

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 109th Newsletter, I want to give us a chance to consider the impact that **diary products** 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](#).

LEARNING THE TRUTH ABOUT DAIRY CAN ALLOW YOU TO VASTLY IMPROVE YOUR HEALTH!!

Many Americans, including vegetarians, consume a large amount of **diary products** daily. Dairy products are by-products from cows and range from milk, cheese, yogurt, ice cream, and butter. Though there are a few health benefits to consuming dairy, many of the touted ones are incorrect, the **dairy industry** is potentially the most abusive to animals, and not only is dairy detrimental to your body, but also the environment. Dairy is linked to **cancer**, disease, illness, inflammation, skin rashes and conditions, food allergies and intolerances, auto-immune disorders, mucus forming, difficult for our body's to digest, digestive disorders, and weight gain. The main **health concerns** that occur from consuming dairy include:

Osteoporosis: Milk has been

touted as a way to create strong bones and prevent osteoporosis however a 12 year study completed by the **Harvard school** of medicine showed that bone strength did not improve and there was no decrease in fracture risk. In fact, the fracture risk of participants actually **increased** as the calcium from dairy increased. Many other studies have yielded similar results as well as showing no decrease in the chance of acquiring osteoporosis as milk consumption increases.

Cancer: Several cancers, such as ovarian, breast, and prostate cancers, have been linked to the consumption of dairy. Certain enzymes are needed to break down the sugar in milk. When milk is consumed in excess, and the appropriate enzymes cannot be produced for **digestion** it can negatively affect a women's ovaries. In fact, women who have a low level of enzymes that consume milk on a regular basis triple their rates for ovarian cancer. Milk also contributes to cancer cell growth because it contains a compound called **insulin like growth factor** (IGF-1) and nutrients that increase IGF-1 in people's bloodstream who consume milk. Men that consume regular dairy are said to be 4 times as likely to develop prostate cancer. IGF-1 also contributes to breast cancer in women.

Disease: Dairy products add a significant amount of cholesterol, fat, and sugars to the diet. Diets high in fat can increase the occurrence of **plaque** buildup in the heart elevating the chance of heart disease and other health complications such as obesity.

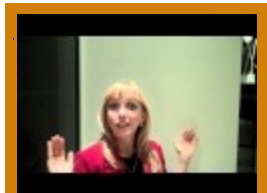


CAROLINA ARAMBURO

Diabetes: Research studies have shown that insulin **dependence** diabetes is linked to dairy consumption. A specific protein that is found in dairy is said to spark an **auto-immune** response in the pancreas that kills the cells responsible for producing insulin.

Allergies and Congestion: Many individuals do not possess the **enzymes** necessary for digesting dairy which can manifest as a dairy allergy or lactose intolerance. **Symptoms** associated with dairy consumption in these instances can include flatulence, digestive upset, constipation, and diarrhea. Dairy consumption is also linked to mucus formation, seasonal allergies, and skin allergies.

Vitamin D Toxicity: Most often the vitamin D levels **reported** in dairy are very inaccurate, in (Cont. on next page)



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LEARNING THE TRUTH ABOUT DAIRY CAN ALLOW YOU TO VASTLY IMPROVE YOUR HEALTH!! (Cont.)

some cases they can be 500 times the labeled amount. Excess Vitamin D consumption can be toxic and may result in elevated calcium levels in the blood and urine, calcium deposits in soft tissue, and aluminum absorption in the body.

Contaminants and Hormones:

Synthetic hormones such as recombinant bovine growth hormone and antibiotics are given to dairy cows to increase milk production and keep the cows from getting sick in their abusive and unsanitary living environments. Since cows are being forced to produce an unnatural amount of milk, their mammary glands become inflamed and puss, blood, antibiotics used to treat this condi-

tion and others, and hormones are transferred into the dairy that we consume. Consuming antibiotics through milk can make you more resistant to getting treated by them if an illness does arise.

In my personal healthy journey I discover that the damage that dairy does in our bodies is way beyond what all the industries that make money from this huge money machine, wants us to ever know. I experienced, in my own body, the lie that "milk gives you calcium". Actually my bone density went all the way down in "calcium" thanks to dairy and when I switched to a whole food, plant based diet my bones went all the way up to the perfect density.

THE BENEFITS WE ARE BEING TOLD WE CAN GET FROM DAIRY CAN BE GOTTEN IN BETTER WAYS!!!

There are numerous ways to get the touted health benefits from dairy, in better forms, through a whole-foods plant-based diet.

Calcium, which is imperative for bone and teeth health, can be acquired through a variety of foods such as dark leafy greens, almonds, flax seed, sesame seeds, brazil nuts, and herbs such as dried savory, celery seed, thyme, and marjoram. These forms of calcium are not processed or pasteurized and assimilated more efficiently by the body than that consumed through dairy. They also have anti-inflammatory properties which can help treat and prevent disease and illness.

Vitamin D is another essential vitamin that is found in dairy products that supports the absorption of calcium. It also helps with boosting brain function and your body's immune system. The good news is that it is a completely free vitamin that you can get almost every day of the year. By going outside and having direct sunlight on your legs, arms, back, or head for 20 minutes, 2-3 times a week, your body will produce the vitamin D that it needs.

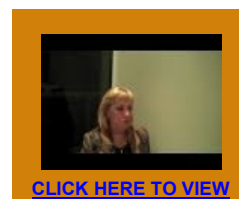
There are also vitamin D fortified milk alternatives such as almond, hemp, and coconut milk.

Potassium is another important nutrient that is found in some dairy products such as yogurt; however it can be found more abundantly in plant-based foods like coconut water, bananas, beets, sweet potatoes, and white beans. Potassium is essential for movement, sleep function, heart health, and skeletal and muscle health.

Some yogurts are also advertised as helping digestion with their naturally occurring probiotics. Probiotics are good bacteria that help to balance out our gut and breakdown food and are essential for optimal digestive functioning. What many people don't know is that the pasteurization process of dairy kills many of these probiotics. The large amounts of antibiotics we absorb through dairy also kill off these good bacteria in our own digestive tract. A great way to acquire probiotics is through raw, unpasteurized, fermented vegetables. If these are difficult to find you could also take a probiotic supplement. As always, we recommend getting your nutrients (Cont. on next page)

I personally think you can obtain all the good nutrients, etc. that you intend to obtain from dairy, from a very well balanced, whole food, plant based diet!!

Do your self a huge favor and dig deeper than what the media allows you to know and really do the research about how amazing your health can be on a whole food, plant based vegan diet!!!



The negative health impact of dairy products is literally being overridden by the myths promoted by industries that promote dairy. I was on a vegetarian diet most of my life knowing that I was healthier that way. I was, however, still consuming a small degree of dairy such as eggs. When, in my health journey, my natural healthcare professionals took me off of dairy completely with my whole food, plant based vegan diet. I was shocked to see not only my bone density go up immediately but my kidney function, liver function and intestinal functions improved quickly also, and I was free of various other "allergens" that I had suffered with (caused by bacteria, antibiotics and other chemical pumped into cows).

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 removing dairy from 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!!

THE BENEFITS WE ARE BEING TOLD WE CAN GET FROM DAIRY CAN BE GOTTEN IN BETTER WAYS!!! (Cont.)

through a balanced diet over a supplement.

Many people **consume low or non-fat** dairy as a quick source of protein that does not contain much fat however there are far better sources of low-fat protein. Some of these include legumes, nuts, and **seeds**. Legumes for example, are packed with heart healthy fiber and nutrients that can fight disease, and also contain zero grams of fat. They keep you more satiated than dairy and

also release sugar into the blood stream slower than dairy does which will ward off **fat storage** and keep your energy stable.

If you have spent a large portion of your life consuming dairy there are definitely ways to reverse the damage. In addition to the foods mentioned above, a **diversified** plant-based diet that contains fruits, vegetables, root vegetables, **legumes**, nuts, seeds, and whole grains is very medicinal and can

actually **reverse any harmful effects** that dairy has created in your body through detoxification and repair.

Exercise can also help in reversing any harmful effects of dairy. Exercise is proven to **reduce fat**, lower cholesterol, increase energy, enhance circulation, and help your body with detoxification. **Eliminate dairy** from your diet and your body will thank you!

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**.

DAIRY CREATES INTELLECTUAL, EMOTIONAL AND SPIRITUAL IMBALANCE!!!

There is a much **larger impact** that goes beyond the impact on your physical body when consuming dairy. The **consumption** of dairy affects things on a much larger scale. According to quantum physics, a **proven science**, every form of matter is energy at its most fundamental level. When dairy is produced, animals are being abused, deprived of their natural needs, and living in very unpleasant environments. This negative energy is being **passed onto** and bottled with every glass of milk or dairy product then consumed by you.

The dairy industry is also detrimental to the environment. It is one of the largest contributing factors to **water pollution**, contaminating hundreds of thousands of gallons of water each year through the nitrate and methane contained in cow manure. Being a part of something that is so **damaging to the environment** can also be damaging to your health from an energetic perspective. These energetic implications can manifest themselves as emotional, spiritual, intellectual, and even physical imbalances.

Our bodies were **not designed** to digest the milk of another animal. In fact, we are the

only mammal that does this, and the only mammal that consumes any type of milk after infancy. Even without having **lactose** intolerance, there is typically a slight allergic reaction in the body that may not even be noticeable. Dairy is also very difficult to digest regardless of allergies.

Forcing your body to do more work than it needs to, and constantly bombarding it with **compounds** that create an allergic response can create emotional disorders, **mood disorders**, stress, and lack of mental clarity. Research has proven that dairy is linked to **ADD, ADHD**, depression, anxiety, aggression, as well as learning and memory problems. If experiencing issues like these, your diet and in particular you **dairy** consumption is one of the first places you should look.

If you have been consuming dairy, clearing any emotional, intellectual, spiritual, and/or energetic **imbalances** can be done through various practices. Some of these practices include Reki, meditation, chi gong, acupuncture, yoga, journaling, and personal coaching. What's **most important** is to find what works for you and that you maintain a

consistent **daily practice** to free up any blocked energy so you are able to listen to the quiet voice of your soul. Listen to your body and all of the **cues you receive**, the more in-tune you are, the more you will be able to figure out the **exact combination** you need for optimal health and wellness. By eliminating things that can **cause imbalances like dairy**, you'll get there much faster!

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