

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 85th Newsletter, I want to talk to you about your **Cancer** 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](#).

### CANCER PROOF YOUR ENTIRE WELL BEING !!

Cancer is a result of the **uncontrollable growth of cells** in the body and comes in over two hundred forms. It is caused by the mutation of cells and each is basically identified by the kind of cell that is initially affected. In this newsletter, we will focus on how you can keep your body as **cancer proof** as possible and detect any problems before they even happen!

On our Fan Page this week, I have provided you links and information about cancer that will help you live a **healthy lifestyle**. The articles will give you information on how cancer affects your health and your well-being physically, intellectually, emotionally and spiritually.

Cancer's **abnormal cells** not only multiply in the body but they mutate into different forms. **Cells** are the **building blocks** of our body. Normally they multiply when our body needs them and die when our body no longer

needs them but when cells divide rapidly or when they fail to die when they should they form lumps and masses of tissue called **tumors**.

With the exception of **leukemia** which prohibits the normal blood function of abnormal cell division in the blood stream, tumors grow and can interfere with your **digestive, nervous** and circulatory systems and release hormones that alters your body's function. Tumors that stay in one spot and shows limited growth are considered to be **benign**.

**Malignant tumors**, however, form when cancerous cells move throughout your body using your own blood and lymph systems and destroy your **healthy tissue** in a process called invasion. When these cells are able to divide and grow, allowing them to make new **blood vessels** to feed itself - a process called angiogenesis.

Cancer has been cited by many as a uniquely **western disease**. One out of every 3 persons in the United States' die from cancer. The most common cancers in the United States include:

- Bladder
- Breast
- Colon and rectal (combined)
- Endometrial, kidney
- All types of leukemia
- Lung including bronchus
- Melanoma
- Non-Hodgkin Lymphoma
- Pancreatic
- Prostrate
- Thyroid

Since cancer can develop in almost any of your **organs or tissues**, there are many factors that may cause cancer such as smoking and excessive drinking of alcohol, environmental toxins, **chemicals**, genetic problems, obesity, radiation and viruses. New causes of cancer are being discovered each day and so many causes may



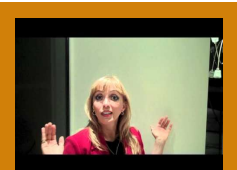
CAROLINA ARAMBURO

still remain unknown.

Cancer **symptoms** vary a lot. Some symptoms are not easily physically noticed. While cancer cells use our body's energy and interfere with our **normal hormone** function possible symptoms like fever, fatigue, excessive sweating, anemia and unexplained weight loss can be seen.

Cancer is less common in children and occurs most likely **as we age**. Therefore, it is very important that we understand how and what we can do to prevent cancer from occurring and keeping our bodies healthy. The most common treatments for cancer, once it occurs, include **body destroying** practices radiation therapy, chemotherapy and surgery. Chemotherapy alone contains 13 chemicals which have a long list of side affects—one of which is the destruction of the **immune** system—the very system that protects our body. Even the Journal of the AMA took note of the

**phenomenon** when, in its diagnosis and treatment of breast cancer by Dr. Maurice (Cont on next page)



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## CANCER PROOF YOUR ENTIRE WELL BEING!!! (Cont.)

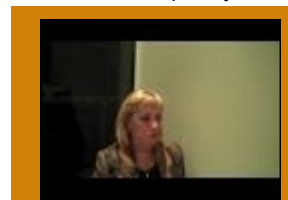
Fox, a biologist from the Massachusetts Institute of Technology, in studies carried out at the Harvard School of Public Health, found among other things, that: Those who **refused** medical procedures had a **lower mortality** rate than those who submitted. Given the life threatening risk of cancer it is a tough choice for most people as die by cancer or **die by treatment** becomes the question. Overall treatment success rates vary greatly. There is also a whole powerful array of natural and **alternative treatments** that have proven successful for people at different stages of cancer.

I have been very "respectful" of cancer from childhood, since many people in

my family and many close friends have cancer, and have even **died from cancer**, as I was growing up. At one point doctors even thought that my **father's brain** tumor (which ultimately killed him) was cancerous, but it turned out to be benign later on. Nevertheless, the threat of cancer was there. So, I have studied cancer throughout my life and I have been taking care of myself my whole life, to **prevent cancer**, through my nutrition, exercise, regular check ups and, very importantly, by managing my emotional health. Without an exception every one in my family and of the close friends that died from cancer had 3 things that, **WITHOUT FAIL**, they all had IN COMMON : 1) they smoked; 2) they had a non-

vegan diet; and 3) they were always stressed and extremely suppressed. So, I always keep present that my **emotional health** is crucial and that is why I worried about my work at Landmark Education which impacted that which I had manage my whole life.

**Why wait** for the problem to occur when you can do things to prevent it? No matter what age you are now, it is the perfect time to **create habits** and patterns that will help you to protect yourself from cancer and aid in treating cancer if it does impact you.



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## PLANET BASED FOOD IS PURE CANCER PROTECTION!!!!

Researchers at the University of Victoria in British Columbia did a careful follow up on 200 persons who underwent a "spontaneous remission of cancer". They found that **87% of those persons** had switched diets, usually to a vegetarian or vegan diet. Recently a link between excessive **meat eating and cancer** has been explained by Dr. Williard J. Visek a research scientist at Cornell University. The problem, according to Dr. Visek, is **ammonia** the carcinogenic by-product of meat digestion.

Although cancer is increasing at an alarming rate it can be prevented, by keeping our body's **immune system** up. Much poisoning of the body has been caused by the use of improper foods, such as meat, dairy products, **white sugar**, white flour, white rice, along with the use of liquor, tobacco, coffee, soda and all other denatured foods. Good wholesome food builds **good blood**, where as unwholesome foods build a poor quality of blood. Cancer will not develop where there is a pure blood stream and the body's immune system is functioning at its **optimum**.

To prevent and cure cancer we must keep our body's immune system high. This is done by following simple rules that includes: **lots of fresh air**, using lots of pure water, eating lots of wholesome natural foods, getting sufficient rest, daily exercise, getting outside in the sun everyday and creating **peacefulness** for ourselves. There is no one drug, herb, or treatment that will kill cancer. Cancer has to be treated by **building** the body's immune system. **All plant foods** contain nutrients that aid healing. Herbs, fruits and vegetables have properties that protect against and inhibit the proliferation of

cancer while strengthening, cleansing and repairing the body. These include green leafy vegetables, cruciferous vegetables (broccoli, cauliflower, cabbage, etc.), **sea vegetables**, fruits (especially berries and dark grapes with seeds and skins), garlic, ginger, turmeric and green tea, among many others. A diet containing an abundance of **organic plant foods** provides layers of nutritional protection.

Concentrated fats from **flax oil** and olive oil may be used unheated while coconut oil can be used for cooking. Although these healthy oils, as well as fats from whole foods such as **avocados**, nuts and seeds provide the essential fatty acids necessary for oxygenation of cells, they should nevertheless be kept to a minimum (approximately 15% of diet) since fat slows digestion and in large quantities may accelerate tumor growth. Once the cancer is stabilized this **restriction may be relaxed**.

Animal protein should be **eliminated**. Beans and legumes are an excellent source of **fiber** and many important nutrients and may be consumed in moderation.

While whole grains also contain fiber and nutrients, there is disagreement among experts as to their place in a healing diet. Due in part to their **sugar and gluten** content, and the digestive load they place on the body already burdened by cancer, they should be eliminated or restricted to gluten-free varieties, at least until the condition is stable. Likewise, **natural sweeteners** such as honey and maple syrup should also be restricted while cancer remains active. The herb stevia is a safe sweetener.

**Detoxifying** is important to build the (Cont on next page)

I have spent a lifetime studying the causes of **cancer** as a result of so many people in my life who have had cancer and died from the disease. As a result I have paid **intense attention** to my own body to prevent cancer. Because of that, my whole life I have been **85% vegan** (which I now know is insufficient so I am now 100% vegan). I would **never smoke** because I saw how painful the death, of people I knew who smoked, was. I have also made sure, most of my life, that I **maintained emotional**, intellectual and spiritual balance in my life. I have seen that a lack of emotional balance (stress, tension, anger, worry, hurt or resentment) is a huge major **contributor of cancer**. I can't emphasize that enough. The one period in my life that I did not maintain that balance I found out quickly how much of an impact **stress** was on my health and although I practically died from it I was able to stop it and, through a very **intense healing** path with a team of doctors and healers, heal myself before cancer had a chance to invade my body as it easily could have. Do whatever you need to do create **emotional balance/wellness** to prevent cancer for you.

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 physical, emotional, intellectual and spiritual balance. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!**

## PLANET BASED FOOD IS PURE CANCER PROTECTION!!! (Cont.)

immune system. Effective healing requires the removal of **accumulated toxins** and metabolic wastes. Being mindful to eliminate or minimize the ingestion of processed foods, substances, and environmental toxins that inhibit the healing process is of primary importance. In addition to consciously avoiding **toxic exposure** and cleansing the organs of elimination, there are various therapies and practices that will help purify the body. Some include daily **stretching to release acids** from tissues; rebounding on a mini-trampoline to move

lymph fluid, flush waste, and increase the number and activity of white blood cells; perspiring in a sauna to purge toxins through the skin; **juicing to alkalize** and cleanse tissues, and castor oil packs to enhance circulation, stimulate the immune system and aid in detoxification. Toxic build-up can also be released through **fasting**, which helps to heal and rejuvenate the body.

As for supplements: **Chlorella**, mushroom extracts, aloe vera, and milk thistle are just

a few of the many supplements that strengthen the body's natural defences.

Ultimately by listening to your body and cherishing it for any of its **imperfections** you will prevent cancer causing **alterations** of your cells. If you develop cancer it will be that same listening and **cherishing** that could heal you. Our bodies are perfect – let's celebrate and treat them with the care they need to remain that way.

## 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 **FULFILLING ADVENTURE!!**

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## EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE ARE THE ANSWER TO BEING CANCER FREE!!!!

Studies have proven that emotions play a **crucial part** in the beginning and healing of serious disease such as cancer. Any kind of unexpected shock, for instance (and this includes a cancer diagnosis!), can have a devastating effect on your immune system and therefore your **susceptibility** to cancer. A similar mechanism seems to be true for living in fear and panic. Studies have indicated that **stress can also affect** tumor growth and spread in patients who already have cancer. So one of the first tasks at hand in remaining cancer free or in having a successful healing journey with cancer may be working at reestablishing the greatest possible measure of inner peace and confidence.

According to W. Douglas Brodie, MD. "Evidence of a relationship between cancer and **personality type** has existed for centuries. In dealing with many thousands of cancer patients over the past 28 years, it has been my **observation** that there are certain personality traits, which are rather consistently present in the cancer-susceptible individual. These characteristics

include:

Being highly **conscientious**, dutiful, responsible, caring, hard-working, exhibiting a strong tendency toward carrying other people's burdens, having a deep-seated need to **make others happy**, having a great need for approval, often having a history of lack of closeness with one or both parents, harboring **long-suppressed toxic emotions**, such as anger, resentment and/or hostility, often is unable to cope adequately with stress., has usually experiencing an especially damaging event about 2 years before the onset of detectable cancer, and shows an inability to resolve deep-seated emotional problems and conflicts, usually arising in **childhood**, often even being unaware of their presence."

Cancer treatment stresses the body physically, emotionally and intellectually. Scientists also say they have found that one of the body's "**good mood chemicals**", serotonin, forces some cancer cells to literally commit suicide by destroying themselves.

Bottom line is that bringing happiness, peacefulness through bringing emotional and intellectual **balance** to your life is both preventative and healing. Also, regardless of the type of cancer, one form of alternative medicine that studies show that alter the occurrence of cancer and the healing of cancer is a person's spiritual balance.

**Start now** to bring balance to your life so that you never have to deal with cancer!!!!

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

[\(CLICK HERE OR SEE http://carolinaarambom\)](#)

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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