

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 87th Newsletter, I want to talk to you about your **Melanoma** 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](#).

MELANOMA IS A DEADLY, FAST MOVING CANCER THAT CAN BE PREVENTED!!!

Melanoma, is only one form of skin cancer, but it is the **most deadly** and aggressive forms of skin cancer! In this newsletter, I want to focus on ways to keep body 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 melanoma that will help encourage a healthy lifestyle. These articles will provide information on how melanoma may affect your **physical, emotional,** intellectual and spiritual well-being.

Melanoma is a malignant tumor of **melanocytes**, which are found predominantly in skin but also in the bowel and the eye (see uveal melanoma). It is one of the more rare types of skin cancer but causes the **majority** of skin cancer related deaths. Malignant melanoma is a potentially serious type of skin cancer. It is due to uncontrolled growth of pigment cells, called melanocytes. Despite many years of intensive laboratory

and clinical research, the sole effective cure in western medicine is surgical resection of the primary tumor before it achieves a thickness greater than 1 mm.

Around **160,000 new cases** of melanoma are diagnosed worldwide each year, and it is more frequent in males and Caucasians. It is more common in **Caucasian** populations living in sunny climates than other groups. According to the WHO Report about 48,000 melanoma related deaths occur worldwide per annum. Malignant melanoma accounts for **75 percent of all deaths** associated with skin cancer.

The good news, however, is that if melanoma is recognized and treated early, it is **nearly 100 percent** curable. But if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. There are four major types of melanoma:

- **Superficial spreading melanoma** is the most common type. It is usually flat and irregular in shape and color, with different shades of black and brown. It is most common in Caucasians.
- **Nodular melanoma** usually starts as a raised area that is dark blackish-blue or bluish-red. However, some do not have any color.
- **Lentigo maligna melanoma** usually occurs in the elderly. It is most common in sun-damaged skin on the face, neck, and arms. The abnormal skin areas are usually large, flat, and tan with areas of brown.
- **Acral lentiginous melanoma** is the least common form. It usually occurs on the palms, soles, or under the nails and is more common in African Americans.

Rarely, melanomas appear in the mouth, **iris of the eye**, or retina at the back of the eye. They may be found during dental or eye examinations. Although very rare, melanoma can also develop in the vagina, esophagus, anus, urinary tract, and **small intestine**.

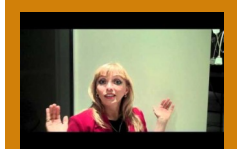


CAROLINA ARAMBURO

You are more likely to develop melanoma if you: have **fair skin**, blue or green eyes, or red or blond hair, live in sunny climates or at high altitudes, spent a lot of time in high levels of strong sunlight, because of a job or other activities, have had one or more blistering **sunburns** during childhood, use tanning devices, have close relatives with a history of melanoma, have certain types of moles (atypical or dysplastic) or multiple birthmarks, or have a weakened immune system due to disease or **medication**.

In order to diagnose melanoma, symptoms can include changes to an existing mole or a **dark lesion** of skin, where normally it looked fine. These patches can appear anywhere on the body, though they often appear in places that get the most **sun exposure**. In people with darker skin tones, it can be difficult to notice changes on the skin. In moles, there may be a few things to look such as **changing color**, changing borders, growing larger, irregular shapes, and itchiness, bleeding, or oozing.

If you suspect melanoma, it's best to visit a **doctor** right away, as it needs to be caught early since it can be very aggressive and take (Cont. on next page)



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MELANOMA IS A DEADLY, FAST MOVING CANCER THAT CAN BE PREVENTED!! (Cont.)

over before you know it. The treatment plan takes into account the type of melanoma, its **location**, whether it has begun to spread, and the person's age and health. The standard treatments are: surgery, chemotherapy, Immunotherapy and Radiation therapy. As always, there are **natural** treatments that are available also.

UVB rays from the sun actually provides Vitamin D which is important for our health and even preventing cancer. **UVA** rays however may be skin damaging. The key to using sun exposure is to never allow a burn to occur. The optimum amount of time for sun exposure is approximately **one hour** per day. Sunscreens are effective for preventing the most common kinds of skin cancer (basal and squamous cell carcinomas). However, studies have not concluded that sunscreens are effective

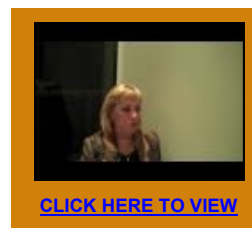
for preventing **melanoma**.

To take steps to prevent not only skin cancers, but cancers in general, it is important to consume a diet rich in raw fruits and **vegetables** and to eliminate processed foods. There are also studies that have concluded that there is a link between the **omega 6:3** oil ratio and skin cancers. The data suggests that omega-6 fats are stimulators and omega-3 fats are inhibitors of the development and progression of a variety of cancers (including melanoma).

In my own health journey, I have always tried to avoid **skin cancer** causing activities like prolonged exposure to the sun. I have also worn tons of sunscreen every day since I was a teenager. Because of my early and lifetime experiences of peo-

ple I have known with different forms of cancer, I have been rigorous about my vegetarian and now vegan diet and keeping a life that is as **stress free** as possible. The best thing you can do to combat skin cancer is by working on prevention and education for yourself and your children. Creating **balance** in our life is a major key in preventing cancer and all diseases.

Getting treatment for melanoma right away may **save your life**, so it's important to listen to your body and really know what's going on. Don't be afraid to consult a doctor if you **suspect** melanoma. It's always better to be safe than sorry after all!



ANTIOXIDANTS ARE THE ANSWER TO DAMAGING FREE RADICALS!!!!

When thinking about **skin cancer** prevention, it's easy to immediately begin talking about limiting exposure to the sun's ultraviolet (UVA) rays and so forth. While this is extremely important, there are other ways to dramatically **reduce your risk** of melanoma!!

One of the key factors that many people overlook is **nutrition**. To start, let's take a look at antioxidants and their role in preventing cancer! Antioxidants are substances that are thought to help protect against cellular **damage** caused by the sun's UVA radiation, which according to dermatologists, is still the biggest risk factor for skin cancer. When the **UVA light** damages skin cells, oxygen molecules are released that are called free-radicals. **Free radicals** can damage your DNA and alter it, which can cause the skin cells to turn cancerous and replicate.

High levels of **antioxidants** in your skin and body can actually combine with the free radicals and neutralize them. This dramatically lessens your **risk of getting** skin cancer and slows the growth of cancerous cells! An easy way to increase your antioxidant levels is to increase your daily fruits and **vegetables!** Also, you can add healthy fats (nuts, avocado, seeds, and cold-pressed organic oils like olive and coconut oil) and **legumes** to your diet to really pack a punch against skin cancer!

Top 10 Antioxidant Rich Food Sources:

- Berries: Wild Blueberries, Acai, Goji, raspberry, strawberry...
- Beans
- Pomegranate
- Seeds (Chia, Hemp, Flax)
- Greens (Kale, Spinach, Swiss Chard)
- Sprouts (Bean, Alfalfa, Brussel)
- Broccoli
- Beets
- Onions and Garlic
- Herbs and Spices (Oregano, Cinnamon, Ginger)

I recommend adding a whole foods multi-vitamin, multi-mineral, organic **greens powder**, and vegan friendly essential fatty acids to you daily intake for extra support! Another incredible thing is all of the foods listed above also have "antiangiogenic" properties, which can also **prevent and slow** the growth of melanoma skin cancer. These foods prevent a process called **angiogenesis** in which damage from the sun can cause new blood vessels to form.

At a glance, **extra blood vessels** forming doesn't seem like an issue but according to William Li, MD, president and medical director of the Angiogenesis Foundation, "Angiogenesis is what makes the difference between a small, **innocuous cancer** and a runaway, dangerous disease." You see, during the Angiogenesis the cancer cells use

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I have never had melanoma. Throughout my life I have lost many of the people I love to **cancer** and some of them to the fast moving deadly cancer.. Therefore, I have spent my life researching and making sure I understood and followed a **diet and lifestyle** that would keep me cancer free. Currently, I am completely vegan, take in sun to receive what my body needs from it—but don't ever do it too long and now keep my stress levels as **low as possible**. I understand that melanoma, like any cancer, has a very direct correlation to how I balance myself physically, **emotionally**, intellectually and spiritually. At the point in my life when I became **near death ill**, several years ago, it was because I had let that balance slide. It has taken me years to recover the balance but I have an I am now **healed**.

If you have melanoma work with health care providers but make sure you **attend to your** balance. Bring **balance** to yourself and your healing will not only be possible but long lasting.

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 **skin** 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!!**

ANTIOXIDANTS ARE THE ANSWER TO DAMAGING FREE RADICALS!!!! (Cont.)

new blood vessels to feed themselves. We do NOT want a **runaway**, dangerous disease or cancer cells feeding, so it is important to **control** the development of new blood vessels with proper nutrition!! Dr. William Li supports this when he states that; "Antiangiogenesis substances in food can starve cancer cells, preventing them from growing and becoming dangerous." Eating a **plant-based** diet with plenty variety in fruits, vegetables, grains, beans, and healthy

fats is key in this process and in any type of cancer prevention!

This week, I'd like you to think about eating a **wide variety** of foods to ensure all your nutritional bases are covered and that you're getting as many antioxidants and antiangiogenesis foods in as possible! A great way to do this is to fill half your plate with **fruits** and vegetables to start. After, add your grain, legumes, and/or healthy fat. Your main portion of

your meal should be the fruits and vegetables!

Another thing I'd like you to implement this week is the idea of "**Eating a Rainbow**". Every day attempt to eat all the colors of the rainbow (red, orange, yellow, green, blue, violet), and if you can fit more in, great! **Green** should be your largest color category, always!

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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HEALING MELANOMA WITH AN EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE ...

Since cancer is a physical condition many people assume that its cures must be totally physical. But, what if disease is first created emotionally, intellectually and spiritually before it **manifests** physically?

Melanoma, like any cancer needs to be prevented and treated **from the inside**, emotionally, intellectually and spirituality, as well as from the outside. Every cell in your body is **listening** to your thoughts. A cancer diagnosis is responded to as a virtual death sentence, to most people, a very personal form of fear. However, how the **patient reacts** and if he panics will determine if there will be metastasis. (Metastasis is very rare in animals)

Easier said than done, but with some practices in mindfulness you can do anything!! There are to many stories available of people who have **healed** themselves cancer from natural methods and by bringing emotional, intellectual and spiritual balance to their lives to ignore. Many **spiritual** and **natural** practitioners relate to melanoma as the result of underlying causes such as

covering oneself in a **shroud of negativity** and often self-hatred. Being able to see emotional, intellectual and spiritual conflicting connections to cancer is a beginning step to emotional, intellectual and spiritual balance which will provide a physical balance. Once the **connection** is seen, then you can resolve the root conflicts. Most often these conflicts involve fear, lack of forgiveness, rancor, judgment and/or shame and guilt.

Block out some time for you and use that time to **journal, meditate**, pray, do yoga or some form of mindful exercise – incorporate whatever practices you uniquely create for you to listen to the quiet voice of your soul. Take a few moments to think of everything you are **thankful for**, send gratitude above and out into the universe. Really focus on breathing and relaxing. Listen to your body. Send **loving attention** to any area of your body that is in need of it! During your day, in the background continue to create peacefulness, happiness and gratitude.

If you have melanoma or any disease look

to the affected area of the body for understanding. Change your **life style**, change your diet, slow down and relax, be near plants and **animals, birds**, forest (the land in general) and incorporate alternative medicine. No matter what is going on in your life, it is very important to slow down and use your day in a way that is inspiring for both your **health and your well-being**.

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

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