information on how your digestive system may affect your physical, mental, emotional and spiritual well-being.

An **adult's stomach** can hold one liter of food! That's a lot for your body to process, and it does that every day. Of course, that doesn't mean we should eat that much

food, but our bodies are built to **perform enormous tasks** on a daily basis.

The digestive system is composed of the **digestive tract**—a series of hollow organs joined in a long, twisting tube from the mouth to the anus—and other organs that help the body **break down** and absorb food. Inside these hollow organs is a lining called the mucosa. The organs that make up the digestive tract are the mouth, esophagus, stomach, small intestine, large intestine (**also called the colon**), rectum, and anus. The first part of the large intestine is called the cecum and the appendix is connected to the cecum. Two "solid" digestive organs, the **liver and the pancreas**, produce digestive juices that reach the intestine through small tubes called ducts. The gallbladder stores the liver's digestive juices until they are needed in the intestine. Parts of the nervous and circulatory systems also play major roles in the digestive system.

Some problems that can arise from the digestive system may include heartburn, irritable bowel syndrome, **appendicitis**, celiac disease, kidney failure, pancreatitis, ulcers, **stomach cancers**, gallstones, hemorrhoids, constipation, gas, and Crohn's disease.

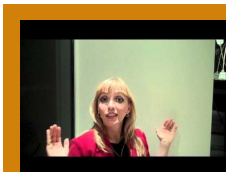
Appendicitis may be common in younger people but many adults may have to have their appendix taken out. Over **250,000** appendectomies are performed in the US per year and 15-20% of those are the removal of normal appendixes taken out for precautionary purposes. The function of the appendix is **unknown**. One theory is that



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the appendix acts as a storehouse for **good bacteria**, "rebooting" the digestive system after diarrheal illnesses. Other experts believe the appendix is just a useless remnant from our **evolutionary past**. Surgical removal of the appendix causes no observable health problems.

Other digestive problems may not be so easy to deal with such as an **inflamed pancreas**. The pancreas produces necessary hormones for your body, such as insulin for your **blood stream**. It regulates the way your body processes food, and when it becomes inflamed, it can be very painful. Symptoms may include a pain in the upper abdomen, the abdomen becoming swollen or tender, **fever, nausea** and vomiting, or an increased heart rate. **Gallstones** as well as heavy alcohol consumption may bring on pancreatitis. Intravenous fluids as well as a (Cont. on next page)



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change in diet may help pancreatitis, and in some cases, surgery may be necessary as well. Problems with the pancreas may lead to other, worse conditions such as diabetes.

Certain digestive problems such as constipation, gas, and bowel movements may be related to your diet or medications you take. Some problems, such as Crohn's disease is a manageable but not curable condition stemming from ulcers in the stomach. Doctors don't know the exact cause, but it can be managed through eating right, massages to manage the stress and vitamin supplements that may help you to cope with it.

In my own health journey, I have experi-

SOME EXERCISE, FOOD AND MEDICATIONS WILL SLOW DOWN, DAMAGE AND EVEN SHUT DOWN YOUR DIGESTIVE SYSTEM!!!

Your digestive system is responsible for all food processing that goes on in your body, and when things go wrong, it can cause a lot of pain and suffering. In order to avoid that, simple methods can be implemented to help keep your body healthy and pain-free.

Eating right is the first step to a healthy digestive system. Lots of fruits and vegetables can be good for the digestive system, and a balance of proteins such as spinach and nuts is also good for a healthy system. Steer clear of artificial sugars and lean more towards fibrous foods instead. To help your body flush away toxins naturally, drink plenty of water. Aim for 96 oz. of water daily, more if you live in a warm climate or sweat profusely during exercise. Add a slice of lemon and get the benefits of Vitamin C, which helps your body convert toxins into a water-soluble form before it washes them away. A digestive system can be slow or fast according to what types of food are inside it being digested. For example, people have a very hard time digesting red meat and many types of dairy products. Eliminating or at least cutting back on these will help. Don't forget, the longer your food stays undigested, the greater your chances of developing a digestive disorder. Also, the more processed foods you eat the harder they are to digest, alternatively, the more whole, and natural foods are, the easier they are to digest. It's all very common sense. Which do you think will be easier for your system to digest, an apple or a Twinkie?

Obesity can be linked to such digestive system problems as hemorrhoids, gastroesophageal reflux disease (GERD),

and even throat cancer. Stress can also be a cause of digestive problems, causing stomach upsets. Therefore, learning to manage the stress in your life can go a long way in creating a healthy lifestyle for you and your digestive system.

ended many digestive problems. Many of the medications I was on at the onset of my near-death health experience irritated my digestive tract and caused digestive tract problems. I had to learn to balance it out with acupuncture and natural remedies such as gradually adding more fresh, raw, organic fruits and vegetables into my diet as a natural source of enzymes and fiber to support my intestinal health. Vegetables mineralize the system. I also drank massive amount of water and the water contained in fruits and vegetables was important for nourishing and cleansing my system. Water carries nutrients into the intestines where they are rapidly absorbed and then flushes away the wastes.

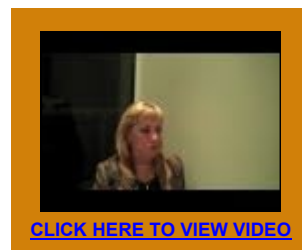
Digestive enzymes are protein-based compounds that bind with chemicals in the body, promoting and speeding the rate of biological reactions. More than 2,000 different enzymes are involved in digestion and other important bodily functions. We produce these enzymes when we eat. Enzymes in the lining of the small intestine aid in the absorption of nutrients, amino acids, and fatty acids from our foods and help to move them through the bloodstream to the liver and to other organs and tissues. It's an elegant system – when it's working.

Medications have a major impact on the digestive system causing everything from ulcers, bleeding and perforations to strictures of the esophagus and stomach, esophageal reflux, nerve and muscle activity in the large intestine (colon) causing constipation, diarrhea. chemical attacks and injury to the liver.

Some digestive problems can be genetic or caused by something in the body rather than outside it. Some people cannot process foods such as gluten, flour, or dairy products. There are many alternatives now available as substitutes for these, such as soy or gluten-free products. The inability to process gluten (celiac disease), symptoms may include fatigue, memory problems, and skin breakouts. Changing your diet may generally clear

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Since the digestive system is often an indicator for other problems in your body and since food is what keeps us alive, having a healthy digestive system is great to make sure all of our nutrients are reaching our body and being absorbed, as they should. If you have any digestive problems, visiting your doctor to be sure it's not something serious can be a good way to keep your peace of mind, but diet and exercise is almost always a surefire way to make sure your body is healthy and happy. Of course, some problems don't stem from diet, so it's always important to listen to what your body is telling you and understand when to see a healthcare professional.



During my intense health journey I had multiple problems with my digestive system as various doctors and healers worked with me to save my life. Each time we changed, first my meds, in the beginning, then my diet and exercise plans to save various organs in my body my digestive system went through trauma as it adjusted to the various complications cause by the changes. We were always having to balance the physical emergencies and urgencies with the impacts on my digestive system. My truest guide was always listening to my body throughout the whole process. Even though I am now healed, I still have an enormous respect for my digestive system and take the steps I need to take to assure it functions at a peak level.

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

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these up, but talking to a healthcare professional is recommended in most cases. **Pay attention** to your bodily functions as they can be great indicators of how well your body is working. Certain natural cures for digestive problems include:

- **Peppermint Oil** - Reduces abdominal pain, bloating, and gas.
- **Digestive Enzymes** - Enzyme supplements are believed to support

the body's own digestive enzymes to aid digestion. Disorders stemming from poor digestion.

- **Aloe Vera** - Nature's enzymatic aid to digestion.
- **Beta Carotene** - One of nature's most powerful anti-oxidants.
- **Papain** - The enzyme that digests protein.

- **Capsicum (Cayenne)** - Aids circulation and useful in inflammations, stomach and bowel disorders.
- **Cascara-Sagrada** - Intestinal tonic and promotes peristaltic activity of the bowel.
- **Black Walnut** - Expels parasites. Assists in the elimination of toxins.
- **Senna Pod** - Helps cleanse the colon.

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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"NEGATIVE" EMOTIONS WILL SHUT DOWN YOUR DIGESTIVE SYSTEM AND YOUR HEALTH

Every part of the digestive system can be affected by **stress, worry, fear**, tension and/or depression. Digestion is controlled by the enteric nervous system, a system composed of **hundreds of millions** of nerves that communicate with the central nervous system. When stress activates the "flight or fight" response in your central nervous system, digestion can shut down because your **central nervous system** shuts down blood flow, affects the contractions of your digestive muscles, and decreases secretions needed for digestion. Stress can cause inflammation of the gastrointestinal system, cause your esophagus and make you more susceptible to infection. Stress can cause your esophagus to go into **spasms** and increase the acid in your stomach causing indigestion. Under stress, the your stomach can shut down and make you feel nauseous. Stress can cause your colon to react in a way that gives you diarrhea or constipation. Even though stress may not actually cause **stomach ulcers**, celiac disease, or inflammatory bowel disease, it can make these

and other diseases of digestion worse. Additionally, it is not a good idea to try to eat while **driving a car**, discussing business or personal problems, reading disturbing news, watching television or in any situation that may give rise to intense emotions.

When we are relaxed, our stomach and other organs are **less tense**; they feel less constrained and can perform their tasks more easily. In fact, the physical act of laughing after a meal allows the food to pass more readily through the digestive tract.

We should make every effort to surround ourselves with **peaceful, pleasant** emotions and thoughts before and during meals. Prayer, meditation or a period of silence before beginning a meal can help us to "wind down" our activities. By establishing a **quiet period** before we begin eating, we remove ourselves from the hurried emotions and past thoughts of the day. This may take the form of a prayer,

an affirmation about the food we are about to eat, or simply a period of quiet silence where we anticipate the enjoyment of the **upcoming meal**. As always when our bodies are sick it creates and impact on our emotional and mental states which then has an impact on us being able to hear the quiet voice of our souls. Taking **time to listen** to that voice before eating will make a big difference in not becoming sick so that it becomes difficult to hear that voice later.

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

<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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