

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 113th Newsletter, I want to talk to you about diabetes and it's impact on lives 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 PREVENT AND HEAL DIABETES!!!

Diabetes affects an estimated 23.6 million people in the US. 17.9 million of these people have been diagnosed, but 5.7 million are unaware they have the disease. According to statistics diabetes was the sixth leading cause of death, and the fifth leading cause of death from disease last year. \$116 billion annually is spent on the direct medical costs associate with diabetes and \$58 billion annually in indirect costs such as loss of work and disability.

Diabetes refers to a group of metabolic diseases in which the person has a high blood glucose (blood sugar) level. This is because their insulin production is inadequate and/or because the body's cells do not respond properly to insulin.

Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars, starches, and carbohydrates into glucose, which is the basic fuel for the body. Insulin

takes the sugar from the blood into the cells of the body. When glucose builds up in the blood instead of going into the cells, it can lead to diabetes complications.

There are two different types of diabetes. Type 1 is usually diagnosed in children and young adults. It was previously known as juvenile diabetes. In type 1 diabetes, the body no longer makes insulin because the body's own immune system has attacked and destroyed the cells where insulin is made. Some causes may include genetic risk factors, environmental factors, or illness. In this form of diabetes insulin is required to survive. You can also manage the symptoms with a healthy balanced diet.

Symptoms of Type 1 Diabetes include:

- Frequent urination
- Heightened Thirst
- Extreme hunger
- Drastic weight loss
- Extreme fatigue and Irritability

Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and numerous others are at a very high risk for development. Type 2 diabetes tends to be most common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders.

Elderly, inactive, and obese people are also at a higher risk. In type 2 diabetes, either the body does not produce enough insulin or the body's cells are not receptive to it. Using diet to manage blood sugar in a normal range is the best way to prevent, manage, and heal diabetes.



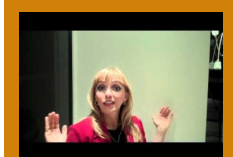
CAROLINA ARAMBURO

Symptoms of Type 2 diabetes include:

- Type 1 symptoms and...
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Pre-diabetes can also be a major health concern. It's diagnosed when some of the criteria of diabetes diagnosis are met but not all. Recent studies show that living with pre-diabetes for a length of time can put you at risk for major health complications. If diagnosed with pre-diabetes, it is imperative to take action with a healthy diet to stabilize your blood sugar and take it back to its normal range.

Short terms risks of diabetes include the risk of going into a diabetic coma as well as hyperglycemia. Long-term health complications include kidney failure, (Cont. on next page)



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YOU CAN PREVENT AND HEAL DIABETES!!! (Cont.)

heart conditions such as hypertension and **high blood pressure**, cardiovascular disease, and retinal **damage**.

On my own **health journey** I discovered that most people (including myself and how I used to think in the past) don't know that we should all **learn about diabetes**. Most of us make the mistake of **thinking**; "if I don't have it, it means I don't really need to learn about it" and that **philosophy** is totally wrong and can cost you **ending up** with diabetes. Why do I say **that**? Well, simply because "diabetes" doesn't just encompass the illness when is diagnosed and is **being treated** by the Medical Profes-

sionals it also **encompasses** the pre-diabetic symptoms that we all experience. For example, a looot of us when we don't eat for **many hours** we get sometimes get light headed, moody and even get a little **head-ache**. All of those symptoms are totally related to low blow **sugar levels** and if we don't get our diet and our nutritional habits "in line" can end up with **diabetes** "by surprise". Then one day there we are... **dealing** with an illness, for the rest of our lives, that could have been **easily avoided**.

By the way, I had the **blessing of learning** about pre-diabetic symptoms during my **illness** and I was able to avoid ending up with diabetes and I

recommend YOU all learn everything you can to avoid it and **'over-prevent'** versus have to "suffer" the rest of your **lives**. Also, as a VERY IMPORTANT piece of advice; do research about **how many** people that have been on a whole food planet based diet all their lives have become diabetic. You will find that the answer is: **NONE**, ever! That would tell you that how to **cherish your health** and prevent diabetes effectively is pretty **simple** = start your whole food plant based diet as soon as **possible**. Do it for your SELF and for the people that love you so they don't ever need to watch you suffer and suffer with you having a possible **future illness**.

THE IMPORTANCE OF NUTRITION AND EXERCISE FOR DIABETES !!!

Diet and exercise are very important for managing and reversing **diabetes**. To do so, you must eat the correct carbohydrates to keep the **blood sugar** in a normal range. A plant-based, **whole foods** diet is one of the best ways to manage **diabetes**. One of the main reasons is due to the type of carbohydrate options that are available with this **way of eating**.

The speed at which the **carbohydrate** breaks down into glucose greatly affects blood sugar and diabetes. It is important to eat slow **burning carbohydrates** that release a steady stream of glucose as they break down **instead** of a quick burning carbohydrates that cause a spike in the **blood sugar**.

Slow-Burning Carbohydrates

Include:

- Fibrous Vegetables
- Whole Grains such as quinoa, barley, brown rice, and oatmeal
- Some fruits such as berries, cherries, and grapefruit
- Legumes
- Low glycemic sweeteners like stevia

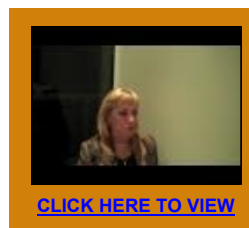
Fast-Burning Carbohydrates

Include:

- Juice
- Most Processed Carbohydrates
- White or refined Bread, Pasta, and Rice
- Candy
- Desserts
- Sugar

The reason some **carbohydrates** are slow burning versus **fast-burning** is largely to do with the amount of fiber and nutrients they **contain**. White rice versus brown rice is a **prime example** of this. In brown rice, all the nutrients are packed in the brown outer **shell**. When you consume brown rice, the **body must** break down the **fiber and nutrients** of the outer shell before the sugar from the rice is **made readily** available. This process allows for a **steady** release of glucose into the blood stream. With white rice, there is not fiber and nutrients to **break down**. The white rice literally digests like a **ball** of sugar and affects the blood sugar in the **same way**.

Along with eating the **correct type** of carbohydrates, the amount of carbohydrates at **one meal** and what you consume those carbohydrates with can also affect **blood sugar**. Healthy fats such as hemp (Cont. on next page)



Pre-diabetic **symptoms** are frequently ignored vs. taken as a complete heads-up to allow you to make changes to put your **blood sugar** level back down to normal and even get your type 2 diabetes **risk back down** to the level of someone who has never even had pre-diabetes. Through a whole food, planet based diet you can literally, not only get your high blood sugar down to a **healthy level**, but you can keep it there. It can't be any simpler than that.

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 an optimal **blood sugar level** 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!!**

THE IMPORTANCE OF NUTRITION AND EXERCISE FOR DIABETES!!! (Cont.)

seed, walnuts, avocado, almonds, flax seed, and cashews can **slow down** the release of glucose into the blood stream and help balance **blood sugar**. Fibrous greens can also do the same. Eating **smaller portions** of carbohydrates spaced throughout the **day**, versus a large

helping of carbohydrates at once also slows down the release of glucose into the **blood stream**. Cinnamon is another great option to **add into** your diet that helps keep blood sugar levels **stable**.

Exercise is another important fac-

tor in controlling **diabetes**. Inactivity is one of the largest markers for developing **diabetes**. Exercise helps condition the body's use of **insulin**, the cells receptivity to it, and improves **circulation**. It also helps to control weight, which can also be a risk factor for **diabetes**.

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 **FULLFILLING ADVENTURE!!**

DIABETES AND EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE!!

Diabetes is more than just a **physical condition**. It affects your emotional, intellectual, and spiritual **balance** as well and can also be worsened by **imbalances in these areas**. Stress, whether it is physical or **mental**, is very detrimental for anyone living with **diabetes**. During the stress response, your body goes into **fight-or-flight** mode to protect itself. Blood glucose goes up, and **certain hormones** and insulin are released into the **blood stream**.

For a person with diabetes, the insulin produced by the body may not be **sufficient** to handle the elevated glucose incurred by the stress response, or the body's cells may not be receptive to insulin and **blood glucose**. This creates a buildup of glucose in the blood and can **worsen** the diabetic condition and cause serious **complications**.

Stress can also be **detrimental** be-

cause of certain behaviors that can be **evoked by it**. Many people eat, drink, or use other unhealthy means to manage stress and emotions that could worsen **conditions like diabetes**. It is important to learn how to **manage** and eliminate stress in healthy and **productive** ways that support your body's healing **process**.

Stress management through activities like **exercise**, deep breathing exercises, yoga, tai chi, and **meditation** may take some practice but are perfect for reducing **chronic stress** over time. They also help you connect to your higher self which can be very difficult in times of illness. When living with **diabetes**, there are certain food restrictions and so forth that can get **frustrating over time**.

Frustration, anger, stress, and emotional blockages can **wreak havoc** on anyone's body especially if you

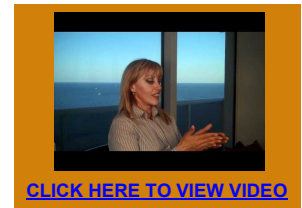
are living with **diabetes**. It is vital to leave the connection to you higher-self open so you can always tap into the quiet voice of your soul for guidance! **Practice releasing** any emotions or blockages that could cause **stress**, upset the body, or make the condition **worse**. Great ways to release energy **blockages** are through **practices** such as Reiki, Acupuncture, and Structural Integration, and the **other methods** mentioned above.

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