

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 103rd Newsletter, I want to give us a chance to consider the impact that **Veganism** can have on people's physical, mental, emotional and spiritual 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, go back and watch them. You can also read all of the articles in full [HERE](#).

VEGANISM IS AN ANSWER TO EVOLVING YOUR HEALTH AND THE PLANET!!!

There are several different terms used for vegans depending on their purpose for veganism. **Dietary** vegans are those who refrain from consuming animal products or by products including meat, fish, eggs, dairy products and other animal derived substances. **Ethical** vegans are those who not only follow a vegan diet, but also extend the vegan philosophy into their whole life and therefore oppose the use of animals or animal by products for any purpose (clothing, cosmetics, etc.). Finally an **environmental** vegan is a vegan who rejects animal products due to the premise that the environment is damaged and made unsustainable by **harvesting** or the industrial farming of animals. The end result of all of these different vegans is drastically improved health, animal welfare, and ethical and environmental situations.

About 2.5% of the American Population is now vegan. Studies have proved that living a vegan lifestyle and consuming a **plant-based** whole foods diet can add at least 10 years to your lifespan. For healing, prevention, and overall health, plant-based nutrition is by far the best modality. When **consuming** a plant-based diet, literally every bite you take is healing you at the molecular level.

A balanced healthy vegan diet is **naturally** low in saturated fat, prevents and heals heart disease and other illnesses, keeps cholesterol low, fights **inflammation**, boosts immunity, improves and stabilizes brain chemicals and hormones, aids digestion and balances out gut flora due to the high fiber content, increases **energy** and mental clarity, and generally keeps one slimmer than a carnivores diet.

From an environmental vegans' perspective, along with the many health benefits, it is important to look at the effect the western way of eating has on the **environment** compared to what veganism can provide. As the world's population expands, over 7 billion at the latest count, our resources are increasingly strained, and the need for alternative diets and **food production** has become a pressing issue. Veganism is a powerful alternative to the world's problems caused by industrial farming.

According to Environmental Defense, if every American skipped one meal of chicken per week and substituted vegan food options in its place, the **reduction** in carbon dioxide pollution would be the same as taking more than half a million cars off of the U.S Roads.

If all Americans switched to a vegan



CAROLINA ARAMBURO

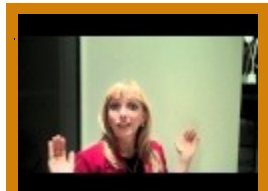
diet for just one day, here is what else we would save:

- 100 billion gallons of **water**
- 70 million gallons of **gas**
- 1.5 billion pounds of **crops** otherwise fed to livestock
- 3 million acres of **land**
- 33 tons of **antibiotics**

We would also prevent:

- Greenhouse gas emissions equivalent to **1.2 million** tons of CO2
- \$70 million in economic damages and the **3 million** tons of soil erosion that caused it
- **4.5 million** tons of animal excrement and waste
- Almost **7 tons** of the major air pollutant, ammonia

Along with the amazing impact on the environment that veganism provides, it also ends the needless **suffering** of animals with a more ethical form of **survival**. Millions of animals are (Cont. on next page)



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VEGANISM IS AN ANSWER TO EVOLVING YOUR HEALTH AND THE PLANET!! (CONT.)

forcefully and inhumanely marched through an assembly line and executed each year for our consumption. During this process many animals are injured, conflicted with diseases, abused, tortured, left to slowly die, beaten, and even with diseases and illnesses still allowed to be consumed.

The conditions these animals are raised and executed in is so harmful to their health that they are pumped full of antibiotics and medicines. Additionally, farmers use hormones to speed up their growth and increase their size for efficient production. These drugs and hormones make it into our bodies when we consume animals. The prolonged animal cruelty caused by the factory farming has been well documented in scientific studies, media, books, and documentaries.

I think veganism is the first step in a

real commitment for Health, real life long WELL BEING and an Ethical, Spiritual and Moral beginning to an evolution as human beings. I don't think its the ultimate step, just the very important big first step. I am VEGAN but I am not only VEGAN and you will see why, in the remaining of this newsletter. I think the ultimate step is really to have a 100% WHOLE FOOD PLANTS BASED DIET. I believe it is the greatest solution for the ultimate health and absolute maximum well being, not to mention the evolutionary and planetary resources responsible choice.

But for now I think becoming vegan is the serious beginning step into REAL HEALTH and true well-being. I was 80% vegetarian my entire life, and that made a limited difference for my health versus the times when I was a carnivorous eater, but it did make a difference. While I was confronting illnesses and I was diagnosed to die I switched to 100%

vegan. Being vegan started saving my life and took me to an 86% improvement of my health and removed the danger of me dying. However when I started being a whole plant based diet eater that took me up to a 99.2% improvement which is where I remain today.

Please do your SELF a favor and take as many steps as you can to becoming vegan and ultimately a whole plants based diet eater. You, your well being, your body, your mental clarity, your spiritual connection and your emotional balance will be absolutely sky rocketing. I promise, it happened to me and it will happen to you and you will never regret it!!! Not only that, but the compassion and kindness that comes along with this form of eating not only helps you, but it helps the evolution of the whole planet! Veganism is more than just a stand for your own health; it is stand for the planet and all earthlings!

WHOLE FOOD PLANET BASED VEGAN DIETS ARE SUPERIOR!!!!

It is important that one realizes that the type of diet we are advocating for health is a whole-foods plant-based diet. One could be a "vegan" while eating potato chips and overly processed soy products all day long. While this could still greatly help the environment and animal welfare, it is not a way to heal the body and prevent disease. When we say "whole-foods" we are speaking of a minimally processed diet made of real uncompromised food. Some items include vegetables, fruits, tubers, nuts, seeds, whole grains, and legumes. There are numerous ways to prepare these items so your way of life feels in no way restrictive! In fact, vegan nutrition will allow you to expand your palette and what you eat in ways you never thought possible!

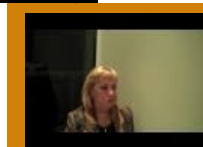
Common misconceptions are that a vegan will not receive an adequate amount of protein or veganism leads to nutritional deficiencies; this couldn't be further from the truth. We only need about 10-30% of our calories

coming from protein depending on our specific body and activity level; many people are actually consuming far too much for optimal health. This can lead to weight gain, kidney problems, electrolyte imbalance, and other health complications.

Numerous plant-based foods have very high naturally occurring protein. There is no need to do extremely careful food combining to make sure your requirements are met. The key with a vegan diet is to eat a wide variety of foods from every food group. If you do, adequate protein consumption will not be an issue.

Rest assured that a ½ cup of beans has about 9 grams of protein, ½ cup of rolled oats or quinoa has 8, ½ cup, and 3 TBSP of hemp seed has 11 grams of protein. Even leafy green vegetables contain a high protein density! There is protein out there in virtually every bite of a vegan diet!

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I have, through my health journey, become 100% vegan with a whole food planet-based vegan diet. After seeing the effects on my body I do not have any question about ever living any other way. My entire life has altered as I have balanced myself physically, intellectually, emotionally and spiritually on this diet. Beyond being a dietary vegan I am also an ethical and environmental vegan. Not only has my diet proven to balance me but I am now fully aligned with my true higher SELF as I support and am committed to the kindness to all beings and the sacredness and sustainability of our planet.

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 find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on a whole food planet based vegan diet to honor your body, other beings and the planet which has so served us. I honor you and request you honor your whole body as it is all a part of your precious-SELF!!

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If you are an **athlete** and extremely concerned with muscle growth and recovery be sure to include plenty of nuts, grains, seeds, and legumes in your diet because this is where the **highest** concentration of plant-based protein resides. A raw, cold-processed, vegan protein supplement is also an option but not needed.

Vegan diets are also **extremely**

high in **fiber** and anti-oxidants! This is one of the many reasons they are so beneficial for **heart** and overall health. Eating a wide variety of foods, and incorporating every color food possible in your diet ensures a wide range of nutrients.

The only nutrient that is hard to find **naturally** occurring in a Vegan Diet is vitamin B12. Supple-

menting with a **sublingual** variety, or consuming a vitamin B12 fortified food such as Nutritional Yeast is a great natural option. Vitamin D is also not found in our diets, so getting natural **sunlight** 2-3 times a week for 15 minutes to boost vitamin D levels is beneficial for your overall health. There is more than enough **calcium** provided by leafy greens and other aspects of the vegan diet to provide proper vitamin D assimilation.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual**

growth and we can all together empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

VEGAN DIETS HAVE A PROFOUND IMPACT ON EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!

Though a vegan diet has a huge physical health component to it, the emotional, spiritual, and intellectual aspects of a vegan diet are perhaps equally **profound**. The connection and harmonious energy created by a compassionate vegan diet creates a ripple effect of **kindness** and care throughout the world that not only takes care of our bodies, but also takes care of all of every living being.

In the world, we are all **energy**. Even physical matter is composed of energetic properties. The same energy that makes up your physical body is the same energy that makes up that of a plant, animal, or any other physical object. Think for a second about the energy of a **leafy green** vegetable that was properly raised and cared for. Think about its effects on your body and its effects on the world. Now think about the energy of a tortured baby calf being beaten and prodded as it walks to its death. Think about what has been done to that animal, all of the stress and sadness it experienced now think of that energy being **transferred** to your plate. We absorb the energy that we consume and it

can greatly affect our emotional, spiritual, and intellectual well-being.

As stated in the previous articles, veganism dramatically improves one's health. Living with an **illness** also disrupts the flow of energy in our body. Since sickness or physical impairment can be so consuming, it is difficult to connect to the quiet voice of our soul when suffering. By healing and **preventing** illness and disease with plant-based nutrition, it allows that window of communication to open up again.

Illness or physical impairment can bring up all kinds of negative emotions, even during the **healing** process. Similarly, food choices and routine also have a lot of emotions attached to them. While making any change or setting out on a healing journey of your own, it is imperative that you keep your energy in **balance** to constantly ensure a free connection with your higher self, or intuition as some might like to call it. This can be accomplished by using various spiritual practices to release blocked emotions, relieve **stress**, and balance energy.

Some of these include qigong, tai chi, yoga, meditation, acupuncture, or reiki. Above all else, be **compassionate** along your journey to optimal health and well-being for yourself, the animals, and the planet! Lifestyle **transitions** take time. Stay open to trying new things and remain educated about all of your options through various **natural** and healthy resources like the one found in this newsletter!

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