

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 200th Newsletter, I want to talk to you about **Fruit and the impact it can have on your 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.**

### FRUITS, MINDFULLY CONSUMED, CAN BE OUR BEST WELLNESS ALLIES!!!

I love fruit! My mother made sure I ate fresh organic fruits from the time I could eat. Her first question in the morning each day was, "Did you eat your fruit?" In this newsletter, I want to focus on the **impact of fruit on your health.** Unfortunately fruit doesn't contain everything you need nutritionally. So, I will also give you some other things to include in your diet if your diet consists largely of fruit.

This week, we have included articles on our Fan Page that will offer you information on fruit and the **effects that it can have on your health and well-being.** Although we will be summarizing some of that information here for you, you can find lots of great articles there.

A fruit is the part of the plant that develops **from a flower,** according to botanists. It's also the section of the plant that contains the seeds. The other parts of plants are considered vegetables. These include the stems, leaves and roots — and even the flower bud. By their definition, the following, in addition to what we normally think of when we think of fruits, are technically **considered**

**fruits:** avocado, beans, peapods, corn kernels, cucumbers, grains, nuts, olives peppers, pumpkin, squash, sunflower seeds and tomatoes.

Fruits can have many positive impacts on your health. **Digestive problems,** such as constipation, diarrhea or abdominal cramping, can be alleviated by eating fruit. Fruits that contain natural fiber also can also help regulate bowel movements. Fruits have also been proven effective when it comes to **lowering cholesterol levels.** This can help you prevent strokes and heart disease. Also, people who drink fruit juices or eat fruit regularly may lower their **risk of contracting Alzheimer's disease** by an incredible 76%.

Fruits can have a **very negative impact** on your health also. Any good thing, however, should be done in moderation. Eating fruit, especially if you have conditions like **diabetes** or if you eat them in large amounts, has a number of real **disadvantages.** Here are reasons to be cautious or monitor your amounts of fruit:

- **Acidic Fruits** - Oranges, apples, tangerines or grapefruits can lead to burning sensations in your stomach, bloating that makes you feel full, stomach growling and diarrhea. Tangerines can also be bad for your teeth and you palate.
- **High in Fiber** - May cause stomach upset if you begin adding them to your diet too quickly.
- **High in Sugar** - If you have **diabetes** or other blood sugar problems you should monitor your fruit intake because of the carbohydrate and sugar levels in fruit.
- **Persimmons** - When eaten with acidic food will form stones that obstruct digestion.
- **Bananas** - Are filled with magnesium and cause an imbalance with Calcium and inhibit your blood vessels.
- **Plums** - Acid which dissolves calcium, phosphorus and protein in body
- **Coronary artery disease, hypertension and cardiovascular problems** - should not eat above moderate levels of fruit.

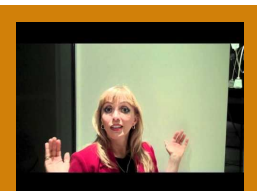


CAROLINA ARAMBURO

- **Bacteria** - Fruits are exposed to a plethora of bacteria from a wide range of sources. Buying organic non GMO fruit and then washing them in pure water with vinegar reduces the chances of bacteria.

During different parts of my health journey I have counted on fruits to nourish me, provide me with a natural answer to my **sweet tooth,** and give me whatever my body needed at the time. Fruits that are wonderful and **non GMO,** organic fruits, are a foundation of wellness, health and youth but because of the **HIGH CONTENT OF SUGAR,** in most but NOT ALL of them, we should enjoy them in **moderation** and learn to combine them with other food. The combination of ingredients can make a world of a difference in the **impact** of the foods we eat. Many times in my life I ate too much fruit. Now I make sure they are in moderation and I combine them **appropriately** with (Cont. on next page) the guidance always of my Radical Wellness Coach.

One great tip to help you to eat more fruit is to **keep fruit out in a place** where you can see it. By doing this you will be more likely to eat it



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## FRUITS, MINDFULLY CONSUMED, CAN BE OUR BEST WELLNESS ALLIES!!! (Cont.)

than if it is kept out of sight. If you can, juice your fruit. It will get into your bloodstream faster than when eating it and it is easier to consume more fruits that way. One important thing about juicing is to only juice if you can consume it right away, as the fruit loses its nutrients when it sits and can go bad very fast. Keep in mind that fruits are the most natural foods on this planet. Your body has a craving for all natural foods. Fruit is how food is supposed to be.

### THESE FRUITS CAN BE POWERHOUSES FOR YOUR HEALTH!!!

With the multitude of fruits that are available to eat, the question becomes: which are the best for your health? Many fruits, like tomatoes and avocados and zucchinis, etc., are not considered fruits by most people, and are very nutritional FRUITS. Here are fruits that rate at the top of the experts' lists for health benefits:

- **Apples**, with the skin, provide pectin, 5 grams of fiber and a heaping dose of flavonoid antioxidants. Apple fiber helps lower cholesterol and the powerful flavonoids reduce your risk of heart disease, stroke and cancer.
- **Apricots** are a good source of vitamins A, C and E, potassium, iron and carotenoids. The lycopene found in apricots helps protect your eyes and prevent heart disease, LDL cholesterol oxidation and certain cancers – especially skin cancer. And the fiber in apricots helps relieve constipation.
- **Avocados** are an excellent source of raw healthy fat, and are also an excellent source of fiber, vitamins, and minerals.
- **Bananas** are a great source of potassium, which helps lower your risk of high blood pressure and stroke and plays a key role in muscle function. The fiber in bananas helps restore normal bowel action.
- **Berries** - Berries tend to put less stress on your blood sugar - regulating mechanisms than other fruits, and provide loads of fiber, vitamins, minerals, and phytochemicals which protect you against disease.
- **Cantaloupes** are packed with Vitamin C, potassium and carotenoid antioxidants. Cantaloupe can help reduce inflammation, prevent cancer and cardiovascular disease, boost immunity and help protect your skin from sunburn. Half a melon has 2 grams of fiber.

Fruits are one of the types of food that most of the population use in the least mindful way; because they use them PROCESSED, when the GREATEST BENEFITS of FRUITS happen only when consumed not only in moderation, but 100% natural, organic and in a wholesome way. I invite you to take on adding a considerable amount of NATURAL unprocessed DELICIOUS FRUITS into your every day diet, it will add years to your life and quality WELLNESS to

you every day. CHERISH your Self enough to splash your life with PLENTY OF FRUIT!!!!



- **Cherries** are very high in iron and disease-fighting flavonoids. They also have potassium, magnesium, vitamins C and E, folate and heart-protective carotenoids. Cherries can significantly reduce inflammation, arthritic pain, bad cholesterol and cancer risk.
- **Citrus Fruits** are best known for flavor, juiciness and high vitamin C content. But they're also a good source of folate, fiber and other antioxidants, vitamins and minerals. Citrus fruit has been shown to help reduce cholesterol, blood pressure and the risk of some types of cancer.
- **Cucumbers** have both antioxidant and anti-inflammatory properties. They are also a rich source of triterpene phytonutrients called cucurbitacins.
- **Kiwifruit**, when compared ounce for ounce, has more than twice the vitamin C of an orange. It's also an excellent source of magnesium, potassium and vitamins A and E. Kiwis have been shown to boost the immune system and reduce respiratory diseases.
- **Papayas** are loaded with vitamin C, folate, carotenoids and natural digestive enzymes that help with protein digestion.
- **Pomegranates** - If you could choose only one fruit to get into your blood and provide super protection against free radical damage and chronic disease, pomegranates would be a great choice. By weight, they have one of the highest concentrations of antioxidants among all fruits.
- **Red Grapes** contain iron, potassium, fiber and an abundance of powerful disease-fighting antioxidants, flavonoids, anthocyanins and resveratrol, which have been shown to help prevent heart disease and cancer.
- **Tomatoes** are antioxidants rich,

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](http://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!

## THESE FRUITS CAN BE POWERHOUSES FOR YOUR HEALTH!!! (Cont.)

providing an excellent amount of vitamin C and beta-carotene; a very good amount of the mineral manganese; and a good amount of vitamin E. In terms of phytonutrients, tomatoes are basically off the chart.

- **Zucchini** is low in calories (approximately 15 food calories per 100 g fresh zucchini) and contains useful amounts of folate, potassium and vitamin A.

If you want to eat **super sweet** fruits like bananas, grapes, and ripe persimmons, you may want to eat them with some

dark green lettuce, celery sticks, and avocado, as the mineral density in these green foods will help to dampen the **unhealthy** effect that super sweet fruits have on your insulin levels.

A diet high in fruits will not necessarily provide you with all the nutrients you need. Thus for a **100% complete** and utmost, wellness diet we recommend FRUITS with Veggies, Grain, Seeds, Nuts, etc mindfully combined. Nutrients, such as **protein, iron, vitamin B-12, vitamin D, thiamin, niacin and dietary fats** are not found in fruits.

You can get these by combining your fruits with other plant-based food such as vegetables, grains and nuts. People with special cases, like diabetics, should also be aware of the **high amount of sugar in fruits**. Be sure that if you consume a high/all fruit diet that you supplement your diet with the nutrition that your body needs!

## MASTERFUL BUSINESS & PERSONAL COACHING

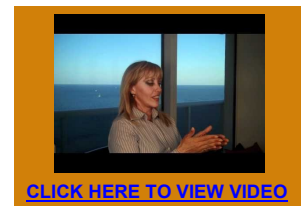
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 **UNPRECEDENTED** 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 **FULFILLING ADVENTURE!!**

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## FRUIT IMPACTS YOU EMOTIONALLY, MENTALLY AND SPIRITUALLY !!!

Fruits can impact the emotional, intellectual and spiritual aspects of your life. Fruit, like vegetables, gets right to the **blood stream** – faster than grains & nuts. So fruit impacts mood and mental alertness faster and when you are emotionally and intellectually balanced it is easier to spiritually connect. This works both ways, however and too much fruit or an **incorrect combination** of fruit can throw off your balance and make spiritual connection more challenging.

One example of the impact of fruit is the strong **scientific evidence** that eating blueberries, blackberries, strawberries and other berry fruits has beneficial effects on the brain and may help prevent **age-related memory** loss and other changes, scientists report. Barbara Shukitt-Hale, Ph.D., and Marshall G. Miller concluded from studies they did that berry fruits help the brain stay

healthy in several ways. Berry fruits contain high levels of **antioxidants**, compounds that protect cells from damage by harmful free radicals. Berry fruits also change the way neurons in the brain communicate. These changes in signaling can prevent inflammation in the brain that contribute to **neuronal damage** and improve both motor control and cognition.

The principle of physical health also applies to **spiritual wellness**. Our spiritual growth will either be advanced or retarded based upon what we take in through our senses and our body. Clean eating goes hand in hand with clean **spiritual practices**. Most spiritual traditions consider the body as the temple of the soul/spirit and pursue purification, cleansing, fasting and renewal as a path to the divine and for awakening spiritual **awareness**. Eating fruit sup-

ports this journey as a peaceful way of life. As we work with fruit, cleaning and preparing it, then **consuming** it, we can feel closer to nature and the divine character of everything.

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

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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