

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 89th Newsletter, I want to talk to you about **HIV and AIDS** 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**.

HIV/AIDS IS NOT A DEATH SENTENCE - IT CAN BE PREVENTED AND TREATED!!!

Human immunodeficiency virus infection / acquired immunodeficiency syndrome (**HIV/AIDS**) is a disease of the human immune system caused by the human immunodeficiency virus. In this newsletter, I want to focus on ways to keep your **immune system** and your body in top condition to prevent HIV/AIDS and how to recognize any problems before they happen!

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

HIV is **transmitted** primarily via unprotected sexual intercourse (including anal and even oral sex), contaminated blood **transfusions** and hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding. Some **bodily fluids**, such as saliva and tears, do not transmit HIV. Preven-

tion of HIV infection, primarily through safe sex and needle-exchange programs, is a key strategy to control the spread of the disease. As of 2009 AIDS had caused nearly 30 million deaths. As of 2010, approximately **34 million** people had contracted HIV globally.- AIDS is considered a **pandemic**—a disease outbreak, which is present over a large area and is actively spreading. The primary causes of death from HIV/AIDS are **opportunistic infections** and cancer, both of which are frequently the result of the progressive failure of the immune system.

During the initial infection of HIV a person may experience a brief period of **influenza-like** illness. This is typically followed by a prolonged period without symptoms. After the initial infection, the symptoms may go away and then the HIV virus **lies in wait**, sometimes showing no signs or symptoms for up to twenty years – with an average of about **eight years**. Those years are referred to as chronic asymptomatic infection. This is what HIV is. As the illness progresses it interferes more and more with the immune system, making people much more likely to get infections, including opportunistic infections, and **tumors** that do not usually affect people with working immune systems.

The **pathophysiology** of AIDS is complex. If infections begin to occur after the long period of no infections, then HIV becomes AIDS. Ultimately, HIV causes AIDS by depleting **CD4+ T** cells. This weakens the immune system and allows opportunistic infections. T cells are essential to the **immune response** and without them; the body cannot fight infections or kill cancerous cells. AIDS is an acquired immunodeficiency syndrome, which is when the body begins to break down and other problems begin to occur such as pneumonia, cancers, and other complications, which may **end in death**. HIV, however, can stay in the chronic asymptomatic infection stage for many many years, and some people who have HIV never become sick with AIDS until they are very

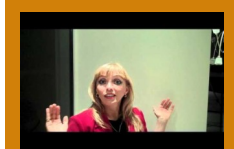


CAROLINA ARAMBURO

old when the body naturally breaks down. It can all depend on how vigilant you are and how **strong your body is**.

The **viral load** of an infected person is an important risk factor in sexual as well as mother-to-child transmission. During the **first 2.5 months** of an HIV infection a person's infectiousness is twelve times higher due to this high viral load. If the person is in the late stages of infection, rates of transmission are approximately eightfold greater

There is **no proven cure** or vaccine for HIV/AIDS. Antiretroviral drug therapy is the most common treatment applied by Western medicine. Some strains of HIV can **mutate on their own** into drug-resistant strains. As HIV grows on its own, most of the medications for HIV treatment are given to prevent the growth. As of right now, there is no definitive drug or **combination** of drugs that will work with every person. Each person's body is different and they must find what works best for them. While antiretroviral treatment to some degree reduces the risk of death and complications from the disease, these medications are expensive and may be associated with serious (Cont. on next page)



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HIV/AIDS IS NOT A DEATH SENTENCE - IT CAN BE PREVENTED AND TREATED!!! (Cont.)

side effects – one of which is further breaking down the very **immune system** that needs to be strengthened – thus causing a dangerous cycle. For these and other reasons, more than **70% of HIV-positive** people have turned to natural/alternative medicine for help. Some people use alternative medicine instead of standard Western medicine. Some people choose to use alternative medicine along with standard Western medicine.

In order to stay healthy and on top of HIV, getting tested can be one of the most important aspects. **Test yourself** and your partner to be on the safe side. If it comes back positive, you can start treatment right away and hopefully live a long, happy life. It is important to be

tested as you could have HIV and not know it. Studies estimate that over **20% of the population has HIV** and doesn't know it. One in five people may be affected by it.

HIV is not as inaccessible as it was ten or even twenty years ago. There have been many **misconceptions** about it in the past, and many advances have been made in the field over time. It is not a homosexual disease, as it can pass from anyone to anyone, and it doesn't mean certain death if properly taken care of.

I have had maaaaany friends die from HIV/AIDS and also know many who have and still are living with it. Through my observation, it is clear to me that the **natural treatments** have been best for

them. The ones that are still living with it do all natural treatments including eating **vegan raw food diets**, regular designed exercise plans, and **ESPECIALLY TRAIN THEIR MINDS TO LIVE A PEACEFUL STRESS FREE AND JOYFUL LIFE**. Those people do very well compared to the rest.

HIV/AIDS is a **growing problem** in today's society, and awareness can be a powerful tool in prevention and education of the public. HIV/AIDS may be a manageable condition if you stay **present to what your body needs** and consult with your health care providers. Only you can prevent it, though, and prevention is the easiest key to remaining HIV/AIDS free. It is your body—listen to it!

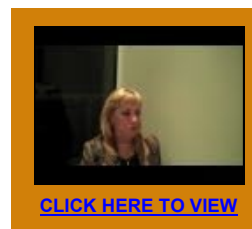
HIV/AIDS RESPONDS TO NUTRITION AND MICRONUTRIENTS!!!!

Dr. Luc Montagnier, recipient of the 2008 Nobel Prize in Medicine for the discovery of the Human Immunodeficiency Virus (HIV) spoke out for nutrition and **micronutrients** in the fight against HIV/AIDS: "There are many ways to decrease the **transmission of HIV** just by utilizing simple measures such as nutrition, giving antioxidants, hygiene measures and fighting the other **infections** that are present in patients. If you have a good immune system your body can get rid of HIV naturally." Two rules have been proven, by many studies, to provide the proper nutrition for those with HIV/AIDS: 1) Eat healthy foods emphasizing **fresh fruits and vegetables**, whole grains and lean protein. Healthy foods help keep you strong, give you more energy and support your immune system; 2) Avoid certain foods that weaken your immune system such as all **meats and meat by-products**. Food borne illnesses can be especially severe in people who are infected with HIV.

Eating a wide range of fruits and vegetables is the first step in ensuring your body has the **proper building blocks** to fight off infection. It is imperative to be sure your digestive system is functioning properly so you absorb all of these nutrients that you consume. Oftentimes, when someone

is living with HIV/AIDS their medical treatment causes **stomach issues** and disrupts digestion. It's also common to have a decreased appetite. Aloe, Basil, Calendula, Cardamom, Cat's Claw, Cayenne, Camomile, Cinnamon, Cloves, Coriander, Echinacea, Eucalyptus, Fennel, Garlic, Ginger, Ginseng, Lemon, Lemon grass, Licorice, Mint, Neem, Parsley, Peppermint, St. Johnswort, Thymeand Turmeric/ yellow root are just a few of the **herbs used to treat** HIV/AIDS and the symptoms caused by HIV/AIDS. Taking **immunity-boosting** herbs (such as astragalus, echinacea, and ginkgo) may help revive an ailing immune system, and certain herbs (such as garlic) may help **battle bacteria and viruses**. Deglycyrrhizinated licorice can soothe the mouth and throat ulcers that often accompany full-blown AIDS. Vitamin A, Thiamine Vitamin B1, Riboflavin Vitamin B2, Niacin Vitamin B3, Vitamin B6, Folate, Vitamin B12, Vitamin C, Vitamin E, Calcium, Iodine, Iron, Magnesium, Selenium, Zinc are **important vitamins and minerals** for those with HIV/AIDS.

A strong immune system helps protect from illness, keeps your body healthy, and ensures optimal well-being! People, who have the human immunodeficiency virus, or HIV, live with a (Cont. on next page)



Of the many people I have known with HIV/AIDS (many of whom have died) there is a **common thread** among those who are still living and who have created a healthy life for themselves even though they have HIV or AIDS. That common thread is that they have taken on **balancing themselves physically, emotionally, intellectually and spiritually**. They have rigorously taken on very pure **vegan diets**, perfected an **exercise regime** that works for them and their bodies and done the work to create a peaceful and low stress life. They have done this with an intention to not only live but live in a way that has their lives be **amazing and to honor themselves in the process**.

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!!**

HIV/AIDS RESPONDS TO NUTRITION AND MICRONUTRIENTS!!!! (Cont.)

weakened immune system and will likely acquire AIDS. AIDS can take years to develop but can potentially be fatal. Common illnesses that would not be difficult for a healthy body to handle can be life threatening for those with a weakened immune system!

A normal body temperature is a good indicator of a healthy immune system.

Even a fever is a sign of a healthy body because it means your body is doing what it needs to do to ward off invaders. A very low temperature is something to be cautious of. There are natural ways to increase body temperature and strengthen the immune system without medicine!!

Oftentimes, people with HIV/AIDS suffer

from reduced muscle mass, and fatigue. A way to combat this is through light exercise!! Exercise increases endorphins (natural painkillers), aids in tissue repair, helps with muscle development, and increases blood flow. These are all very important things when dealing with an illness!! Above all listen to your body. Your body, even when ill has so many answers if you will pay attention to it!

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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BRINGING EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE IS HEALING FOR HIV/AIDS!!!!

We are each an energy system. When we are healthy, or in balance, the energy flows smoothly, however, when we block or interrupt the flow of this energy, the result is illness or injury. AIDS (or being HIV positive) is an out-of-balance condition affecting the immune system. In ancient Chinese medicine the immune system is governed or controlled by the thymus gland, which in turn is regulated by the heart chakra. The heart chakra is that part of our energy system affecting and affected by our perceptions of love. AIDS, then, according to many beliefs, is an out-of-balance condition that is in some way related to the individual's perceptions of love or sense of separation from love or those they love. According to many ancient studies the immune system deteriorates during this out of balance condition.

Louise Hay, an extraordinary American healer, has had much success with reversing AIDS by focusing on the aspects of self-love, forgiveness and self-acceptance, and using therapies emphasizing these qualities. She has had more success with

AIDS patients than any other individual. We each have the ability to keep and restore our flow of energy and provide an abundance of love where there was a perception of lack. When we do this, a healing happens. It is important to keep our hearts open, and replace judgments with acceptance. It is vital that we learn to love even more, and to allow ourselves to be loved. When we can keep ourselves in a loving space, we will have a positive effect on our environment, a healing effect. With our hearts open to the love all around us, and fully accepting ourselves, we will not be creating the conditions in which AIDS develops.

Very early on in the HIV/AIDS epidemic it became clear that HIV was much more than a physical ailment. There are many psychological effects of HIV/AIDS, such as: fear, loss, grief, guilt, denial, anger, anxiety, low self-esteem, depression, suicidal behavior and thinking, withdrawal and suppression.

It is important to create, both as preventa-

tive and as a healing process, a way to minimize stress and to bring peacefulness to your life. Ultimately the less stress then the more balance and the healthier your immune system. Meditation, deep breathing exercises, time spent in nature or any form of bringing yourself to a balance will strengthen you. The more balanced you are the more you will also be able to hear the quiet voice of your soul which is always right there to guide you.

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

[CLICK HERE OR SEE http://carolinaarambom](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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