

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 119h Newsletter, I want to talk to you about **autoimmune disease** 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

AUTOIMMUNE DISEASE SYMPTOMS CAN BE HEALED!!

The **National** Institutes of Health estimates that up to 23.5 million **Americans** suffer from autoimmune disease and that the number is **rising**. The direct cost of the diseases is around \$100 million per year. 80 – 100 different **autoimmune diseases** have been identified and 40 additional diseases are thought to have an autoimmune **basis**. These diseases are all chronic and can be **life-threatening**. In fact, autoimmune disease is one of the **top 10** leading causes of death in females in all age groups up to 64 years of **age**.

Autoimmune disease is a **condition** that occurs when the immune system mistakenly **attacks and destroys** healthy tissue in the body. The body's immune response is how your **body recognizes** and defends itself against harmful **bacteria**, and substances that appear dangerous or foreign to it.

The immune system's white blood cells **normally** protect the body by responding to antigens. Antigens are

substances that reside on the surface of cells, fungus, viruses, or bacteria. **Chemicals**, drugs, foreign objects like a splinter, and toxins can also be **considered** antigens. The immune system produces antibodies that destroy these **dangerous substances**.

Your body's own cells also contain proteins that are **antigens**. These are call HLA antigens, and your immune **system learns** to see these antigens as normal and usually does not react **against them**. In people suffering with an **autoimmune disorder**, the immune system can't tell the difference between healthy tissue, healthy **antigens**, and harmful antigens. This results in an **immune response** that destroys normal **body tissues**. It is similar to an allergic reaction, but instead of being allergic to an outside substance, the body is **reacting** like it's allergic to its own tissue.

The cause of the **immune system** is still unknown although there tends to be a large genetic predisposition for developing an autoimmune condition. An autoimmune disorder typically **results** in:

- The destruction of one or more types of body tissue
- Abnormality in organ growth
- Diminished organ functioning

An autoimmune disorder can affect all types of **tissues and organs**, the most common types are:

- Red blood cells
- Blood vessels
- Skin
- Connective tissues
- Endocrine system including thyroid and pancreas
- Muscles
- Joints

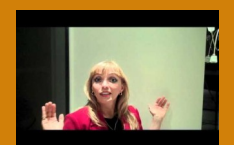


CAROLINA ARAMBURO

Just as multiple tissues and organs can be affected, you can have more than one autoimmune disorder at the same time. The most **common type** of autoimmune disorders include:

- Celiac Disease
- Multiple sclerosis
- Type 1 Diabters
- Pernicious anemia
- Systematic lupus
- Graves Disease
- Reactive arthritis
- Rheumatoid Arthritis
- Addison's disease
- Dermatomyositis
- Hashimoto's thyroiditisFibromyalgia and Chronic Fatigue Syndrome (not an autoimmune disorder but very similar symptoms)

Due to the **wide range** of diseases and conditions the **symptoms** of an autoimmune condition can vary. Some of the main symptoms **include** muscle pain, cramping, and weakness, swelling, nutritional **deficiencies**, fatigue, fever, weight loss, and weight gain. Most of the other (Cont. on next page)



[CLICK HERE TO VIEW](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

AUTOIMMUNE DISEASE SYMPTOMS CAN BE HEALED!!! (Cont.)

symptoms are disease specific.

From my perspective **autoimmune disorders** are almost always preventable. The balance of the body is waaaaay easier to restore when eating a whole foods plant **based** diet. I have many friends that had autoimmune **illnesses** and they were totally healed after being **rigorous** for a while with a whole food plant based diet. Sadly, I also have **friends**, with autoimmune illnesses, that refuse to try that diet and **they keep** doing traditional **medicine treatments** and never quite heal nor really improve their **illnesses**.

The big problem is the babies that

are born with **autoimmune disorders**. This is also quite avoidable. The chances for the children being **born** with autoimmune disorders reduces significantly when the **mother and father** have lived on a whole food plant based diet and, **of course**, followed it rigorously though the pregnancy.

Unfortunately these types of **illness** are, as per definition, an illness that is based on the **body** defending itself, but defending itself from the wrong "**attackers**". If you actually observe the people that **contract** these illnesses it could be said that is very **related** to their emotional well

being, since **emotional imbalances** completely impact the **immune system**. Very rarely someone that is emotionally balanced and with a healthy plant based diet contracts that kind of **illness**.

I have had close **encounters** with a kind of those illnesses during my deathly ill period about **3 years ago**. Blessedly I had the gift of being able to **reverse it** through a lot of meditation and a whole food **plant based** diet. Please give yourself the gift of **trying** those 2 things and you will give your **body** the best chances you can give it to prevent this kind of **illnesses** and many others, you will never regret it, **please try it!!!**

NUTRITION AND EXERCISE CAN HEAL AUTOIMMUNE DISEASE!!!

Numerous studies have shown that proper nutrition and light **exercise** can greatly control the body's immune response and **symptoms** of autoimmune disease. There are also **certain foods** that cause an inflammatory response and **evoke** somewhat of an allergic reaction in the body that can create an autoimmune **response**. Three foods that commonly exacerbate **symptoms** of autoimmune diseases include **gluten, dairy, and sugar**.

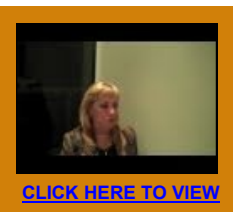
Gluten is the storage protein found in wheat that **gives** wheat, breads, and other similar substance their doughy like texture. Foods that contain gluten **include**; flour, wheat, kamut, cous cous, spelt, semolina, beer, cookies, crackers, cake, cakes, muffins, pastries, cakes, cereal, crackers, gravy, dressings, soy sauce, most chips and candy, and **other** processed or packaged foods. **Eating gluten** can cause an immune response in the body. In the **case** of celiac disease, an autoimmune disorder, the **immune response** causes by gluten damages the healthy villi in the **intestines**.

There are plenty of other **carbohydrate** sources that can be enjoyed without gluten. These include whole grains such as quinoa, brown rice, **amaranth**, gluten-free

rolled oats, millet, sorghum, teff and wild rice. Other carbohydrate **sources include** sweet potatoes, root vegetables, vegetables, and fruit.

Dairy is another food that can **worsen** the symptoms of autoimmune disease. Dairy includes milk, cheese, yogurt, or any product made from the milk of an **animal**. Many people have a low-level allergic response to dairy **products** and do not even know it. The proteins found in milk **mimic some** of the proteins in the **human body**. Since milk is a foreign substance, the body does not recognize all the proteins and has an **immune response** to protect from the invaders. In some cases, the **immune system** gets confused and begins attacking your body's own tissue since it has **learned** to recognize the similar milk proteins. Replacement **options** for dairy include; almond, coconut, rice, and **hemp milk**, daiya cheese, and nutritional yeast which is **packed** with B vitamins and has a cheese like flavor.

Sugar is one of the most **inflammatory substances** to the body and should be avoided at all costs if you are living with an autoimmune **dis-ease**. Other inflammatory and acidic foods that should be **avoided** are (Cont. on next page)



My body, while I was dealing with the multiple **illnesses** during my health journey, was constantly shifting and my immune system was being attacked from every angle UNTIL I began learning to **balance myself** physically, intellectually, emotionally and spiritually with a whole food, **plant based** diet, exercise and meditation. I proved to myself completely that when we keep ourselves balanced that our **immune system** will balance and take care of itself to correspond with our balance.

Cherish your body with all of its imperfections. NOT DISPIETE 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 prevent and heal the symptoms of autoimmune diseases. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

NUTRITION AND EXERCISE CAN HEAL AUTOIMMUNE DISEASE!!! (Cont.)

alcohol, coffee, meat, fish, night shade **vegetables**, and processed foods laden with artificial **ingredients**.

By nourishing the immune system through a **balanced** whole food, plant-based diet this will help to fight in-

flammation in the body that is **re-sponsible** for the immune cells attacking health tissue. It will also bring alkalinity to the **body**, and the more alkaline the body is, the **healthier** it is which will result in less symptoms of an **autoimmune disorder** and create a space for healing. Some extremely

alkaline and anti-inflammatory foods **include**: celery, lemon, cucumber, leafy greens, beets, avocado, nuts, seeds, and vegetables besides nightshades, turmeric, cinnamon, cayenne, ginger, and cumin are all anti-**inflammatory spices** that should also be included.

MASTERFUL BUSINESS & PERSONAL COACHING

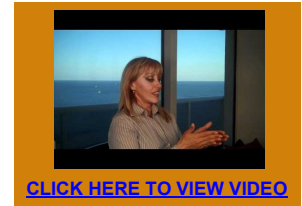
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



CONNECT WITH ME



EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE AND AUTOIMMUNE DISEASE!!!

Emotional health has a strong **correlation** with the health of your body, especially in regards to your immune system. If you have **good and stable** emotional health, you typically are aware of your thoughts, feelings, and **behaviors**. You have learned appropriate ways to cope with stress and **problems** that arise as a normal part of life. You express **confidence**, gratitude, and have healthy relationships with yourself and **others**. Even with sound emotional health, events can happen in life that **disrupt** it and could lead to strong feelings of sadness, anger, stress, **depression, or anxiety**.

It is important to learn how to manage **these emotions**, feel them, and let them pass instead of holding on or **repressing** them. Chronic low levels of these **emotions** can actually place dramatic stress on

the body and weaken the body's **immune system**. This is often seen in people that have a high stress job, or something of the sort, without **appropriate** balance in their life they will be **sick a lot**.

Not only do the **chemical responses** from negative emotions and thoughts **cause illness**, but they can also cause you to not look after your **health as much**. In a state of stress for example, it is easy to overlook your need to exercise or **eat healthy**. Sleep may even become a problem which is a critical component for **healing and preventing** auto-immune disease and other immune **system complications**.

To keep emotional, intellectual, and spiritual **balance** it is important to create some type of daily ritual that brings you **balance and peace**.

One of the best things for this is meditation. Gratitude exercises, prayer, deep breathing exercises, journaling, **yoga**, and walks in nature are other **examples**. Making these practices regular in order to **safe guard** yourself against the negative effects of emotions like stress builds a strong foundation and **nourishes** systems in the body, like your immune system, daily. Consistency is critical when **preventing**, managing, or healing an illness.

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaarambom](http://carolinaarambom)

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

© Carolina Aramburo, 2013
www.CarolinaAramburo.com