

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 124th Newsletter, I want to give us a chance to consider the impact that **eczema** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **news-letter 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](#).

YOU DO NOT HAVE TO SUFFER WITH ECZEMA!!!

Eczema is a **medical condition** that affects the skin and causes it to become swollen, red, irritated, itchy, and inflamed. It affects about 10 – 20% of infants and about 3% of adults and **children** in the United States. **Infants** tend to grow out of the condition but some carry it on to adulthood. With proper treatment, the disease can often be **controlled**. The most common type of eczema is atopic dermatitis. Atopic refers to a category of diseases that tend to be inherited and also **co-exists** with other allergic conditions such as hay fever and **asthma**. With proper treatment, nutrition, and lifestyle changes eczema can be prevented, controlled, and **healed!**

Eczema can affect any area of your skin, but typically appears on your **face**, scalp, inside of the elbows, arms, behind your knees, hands, and ankles in a **patch-like fashion**. It has a tendency to flare up periodically

then subside. **Scratching** makes eczema worse. In fact, you might not even notice eczema until you irritate it by scratching. The irritation is what causes the rash and scales to **develop**. Other symptoms include:

- **Blisters** that tend to excrete liquid then crust over
- Areas of leathery and **dry skin**
- **Redness** and inflammation of the effected skin
- Bacterial infections and scars from **scratching**

Eczema is caused by a similar reaction to that of an **allergy** and is not contagious. In some cases, a specific substance like **detergent**, soaps, metals, dust mites, animal dander, or foods can **trigger eczema**. It is important to use organic and gentle skin care **products** if you have eczema. This goes for household cleaning products and **detergents** as well. Plant-derived **ingredients** in their organic form are often more tender on the skin and can provide **lasting relief**.

For many people, eczema isn't **caused** by an allergic reaction. It can be worsened by **temperature** changes, dry climates, water, and stress. There isn't a **specific** test to diagnose eczema, but doctors often do so by **examining** the skin and asking a series of medical history **questions**. Conventional therapies include steroids to battle **inflammation** and different creams to reduce the body's immune response. These can be **partially effective**, but can also greatly harm the body.

Controlling inflammation through nutrition and lifestyle changes, **reducing stress**, and natural ointments and treatments work and are also **gentler** on your body than chemical laden products. If experiencing eczema aloe vera gel, cold-processed

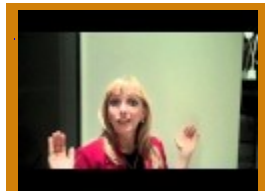


CAROLINA ARAMBURO

coconut oil, calendula lotion or cream, and chaparral lotion will help to soothe the skin and **reduce irritation**. Always look for a natural alternative when **available!**

I have not had **eczema** myself, but, I came very close to having eczema after being in the **hospital** for a while. Due to all the medications that I was given there, I developed **terrible allergies** on my skin and horrible rashes all over my body. I had to have a very **intense treatment** with my dermatologist to figure out if it was eczema or if it was a different kind of allergy.

Even though they **determined** that the allergic rashes that I had were a side effect to the **medication** I had to continue taking it given that my life was in **danger**. I then had to start taking even more **medication** to control the rashes all over my body and it became like a **snowball effect**. Long story short, thanks to my **intense health journey** and (Cont. on next page)



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YOU DO NOT HAVE TO SUFFER WITH ECZEMA!!! (Cont.)

based diet I am able to live without any medication. I am 100% healed and have lived without any medication for almost a year and **3 months**.

I am now totally healthy and healed but I have had **many close** people in my life that were born with the hereditary condition of eczema in **different degrees**. I have very close friends that were born with very **severe** condition of eczema and other friends that had a very light **degree** of it that progressed to worse and worse and worse. It seems to be a **condition** that people suffer through their entire life **because** it may improve in little bits but is never really healed.

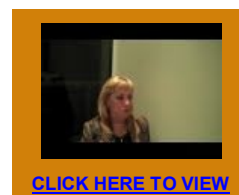
However, the good news is I also have **many friends** who had eczema that treated them with a very **rigorous** whole food plant based

diet and they either **diminished** or completely have their eczema **disappear**. Given that this illness is a malfunction of the immune system, it **makes sense** to me that this type of diet, monitored by a nutritionist, would allow the plants give your body all it needs to heal **oneself**.

So I can't emphasize it enough, even if you don't have the condition of **eczema**, give yourself a chance to see the amazing healing and **health benefits** that happen when your whole body starts healing through the **natural** and perfectly balanced nutrition of what plants have to **offer to us**.

So my request and **invitation** to you is to cherish your body and your **health enough** that whether you do have eczema in which case I urge you to **try it**, or you don't have eczema, I invite you, to try a whole-food plant based

diet for at least four weeks and see how it **improves** your wellness completely. You will, like me, **try it once** and never go back because you get totally addicted to feeling 100% well with optimal health and energy. Your **health**, energy, and your complete wellbeing go to the next level and **you** are never able to go back to not **feeling energized**, tired, and not sleeping well, and all the **unhealthy** things that happen when **you are not** on whole food plant based diet.



YOU CAN ELIMINATE YOUR ECZEMA WITH NUTRITION!!!

Nutrition is absolutely essential in preventing **eczema**. Since eczema and allergies are largely due to an inflammatory response in the body, removing all foods that **cause inflammation** and adding anti-inflammatory foods into the **diet coupled** with other specific nutritional protocol, will prevent and in some cases even reverse **eczema**.

Gluten is the protein found in wheat and very **inflammatory** to the body. If you have eczema, you should eliminate all wheat, flour, and bread **products** from your diet. Soy sauce, processed foods, and packaged meats also have gluten. **Gluten containing** grains include; cous cous, barley, rye, and spelt. Gluten free grains include all rice, quinoa, buckwheat, amaranth, tef, millet, and sorghum. **Oatmeal** does not contain gluten, but make sure if you **consume** it that it is labeled gluten free because it can be cross-contaminated.

Milk is also very inflammatory to the **body**. All dairy, including

cheese, yogurts, butters, and creams should be eliminated if you have **eczema**. Not only are they inflammatory, but milk aggravates the body's immune response because our bodies are not **designed to consume** it. By irritating the immune system, your eczema could flare up. Other extremely **inflammatory** foods include sugar, alcohol, and processed foods. The most anti-inflammatory and immune supporting diet is a **whole foods** plant based diet with a lot of nutrients coming from raw food! The **antioxidants** and nutrients in these foods help to bring **balance** to the body and support all of your body's **essential systems**.

Greens, berries, beets, cucumber, turmeric, and cumin, hemp seed, **walnuts**, and flax are all very anti-inflammatory on the body. GLA found in **primrose oil** and black currant seed oil also nourishes the skin and can prevent eczema when **taken orally**. Chamomile tea, licorice, witch hazel, and St. John's Wart have also all been proven to help with **eczema**. Marked improve (Cont. on next page)

Eczema can be diminished and even completely disappeared by adopting a **whole-food plant based diet!** Your skin, just like all of the organs in your body, is impacted from the inside out and this diet will heal your skin just that way a cell at a time. I strongly urge you to try it, even for just a month, to truly feel the positive health effects of this **RADICALLY** kind diet! It will not only benefit you, but all other beings in the **universe!**

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** ways, for you, to use nutrition to honor your whole body including your skin. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

YOU CAN ELIMINATE YOUR ECZEMA WITH NUTRITION!!! (Cont.)

ment has even been shown when using chamomile tea on the **skin**.

Exercise can also help to control eczema because of its **profound** effect on stress reduction. You must be careful to wash the skin with a **gentle cleanser** after exercising and remove sweaty clothes as soon as possible. At times, these clothes

can **cause irritation** to the skin. Find materials that let your skin breathe and aren't too **restricting**.

Listen to your body in the process!! It will tell you all you **need to know**. Pay attention to your breakouts and observe if they come after certain **foods**, exercise, or situations. If they do, then you will know

to avoid those in the **future!** If you want to truly master your eczema and **possibly heal it**, working with a professional health coach to find out the exact **combination** of foods to balance your body can work **miracles!**

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**.

ECZEMA IS PROFOUNDLY IMPACTED BY EMOTIONAL, INTELLECTUAL, AND SPIRITUAL BALANCE!!!

Eczema can be greatly affected by the emotional, **intellectual**, and spiritual balance of your body. Stress for example, has a **profound impact** on eczema flare ups. During stressful situations, the stress creates an inflammatory response in the body and can **activate** the condition and cause it to spread.

Managing stress in a proactive way is **crucial**. If you just worry about stress once you realize it has hit, it is sometimes too late. Daily stress **management practices** and rituals will help to prevent and possibly heal your condition.

Chinese medicine and **alternative** healing methods such as Acupuncture and **Acupressure** have also been proven effective in treating

eczema. These practices focus on certain meridians and pathways in the body. At times, these energetic pathways can be blocked **due to stress** or other repressed emotions. When these pathways are **blocked**, they can express themselves in a physical ailment like that of eczema. Acupuncture uses small fine **needles** and acupressure uses pressure applied by the **fingertips** placed along these energetic meridians to help **release blockages** so your body can function optimally. Studies have shown a marked reduction in itch and reaction after 4 weeks of **therapy**.

Energy is very important, to take a look at, with any **condition**. Our skin represents how we represent ourselves to the world. It is **common** to be embarrassed or fearful

of how others might perceive you if you have a skin condition such as **eczema**. This fear actually keeps you trapped. Work on embracing your body with all of its **imperfections**. When you begin loving your imperfections and **every part of your body**, the energy will work in your favor and your body will **heal!**

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