

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 118th Newsletter, I want to give us a chance to consider the impact that **antioxidants and super-foods** 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

ANTIOXIDANTS AND SUPER-FOOD CAN GIVE YOU SUPER HEALTH!!!

Each year thousands of American's spend **billions of dollars** on antioxidants and super foods. Many foods claim to produce miraculous **results**. While there is some propaganda and marketing schemes, **antioxidants** are actually critical for your health and super foods are a **powerful** and efficient way to get a wide variety of these helpful **nutrients**.

Antioxidants are the substances that have the **ability** to counteract the normal, but damaging, effects of oxidation in tissue. These nutrients include **vitamins**, minerals, and enzymes which are proteins that help your **body** assist in chemical reactions such as di-

gestion. Antioxidants are **believed** to play a key role in preventing chronic diseases such as heart **disease**, stroke, Alzheimer's, Rheumatoid Arthritis, cataracts, and cancer.

All **organisms** use oxygen for all metabolic processes in the body and **nutrients** from food to produce the energy needed for survival. Oxygen is **essential** for living as is it controls and assists all chemical reactions in the **body** including the metabolism of fats, proteins, and **carbohydrates**. Though oxygen is critical for survival, it can also cause harm **through** oxidative stress.

Oxidative stress occurs when the **production** of harmful molecules called free radicals outweighs your body's defenses. Free radicals are **chemically** activated atoms or molecular **fragments** that alter due to an imbalance in electrons. When one or more electron is **unpaired**, the free radicals become highly unstable. They begin to scavenge your body to grab or **donate electrons** in order to achieve balance. This process damages **cells**, proteins, and your body's DNA. This same **process** is what you see when an apple turns brown, **iron rusts**, or oil becomes rancid.

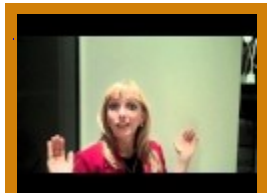
Free radicals arise from sources inside and **outside** of



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the body so it is impossible to avoid damage by them completely. The **endogenous** free radicals happen from within our body from normal **metabolic processes** such as aerobic respiration, inflammation, and **converting** food to energy. Exogenous free radicals come from **environmental** factors such as pollution, sunlight, very **strenuous** exercise, smoking, alcohol, x-rays, radiation, toxins, and chemicals that are **consumed**, inhaled, or absorbed by your skin. Even though your body is **brilliant**, your antioxidant defense system cannot ward off **everything** and get damaged by the oxygen. Overtime these damaged cells **accumulate** in your body and create **health complications**.

(Cont. on next page)



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ANTIOXIDANTS AND SUPER-FOODS CAN GIVE YOU SUPER HEALTH!! (Cont.)

Antioxidants help to block the process of **oxidation** by neutralizing the free radicals. As this happens, the **antioxidants** themselves become oxidized, which is why it's **important** to constantly be replenishing your body with antioxidant sources. **Antioxidants** work in two different ways:

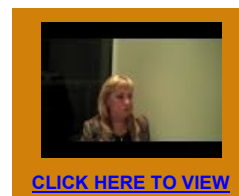
Chain breaking antioxidants include vitamin C, E, and beta-carotene. When a **free radical** steals an electron, a second molecule is formed and this **process** keeps repeated to a third, fourth and so on. The process **continues** indefinitely or a chain breaking antioxidant **goes**

in and stops the process in its tracks.

Preventative anti-oxidants work by reducing the rate of the **chain initiation** and stabilizing metals and chemicals that contribute to **oxidation**. No antioxidants are better than others. Certain **antioxidants** can work wonders with some oxidative processes and **free radicals** and not as efficiently others. Therefore it is important to **replenish** your body with a wide range of antioxidants **consistently**.

Antioxidants, is an beyond **important subject** that we should all learn about, because having enough of them on our diet can

literally be the **difference** between having deathly illnesses or not, having cancer or not and even **dying or not**. If we actually eat a whole food, plant based diet; the tons of **antioxidants** that we receive from it can prevent **most illnesses**. Is that THE reason of the century or what for that kind of diet??!!! **Honor yourself** and give 60 days to a whole food, **plant based** diet and you will get the Nirvana of **well-being** that will have you never go back to any other diet in your life, I **promise**. Honor yourself and give it a **chance!!**



IMPORTANT ANTIOXIDANTS AND SUPER-FOODS CAN BE YOURS THROUGH NUTRITION!!!

One of the best ways to replenish your body's **antioxidant** system is through nutrition. Whole plant foods are packed with many essential **vitamins and minerals** that are high in antioxidants. Raw, living, and sprouted foods contain enzymes that are needed to protect the body from **oxidative stress** and produce free radicals. These foods that are packed with **concentrated** levels of antioxidants are known as super-foods, because of their **elevated** phytonutrient content. Some **important** antioxidants and super-foods to consume on a regular basis include:

1) **Vitamin E**: There are 8 different entities of vitamin E but alpha-tocopherol has the **strongest** effect in the body. It is fat-soluble, meaning that it can only dissolve in fats, and it is in a **unique position** to protect cell membranes from free radical damage because they are largely **composed** of fatty acids. It also protects bad cholesterol from **further** oxidation. **Sources include**: fortified cereals, almonds, olive oil, turnip greens, tomatoes, pine nuts and avocados.

2) **Vitamin C** (ascorbic acid) is a

water-soluble vitamin; therefore it scavenges free **radicals** in a watery environment like that inside your cells. It works **synergistically** with Vitamin E to do so. It helps to maintain vital tissues and support your immune **system**. Sources include: goji berries, lemons, grapefruit, oranges, guava, strawberries, kiwi and brussel sprouts.

3) **Beta-Carotene** is excellent in scavenging free radicals that are low in oxygen **concentration**. It converts to vitamin A in the body and plays a role in helping your **immune system**, preventing cancer, and supporting your reproductive system. **Sources include**: carrots, sweet potatoes, pumpkin, spinach, collards, kale, turnip greens, beets and winter squash.

4) **Selenium** is required by the body for proper **functioning** of the thyroid gland, and may help protect against free radical damage and cancer. **Sources include**: Brazil nuts and sunflower seeds.

5) **Manganese** is needed for proper enzyme functioning, nutrient absorption, wound healing, and bone development. **Sources include**: cacao, (Cont. on next page)

Antioxidants and super foods can literally be life savers and I am someone whose life has been altered by learning about them and making sure I include them in my diet **everyway** possible. During my intense health journey it was vitally important that I support my immune system as much as possible and rid my body of **free radicals** constantly so I could heal. Now it is one of my answers to preventing any future illness.

Cherish your body with all of its imperfections. NOT DISPISTE THEM BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and find the appropriate ways, for you, to add **antioxidants** and **super foods** to your diets for you and your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

IMPORTANT ANTIOXIDANTS AND SUPER-FOODS CAN BE YOURS THROUGH NUTRITION!!!

saffron, ginger, cinnamon, pecans, hazelnuts, flax and sesame seeds.

6) **Zinc** is an essential mineral required by the body for **maintaining** a sense of smell, keeping a healthy immune system, building proteins, triggering enzymes, and creating DNA. **Sources include:** wheat germ, roasted pumpkin and squash seeds

and dark chocolate or cacao.

Other super-foods with a **high concentration** of antioxidants that you should consume on a regular basis **include:** all leafy greens, acai berry, chlorella, spirulina, wheat grass, liquid chlorophyll, **fermented** vegetables, sprouts (alfalfa, daikon radish, bean), all berries, chia seeds, hemp

seed, broccoli, tumeric and **cayenne**.

It's also important to note that **unhealthy foods** can produce inflammation and oxidative **stress** to the body. Avoid sugar, alcohol, coffee, processed foods and **include** all foods listed.

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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**.

ANTIOXIDANTS IMPACT YOUR EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!

Antioxidants and super-foods not only impact the body on a physical **level**, but they also affect the body on an emotional, intellectual, and spiritual level as **well**. The brain is an organ in the body that demonstrates drastic negative effects when under oxidative **stress**.

By consuming a diet rich in antioxidants you can create more mental clarity, focus, and **energy**. Omega-3 found in nuts and seeds not only prevent oxidative stress but actually **nourish** the brain's cells.

Your memory can be improved by **certain flavonoids** through consuming decaffeinated tea, citrus fruits, and brightly colored **berries**. Balanced antioxidants from a variety of food sources can also help combat **negative moods**, irritability, anxiety, mood swings, and other **symptoms** of depression and/or anxiety disorders.

ders.

Food is not the only thing that can **prevent** and heal oxidative damage to the body. Spiritual practices or any **activity** that bring relaxation to the body can work **wonders as well**. Stress for example, even at a very low level, can cause oxidative stress in the **body**. One of the main ways it does this is through **inflammation** which is responsible for many severe health **complications**. Managing stress through deep breathing exercises, and yoga or other light exercise is a great option. It's **important** to experiment and find what works for **you**.

Spiritual practices can also help to combat **oxidative stress** by balancing you. At the end of the day, oxidative damage is coming from an **imbalance**. Keeping the body in

balance through various **spiritual practices** and modalities such as meditation, prayer, time in **nature**, and/or gratitude exercises can help to bring balance and positive energy to the **body**. Other methods that help to balance repressed **emotions** such as stress that and emotional imbalances **include** Reiki, Acupuncture, and Structural Integration therapies.

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