

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 201st Newsletter, I want to give us a chance to consider the impact that **alcohol** can have on our physical, mental, and emotional 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](#).

TO DRINK OR NOT TO DRINK OR .. DRINK MINDFULLY???

In this newsletter, I want to focus on the impact that alcohol can have on you and your body so that you, just like I did, have the privilege and opportunity to make an informed choice about just drinking, or drinking mindfully, or not drinking. But please make a real choice, with all information allowing you to choose, versus as most people do, just following the rest and never choosing for yourself!

This week on our Fan Page, we have included articles that will offer you information on alcohol and the effects that it can potentially have on your well-being. These specific articles will cover the **physical, emotional, mental and spiritual ef-**

facts that alcohol can have on you and your body.

It seems very controversial that there are studies that say that a VERY moderate use of red wine could improve your **coronary system** while on the other hand **study after study** indicates that alcohol increases your risk of multiple health problems and can damage your heart. When it comes to drinking alcohol, the key is doing so only in moderation if you are going to do it. The latest dietary guidelines make it clear, however, that no one **should begin drinking alcohol** or drink more frequently on the basis of any announced potential health benefits. In some cases, it's safest to avoid alcohol entirely — the possible benefits don't outweigh the risks.

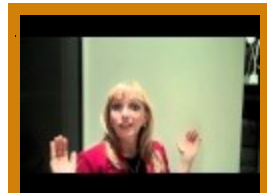
Recently several studies have proven that even a **small intake of alcohol complicates** your health issues. In one of them, researchers found that women who had as little as one drink a day boosted their risk of **cancer of the breast, liver, rectum, throat, mouth, and esophagus**. Meanwhile, numerous studies dating back decades show that **alcohol and heart health** have a positive relationship. While the experts disagree on some answers, they do agree that no one who has or had a problem with **alcohol dependency** should drink, nor should any woman who is pregnant.



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Here are the dangers that studies have proven about alcohol and health:

- **Arthritis** - Increases risk of gouty arthritis.
- **Cancer** - Increases the risk of cancer in the liver, pancreas, rectum, breast, mouth, pharynx, larynx and esophagus.
- **Fetal Alcohol Syndrome** - Causes physical and behavioral abnormalities in the fetus.
- **Heart Disease – Drinking over a long period of time** or too much on a single occasion can: raise blood (Cont. on next page) pressure, blood lipids and the risk of stroke, Cardiomyopathy (Stretching and drooping of heart muscle),
- **Arrhythmias** – Irregular heart beat in heavy



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drinkers.

- **Hyperglycemia** - Raises blood glucose.
- **Hypoglycemia** - Lowers blood glucose, especially for people with diabetes.
- **Pancreas** - Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.
- **Kidney Disease** - Enlarges the kidneys, alters hormone functions, and increases the risk of kidney failure.
- **Liver Disease** - Causes fatty liver, alcoholic hepatitis, fibrosis and cirrhosis.
- **Malnutrition** - Increases the risk of protein-energy malnutrition; low intakes of protein, calcium, iron, vitamin A, vitamin C, thiamine, vitamin B6 and riboflavin; and (Cont. on next Page) impaired absorption of calcium, phosphorus, vitamin D and zinc.
- **Nervous Disorders** - Causes neuropathy and dementia; impairs balance and memory.
- **Immune System** - Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia, tuberculosis and even HIV than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.
- **Brain** - Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.
- **Psychological disturbances** - Causes depression, anxiety

and insomnia.

I have never been much of an alcohol drinker. For some reason I never got the "buzz" that people seem to enjoy and I disliked the physical impacts on my body like **being slowed down**. My personal opinion is that even though a glass of wine once in a while is fine, in life there are many other things that can give you the **joy/connection/high** that people look for in alcohol, such as a spiritual connection, family, and nature, among other things.

Ultimately, you need to judge for yourself if **drinking works for you**. An excess of alcohol (either over a long period of time or even drinking excessively one time) has been proven over and over by an array of sources to be **physically, mentally and emotionally** damaging. I am talking about choosing whether or not to drink alcohol, how to drink, and what to drink if you choose to do so. I invite you to do your research and make a **decision** for YOU. We have great articles on our Fan Page this week. But in this matter, more than in many matters, I invite you to do more RESEARCH for your Health above what most would DO, go beyond the **'seemingly obvious'** and also go beyond thinking that you know the answer.

I, for example, DONT DRINK as a rule, (99% of the time) but I am willing to raise a glass of alcohol on **special occasions** maybe 1 or 2 times a year, notice I did say taste, but I would not drink the entire (Cont. on next page) glass. I **am willing** to have a 1/4 a glass of the cleaner forms of alcohol versus the other kinds (the ones that are profoundly **damaging** for my Health, i.e. the ones that have processed sugar plus not so 'clear/pure' alcohol). I am not willing to go above just a polite taste.

How I am about alcohol has nothing



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!**

TO DRINK OR NOT TO DRINK .. OR DRINK MINDFULLY??? (Cont.)

to do with what most people think, is has to do with a **profound respect** and love for my health (thus for my entire wellness and my self). It also has to do with my lovely state of consciousness which I am not willing to sell out on, for any **momentary** social acceptance or anything of that realm, not even for a fake possible high.

I don't judge how people are IN REGARDS to ALCOHOL, I believe every one should and ought to **choose** what is best for them

selves. I just think mostly people NEVER CHOOSE and just FOLLOW **everyone else** never thinking twice and that is what I AM INVITING YOU TO DO through this Newsletter. I am inviting you to CHERISH yourSELF enough to GET FULLY INFORMED and then actually choose for yourself versus **let the fear** about "how everyone will not like it if you don't follow the group". Be truthful to YOURself, I say you deserve it and owe to yourself, what do you say?

CONSUMPTION OF ALCOHOL CAN ABSOLUTELY HAVE SHOCKING COMPLICATIONS!!!

There is an **extensive** body of work that associates alcohol with nutrition. Alcohol causes vitamin and mineral **deficiencies** because alcohol is toxic to the liver, pancreas, stomach and digestive tract, which results in damage that **prevents** the alcohol drinker from being able to digest their food properly or to store, absorb, process, access or absorb crucial nutrients.

The brain needs a **consistent** supply of nutrients on a day-to-day basis from the diet to continue to make **neurotransmitters** and perform optimal transmission. If nutrient levels are not maintained and/or the wrong types of food (Sugar, caffeine, refined junk food, food additives and preservatives, artificial flavorings, sweeteners and coloring, white flour, meat and even complex carbohydrates like whole grains and potatoes) are consumed. Then the neurotransmitter levels will either decline or surge and disruption of mood, There is an **extensive** body of work that associates alcohol with nutrition. Alcohol causes vitamin and mineral **deficiencies** because alcohol is toxic to the liver, pancreas, stomach and digestive tract, which results in damage that **prevents** the alcohol drinker from being able to digest their food properly or to store, absorb, process, access or absorb crucial nutrients.

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A **well-balanced** and nourishing diet, with plenty of raw plant foods, can protect from the potential harm of moderate alcohol **consumption** and heal people from the damaging effects of excessive alcohol. Specific nutrients that protect from long-term damage are the **B-complex** vitamins; Vitamins A, C and E; magnesium, selenium and zinc. These are best obtained from whole foods – fresh **vegetables and fruit**, whole grains, legumes, nuts and seeds. **Dehydration** is another one of the major reasons we may feel so terrible after drinking! Water is required to detoxify and **eliminate alcohol** from

the body. The more alcohol we drink, the more water we need. Drinking extra water before drinking, during drinking and again after drinking is key.

It's best however to have your body **well-stocked** in nutrients *before* having a drink. A diet balanced for your unique metabolic type is important for many health reasons. Low **carbohydrate** and low protein diets are potentially damaging in themselves, and will reduce the body's ability to efficiently metabolize and **excrete alcohol**. If you are going to drink you may want to consider a healthy diet that helps your body accommodate the reactions to alcoholic chemicals.

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

(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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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- 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.....
- 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
- 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"**.
- 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.
- To make it all **simple and synergistic**.

ALCOHOL, AS A DEPRESSANT, HAS AN ENORMOUS IMPACT ON YOUR EMOTIONAL, MENTAL AND SPIRITUAL LIFE!!!

Most people have no idea that ALCOHOL is in fact, A DEPRESSANT, and therefore has AN ENORMOUS IMPACT on your EMOTIONAL, MENTAL AND SPIRITUAL wellness !!!

When you drink alcohol, it passes quickly through your **stomach to your bloodstream**, where it's carried throughout your body. When it reaches your brain, it causes an increase in production of a neurotransmitter called gamma-aminobutyric acid (GABA). GABA is responsible for making you feel sleepy. It **slows your central nervous system**, which controls things like your breathing rate, heart rate, and transmission of signals within your brain. This is called a **"depressant" effect**.

The same depressant effect that makes you feel relaxed actually causes your **senses to be dulled**. Alcohol decreases the effects of your nerve cells firing and lessens the effects your neurotransmitters have on carrying information through your brain. Your level of **mental sharpness** decreases, along with coordination and alertness. Alcohol can affect memory, mood and impulse control.

Soon after drinking alcohol, brain processes **slow down**. Thus why there are laws against people driving after drinking because the brain is incapable of driving as well after a drink than it would without it, **no argument** about it, that is just a fact.

Addressing the MENTAL SIDE of consuming alcohol, alcohol damages your

mental functions and capacity at the moment of drinking, soon after and long after. There is even scientific evidence that there is permanent damage from drinking (even in moderation), for the rest of our lives. But besides the health side of the mind, the **mental capacity** of a human being is diminished during and after drinking. Why would any one would ever want a diminished mental capacity?

Addressing the EMOTIONAL SIDE of **consuming alcohol** it is actually as bad as the health side; because it has been proven over and over again that drinking does have a lot to do with emotional IMBALANCES and people's **tendencies** towards depression, making them way worse than what they were or creating them. Also, people irritability and their capacity for peace of mind, **calmness** and having a balanced temper greatly diminishes when people drink. Thus for your emotional health, contrary to ORDINARY BELIEF, drinking is one of the worse things you can do for your Emotional Well Being

As far as a **spiritual impact of alcohol** it becomes obvious that anything that **depresses your clarity** impacts your spiritual clarity. Spiritually speaking, awakening and achieving **enlightenment** is about waking up to the light or waking up your light or reuniting with THE light and ingesting alcohol is about the opposite. Enlightenment is about getting **understanding/clarity** and drinking is about "losing" understanding /clarity.

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Drinking is, in this case, the antithesis of enlightenment. Drinking impacts your **energy field** and in many spiritual disciplines it is considered worse than doing physical harm to another human being. I invite you to love your self enough to GIFT your SELF with a **Radically Thriving Wellness**, alcohol free if possible, with a mindful consumption of little alcohol or at least with alcohol moderation practices. You deserve the UTMOST, the question is; ARE you going to **GIFT IT TO YOUR SELF** ?

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

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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.