

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 194th Newsletter, I want to talk to you about the impact of seeds and nuts on our health.

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](#).

MANY NUTS AND SEEDS ARE LOADED WITH NUTRITIONAL AWESOMENESS!!!

I want to focus, in this newsletter, on the amazing benefits that eating seeds and nuts can have for you and your body.

This week on our Fan Page, we have included articles that will offer you information on seeds and nuts and the effects that they can have on you and your health. These articles will cover the physical, emotional, mental, and spiritual effects that seeds and nuts can have on your well-being.

Nuts are rich in many vitamins and minerals such as omega-3; protein; B vitamins; calcium; iron; potassium; magnesium; phosphorus; copper; vitamin E. Seeds offer similarly compacted goodness, with protein; vitamins A, D, and E; B vitamins; phosphorus; calcium; iron; fluoride; iodine; potassium; magnesium; and zinc. Being ex-

tremely healthy and nutritious, nuts are an excellent source of protein.

Despite the fact that nuts and seeds are high in fats most of this fat is good fat. The nutrients found in nuts include mono-unsaturated fatty acids such as oleic and palmitoleic acids. Both of these types of fatty acids help lower the LDL, the bad cholesterol in the blood. At the same time this type of fat also helps raise the HDL, or the good cholesterol within the body. Adding any type of nut that is rich in mono-unsaturated fatty acids will help delay, if not prevent, the onset of several types of coronary artery diseases, stroke, heart attacks and a number of other issues within the body. Healthy fats can also provide a sense of fullness or satisfaction that actually causes you to eat less of other high-calorie or high fat foods. Some of the healthiest choices for nuts and seeds can include:

- Almonds
- Cashews
- Flaxseeds
- Peanuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

Nuts and seeds are a great source of flavonoid antioxidants. These include carotene, lutein and several others. They are proven to help against certain kinds of cancers, degenerative type diseases, Alzheimer's, viral and fungal infections, depression and many other kinds of health issues. The Omega 3 fatty acid within nuts also helps with a multitude of ongoing problems. Omega 3's help lower blood pressure and help in protecting



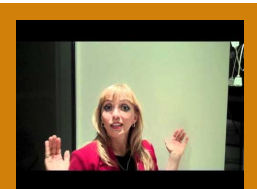
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against breast, colon and prostate cancers. With the combination of the antioxidants and Omega 3's within nuts one can benefit extensively from their intake alone.

The mineral content in nuts and seeds is also a major factor for some. Most nuts include minerals like manganese, potassium, calcium, zinc, iron, copper and selenium.

Vitamin E within nuts is a great deterrent to plaque buildup in the arteries. Nuts also contain a source called L-arginine which is a substance that helps with the same thing. This substance also allows the blood to be less prone to (Cont. on next page)clots that can block blood flow. These two factors go hand in hand and work together to be a powerful artery stabilizer.

I have eaten and drank a whole array of soaked seeds and nuts as part of my nutritional plans throughout my health



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MANY NUTS AND SEEDS ARE LOADED WITH NUTRITIONAL AWESOMENESS!!! (Cont.)

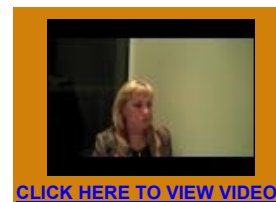
journey. By always listening to my body I have found different types of seeds and nuts to fit my diet at different points in time, including cashews, almonds, walnuts and flax seeds. Nuts and seeds have given me protein, and calcium, vitamins, minerals and good fats that interact with all that is important on our body including our brain functions and heart health.

I currently am on an 80% raw diet and only eat and drink soaked nuts and seeds. I never ever recommend eating nuts or seeds without soaking them. I certainly never eat nuts or seeds that

are not soaked. Soaking nuts and seeds removes the enzyme inhibitors and toxic substances such as phytic acid that protect nuts. With enzymes being released the metabolic enzymes can then help every biological process the body does starting with digestion. Phytic acid can block absorption of calcium, magnesium, copper, iron and especially zinc in the intestinal tract.

We will talk about the emotional, mental and spiritual impact of nuts later in the newsletter! Join me in taking yourself to a whole new level of wellness with these phenomenally nutrient rich

foods today!



NUTS, CONSUMED IN MODERATION, MAY BOLSTER YOUR BODY'S HEALTH!!!

Consuming nuts and seeds on a regular basis can have a great impact on your physical state. Nuts and seeds are both considered "oil rich" and can sometimes be known as the best source of vitamin E. The common nuts and seeds also contain the greatest quantity of good fats of all unprocessed foods. Fats and vitamin E play an important role in liver function! Although nuts and seeds have many benefits when eating them, they have a few things that we should watch out for as well.

Some of those problems could be:

- Nuts become "rancid" and lose their nutrients when they are soaked, hulled or shelled
- Gall bladder and liver complaints
- Poor immunity, cancer, and other chronic diseases
- Can cause irritation to the lining of the stomach and intestines
- The oils can't be digested or assimilated efficiently

As with any other food that has been deemed healthy, one should be sure that they take care not to overeat these foods. The fact that each of them are considered as higher fat foods, should be the main reason that special care should be taken when eating these. On the great side, seeds and nuts have been shown to prevent against cardiovascular deaths. Raw nuts and seeds are packed with nutrients. Nuts and seeds can be substituted for the fatty unhealthy foods that we are eating. For every calorie that is removed from our diet from rice, potatoes, bread or animal products and then substituted

with raw seeds and/or nuts, many health benefits occur. These benefits include:

- Lower blood sugar
- Lower cholesterol
- Lower weight
- More weight loss, not weight gain
- More effective reversal of heart disease
- Increased protection against cancer
- Better muscle and bone mass with aging

The different types of nuts and seeds contain lignans, bioflavonoids, minerals and other antioxidants that protect the fragile freshness of the fats therein and contain plant-proteins and plant sterols that naturally lower cholesterol.

Since they supply certain fibers and nutrients that are not found in other foods, they have other beneficial effects that are preventative for blood vessel inflammation. Another benefit of consuming these foods would be the reduction of heart risk. According to the data that was obtained from the Nurses' Health Study, it was estimated that substitution of the fat from one ounce of nuts for equivalent energy from a carbohydrate in an average diet was associated with a 30 percent reduction in heart disease risk. The substitution of nut fat for saturated fat was associated with 45 percent reduction in risk.

(Cont. on next page)

Eating nuts and seeds has proven to have a large number of physical benefits for everyone! As long as the intake of them is at a balanced amount,

To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

NUTS, CONSUMED IN MODERATION, MAY BOLSTER YOUR BODY'S HEALTH!!! (Cont.)

the positive effects that eating these can have on your body are great! Whether you are reducing the risk of cancer, heart disease or just attempting to keep your weight down or monitored, indulging in the many types of

nuts and seeds may be beneficial in a large number of ways!!!

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 com-

munity (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.

NUTS AND SEEDS MAY DO WONDERS FOR YOUR MENTAL, EMOTIONAL AND SPIRITUAL HEALTH!!!

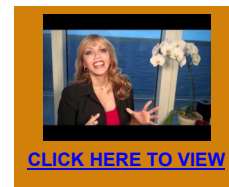
Nuts and seeds have also been proven in studies to positively impact your emotions! They can enable you to be calmer than you ever imagined! In addition to creating a healthy nervous system for yourself, by indulging in the many types of seeds and nuts, you may also helping yourself prevent depression. Studies have shown a direction correlation between a lack of Omega-3 and depression. Walnuts, hempseeds, and flax seeds, in particular, are known to are very high in omega-3s, with flaxseeds tipping the scale at over 145% of your daily value (DV) for omega-3s.

Seeds and nuts have also been shown to be "brain foods". They have been shown to clear up "brain fog" and enable you to think much clearer. They can be a fantastic source of vitamin E, which directly corresponds with less cognitive decline as you grow older. Sunflower seeds are an important source of B-vitamins for memory and cognitive function. In addition to sunflower seeds and walnuts, other seeds and nuts like pumpkin seeds, cashews, almonds, pecans and peanuts can improve your mental health. High in magnesium, cashews can "open up" the blood vessels in your body and brain. Adding almonds to your diet can vastly improve your

mental and neurological health. They are high in riboflavin, which can boost your memory. Pecans provide an important nutrient for optimal brain function called coline, which aids in both memory and brain development. Many of the seeds and nuts that we consume contain tryptophan, which is an important amino acid that the brain converts to serotonin. Sunflower seeds are also high in thiamine, which is an important B vitamin for memory and cognitive function!

When we eat a "whole foods" plant based diet including nuts and seeds, the vitality of these foods becomes part of who we are. This directly affects all our aspects including our spiritual aspect. The vitality of soaked "live" nuts and seeds in our bodies provides more life force for us. With fasting being a spiritual practice that some people utilize to help them clarify their thoughts, purify their soul and cleanse their body, some people choose to not eat at all. However, soaked nuts and seeds, such as almonds or pumpkin seeds, may be the answer if you need to eat because of certain health conditions or because you are not accustomed to not eating at all. Soaked nuts and seeds can also be an important contribution

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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in the balancing of energy in your body anytime

All of these mental and physical improvements help to balance out our various energies, raise our consciousness, increase our intuition, and promote our spiritual journey. In addition to eating soaked nuts and seeds in your daily diet they can contribute to your when on a fast, as well. No matter which type of nut or seed you choose to eat, it can have a positive impact on you, emotionally, mentally and spiritually!!!!

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.