

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 202nd Newsletter, I want to talk to you about **Electromagnetic Fields** and their impact..

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**.

EMF CURRENTS RUN HAVOC WITH YOUR BODY'S NATURAL CURRENTS!!!

An EMF or **electromagnetic field** can be described as a physical field that is produced by moving electrically charged objects. It has an effect on the behavior of all other **charged objects** in the vicinity of the field. Manmade electricity (harmful EMFs) has been on this planet for over 120 years. Now, with wireless technology, artificial electricity can be **measured** everywhere on the planet, making us the first generation to be saturated with EMFs. In this newsletter, I want to focus on the impacts that **electromagnetic** fields can have over you and your overall well-being.

This week on our Fan Page, we have included articles that will offer you information on how electromagnetic fields can have an effect on your **body and ultimately your well-being** mentally, physically, emotionally and spiritually.

We are electrical beings with internal wiring. Our bodies are made up of

electrolytes and ions. As such we have electric pulses or waves running through our body. Every bodily function **depends** on electrical activity that takes place within and between cells. Our body's electrical system works to initiate every action within our body. It also balances the activity of every organ.

Our own electrical system represents the very foundation of the healing process. This natural electrical energy is used to do such things as **aid in sleep cycles**, hormone production, digestion and immune responses. Our body's **flow of electricity** is as important to our wellbeing as is the blood that runs through our veins. The healthy human body resonates at around **10 hertz**. Frequencies above that create biological stress, tissue damage and serious health problems.

When manmade, outside, **harmful EMF** waves or pulses are absorbed by our systems, this can cause an imbalance in our body's electrical system. As with anything to do with our bodies, if it is out of balance, this can upset our entire body including, but certainly not limited to, our brains, our **immune systems and our healing processes**.

Our environment is saturated with invisible, harmful EMFs from electrical wiring, **appliances, Wi-Fi** computers, appliances, cell phones, hydro and cell phone towers, etc. The current world environment is increasingly getting polluted with this electronic **pollution**, which is invisible.

Extraordinary developments in various fields of **science and technology** in the last few decades have increased the human involvement deeply into the natural environment, its related ecological, **biological and physical** systems resulting in various undesirable and unintentional negative impacts on human health and environment. With rapid development and usage of electronic products in all walks of life, elec-

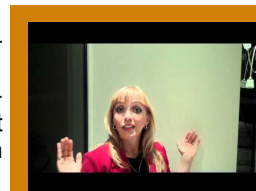


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tronic pollution into environment has become a **great concern** to entire world community.

Electromagnetic **radiations** are not easily recognized and detectable, however their impacts are being felt through human **health hazards** such as increased blood-brain barrier permeability and oxidative damage resulting in **neuronal damage** and associated with brain cancer and neurodegenerative diseases, risk to children/pregnant women, **DNA damage**, skin problems, ringxiety including ear damage, cause for tumors in the eyes, sleep disorders, headaches, and increases in all **cancer** causes which have been attributed by World Health Organization (WHO) and other researchers. This is a valid concern; EMFs affect **every aspect** of our physical, emotional and mental health and contribute to **every disease** and disorder.

Unhealthy, harmful magnetic fields occur on anything that plugs into an **electrical** (Cont. on next page)



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EMF CURRENTS RUN HAVOC WITH YOUR BODY'S NATURAL CURRENTS!!! (Cont.)

socket and more so with anything that has a motor or a pump, such as your refrigerator, dryer, air conditioner, or anything that has a **transformer**, which is that large, black electrical box that takes up so much room on your outlet. Another area of concern is cell phones and other wireless devices such as cordless phones, as well as cell towers, and Smart Meters. These **produce RF fields** which are very high frequencies in the GHz range.

Wifi also sends out a **constant signal** and we are impacted not only by our own WiFi but from every WiFi within range of us. The **most toxic phones are Smart phones**, which are harmful even when turned off. These phones are repeaters that act as relay stations. They put out very strong frequencies that are harmful up to **six feet away**, whereas normal cell phones are only harmful up to three feet.

People with a **heightened sensitivity or over exposure to electrical impulses** can also experience such side effects as: nausea, dizziness, headaches, irritability, irregular heart rates, **altered metabolism**, immune system disorders, hair loss, teeth pain, impaired sense of smell, ringing in the ears, eye irritation, skin rash, facial swelling, pain in joints and/or muscles, **skin numbness**, abdominal pressure and pain, breathing difficulty, paralysis, balance problems, body and/or muscle spasms, convulsions, confusions and **memory loss**, depression, difficulty in concentrating, and seizures,

An international working group of leading **scientists, researchers** and public health policy professionals is bringing scientific concerns about the radiation to light. Their 2007 report, the **BioInitiative Report**, concludes that the existing standards for public safety are completely **inadequate** to protect your health. The report includes studies showing evidence that electromagnetic fields:

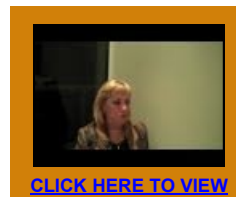
- Affects **gene and protein** expression (Transcriptomic and Proteomic Research)
- Have **genotoxic effects** – RFR and ELF DNA damage
- Induces **stress response** (Stress Proteins)
- Affects **immune function**

- Affects **neurology and behavior**
- Causes **childhood cancers** (Leukemia), ADHD and asthma
- Causes **cognitive development** problems with young children exposed to higher levels of EMF's.
- Impacts **melatonin production**; Alzheimer's Disease; Breast Cancer
- Promotes **breast cancer** (Melatonin links in laboratory and cell studies)
- Enzyme changes that affect **DNA and cell growth**; result is cancer, lymphoma leukemia, autoimmune system deficiencies, and birth defects.
- Increases in **insomnia**
- Changed **metabolism** and increased cell growth.
- **Fetal abnormalities**, probably caused by enzyme changes.
- **Gene expression changes**, which creates stress on your body and even result in cancer.
- Increased production of **stress proteins within cells**, linked to Alzheimer's disease.
- Chronic stress, which can lead to **heart conditions**.
- **Neuro-hormone changes**, which can result in memory loss and impaired brain function.
- Electro-smog **disturbs** the growth of cells and the information flow between cells.

The danger doesn't always pass once you get away from the strong electromagnetic field. That's because **biological systems** have been proven to store electromagnetic radiation within the cells in the form of **electromagnetic oscillations**. These **oscillations** can stubbornly remain inside you, wreaking havoc with your body's most important processes. **Compounding** this problem, metallic objects all around us act as antennae. These include electrical circuits, **telephone wiring**, water and gas pipes, even your keys and jewelry, which collect and **re-irradiate** these disorienting energy waves. The highest frequency energy waves (X-rays, gamma rays and others) can **break chemical and molecular bonds**, and can literally rip atoms apart, disrupting the basic biochemical structures of life.

Problems with electromagnetic fields

are something that I was not always aware of! I encountered many problems throughout my health journey **that steamed from the EMF's** that I was encountering. Acute cases of nausea and fatigue were problems that I often (Cont. on next page)



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!**

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EMF CURRENTS RUN HAVOC WITH YOUR BODY'S NATURAL CURRENTS!!! (Cont.)

had. Being that I was not **knowledgeable** on what a large impact EMF's had on our wellness, I did not know what to do to prevent this from happening! I now know that harmful EMFs are **BIG time affecting our health** more than anyone dares to admit and it is affecting us in all ways ... **physically, emotionally, mentally and spiritually**. Now that I am very aware of this whole NEW LEVEL OF POLLUTION impacting my wellness and OUR WELL BEING and I have taken the **necessary steps** to make my exposure to EMF's less. I spent less time sitting in front of the computer and began attaching a small EMF shield to all of my de-

vices including my phone, my computer and all of my appliances. Also I wear **BioElectric Shields** and also follow my Radical Wellness Coach's advice about how to balance out the inevitable side of this kind of pollution that I can't avoid living in the city.

In addition to the tons of **scientific evidence** of this, you can see it for yourself by simply going **out into to nature** where you can be away from technology for a week and you will see, feel the absolute difference!!!

Being aware of your **exposure level to**

EMF's can lead to preventing a lot of the problems caused by over exposure. We have included, in this newsletter, some of the suggested methods to reduce your exposure to EMFs and some nutritional ways to protect yourself and heal yourself if already exposed. After all, **prevention can be the best cure.**

Please, **cherish your body** and YOUR WELL BEING ENOUGH to be mindful about EMFs and their impact on you and **do your best** to prevent as much as you can and heal, all you can, from this HUGE INVISIBLE POLLUTION !!!

WAYS TO REDUCE YOUR EXPOSURE TO HARMFUL EMFs!!!

There are three ways to reduce the harmful effects of electromagnetic pollution:

- You can either **block the waves** by shielding yourself from them
- **neutralize the waves**, or
- **ground them** into the earth.

There are many **EMF reducing practices**. People who are sensitive to EMFs will find these practices especially beneficial. But every one should consider **adopting any or all** of the following practices, because minimizing your exposure to EMFs is part of **maximizing your health**.

- Use a **wired network** instead of a Wi-Fi network
- Use **wired speakers** and other electronic components instead of wireless
- When considering an **alarm system** for your home, opt for a wired system instead of a wireless system.
- When using the computer, try not to hold onto the mouse and learn keyboard strokes to **replace mouse functions**
- Try to **locate the computer tower** printer and wiring away from where you sit
- Opt for **LCD Flat Screen** computer monitors
- Avoid placing a laptop computer on **your lap** when you are using it
- Store your **cell phone in a case** or backpack or purse where it will not be right next to your body. When sleeping keep it at least 3 feet away from your bed
- Place your **electric alarm clock** at

least 3 feet away from your bed

- Electric appliances and devices are surrounded by electric fields even when not turned on. So **unplug these at night** if they are in close proximity to your bed.
- Instead of fluorescent bulbs, use **incandescent** or full spectrum bulbs
- If you must use a cell phone or cordless phone, **use the speakerphone** when possible. Don't use a Bluetooth or earplugs that transmit radiation directly into the ear canal.
- Try to avoid using a cell phone or laptop in a **car or bus** where the EMFs are intensified
- Stay **2 to 3 feet away** from someone who is talking on a cell phone.
- Avoid using waterbeds that need **electric heaters**
- Substitute **electric razors** and can openers with manual versions
- Find alternatives for **electric blankets**
- Substitute a heating pad with a **hot water bottle**
- Washing machines, clothes dryers, and dishwashers have large EMFs, especially when high efficiency. So try to **run full loads mostly**. If someone is sleeping with the head of the bed on the wall behind these machines, don't operate the machine when they are sleeping
- The **larger the TV screen** the stronger and larger the EMF, sit far back and again, don't operate if someone is sleeping directly behind the TV wall
- When using appliances, try to stand 2 to 3 feet back. For instance, when cooking on an electric stove, try to use the **back burners** more often

Grounding is accomplished by grounding your body to the electromagnetic field of the planet. All living things were naturally grounded in this way before there was manmade electricity. To explain, our body's electrical system is **Direct current**, or DC current. The planet's electrical system is also DC current. When **two DC currents** are brought together, grounding takes place. Manmade electricity has severed the connection. Instead of **resonating to the planet**, our cells are resonating to the electricity in our homes/and workplace.

To fully protect yourself from EMFs it is necessary to **strengthen your ground** to the electromagnetic field of the earth. This field lies between the earth's crust and the ionosphere and is commonly called the **Schumann Resonance**. Many products are now available on the internet that address the importance of grounding the human body to the earth. These products, through grounding, **block out** other forms of electricity. A simple way to ground yourself without any products is to take yourself into nature as often as possible and **walk barefooted with your feet directly** on the earth.

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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.

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NUTRITIONAL SUPPORT TO PREVENT AND REPAIR YOUR BODY FROM EMFs!!!

Here are a series of nutrition recommendations for **protection** from EMF exposure. They will help protect our cells during exposure to EMF's and help **repair the damage** after the fact.

- **Antioxidants (Vitamins C, E, flavonoids, etc.)** — EMFs can be blocked with antioxidants used before and after exposure. For the antioxidant vitamin C, eat plenty of organic non-GMO fruits, especially berries like the **wild blueberry**. Avoid combining vitamin-C rich foods with foods with high aluminum content, like tea, or high iron content, to avoid increasing one's absorption of these metals. For the antioxidant vitamin E, **almonds** are a good source.
- **Pectin** - Pectin acts as a natural chelating agent, which is a compound that has an affinity for other molecules. It's able to bind radioactive residues and remove them from the body. **Apples and plums** are high in pectin.
- **SOD** – SOD is an enzyme found in **wheatgrass**, lessens the effects of radiation. It also acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- **Alginate** - Detoxes the body from ionizing radiation along with blocking their absorption and also detoxes heavy metals like mercury from the body which magnifies EMF radiation damage. Sodium alginate also is very effective at protecting the body from radiation and removing it. **Sea vegetables** are rich in sodium alginate.
- **Iodine** - Supports the thyroid which gives EMF protection, it ensures programmed cell death of damaged and diseased cells (cancer cells shrink when given iodine). Iodine helps **remove heavy metals** (heavy metals encourage electromagnetic radiation damage) and has a protective effect on brain tissue. In order to properly utilize iodine take selenium, magnesium and vitamin C with it. **Sea vegetables** such as kombu, arame, and hijiki are rich sources of

iodine although the amount of iodine in a serving of sea vegetables can be quite variable.

- **Spirulina** - Provides cell protection and proper bone marrow functioning including production of red blood cells (red blood cells are destroyed by EMF radiation), provides carotenes that protect against cancer cell generation. Spirulina is a **whole food** so you need to consume at least the recommended serving amount or more for best protection from EMF.
- **Tumeric** - Neutralizes free radicals which protect against cell damage, protects from detrimental effects of radiation by regulating cell division. It also **reduces inflammation** caused by radiation. Prevents and eliminates plaque in brain associated with Alzheimer's and can be caused from EMF radiation exposure.
- **Vitamin B6** - B6 (pyridoxine) helps **rebuild neurotransmitters** in the brain which have been damaged by radiation and so much more. Foods with high B-6 content include whole grains, bananas, green beans, carrots, **spinach, walnuts** and sunflower seeds.
- **Tryptophan** - Extra is needed with increased EMF exposure. A precursor of melatonin and serotonin thus restoring these hormones destroyed by EMF exposure, has a calming effect and supports deep sleep. Choose sea vegetables like **kelp, seaweed, and spirulina** to increase tryptophan in your diet.

When exposed to EMF radiation, the **protective calcium** coating is removed from the outside of the cells allowing the cell to dump its selenium, potassium, lithium, calcium and magnesium causing a **shortage** in these minerals which must them be replenished for best protection from EMF:

- **Selenium** - Protects DNA from radiation damage, assists in the proper utilization of iodine in the body, known to have a protective effect against the production of cancer cells. **Brazil nuts**, sunflower seeds, chia seeds and sesame seeds are high in selenium.

- **Potassium** - Deficiency is associated with Alzheimer's, muscle/nerve weakness, mental confusion, heart disturbances, water imbalances, pH balance, kidney and adrenal malfunction. Eat white beans, dark **leafy greens** (spinach, kale), acorn squash, avocados and bananas for extra potassium.
- **Lithium** - Protects brain neurons from radiation damage. Loss of this nutrient contributes to stress, **ADHD**, depression and other psychological disorders such as declined mood and lack of calmness. **Nutritional yeast** contains the trace element lithium.
- **Magnesium** - Deficiency is associated with **muscle/nerve weakness**, mental confusion, heart disturbances, promotes restful sleep, supports regular bowel function, assists potassium and calcium metabolism, regulates blood pressure. Flaxseeds, sunflower seeds, sesame seeds, **almonds, quinoa**, spinach and swiss chard are all high in magnesium.
- **Copper** - Is responsible for protecting the **myelin sheath**. Myelin sheath damage is what causes multiple sclerosis. MS is one of the health problems associated with EMF radiation. Deficiencies of copper also affect connective tissue (arthritis issues), **heart function**, colon problems (including cancer, IBS, diarrhea), hemoglobin production, cholesterol, thyroid, mental and **emotional health**, seizures, skin, bone abnormalities. Copper must be balanced with zinc, selenium and vitamin C. **Kale, sesame seeds**, cashew nuts, chick peas and avocados are all rich in copper.

- **Calcium**—Exiting calcium causes arthritis, **kidney stones**, osteoporosis, pH imbalance, required for **mood stabilization** and calmness. Artichokes., Bean sprouts, Broccoli, Bok Choy, Kale, **Collard Greens**, Spinach, Swiss Chard, Turnip greens and Okra provide high levels of calcium.

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 **FULLFILLING ADVENTURE!!**

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EMFs MAY BE WHY YOU CAN'T BALANCE EMOTIONALLY, MENTALLY & SPIRITUALLY!!!

While the effects that EMF's have had on us physically have been reported to be very **serious**, the mental, emotional and spiritual effects can be just as great if not **sometimes greater**. It seems that the **pineal gland** is the organ most impaired by EMF exposure. This organ produces hormones and **neurotransmitters** that tune and regulate the hypothalamus, central nervous system and immune system. EMF exposure suppresses the pineal gland activity leading to the reduction of 2 important chemical messengers: **melatonin and serotonin**. Both are involved in regulating numerous processes and functions, however, serotonin has enormous influence over many brain functions.

When our body's levels of serotonin are **imbalanced**, this affects many areas of our mental and emotional state such as: memory loss, **mood disorders**, eating disorders, depression, panic attacks, alcoholism, ADD and other learning disorders, aggression, PMS and schizophrenia. Lack of serotonin can also cause impairments in functions that are collectively known as executive functions. Executive function is a **collection of brain processes** that are responsible our body's thought processes, impulse control, sensory information processing, setting goals, and how we react to out-

side stimuli such as distractions. It can also affect how we **plan, multi-task and decide our need to seek help from others**. These executive functions are developed during childhood and if a child has over exposure to EMF's then they are likely to suffer more from the above mentioned difficulties.

Our body's **melatonin levels** can also be affected by EMF's, disturbing not only our sleeping patterns, but also can cause such things as: Bipolar disorder, Alzheimer's, Autism, Epilepsy, Sudden infant death, Over Anxiety.

From an emotional standpoint, electromagnetic fields can impact you as well. After a sufficient amount of exposure to the waves that is given off by EMF's, **imbalances will be produced within our bodies**. Emotional effects can include depression and mood disorders amongst many other things. With the chemical imbalances that are created, it becomes difficult to control your emotions.

From a **spiritual stand point**, if our physical, emotional and mental systems are out of balance, as caused by harmful EMFs, then that completely **impacts our spirituality**. Constant exposure to EMF interrupts our **natural rhythms**

and our connection to the earth's rhythms sources this can cause us to feel out of synch ourselves and the world around us which is a crucial side of our spirituality. Also, since the **pineal gland** (which many consider the a KEY POINT in our spiritual connection) is directly impacted by EMFs; then this kind of INVISIBLE WORLD POLLUTION is **diminishing your/our ability** to connect with your higher selves and THE Collective Higher SELF and all the **Divine Expressions**.

I URGE you to CHERISH your Integral SELF enough to **get aware** of this INVISIBLE CANCER and do your UTMOST to PROTECT & HEAL YourSELF from it, **starting TODAY!!**

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