

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 89th Newsletter, I want to talk to you about **Hypoglycemia** 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**.

### HYPOGLYCEMIA IS SOMETHING THAT YOU CAN TAKE CONTROL OF!!

Hypoglycemia is what happens when the **blood sugar** levels in your body drop to a dangerously low level! In this newsletter, I want to focus on ways to keep your blood sugar levels at **optimal** levels and how to recognize any problems before they happen!

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

Hypoglycemia is a condition characterized by an abnormally low level of blood sugar (**glucose**), your body's main energy source. Hypoglycemia is commonly associated with the treatment of diabe-

tes. However, a **variety** of conditions, many of them rare, can cause low blood sugar in people without diabetes. Like fever, hypoglycemia isn't a disease itself — it's an indicator of a health problem. Latest estimate is that **45%** people in the US have hypoglycemia.

Low blood sugar can occur in anyone, although it may most commonly occur in people diagnosed with diabetes. It can also occur, however, as a side effect of different **medications**. Hypoglycemia can vary greatly in levels between different people. Some people's level at which low blood sugar occurs may be lower or higher than other people's. It can also be affected by instances such as metabolism, **alcohol** intake, prolonged starvation, infections, or organ failure.

It can be difficult to diagnose hypoglycemia without testing your blood sugar levels using a glucose tester, but generally, it may be decided that someone has hypoglycemia if they show low blood sugar symptoms, have low blood sugar when the **symptoms** occur, and if the symptoms disappear once sugar levels are restored to **normal**.

Symptoms for low blood sugar can be many and can vary for each person. Less serious symptoms can include **shakiness**, anxiety, nervousness, palpitations, sweating, coldness, clamminess, dilated pupils, or a feeling of being on pins and **needles** on your skin. These may be symptoms that a person's blood sugar levels are low and need to be treated. Other more serious symptoms can stem from a low blood sugar level in the brain.

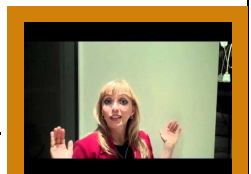


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These may be seen in signs of impaired **judgment**, moodiness, depression, crying, negativity, belligerence, anger, a change in personality, tiredness, weakness, apathy, sleeping, confusion, amnesia, dizziness, delirium, a glassy look in the eyes, **blurred** or double vision, difficulty speaking, slurred speech, incoordination (appearing drunk), headaches, paralysis, abnormal breathing, or even going into a **coma**.

The **symptoms** and results of hypoglycemia can be varied depending on the severity of the problem. Many people, however, are able to live with low blood sugar quite normally simply by **adjusting** their diet and taking regular tests of their blood sugar levels in order to maintain the right amount in their bodies.

Hypoglycemia is something that I have been **battling** with my whole (Cont. on next page)



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## HYPOGYCEMIA IS SOMETHING YOU CAN TAKE CONTROL OF!!! (Cont.)

life. My doctors have always told me that I have been on the verge of having hypoglycemia. I have always been healthy enough to not be "considered fully hypoglycemic" but right on the edge of it.

Inside of my intense health journey, with the help of all my holistic doctors, I figured out how to heal my self from becoming hypoglycemic 99%. This was all done with the perfect plant-based, whole foods, Vegan diet, managing my eating times, exercise and water intake.

It has certainly been very challenging to cherish my body in regards to this matter, because you have to train yourself to recognize the earliest symptoms and eat,

drink water and do whatever needs to be done right away and constantly. This is not that easy when you are not used to moving your schedule around a lot.

I have achieved 99% healing of this condition but it takes, no kidding, total cherishing of my body and serious, precise listening to my body to provide it with the nutrition that my body needs and when it needs it, versus what I want to eat or when its convenient for me to eat.

Low blood sugar can affect your whole body and it can be very important to keep tabs on it throughout the day, especially if you are affected by diabetes. Otherwise, it may be difficult to tell when low blood sugar happens since symptoms

may not always occur in different situations and with different people.

Long-term hypoglycemia may require more serious treatment and frequent glucose level testing, which may be able to be performed at home. Consulting health care professions or health and nutrition healers or coaches may be recommended before trying to remedy anything on your own.

Low blood sugar can be a condition that is easy or difficult to work with depending on the severity of the problem, but learning how to deal with your blood sugar levels will allow you to lead a healthy and happy life can make things easier on your body and on the people around you.

### BALANCE YOUR BLOOD SUGAR WITH DIET AND EXERCISE !!!

Glucose, the body's main source of fuel and energy, comes from food, specifically carbohydrates (breads, pastas, beans, grains, rice, fruits, vegetables). After a meal, glucose is absorbed into the blood stream and carried to the cells for energy. Insulin, a hormone made by the pancreas, helps the cells use this glucose for energy. If excess glucose is consumed, it's stored as glycogen in the liver for energy to be used in the future or oftentimes stored as fat. Ideally, we'd all like to avoid excess fat storage!!

One other downfall to consuming too much glucose at once, is the rise in blood sugar that is often accompanied by a sudden drop in it. When blood sugar begins to fall, glucagon, another hormone that is made by the pancreas, signals the liver to release stored glycogen. In a person without diabetes, the blood sugar tends to return to normal. A person with diabetes usually has to rely on insulin supplementation or strict diet regimens to control their blood sugar since their body has trouble regulating it automatically.

In a person with diabetes, hypoglycemia, or a sudden drop I

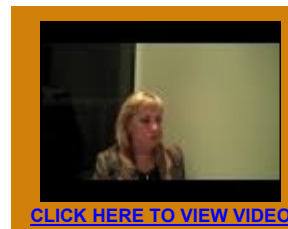
blood glucose can happen very suddenly. This person might oftentimes have trouble speaking or asking for help. Immediate consumption of something with easily absorbable sugar, like sugary fruit juice, can usually help stabilize it quickly.

In a person without diabetes, the hypoglycemia may not be as extreme or sudden, but it can still show up and disrupt your day! Due to the high consumption of nutrient deficient fast digesting carbohydrates (candy, pastries, white past, white bread, white rice, sweets etc) that most people eat on a daily basis, people are experiencing extreme fluctuations in blood sugar and taxing their pancreas and liver without even knowing it!

Below are types of foods you can eat to balance blood sugar and prevent hypoglycemia, as well as many lifestyle changes that can also help.

1) Slow Digesting Carbohydrates: This includes real food, in it's real form that is not stripped of it's nutrients, color, and fiber through processing.

- Whole grains such as brown rice, quinoa, barley, buckwheat (Cont. on next page)



Hypoglycemia is a very complex matter to deal with. I have, fortunately, conquered it but its not that easy and that simple. I have learned so much about the intricacies of the condition. Writing all I have learned about it in few paragraphs is not ideal. So, if you wish for me to guide and support you further with this matter please email me at: [Carolina@CarolinaAramburo.com](mailto:Carolina@CarolinaAramburo.com).

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 train your children to listen to theirs and follow the healthcare providers that naturally 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!!

## BALANCE YOUR BLOOD SUGAR WITH DIET AND EXERCISE !!! (Cont.)

- **Sprouted** nutrient dense breads
- **Fiber rich** fruit (the more skin and texture the better), berries and cherries are best
- **Vegetables**, all of them, and NO white potatoes do not count
- **Sweet potatoes** or yams with the skin on them
- **Legumes**

2) Food Combing: Eating a carbohydrate (mentioned above) with protein (nuts, seeds, beans, some vegetables), or a **healthy** fat (organic cold-processed oils, nuts, seeds, avocado) slows down the absorption of glucose in the blood stream and help to keep you satisfied and **energized** longer.

3) Exercise and **8-10 hours** of sleep each night both greatly help regulate

blood sugar and the way your body uses and produces energy.

**Living** with diabetes or experiencing hypoglycemia can be very frustrating but there are ways to control it naturally!! Ask about well-being coaching to get a **customized** plan to support your goals, stabilize your blood sugar, and keep you feeling and **looking** your very best all day every day!!

## 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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## REDUCE YOUR STRESS AND FEAR AND HELP YOUR BLOOD SUGAR LEVELS WILL STABILIZE!!!

Low blood sugar can cause an emotional, intellectual and spiritual **imbalance** for those affected by it. It can a deeper imbalance that shows up like worry, **fear and stress** related to the different levels of the blood sugar. Living with hypoglycemia can mean having to take extra care of your emotions and intellect. It may mean finding ways to keep yourself **balanced**.

Living in **stress**, worry or fear are some of the most detrimental things to your health!! Not only can that create an impact on your **adrenals and pancreas**, which will, in the long run, impact your blood sugar levels, but, once your blood sugar level is low that will drive it lower and actually lead to actions that would cause a severe **episode** of hypoglycemia.

Instead, what there is to do is to focus your energy on creating **peaceful**, calming and joyful things in your life. What is

your body doing to support you? What things are you **grateful** for? How has your body helped you over the years? When you sit back and think about it, I PROMISE you will be **shocked** at what you discover if you will listen to your heart and your soul vs. your intellect. Our bodies are truly RESILIENT and REMARKABLE and will align with our **hearts** and souls if we will focus them there!!!

Since drops in your blood sugar levels oftentimes **manifest** as a lack of energy, confusion, brain fog, or a general feeling of something being "off" you can adjust it not only with diet and **exercise**, but by also doing things like deep breathing exercises, being out in nature and/or meditation. It is very important to learn to listen to, love and **trust** your body.

Your body and **intellect** are acting out a million processes a second beneath the surface to keep everything under control. It's important to remain **aware** of this and

have faith that your body will do what it needs to do to support you. Focus on what your body is doing for you instead of what it isn't. **Guide** your body to calmness and stabilization vs. stressing it out more with an anxious and fear-based thought process!!

Listen carefully to the **quiet voice** of your soul. It is always the perfect GPS to follow to balance 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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