

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 93rd Newsletter, I want to talk to you about Leukemia 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.

### LEUKEMIA, AS ALL CANCERS, CAN BE PREVENTED AND HEALED!!

Leukemia is cancer of the bone marrow and blood. The bone marrow is the soft, inner part of the bones that makes red and white blood cells. Leukemia is characterized by the uncontrolled accumulation of white blood cells (leucocytes).

Under normal circumstances, the blood-forming (hematopoietic) cells of the bone marrow make leukocytes to defend the body against infectious organisms, such as viruses and bacteria. Leukocytes fight infection through a process known as phagocytosis. During phagocytosis, the leukocytes surround and destroy foreign organisms. White blood cells also produce, transport, and distribute antibodies as part of the body's immune response. If some leukocytes are damaged and remain in an immature form, they become poor infection fighters that multiply excessively and do not die off, as they should. Immature leukocytes are those that have just been formed in the bone marrow.

These damaged leukemic cells accumulate and lessen the production of oxygen-carrying red blood cells (erythrocytes), blood-clotting cells (platelets), and normal leukocytes. If untreated, the surplus leukemic cells overwhelm the bone marrow, enter the bloodstream, and eventually invade other parts of the body, such as the lymph nodes, spleen, liver, and central nervous system (brain, spinal cord). In this way, the behavior of leukemia is different than that of other cancers, which usually begin in major organs and ultimately spread to the bone marrow.

Leukemia can be acute (fast growing) or chronic (slow growing), with adults being more commonly affected by chronic leukemia and children affected by acute leukemia. Chronic leukemia may be more common people over the age of sixty and in men, but that doesn't mean it can't affect women and younger people as well.

Symptoms of chronic cases of leukemia can include tiredness, weakness, fever, night sweats, poor appetite, and weight loss. Lymph nodes and the spleen may also become swollen, which can be a good indication of leukemia. People with chronic leukemia may also be more prone to infections as the body cannot fight them off as well. Also, those with leukemia often have less than the normal amount of healthy red blood cells and platelets. As a result, there are not enough red blood cells to carry oxygen through the body. With this condition, called anemia, individuals may look pale and feel weak and tired. When there are not enough platelets, patients bleed and bruise easily. Chronic leukemia often goes undetected for many years until it is identified in a routine blood test. Nearly one in five chronic leukemia patients have no symptoms at the time of their diagnosis. In chronic leukemia, the abnormal blood cells may gradually collect in various parts of the body. Chronic leukemia may affect the

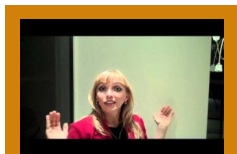


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skin, central nervous system, digestive tract, kidneys, and testicles.

Acute leukemia may be more common children between the ages of two and five. Acute cases of leukemia develop quickly and spread faster as well. There are several subtypes of acute leukemia that can be diagnosed by a doctor and help in determining treatment. Symptoms of acute leukemia include all those of chronic leukemia as well as bruising easily, bleeding easily, and pinpoints under the skin from bleeding as well. In acute leukemia, the abnormal cells may collect in the brain or spinal cord. The result may be headaches, vomiting, confusion, loss of muscle control, and seizures. Leukemia cells can collect in the testicles and cause swelling. Some individuals develop sores in the eyes or on the skin. Leukemia also can affect the digestive tract, kidneys, lungs, or other parts of the body.

There is no know cause of leukemia but some risk factors, other than age, can include exposure to large amounts of radiation, exposure to smoke, hazardous (Cont on next page)



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## LEUKEMIA, AS ALL CANCERS, CAN BE PREVENTED AND HEALED!! (Cont.)

chemicals, having Down syndrome or another **genetic disease**, or having been treated with **chemotherapy** in the past. However, people develop leukemia without ever having been exposed to any of these risk factors as well.

These are some current statistics from the American Cancer Society about leukemia:

- In 2012, about **47,150 people** in the U.S. will have been diagnosed with leukemia. Of those cases, about 19,830 will have been acute leukemia, and about 21,490 will be chronic leukemia.
- There are expected to be about **23,540 deaths** in 2012 due to leukemia.

In cases of acute and chronic leukemia, there may be **different rates** of "cures" available. Catching leukemia early has treatments to be most effective. Acute leu-

kemia may have a higher chance of the cancer going into **remission** than with chronic cases.

The main conventional, western medicine treatments for leukemia is chemotherapy, but it may also be treated with radiation therapy, **interferon** therapy, stem cell transplants, or biological therapy. There are many alternative and natural treatments and **nutritional** and supplement answers available with scientific studies to prove their effectiveness. We have included some of these in this newsletter for you. You should, as always, consult your healthcare provider before deciding on a treatment and decide **which is best** for you and your family.

In my own health journey, I have tried to keep my body at its highest level of health

and been present to and studied all forms of cancer, as many of the people I have loved have had cancer and **even died** from cancer. Leukemia, like all cancers, can be dealt with preventatively and from a healing perspective with a **whole food** planet based vegan diet, proper exercise and keeping a physical, emotional, intellectual and spiritual balance. Keeping **stress low** is always an answer to that balance. A diagnosis of leukemia can be a sudden and confusing time for people, so it's really important to know all the facts and be as educated as possible about what you're going to face for yourself or a loved one going through this. Make sure you utilize a **variety of sources** to educate yourself, including credible natural healthcare sources, like we have in this newsletter and in the posts this past week! Above all listening to your body is a key in preventing and healing leukemia.

### NUTRITION IS A KEY TO PREVENTING AND HEALING LEUKEMIA!!

The World Health Organization says that **70% of all cancers** are easily preventable through dietary and lifestyle changes. To prevent leukemia here are some natural suggestions:

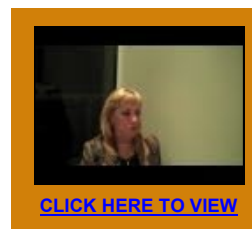
- **Avoid chemical** exposure including that from your water source.
- **Exercise** and implement weight control by exercising at least 30 minutes five or more days a week if tolerable.
- **Consume fruits, vegetables and whole grains.** Studies have show that these fruits and vegetables prevent cancer: kale, chard, spinach, dark green lettuce, peppers, and squashes, black raspberries, broccoli, garlic, onions and sprouts, grapeseed extract, bilberry, wolf berry, goji berry, beets, cranberry, garlic, Maitake mushrooms, reishi mushrooms, Seaweed, and shiitake mushrooms,
- **Make sure to consume the following vitamins and minerals in your foods:** calcium, magnesium, pyridoxine (vitamin B6), and folic acid, Iodine, vitamin A, selenium, vitamin D, copper, thiamin (vitamin B1), vitamin C (ascorbic acid), vitamin E. A whole food planet-based diet is ideal way to get your vitamins and minerals vs. taking supplements. Supplements, since they are prepared will always, to some degree, diminish the quality/potency of vitamins and minerals and in some cases actually bring more harm due to the process or chemicals used in the process. Get advice from an expert nutritionist on how to best provide your body with vitamins and minerals directly from the food you eat.
- The following **herbs** have produced results in various studies: turmeric, milk thistle, korean red ginseng, olive leaf, feverfew, rosemary, aloe, American pawpaw, green tea, black tea, cat's claw, chlorophyll, dandelion, echinacea,

green tea, Lavender, melatonin, mistletoe, oleander, bladderwrack and slippery elm.

Eating properly can also help you feel better and **stay stronger** during and after leukemia treatment!! Good nutrition helps the body replace blood cells and tissues broken down by cancer and it's treatment. Vitamins, minerals, and anti-oxidants acquired through proper nutrition play a huge role in **preventing** cancer, fighting cancer, and strengthening your immune system!

Here are some of the most important nutritional components when living with leukemia:

- **Protein:** Those who have leukemia need more protein than healthy individuals. Protein helps the body with muscle and bone repair, recovery, and strength. It also will help **replenish** and **restore** blood cells. Some great healthy sources of protein include nuts, seeds, vegetables, legumes, and whole grains! Black beans, lentils, hemp seeds and quinoa can work miracles!
- **Fats:** Dietary fat provides energy, insulates vital organs, and transports vitamins A, D, E and K. The right fats are very anti-inflammatory and can help greatly with **balancing** chemicals and hormones in the brain and body. Fats to avoid are trans-fats, saturated fats, and heat processed vegetable oils (canola, soy, sunflower etc). Fats to include are Omega-6 and Omega-3 fatty acids. You can get these through nuts, seeds, avocado, and oils. Oils to use for cooking are cold-pressed, unrefined olive oil or coconut oil. You can also get a **boost** of healthy fats by adding cold oil to a salad or dish. In the cases where the oil isn't heated, things like walnut, flax, or prim (Cont. on next page)



Leukemia, with it's **out of control** white blood cells, can be, like all cancers, deadly. I have studied cancer in many forms and know personally that the people in my life who have conquered cancer all have **had in common** that they adhered to a whole foods plant based **vegan diet**, exercised with appropriate exercises for their condition and did whatever they needed to do to eliminate **negative stress** from their lives. Likewise, in my family and among other loved ones, the people who were genetically inclined to have cancer managed to **prevent it** with the same kind of diet, exercise and stress-reduced lifestyle which others in their family did get cancer and even died from it.

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 **blood and bone marrow** 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!!**

## NUTRITION IS A KEY TO PREVENTING AND HEALING LEUKEMIA!! (Cont.)

rose oil are great options!

- **Fruits and Vegetables:** When in doubt increase your fruits and vegetables! Eat a very wide variety each day to ensure you're getting a wide spectrum of vitamins, minerals, and antioxidants! Antioxidants such as Vitamin E, Vitamin C and Vitamin A fight free-radicals in the body, which is thought to prevent cancer or prevent the growth of cancerous cells! **Bananas** contain a high amount of potassium. Potassium is a mineral that has also shown to have some anti-cancer

benefits.

- **Alkalizing Foods and Juices:** This group of foods could go under the fruits and vegetables but they are so important that they deserve their own section! Oftentimes when we're sick, or our body is undergoing strenuous treatment, our **blood and body** get in a very acidic state. Other things attribute to this such as stress, lack of sleep, unhealthy food or lifestyle habits, coffee, pollution, toxins and more. Disease, cancer, and illness thrive in an acidic environment. In order

combat this, consuming alkalizing foods and juices is a must. Greens, vegetable juice with a strong green base, and **lemon** are a great way to do this! Starting each day in an alkalized state with a **green juice** or lemon water is a fabulous way to kick-start the day! Also, to balance the effect of foods you are consuming that may be acidic be sure to include greens at every meal! This will also help fight inflammation, and leave you **feeling light, refreshed, and energized!**

## 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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## REMOVE STRESS TO BALANCE YOURSELF AND REDUCE CHANCES OF LEUKEMIA!!

**Repressed emotions** such as anger, fear, worry and guilt have been proven to impair immune function and be a setting for disease such as cancer. It is also possible that even a single period of intense **stress lasting months**, such as occurs with a divorce, death of a family member, loss of job, or other life-changing event, rather than decades of habitual emotional distress, might lead to serious **damage to the tissues** which could trigger the development of cancer. Once cancer occurs there is usually an intensified stress that then impacts the body physically, intellectually, emotionally and spiritually. It is very important that you create a life that focuses on your whole life and the beauty of that life, even with leukemia, to maintain balance.

There are, according to ancient Chinese medicine, different emotional and energetic **root causes** for specific cancers, but cancer itself is thought to result from the growth and spreading of negativity

within the self that **eats away** at your life force.

Just as I'd encourage you to take care of your physical body with proper care, nutrition, and exercise, I strongly encourage you to **nourish your SELF** with paying attention to nurturing yourself with practices that remove stress from your life.

These types of practices can be unique for you and does not imply "religious" practices alone. It could include prayer, but it could also include gratitude practices, **meditation**, yoga, tai chi, body/energy work through alternative medicine and healers, or relaxing activities such as a refreshing walk outside. Anything that brings you **peace, harmony and joy** is ideal to bring you intellectual, emotional and spiritual balance.

The time to **remove stress** and the attack of stress on your body is now. Be-

gin listening to the quiet voice of your **soul now** as a preventative measure. Once you are physically, emotionally and intellectually impacted by cancer, it is much **more difficult** to hear it. If you have been diagnosed with Leukemia it is not too late. Removing stress will be a key in **assisting** any kind of treatments, healing yourself and keeping cancer from reoccurring.

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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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