

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 106th Newsletter, I want to give us a chance to consider the impact that **Gluten Sensitivity** 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](#).

GLUTEN SENSITIVITY CAN CAUSE DISEASE AND EVEN DEATH!!!

Gluten, gluten sensitivity, and celiac disease are a **very** controversial and widely discussed subject. Gluten, is the protein found in wheat, and related grains such as barley and rye, that gives elasticity to dough, which helps it rise, shape, and **possess** a chewy texture. At some level, everyone is slightly sensitive to gluten in the sense that it is very inflammatory on the body. Statistically speaking, about 10% of **Americans** have diagnosed gluten sensitivity, and about 1 in every 133 Americans suffers from diagnosed Celiac Disease. The numbers are thought to be higher though, because studies predict that 97% of **people** who have gluten sensitivity or Celiac Disease go completely undiagnosed.

Celiac Disease is a **digestive** condition aggravated by gluten intolerance that damages the small intes-

tines and caused nutrients to not be absorbed. When people who have Celiac disease eat gluten, it triggers an immune response in their **body** that kills off the villi that lines the intestines. Without healthy villi working to absorb nutrients from food, you'll become **malnourished** regardless of the amount of food you eat. Along with mal-absorption, the triggered inflammatory and immune response can **cause** a host of other problems in your body.

The **symptoms** of gluten sensitivity and Celiac Disease are very closely related. Some of them include:

- **Chronic** diarrhea (mostly Celiac)
- Vomiting (mostly Celiac)
- Pale, foul-smelling, or fatty stool (mostly Celiac)
- Weight loss (mostly Celiac)
- Low iron, **unexplained** anemia (mostly celiac)
- Bone loss or osteoporosis (mostly celiac)
- **Fertility** issues and miscarriages (mostly celiac)
- Autoimmune disorders such as Hashimoto's, Rheumatoid Arthritis, and Fibromyalgia
- Constipation
- Gas and bloating
- **Stomach** cramping
- Headaches or migraines
- Skin conditions such as eczema
- Aches and pains in muscles and joints
- Neurological **issues** such as dizziness, difficulty balancing, or peripheral neuropathy
- Circulation complications, tingling in the hands and feet
- **Fatigue**, exhaustion, chronic fatigue syndrome
- Lack of mental clarity, brain fog
- Water retention and inflammation
- Darkened or puffy circles under eyes

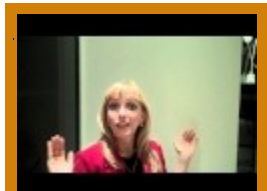


CAROLINA ARAMBURO

Since the symptoms are so varied, it makes **gluten** issues very difficult to diagnose. It's important to note that as an adult, the digestive symptoms may be less dominant and the symptoms that aren't typically associated with a digestive disorder could be most prevalent. This is why it is imperative to really **pay attention** to your body.

You do not have to have gas or bloating to be gluten sensitive, gluten intolerant, or have Celiac disease. Oftentimes, in cases of **mental** or emotional disorders, fibromyalgia, chronic fatigue, and other syndromes, it could simply be a gluten sensitivity that is underlying the issue. It is always a good idea to **check** in with your body and see if you are sensitive to gluten if you ever experience any adverse conditions.

Many tests can miss gluten sensitivity because they (Cont. on next page)



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GLUTEN SENSITIVITY CAN CAUSE DISEASE AND EVEN DEATH!!! (Cont.)

are only about 60% accurate. If you **experience** any signs of gluten sensitivity, the best way to truly test for it is through 2 week long elimination diet test. This will be discussed further in the nutrition section of the newsletter. Once you have **determined** that you may have gluten sensitivity, it is imperative to get a medical test for celiac through blood tests or even more accurately, and intestinal biopsy.

Though eating gluten with gluten sensitivity can cause many serious problems, eating gluten with Celiac **Disease** can be life threatening due to the fact that the mal-absorption and immune response can lead to very serious complications such as disease and cancer.

PROPER NUTRITION IS THE ANSWER TO GLUTEN INTOLERANCE!!!

The **best** way to test and treat gluten sensitivity and celiac is through proper nutrition. To test for gluten sensitivity, you can **eliminate** all forms of gluten for 14 days, then on day 15 add gluten back into your diet and **watch** for adverse reactions.

Paying attention to how your body feels while off **gluten**, and while on gluten is imperative to the process. Keeping a journal with you during the process will also **help** you monitor the results. Regardless of gluten sensitivity, since gluten is naturally **inflammatory** to the body, avoiding it is a way to support optimal health and well-being.

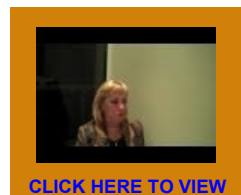
Whether you are testing for gluten sensitivity, or **treating** one, be sure to stay away from all types of gluten. Gluten is found in more foods than just **wheat** and grains.

It is found in most processed and packaged foods, cereals, chips, nearly all **processed** meats, flour, baked goods, pastries, soy sauce, as well as many sauces and preservatives. **Rather** than keeping a

It is also **important** to note that gluten is in more than just food alone. Many over the counter medicines, vitamins, skin care products, beauty products, and make up also have gluten. Even the smallest amount of gluten in your system can trigger a **detrimental immune** response in the body for someone with celiac disease. Eliminating all forms of gluten is the only way to relieve yourself of Celiac Disease.

On my own **health** journey I have confronted that I never thought I had gluten intolerance in any level. However, when I did the gluten intolerance test I found out the **surprising** news that I do have it on a medium level, not extreme but not in-existent. I would first suggest that you do not

make the **same mistake** I made and assume you don't have it. I have a non-obvious suggestion on the other side of this equation; with my **balanced** whole plant based diet I found that I don't need to do the "gluten free diet" that is mostly the only solution for people with gluten intolerances of any **level**. I strongly recommend a balanced whole plant based diet, as it may be the answer to most of your **health prayers!**



long list of what contains gluten and what doesn't, eating a whole-foods plant-based diet, with minimally processed **ingredients** is a great way to easily avoid gluten. The only whole-foods grains that contain naturally occurring **gluten** that you must watch out for are; wheat, cous-cous, bulgur wheat, barley, pearled barley, rye berries, spelt, and wheat berries.

Even though gluten is found in a lot of foods **most** of us have been raised on, there are plenty of delicious gluten-free options! Gluten free **whole grains** include; buck-wheat, brown rice, quinoa, corn meal, millet, and wild rice. Flour for baking is available in the forms of rice, quinoa, or coconut flour.

In the cases of snacks, there are **many** gluten-free options now available. One thing to watch out for is the ingredients in gluten-free snacks and meals. Just because something is listed as **gluten-free** does not mean it is healthy. Many gluten-free snacks contact fast-burning, processed **carbohydrates** with little to no nutritional value. Be sure to read (Cont. on next page)

You may or may not have any **sensitivity** to Gluten. In my own health journey one of the things I learned, in many ways, and with gluten in particular was to **never assume** anything. I had assumed that I did not have any intolerance to gluten and then discovered that I actually did have a mild intolerance to it. My **whole foods plant based vegan** diet is actually a perfect diet as it automatically eliminates any gluten for me and I do not have to think to be gluten-free. Add that to all of the other health benefits of my diet, it is the path to optimal health vs. simply trying to **eliminate** things in my life.

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 the **impact of gluten** in your body in order to honor your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

PROPER NUTRITION IS THE ANSWER TO GLUTEN INTOLERANCE!!! (Cont.)

labels and make sure you are consuming products derived from whole, **unprocessed** foods to ensure optimal health and wellness! Healthy rice, quinoa, and flax crackers fall into this category. **Also**, fruits, vegetables, legumes, seaweeds, nuts, and seeds are all naturally gluten free food sources that should always be **incorporated** into your diet!

In the cases of celiac disease and some gluten **sensitivity**, the long-term consumption of gluten could have caused serious digestive damage and nutritional **deficiencies**. Getting digestion on track is the foundational to being truly **healthy**! To repair digestion, a diet full of fiber in the form of raw leafy greens and **vegetables** can help to rebuild the digestive tract. Adding probiotics through fermented

foods such as raw un-processed sauerkraut, or fermented **restorative** beverages like Kombucha can help to restore the gut with healthy bacteria and replenish the lining of the intestines. The **great** news is that with restorative nutritional measures, as well as the elimination of gluten, symptoms of Celiac Disease and gluten sensitivity can be **non-existent!**

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 **UN**

PRECEDENTED 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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GLUTEN SENSITIVITY EFFECTS YOUR INTELLECTUAL, EMOTIONAL AND SPIRITUAL BALANCE!!!

Having any **type** of intolerance, disease, or symptom can be difficult to cope with at times, but it doesn't always have to be. When having to eliminate a part of your diet that you have been accustomed to for a very large portion of your life, it can be frustrating and **emotionally** defeating. Holding onto emotional upsets around change can make problems even worse or even create new problems in your health. In the cases of gluten sensitivity and Celiac Disease, **consistency** is key for true healing. Focusing on all that you're getting out of a positive change for your health and well-being, instead of all that you're giving up can make all the **difference**.

Stress around food choices and current conditions can also be evoked when managing gluten sensitivity or Celiac Disease. It is important to remember that it is all a process. **Slow** changes are better than no changes, and the changes will eventually add up to a radical transformation in your health. Stress greatly effects digestion as well as nutrient assimilation. In the cases of healing digestion and reversing the effects of celiac disease, **focus** on ways to slow down and bring

calmness into your day, this **especially** crucial during eating times. Simply stopping, breathing, slowing down, and remaining present while eating can increase nutrient absorption and assimilation by up to 60%!

Just as certain emotional, intellectual and spiritual **imbalances** can worsen symptoms and coping with current conditions, they can also cause sensitivities and conditions in your body. The area of your body responsible for **digestion** is associated with the energetic principles of self. Loving yourself through the process, not in spite of your imperfections, but because of your imperfections is imperative for **true healing**.

Connecting to your higher self in a loving way through **various spiritual** practices can also help. Meditation, self-reflection, and calming yoga are all great ways to connect/re-connect. Self-expression is also equally **important** and can serve as a form of active meditation as well. This can be done though any activities that let your

creativity and true self arise and bring peace to your soul. Some of these include painting, acting, dancing, or sculpting. Dancing is particularly **perfect** because it is also known to boost the feeling of freedom and confidence, both two energetic principles that link back to the core of **your body**.

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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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