

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 95th Newsletter, I want to talk to you about **Hepatitis** 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](#).

YOU CAN PROTECT YOUR BODY AND YOUR LIVER FROM HEPATITIS!!!

There are many different types of hepatitis, with symptoms ranging from nothing to extreme complete **liver failure** and death! In this newsletter, I want to focus on ways to keep your liver and immune system 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 hepatitis that will help encourage a healthy lifestyle. These articles will provide information on how your **physical, emotional**, intellectual and spiritual well being may impact your preventing or healing and how hepatitis may affect your physical, emotional, intellectual and spiritual well-being.

Hepatitis A is one of five known viruses that cause inflammation of the liver. The vast majority of people recover from the infection within six months without any serious health problems. Hepatitis A is a **mild, self-limiting** disease, which usually resolves on its own without treatment in 4 to 8 weeks. Most people who get hepatitis A are never even aware of it because they never show any symptoms. Eating food and **drinking water infected** with a virus called "HAV" causes Hepatitis A. Since hepatitis A is a disease of poor **personal hygiene**, bad sanitation, overcrowding and poverty,

most cases of hepatitis A are found in 3rd World countries, outside the United States.

Hepatitis B is very common in Asia, China, Philippines, China, Africa and the Middle east. In Europe and North America the incidence of known carriers is about 1 in a 1000 people. World wide, it is estimated that **10 to 30 million people** become infected with the virus each year. Hepatitis B is spread through contact with an infected person's **blood, semen** or other body fluid. Hepatitis B can be a serious infection which causes the liver to swell, and can cause liver damage, which may result in cancer. Some people are not able to get rid of the hepatitis B virus, which makes the infection chronic, or life-long.

Hepatitis C infection is increasing worldwide. The World Health Organization estimates that more than **170 million** individuals throughout the world are infected with Hepatitis C with over 4.1 of those being in the US. Hepatitis C is spread the same way as hepatitis B, through contact with an infected person's blood, semen or other body fluid. Also, like hepatitis B, hepatitis C causes **swelling of the liver** and can cause liver damage which can lead to cancer. Hepatitis C is serious for some people, but not for others. Most persons who get hepatitis C carry the virus for the rest of their lives. Most of these people have some liver damage but many do not feel sick from the disease. Some people with liver damage, due to hepatitis C, may develop **cirrhosis** (scarring of the liver) which may take up to 30 years to develop, and eventually liver failure. How hepatitis C progresses and impacts the liver depends on how it is treated.

Hepatitis D is a liver disease with symptoms that are similar to Hepatitis B and may include fever, lack of energy, nausea, vomiting, abdominal discomfort, and jaundice. Some who have hepatitis D have no symptoms. Up to 20% of hepatitis D infections are fatal. Infected persons may recover or develop chronic, long-term hepatitis D (carrier) and are at risk for cirrhosis (scarring of the liver) and **liver failure**. The virus "HDV" causes hepatitis D. You can only get hepatitis D if you are already infected with hepatitis B.

Hepatitis E is caused by drinking water infected with the virus. This type of hepatitis

doesn't occur often in the United States.

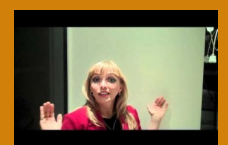


CAROLINA ARAMBURO

Chronic hepatitis symptoms include: anxiety, arthritis, **blurred vision**, chills, dark urine, decline in sex drive, depression, dizziness, dry skin, excessive bleeding, excessive gas, **fatigue**, fever, flu like symptoms, gallstones, pain or discomfort in liver area, hot flashes, indigestion, inflammation in the joints, insomnia, itching, **jaundice** (yellowing of eyes and/or skin), memory loss, mental confusion, muscle aches, nausea, rashes/red spots, red palms, sensitivity to heat or cold, slow healing and recovery, susceptibility to illness/flu, **water retention** and weakness.

Preventing hepatitis is a function of personal hygiene and protection includes the following:

- **Wear gloves** and dispose of syringes properly if you are a person who works with blood at your job.
- Thoroughly **wash your hands** often to help protect yourself from infection. Wash after using the toilet, before preparing food or eating, and after changing a baby's diaper.
- Practice **safe sex** and use condoms, especially if your partner carries (or is at high risk for) hepatitis.
- Avoid **sharing** towels, toothbrushes and razors with other people.
- Avoid sharing **foods** with other people, especially foods that involve a high potential for **saliva** (Cont. on next page)



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YOU CAN PROTECT YOUR BODY AND YOUR LIVER FROM HEPATITIS!!! (Cont.)

exchange (such as chewing gum and drinks).

- Check that all equipment used for body piercing and tattooing is **sterile**.

If you're **traveling** in regions where hepatitis outbreaks occur, you can help prevent infection by peeling and washing all your fresh fruits and vegetables yourself and by avoiding raw or **undercooked** food. Drink bottled water and also use it when brushing your teeth. Ask for your beverages to be served without ice. If bottled water isn't available, boil tap water before drinking it.

Taking a natural holistic approach to treating and healing hepatitis or the symptoms of hepatitis means focusing on supporting the liver and keeping the **immune system** healthy. In **chronic** hepatitis, the nutrients ordinarily distributed by the liver become unavailable. **Low blood-sugar** levels and

fatigue result. Chronic hepatitis also keeps the liver from breaking down the toxins it normally removes from the body which can result in **depression**, delirium, or loss of short-term memory. Toxic buildup also can cause jaundice,.

The **destructive** agent in viral hepatitis is not the virus, but rather the immune system itself. As long as the virus lies dormant in the liver cells, it is undetectable to the immune system. When the virus begins to multiply, however, immune-system cells engulf and **destroy** the cells. Thus, the immune response also destroys liver tissue which causes the most serious symptoms of hepatitis. **Asymptomatic** viral hepatitis may wait for months or years for a "trigger"—such as a drinking binge, or exposure to a poisonous **chemical**, or the use of certain prescription drugs—to manifest it. This trigger stresses the liver and **activates**

the infection. When that happens, symptoms appear.

In my own health journey, I have worked very hard to keep my liver healthy and my immune system strong. Since I have **traveled** extensively I make sure that when I am in areas that are known for different viruses and diseases, I take preparations to ensure that I eat and drink safely and I always pay very close attention to my own personal hygiene. I also, traveling or not, eat a whole food **plant-based** vegan diet that is free of additives, fillers, modified ingredients, or chemicals to keep my liver clean and avoid a buildup of toxins in the liver. Finally I treasure my **immune** system through not only with what I eat but through making sure that I exercise properly, attend to my sleep and keep an emotional, intellectual and spiritual **balance** that reduces stress.

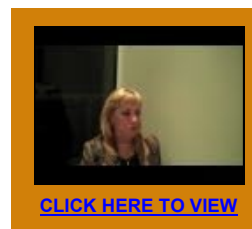
WHAT YOU EAT CAN STRENGTHEN YOUR IMMUNE SYSTEM AND LIVER!!!

Obviously there are **preventative** precautions one needs to take in order to not physically come in contact with hepatitis. Building your **immune** system and optimizing your **liver** function, however, is also both preventative and healing should you actually get hepatitis. There are **specific** foods, nutrients, herbs, vitamins and minerals that increase immune function and liver function. Find a way to get vitamins and minerals in the food you eat vs. taking supplements as many supplements are **artificially** created and the method of processing of many supplements not only reduces the potency and quality of the nutrients but also may be also be detrimental to your body. Here is a short list of foods, nutrients, herbs, vitamins and minerals that have, in various studies, proven to be **effective** for immune function and liver function:

- **Artichoke** increases the effectiveness of liver function.
- **Turmeric** is an antiviral, antioxidant, anti-inflammatory, anti-tumor, antibacterial, and immune system stimulant. It also promotes production and flow of bile, protects against liver damage, reduces cholesterol and relieves arthritis.
- **Milk thistle** has long been known to cleanse the liver and as a catalyst for liver regeneration.
- **Licorice** is an immune system stimulator, antibacterial, antiviral, anti-tumor, and anti-ulcer. Do not use this herb on a daily basis for more than seven days in a row and avoid it if you have high blood pressure.
- **Reishi** Mushroom balances the immune system - a remedy of first choice for all auto-immune disorders, it also aids liver function and circulation.
- **Black Seed Oil** improves liver function, associated digestive problems and has an unprecedented strengthening effect

upon the immune system.

- **Ginseng** helps the body's disease-fighting and glandular systems and improves the way the liver works and also reduces damage to liver tissue caused by hepatitis.
- **Colloidal Silver** is probably the most versatile and effective natural agent against bacteria. It has a hugely important bonus in that bacteria find it almost impossible to develop resistance to it.
- **Olive Leaf** works on fungal, bacterial and viral infections. A wonderful natural remedy that has other benefits such as antioxidant effects and can be helpful for the circulation.
- **Burdock** and dandelion are important for cleansing the liver and the bloodstream.
- **Phyllanthus**, an Ayurvedic herb, is useful for hepatitis B. After an initial bout with the virus, you can become symptom-free but still remain a carrier of the disease. This herb is said to eradicate carrier-status hepatitis B in some cases.
- **Schizandra** is a Chinese herb used to protect the liver.
- **Zinc** changes in virally infected liver cells that cause cirrhosis involve an imbalance of zinc and copper, with copper in excess. Copper, an oxidant, can damage the walls of cells, and zinc displaces copper from the cells.
- **Whole grains** (breads, bulgur wheat, quinoa, barley and rice) loaded with vitamin B complex vitamins fortify the liver and help wash toxins out of the body. However, avoid stale or moldy bakery products and grains as the fungus by-product aflatoxin amplifies the carcinogenic potential of hepatitis infection.
- Other **herbs** beneficial for hepatitis include black radish, green tea, red clover, and yellow dock.
- Oftentimes those suffering with hepatitis (Cont. on next page)



I have, throughout my **life-long** health journey, seen many people I know deal with the often deadly effects of hepatitis. Because of that and also because of my own health issues, even though I have never had hepatitis, I know that my **liver** is a key organ in my body that has an impact on the whole rest of my body. I also have paid very close attention to my **immune system** as my natural defense to disease and illness of all kinds. My own customized planet based organic vegan diet, my exercise regimen and my daily meditations and other ways I eliminate **stress** are what I consider my biggest allies in taking my own health to a radical new levels each day. You can start now by doing your own **research** and consult with healthcare professionals who can guide 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 **immune system and your liver** 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!!**

WHAT YOU EAT CAN STRENGTHEN YOUR IMMUNE SYSTEM AND LIVER!!! (Cont.)

have a **diminished** appetite. When healing or fighting off infection, your body needs more energy than it normally would, and this **energy** comes best from whole organic planet based food sources. Make yourself a water based smoothie filled with vegan protein, green powder and add ginger and pineapple to reduce your inflammation. Managing inflammation is very important when dealing with hepatitis.

Anti-inflammatory foods that should be increased are: fruits (especially berries)

vegetables (especially **greens**), whole Grains (especially quinoa and brown rice, beans, nuts and seeds in moderation (healthy fats are imperative for optimal body and brain function) and root vegetables (especially **beets**).

Pro-inflammatory foods that should be **avoided** at all cost are as follows: unhealthy fats (fatty meats, trans fats, vegetable oils and fried foods), white starchy carbohydrates (white breads, pastas, deserts, white rice, pastries...), table salt (use sea

salt in moderation), sugar (any form that isn't naturally occurring in unprocessed fruits), dairy products, **gluten** (for those who are gluten intolerant—gluten comes from wheat) and animal food sources.

The **food you eat** can either be some of the strongest preventative and healing medicines in the world or a **detriment** to your body—not just for hepatitis but for any health issues! Have your food be one of your answers to radical health!!!

MASTERFUL BUSINESS & PERSONAL COACHING

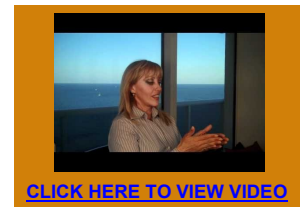
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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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RELEASE REPRESSED EMOTIONS AND REDUCE STRESS FOR PREVENTATION AND HEALING!!!!

Physical **imbalances** in the body can lead to emotional, intellectual and spiritual imbalance and visa versa. A healthy body is in an exquisite state of physical, emotional, intellectual and spiritual balance called **homeostasis**. A disruption to that balance will cause disease and in turn disease will cause a further imbalance. One of the end results is a lessening in your body's ability to protect itself or heal itself against hepatitis.

Repressed negative emotions lead to blockages that creates imbalance and then manifests as disease. The New England Journal of Medicine published a major article in January 1998 detailing the damage that **chronic stress** inflicts on the body causing harmful effects on many organs. It found that stress most importantly depresses the natural functioning of the immune system, leading to a multitude of side effects.

Dr Ryke G. Hamer who has investigated the **link between** disease and one's intellectual/emotional state. From this he con-

cluded that when there is an **unresolved** emotional conflict the emotional reflex center in the brain that corresponds to that particular emotion will adversely affect the specific organ that the emotional center is connected to, making the **organ** more susceptible to disease. He also found that when the emotional conflict was resolved, that even a **diagnosed** disease will usually stop growing at the cellular level. The eastern philosophies and health methodologies have long recognized this link. Unless the underlying causes are addressed the blockages, even if treated for physical symptoms, will **recur** or manifest in some other form.

According to Traditional Chinese Medicine (TCM) and eastern philosophies, the primary emotional, intellectual and spiritual issues that impact the **emotional** centers in the brain that correspond with the liver are anger, resentment, fear, anxiety and trust.

A natural holistic preventative and healing approach, to hepatitis, can be developed, by creating, for you, a unique way to **resolve** your emotional conflicts and reduce

stress. Try any of these to begin your journey: work with a professional to release your **repressed** emotions (talk therapies, coaching, reiki, acupuncture, energy work, etc.) and focus on spirituality and/or exercise. Also use various techniques such as meditation, deep breathing and yoga to quiet the mind, reduce **stress** and achieve a more balanced life. It is well known, in scientific studies, that meditative practices can have a very beneficial effect on the treatment of disease.

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