

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 83rd Newsletter, I want to talk to you about your **Kidney Health** and its 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 KIDNEYS ARE YOUR PERSONAL CLEANSING AND BALANCING SYSTEM!!!

Your kidneys are what process the **toxins and waste** that go into our bodies and allow our bodies to cleanse themselves in order to be healthier! In this newsletter, I want to focus on ways to keep your kidneys 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 kidneys that will help encourage **healthy kidneys**. These articles will provide information on how your kidneys may affect your physical, mental, emotional and spiritual well-being.

The kidneys are two bean-shaped organs, about **5 inches long** and 3 inches wide. They are dark red in color, and located on either side of your spine in the middle of your back, just **below your rib cage**. The

right kidney lies a little lower than the left kidney. The kidneys together with the bladder, **two ureters and single urethra** constitute the urinary system.

Each kidney is covered with a transparent, fibrous membrane called a **renal capsule** which protects it against infection and trauma. Each kidney contains millions of microscopically thin structures called **nephrons**, which filters the blood and causes waste to be eliminated in the form of urine. The kidneys do not weigh much - approximately **0.5 percent** of your body weight.

The kidneys have several important functions and they include:

- Separates **urea**, mineral salts, toxins and other waste products from the blood
- Conserves **water**, salts and electrolytes
- Filters **metabolic** wastes from the blood plasma and excretes it from the body
- Removes and breaks down **toxins** in the body by getting rid of it in the urine
- Balances the volume of body fluid and **mineral content**
- Responsible for ensuring that **blood pressure** remains steady over the long term
- Balances the **volume** of body fluid and mineral content
- Excretes **extra acid** that the body produces
- Excretes water and electrolytes to match water intake and **endogenous** production
- Secretes hormones **Erythropoietin** (EPO) to make more red blood cells
- Activates **Vitamin D** to maintain



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healthy bones

As we age, our kidney function diminishes naturally, so it's important to keep the kidneys working properly from the **very beginning**. Kidneys can be damaged from several different things such as **drugs, alcohol**, excessive proteins, minerals, and other ingested toxins that may have a dramatic affect on the kidneys over time.

Problems can arise in the kidneys however, and most of these problems can be detected through the use of **blood or urine tests**. Most kidney problems show no symptoms in the beginning. It is important, then, to have a regular check-up with the doctor to catch problems early. If there is **blood in urine**, it can mean something serious is wrong, so you should see a healthcare provider immediately.

Some possible problems with the kidneys can include kidney stones, kidney disease, high (Cont. on next page)



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YOUR KIDNEYS ARE YOUR PERSONAL CLEANSING AND BALANCING SYSTEM!!! (Cont.)

pressure, urinary tract infections, or kidney failure.

Blood pressure may be directly related to the kidney processes. It can affect or be affected by the kidneys, so keep it in check can be very important for your kidneys' health. Blood pressure is directly related to **kidney disease** as well. Kidney damage may occur over long periods of time, which is known as Chronic Kidney Disease (CKD), and when damage occurs suddenly, it is known as Acute Kidney Disease.

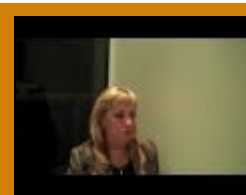
Kidney disease may never go away, and it may only **worsen with time**, leading to kidney failure, in which the kidneys fail to function properly. At this stage of disease

the normal treatment is **dialysis** or, more seriously, a kidney transplant.

In my own health journey, I have had some very serious problems with my kidneys. Since childhood I have been prone to **kidney infections** and when I developed intense health problems and my **immune system** shut down several times, my kidneys were the first organs that suffered. **Medications** also impacted my kidneys as they tried to process the variety of them in the beginning of my illness. Fortunately, because I listen to my body and know what to listen for with my kidneys I was able to guide my array of doctors to help me to keep my kidneys healthy and **from collapse**. I eat a completely vegan diet, without dangerous substances such as caffeine, and

I exercise regularly so I give my kidneys as **much support as possible**.

Given the importance of your kidneys, learning to care for them properly and avoid problems such as **kidney stones** or high blood pressure is key. Your kidneys support your whole body and if they fail, it can disrupt the rest of how your body functions instantly. Cherish your kidneys for any of their imperfections and treat them with the **utmost care**.



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FRUITS AND VEGGIES STRENGTHEN KIDNEY FUNCTION!!!

As the **kidneys process** so much blood and waste that goes through your body, a great way to help your kidneys do their job properly is to ensure that you are putting less **bad toxins** into your body.

People in the early stages of chronic kidney disease (CKD) may be able to save their **remaining kidney** function for many years by

- Controlling their **blood glucose**
- Controlling their **blood pressure**
- Following a **low-protein** diet
- Maintaining healthy levels of **cholesterol** in the blood
- Maintaining healthy levels of **potassium** in the blood

This can be accomplished through your diet. The kidneys process up to **200 quarts of blood** every day in order to sift out about 2 quarts of waste products and extra water. Water helps to process that waste, so by drinking more water, up to **twelve glasses** a day, you can help to cleanse your kidneys so that they work better.

Reduce the stress on your kidneys by **reducing stimulating foods** and drink, such as red meat, foods with refined salt, tea, and coffee. If you are having kidney problems, reduce your intake of all **animal proteins**. Uric acid kidney stones form when we consume excessive amounts of animal protein — especially red meat. If the kidneys don't remove all the **uric acid**, it ends up in the areas of the body with the poorest circulation like the toes and the feet and

gout crystals (uric acid) are formed.

Increase your intake of foods that strengthen kidney function—**fresh fruits** and vegetables in general, and in particular:

- quinoa, barley, and millet
- black beans, mung beans, and (of course) kidney beans
- grapes, cranberries, and blueberry
- fennel, onions, spring onions, celery, beets, spinach, string beans, and asparagus
- parsley, chives, garlic, ginger, and cloves
- spirulina

Take an herbal kidney-support product. There are many brands available. Herbs such as Agathosma betulina (**Buchu**) possess diuretic properties and acts as urinary antiseptic while Berberis vulgaris (Barberry) **improves immune functioning** and is excellent for kidney stones. Other herbal ingredients that are extremely beneficial for kidney health include Polygonum multiflorum root (Fo Ti), Schizandra chinensis (Wu Wei Zi) and Trigonella foenum-graecum (fenugreek).

For kidney stones many people have had relief by drinking simple **real lemon** juice. Drink at least two ounces, and the kidney stone pain is usually gone within 15-20 minutes. The stone itself often dissolves within about **12-15 hours** too.

For a kidney **detox**, drink:

- Fresh **cranberry** juice: Run a cup of cranberries through the blender with an adequate amount of water and a spoon of (Cont. on next page)

Your kidneys are small but have immense impact throughout your body. When my kidneys become unhealthy I can **immediately** feel the results of their stress in my heart, blood pressure and liver. In addition I experience not just pain in my kidneys, but migraines and a **series of other pain** such as in my back. Since my kidneys are not flushing out toxins then I also have to deal with the impact of those **toxins** on my body also. My illness, because of various systems that shut down, left me dealing with **acute kidney** disorders that lasted from days to weeks. Each time, by listening to my body, I caught it before it moved into a full CKD. My healthcare partners and healers needed to **attend to my kidneys** throughout my illness, however, both in reactionary mode and proactive mode. Now that I am healed, I still make sure I **eat well and exercise** sufficiently to keep my kidneys healthy.

Cherish your body with all of its imperfections, **NOT DISPIE THEM** BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and to your healthcare providers, to guide you to take care of your **kidneys** just as you would all of the other organs and systems in your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

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FRUITS AND VEGGIES STRENGTHEN KIDNEY FUNCTION!!! (Cont.)

freshly squeezed lemon juice.

- **gingerroot** tea: Peel gingerroot and steep several slices in a cup of boiling water to taste.
- **dandelion** tea: Steep as you would any tea.

Regular exercise, especially if you are overweight, can help to reduce your blood pressure and help your kidneys work to their full capacities. Exercise is a

great way to reduce your cholesterol levels as well as keep the rest of your body working properly. Also, **sweating** helps to eliminate toxins through your skin and thus alleviates the load placed on your lungs, colon and kidneys.

Reduce the use of over-the-counter painkillers. **Over the-counter painkillers** must be broken down by the kidneys, which can become extremely taxed, fa-

tigued and worn out by this constant **detoxification** process.

Keeping your kidneys healthy takes time and dedication to living a healthier life. **Take control** of what you put into your body like the food that you eat or the time you spend exercising, and you can find that you may lead a healthier lifestyle and keep your kidneys working at their highest capacity for your body!

MASTERFUL BUSINESS & PERSONAL COACHING

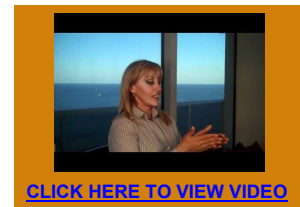
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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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THE KIDNEYS ARE A CENTER POINT OF EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING!!!

In the Eastern/Chinese view, known as the **'Minister of Power'**, the kidney is regarded as the body's most important reservoir of essential energy. The kidneys control the growth and development of bones and nourish the **marrow**, which is the body's source of red and white blood cells. The Chinese view the spinal cord and the brain as forms of marrow, and therefore **poor memory, inability to think clearly**, and backache are all regarded as indicators of impaired kidney function and deficient kidney energy. Also according to Chinese medicine the kidneys are the **seat of courage and willpower**, and therefore any impairment in kidney energy results in feelings of **fear and paranoia**.

When your kidneys don't work properly, it can leave you feeling down-

trodden and tired, as if everything you do is a task. You don't want to stress your body as **extra stress** can only lead to worse things such as high blood pressure which in turn impacts the kidneys worse.

When you have kidney problems, you may feel **anger, sadness**, depression and hopelessness and therefore take it out on yourself and others around you, which can cause more **anger and hurt** in yourself and your immediate circle of friends and family. Instead, try to focus your energies on practices that are more productive like getting healthy, meditation, yoga and breathing exercises or other means to **ease your mind** off your disease.

It is imperative to those with chronic kidney disease (CKD) to find a way

to reach **inner peace** as early on as possible. It will keep them healthier much longer. Once CKD becomes more and more serious then the chances of hearing the quiet voice of your **soul lessens** as the failure of your kidneys shut down your body more each day with first physical then mental and emotional barriers.

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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