

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 128th Newsletter, I want to give us a chance to consider the impact that **smoking** 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](#).

### SMOKING KILLS NEARLY 6 MILLION PEOPLE GLOBALLY A YEAR!!!

According the US Center for Disease Control, and verified by the World Health Organization (July 2013), smoking harms nearly **every organ** of the body. It is responsible for increases in a multitude of diseases and health conditions too numerous to list but including: coronary **heart disease**, strokes, chronic obstructive lung diseases (such as chronic bronchitis and emphysema) and over 10 kinds of cancer.

The following statistics are available online in various trusted sources such as the **World Health Organization**, About.com, MedicalNewsToday.com, the American **Lung Association** and the Center for **Disease Control**:

- Tobacco **kills** up to half of its users.
- There are **1.1 billion** smokers in the world today, and that number is expected to increase to 1.6 billion by the year 2025.
- Tobacco kills nearly **6 million** people each year. More than 5 million of those deaths are the result of direct tobacco use, while more than 600

000 are the result of **non-smokers** being exposed to second-hand smoke.

- Every **eight** seconds, a human life is lost to tobacco use somewhere in the world.
- Tobacco contains more than **4,000** chemicals, 60 of which cause cancer. Some of the 'killers' are radioactivity, **arsenic**, ammonia, lead, formaldehyde, nitrogen dioxide, cadmium, phenol, benzene and hydrogen cyanide.
- Worldwide, approximately **10 million** cigarettes are purchased a minute, 15 billion are sold each day, and upwards of **5 trillion** are produced and used on an annual basis.
- In the US More deaths are caused each year by tobacco use than by human **immunodeficiency** virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- Five trillion cigarette filters weigh approximately **2 billion** pounds. It's estimated that trillions of filters, filled with toxic chemicals from tobacco smoke, make their way into our environment as discarded waste yearly.
- Cigarette **filters** are made of very thin fibers of a plastic called cellulose acetate. A cigarette filter can take between 18 months and **10 years** to decompose.
- **Secondhand** smoke contains more than 50 cancer-causing chemical compounds, 11 of which are known to be Group 1 carcinogens.
- In 2004, **children** accounted for 28% of the deaths attributable to second-hand smoke.
- Tobacco companies and the contract laboratories that they hire continue to conduct cruel, irrelevant **animal** tests on new and existing products in the US even though it is not required by US law to do so (many other countries have banned such cruelty).

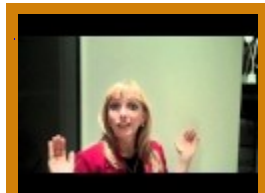
I am, frankly, 100% against **smoking** and I have been 100% against smoking my entire **life**. My parents **smoked** a lot when I was a child **growing** up. And I was completely **against** them doing that to themselves because as a very young



CAROLINA ARAMBURO

child I already knew that that was absolutely **damaging** to someone's **health**. Frankly, I can see the **impact**. First of all, my dad died when I was 19. He died from a very different health **complication**, which was a brain tumor, but the smoking that he did obviously did not help at all. It actually **worsened** his **condition** a lot. I have had very close people in my life that smoke a lot including over half of my family. I do have lots of uncles and aunts that **died** from lung cancer that was literally from smoking. I have also an uncle that died from **second hand smoking**. He didn't smoke one cigarette in his life but he died from lung cancer from his wife's smoking. I also have many other people in my **family** that have actually died from different **types of cancer** completely related to smoking.

I did see a huge **impact** from all the years of smoking, in the health of my mother. I forced her to **stop** smoking 20 years ago. She did and I am very proud of her. Thank God, I have seen the **benefits** of her not smoking anymore, over the last couple of decades. (Cont. on next page)



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## SMOKING KILLS NEARLY 6 MILLION PEOPLE GLOBALLY A YEAR!!! (Cont.)

One of the things that most people do not **consider** is that, if you look at the face and the hands of a smoker you can tell the humongous **damage** that cigarettes do to them even on the outside. First of all, it really **ruins** their faces. Their faces are totally **wrinkled**, their skin becomes really thick and rough and their hands, teeth and excess mouth wrinkles show the impact of smoking. More important than their outward appearance is their internal **health**. They always have so many **problems** with their health that they do not think is relating to smoking but it is. Because, if you think about it, when you are ruining the **quality** of the air that keeps you alive even though you may think that does not ruin the **condition** of your heart, and all the other organs, it does.

Your heart only **operates** thanks to your lungs operating, so if there is no **oxygen** is going to the blood then no

blood, no heart, no nothing, right? And all the **functions** in the body completely require oxygen so; therefore, there is not one inch of our health that is not **im-pacted** by smoking. That is my theory. I know I am not a doctor but I have the deaths and **illnesses** of people that I love to prove it. There is also so much **scien-tific research** that has been available for years. It is just ridiculous, at this point, to debate that smoking causes a huge amount of damage not only to smokers but to other people, the **environment** and obviously to all the animals that are tortured in testing so that tobacco companies are able to produce the best flavors, filters and ultimately the best cigarettes.

I do understand that there it is an **addic-tion**, and I did **dealt** with an addiction myself in life. I had a very **severe** addiction to food and I dealt with it, as an addiction, for almost 15 years. It was really hard to **manage** keeping my addiction in remission. Addictions are a bit like **can-**

**cer**, you can never disappear them completely. You can put addictions in **remis-sion** just like you can put cancer in remission but it never really fully **disappears**.

So it took me more than 15 years to put my addiction in remission, but I was **fight-ing** with it every day. I think that is the thing that is **missing** from people that smoke. They are not actually fighting with that addiction. It is **killing** them and is definitely **damaging** the environment and the health of all of us that don't smoke. It also damages the life of the people they love because they are the ones that are going to have to pay for (by suffering and dealing with the illnesses) the people they love being **sick** and ultimately dying.

So I just, bottom line and upfront, think is one of the silliest, biggest **mistakes** a human being can make. And I think people should do whatever they can possibly do and do everything that they can possibly do to let go of the **addiction** ASAP - if possible yesterday.

### NUTRITION & EXERCISE WILL HELP IN QUITTING & HEALING!!!

When quitting smoking, just as in anything that you are **changing** that impacts your health, there are ways to support yourself nutritionally and through exercise. In a recent study, smokers found that cigarettes tasted **worse** after they drank water or juice and after they ate fruits and vegetables. The study also found that alcohol, caffeineated drinks, and meats all enhanced the taste of cigarettes, **encouraging** smokers to light up.

Here are some recommendations to aid anyone who is quitting smoking:

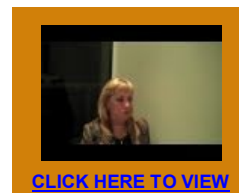
- Drink lots of **water** and natural organic juices.
- Snack on cut-up **veggies** and fruits such as celery, sweet peppers or carrots, apples or a bunch of grapes.
- Add plenty of vegetables and fruits to your diet. These foods are rich in powerful **antioxidants**, which aid in developing a healthier immune system. Vitamins A, C, E, manganese, and selenium are all antioxidants. Red, orange, yellow, or dark green fruits and vegetables (including algae) are all high in these nutrients.
- Include **good fats** such as olive oil and avocados.
- Use pure organic **agave** to sweeten beverages or desserts instead of refined sugar.
- Add **Omega 3** fatty acids to you diet by eating flax and chia seeds, canola oil and soybeans.

- Add **Oats** to your diet as they are high in fiber, omega-3 fatty acids, potassium, and foliate and contain chemicals called avenathramides that can reduce stress, strengthen the nervous system, fight free radicals, and combat high blood **pressure**.

One great way to **add** lots of powerful healing greens to your diet is to start a **juicing** habit. Put in any array of fruits and vegetable. Add **wheat grass**, barley grass, alfalfa, spirulina and chlorella. They supply an extra boost of vegetable protein, minerals, a wide range of vitamins and **chlorophyll** (good for your liver). Green super-foods are really good fatigue fighters, too -- and can help prevent food cravings when taken between meals. High antioxidant fruits like blueberries, raspberries and blackberries help **repair** damage.

We always suggest you get your nutrients from **whole** foods but if for some reason you can't then some extra natural/organic supplements you should consider taking for at least two to three months to repair damage and **support** you (take them in divided doses with meals over the course of each day) are: vitamin E (200 IUs twice a day), vitamin C powder with bioflavonoids (1/4 teaspoon in water several times a day), **co-enzyme Q10** (60 mg once or twice a day), vitamin B-complex supplement (1 a day with a meal).

In addition there are many **herbs** that (Cont. on next page)



I do have a huge amount of **compas-sion** for people who do smoke because they are **dealing** with an addiction, but I do not support it one inch and I don't think it is OK one inch. So I think that if you smoke you should **cherish** yourself enough, cherish the people that you **love** enough and cherish the planet that you live on enough to let go of such a ridiculous, totally **negative** addiction.

**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 keep your brain and therefore your mental capacity at peak performance for life. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## NUTRITION & EXERCISE WILL HELP IN QUITTING & HEALING!!! (Cont.)

support quitting smoking and **healing/repairing** after quitting. Herbs to help the symptoms of quitting including nervousness, insomnia, **anxiousness**, etc.: Lobelia, Green Passion Flower, St. John's wort, Black cohosh, Blue vervain, Motherwort, Oat straw or oat seed, Korean ginseng, **Valerian**, Kava kava, Skullcap and Cayenne Pepper.

The human body will start to **rebuild** damaged lung cells as soon as you stop de-

stroying them with cigarettes. Herbal strategies for speeding the **healing** include: Coltsfoot, Hyssop, Catnip, Mullein, Licorice, Turmeric, Garlic, Slippery elm, Peppermint.

In addition to **nutritional** support the other key thing to do to assist you in quitting smoking and begin healing is to begin a **physical** exercise routine. If you have been smoking for a number of years or are not accustomed to exercise,

start with small amounts of exercise and gradually **increase** what you do over time. As you exercise, you will notice that build-up from your lungs, such as phlegm and **mucus**, will become discharged through coughing. This is a good thing as your lungs are **naturally** getting rid of these unwanted substances. To get the best results, make exercise a part of your normal daily routine.

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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**.



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## STOP SMOKING INTELLECTUALLY, EMOTIONALLY & SPIRITUALLY!!

It is common knowledge that the **addiction** of smoking cigarettes is both physical and psychological. But there is more to it that is not usually **explored** enough. The reality is: Smoking is: 1) a symptom of an inability to deal with **emotions** in a healthy way; 2) a **habitual** disorder caused by nicotine, and 3) a physical **addiction** to nicotine. A holistic approach to quitting smoking includes dealing with and then balancing the intellectual, emotional and spiritual **aspects** of our life as well as dealing with the physical addiction to nicotine.

The nicotine in cigarettes is **designed** to, and may produce temporary "positive" effects for the smoker. These are all; of course, only **temporarily**, chemically induced pleasures and lead to the exact opposite long term effects along with all of the other **fatal** affects.

Interestingly, the physical symptoms of quitting only lasts in intensity for several **days** then dissipate more and more over the next several **weeks**. A powerful way to quit is to actually make the decision to quit from the higher self vs. from the rational mind (which can explain away anything). The key is to see what smoking **REALLY** masks or covers up. If a smoker resists lighting a cigarette in a moment of craving, he/she then

will have a chance to see the actual **cause** of the addiction. The smoker will experience **anxiety**, impatience, stress, tension, and nervousness. Those are the attributes he/she is trying to not see. The situation, which has caused these feelings, asks for a **solution**, and the cigarette is the escape. If the smoker would deal with and resolve the situations that created those feelings there would be no **need** for smoking. Actually, the need for a cigarette does not exist – the only need is to mask and not see and then deal with something. Any sort of **self-abuse**, which smoking is, is always a pleading with your own self to be heard by yourself. Smoking is a damaging act of **unawareness**.

The smoker may not be able to control all the factors that contribute to his/her stress, but **identifying** the source of the anxiety and trying to find ways to reduce or overcome it is the first key. Since smoking is often used as a way of **coping**, the next key is to find other ways to deal with the stress, anxiety or other problems he/she may not be able to control. Methods that have proven helpful are: counseling, **coaching, meditation**, breathing exercises, acupuncture and other forms of energy healing and spiritual practices.

Once the smoker has seen the source of his/her smoking and allowed his/her **higher self** to make the decision to stop then he/she can also plan for the intellectual and physical pieces that need to be taken care of. **Preparing** for the physical withdrawal can be as simple as using some of the various **herbal**, nutritional and exercise suggestions we made in the previous article.

When a smoker has made the decision to stop smoking, from his/her higher self, then he/she will have the power to stop **permanently** and break free.

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

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

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 your contribution. Thank you so much for the opportunity to learn together.

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