

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 203rd Newsletter, I want to give us a chance to consider the impact that **Carbon-Monoxide and Mercury** can have on our physical, mental, and emotional well-being.

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, go back and watch them. You can also read all of the articles in full [HERE](#).

ODORLESS, COLORLESS POISONS

This week on our Fan page, we have included articles that will offer you information on how **carbon monoxide and mercury** could, potentially, have a large effect on you and your health. These articles will cover the physical, mental, emotional and spiritual effects that both carbon monoxide and mercury can have on your body and ultimately, the **state of your well-being**.

Carbon monoxide (CO) and Mercury are everywhere in your **environment**. CO come out of the exhaust of your car, your clothes dryer venting and many things that create heat. Mercury is in our soil, our food, our **water** and in many products you use. The physical effects of carbon monoxide and mercury can be **extremely serious**. Most of the time, people are unaware that they have been exposed to either of them. Due to this, it becomes extremely difficult for any physician to diagnosis their patient. For mercury poisoning, it may take many **weeks or even months** for symptoms to develop in some people. For some, it may even take years! With carbon monoxide, it is difficult to differentiate between the **poisoning effect of it and the flu** because the symptoms are extremely similar. Carbon Monoxide poisoning has quickly become the leading cause of **acci-**

idental poisoning deaths in America. The Centers for Disease Control has estimated that carbon monoxide poisoning **claims close to 500 lives** and causes more than 15,000 visits to the hospital emergency departments every year.

Carbon monoxide isn't **visible nor can you taste or smell it**. Although these things are true, if you inhale too much of it, it can become extremely deadly within minutes. Carbon monoxide comes from any source that burns fuel. These sources include cars, fireplaces, powerboats, woodstoves, space heaters and charcoal grills. **Household items** such as water heaters, ovens and dryers are also included. These items will usually cause no problems but if they are left running in small places, installed improperly or not properly ventilated, serious effects could occur.

Symptoms vary **depending** on the concentration of carbon monoxide in the environment, the length of time you are exposed, and your health. If you are exposed to very **high levels** of carbon monoxide gas in a poorly ventilated room, you can develop:

- Headache
- Shortness of breath
- Personality changes
- Unusually emotional behavior or extreme swings in emotions
- Fatigue
- Malaise (a generally sick feeling)
- Dizziness
- Clumsiness or difficulty walking
- Vision problems
- Confusion and impaired judgment
- Nausea and vomiting
- Rapid breathing
- Chest pain
- A rapid or irregular heartbeat

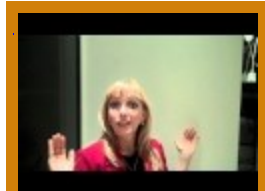
Without **immediate treatment**, you can lose consciousness, have a seizure, enter a coma, and potentially die. Death can result from only a few minutes of exposure to **higher concentrations** or from an hour of exposure to lower levels.



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To ensure that you are taking the necessary steps while at home for your family to not be **exposed to carbon monoxide**, it is important that you move all family members and pets to fresh **air away from the source of carbon monoxide**. Being that there is not therapy available for carbon monoxide poisoning, you will have to seek medical care in a hospital or emergency department. Medically, the treatment for carbon monoxide poisoning is high-dose oxygen. Using a **facemask** attached to an oxygen reserve bag can usually do this.

Mercury, which is a metal found naturally in the environment, farming and in burning coal. Using mercury in manufacturing can increase the mercury cycling through the air and then through our water systems. Fish can actually absorb this mercury so (Cont. on next page)**eating those fish** that contain high levels of mercury can be extremely harmful. Eventually, mercury will leave the body but if allowed to **build up the array of symptoms** (Cont. on next page) also will build to a **dangerous level**. Mercury, as like



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ODORLESS, COLORLESS POISONS!!! (Cont.)

carbon monoxide can have physical symptoms such as headaches and nausea. In addition, weakness, tremors, muscle twitching and **respiratory failure** are also seen.

Mercury toxicity has been referred to as the "**invisible epidemic**", since the impact is not immediately noticed and builds over time. For mercury poisoning, the fact that it takes weeks, months or years to develop makes it difficult for physicians to diagnosis patients properly. The physician may order many different tests prior to in order to **diagnosis a patient's condition**. There are multiple diseases that will produce one or more symptoms of mercury toxicity, so physicians will test for these first. These diseases include Parkinson's, amyotrophic lateral sclerosis and multiple sclerosis.

To **detect acute mercury** poisoning, levels of mercury can be measured in the blood. This test is usually done in a **specialized laboratory**. Urine tests are not reliable for measuring mercury compounds because they are mainly excreted in the feces and bile. **Symptoms of patients** who have mercury poisoning can be: rash, fever, Splenomegaly (enlarged spleen) and muscle weakness.

Mercury poisoning is **most often** caused from food. The most common dietary source of toxic methylmercury is seafood. But it can also come from:

- Livestock who are fed contaminated fishmeal
- Plants grown in mercury-contaminated soil
- Foods stored in pottery with mercury-based paint
- Duck eggs
- Chemicals used on food crops (e.g., pesticides)
- Protein powder (many include heavy metals like mercury)
- Fish oil (check with the company to make sure they test for toxins).

Mercury toxicity has a **wide range of symptoms**, which reflect mercury's widespread effects in the body. These include:

- Neurological: tremors, balance problems, numbness, acrodynia (painful extremities)
- Mood and psychological wellbeing: shyness, emotional instability, per-

sonality changes, insomnia

- Cognition: memory loss insomnia
- Pain: headache and acrodynia (painful and discoloured extremities, especially in children)
- Oral health: gingivitis and loss of taste
- Hearing problems

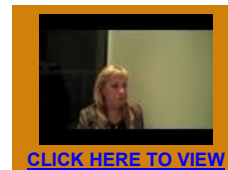
Mercury can begin to leave the body in a **few days or a few months**. This varies greatly based on the organ of deposition and the form of mercury. While we can excrete mercury in urine, feces, sweat, saliva, breast milk and tears, the body isn't very efficient at this. The half-life (time required for something to **fall to half** of its initial value) is about 45-70 days in the human body. In other words, if we consume mercury faster than we can excrete it, it builds up.

For mercury poisoning, we have listed on our next article specific nutritional support you can use to eliminate toxic metals. **Prevention** in other areas and precautionary actions should be taken to prevent exposure if possible. If you suspect that you have been exposed to mercury, it is imperative that it is treated as soon as possible. **Suspected acute exposure** should be treated immediately because waiting for confirmatory tests may allow irreversible damage to occur. **Early consultation** with poison control and a medical toxin expert is highly advised.

I make sure that I check the common household appliances and the ventilation that I have in my home and anywhere I stay. I eat only a plant based vegan diet, which allows me to avoid any of the **food based sources** of Mercury poisoning. I also made sure that I attended to my teeth by removing old **mercury fillings** that, over the years, will release mercury into my system. My commitment to my wellbeing, is important enough to have me take every precaution against Mercury or Carbon Monoxide poisoning.

Proper ventilation in your home for carbon monoxide and avoidance of foods and things that contain mercury is the way to ensure that you will not be **affected by each of them!**

With carbon monoxide being the **leading cause of accidental poisoning deaths** in America, it's surprising that either of these toxins wouldn't be taken seriously. The key, as always, is listening to your body. If you are listening keenly, your body will tell you when something is off.



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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!**

TREATING AND HEALING MERCURY POSIONING WITH NUTRIENTS!!!!

There are **five methods** for eliminating toxic metals. Studies show that these are most effective when used together. Most mercury toxicity is chronic. It affects many organs and systems of the body. Mercury may even perform adaptive functions in the body. **Reducing mercury** levels can take at least six months and more realistically, several years.

1) The most **important method** is to improve cellular energy production. This enhances the body's natural ability to eliminate heavy metals. A powerful way to enhance energy production is to balance the oxidation rate.

2) The second method is the use of **antagonists**, including minerals such as zinc and selenium.

3) The third method is the use of **chelators**. These include vitamin C and sulfur-containing amino acids. Nutritional methods to enhance metallothionein will also help the body chelate mercury.

4) The fourth method is to support the **eliminative organs** with supplements, herbs, physical therapy, saunas, enemas and other means. Mercury is eliminated primarily through the liver and kidneys.

5) The fifth method is to **reduce exposure** from all sources. Some agents, such as cilantro, chlorella, herbs and others may combine chelators and other chemicals to help remove mercury.

Here are a series of nutrients that have proven to be effective with the above methods:

Zinc and selenium

Mercury can bind zinc and selenium, making them useless in the body and preventing them from doing their jobs. At the same time, this binding of mercury to zinc and selenium can render mercury **less harmful to our cells**. Selenium facilitates the function of glutathione, which is also important in mercury detoxification. Remember, while selenium and zinc are essential nutrients for human health, they are also toxic in high amounts. Zinc can be found in various seeds (sesame, **poppy**, alfalfa, celery, mustard). Zinc is also found in beans, nuts, almonds, whole grains, pumpkin seeds, sunflower seeds and **blackcurrant**.

Vitamin E

When methylmercury is broken down in the body, free radicals are formed. Dietary Vitamin E can help fight them off and **stabilize damaged cell** membranes. Vitamin E doses have also been shown to have a protective effect when the brain is exposed to methyl-

mercury. Vitamin E can be found in wheat germ oil, **sunflower oil**, safflower oil, almonds, hazelnuts, olive oil, spinach turnips, beets, cilard greens, dandelion greens, avocados, asparagus, mangoes, **papayas**, and broccoli.

Vitamin C

Vitamin C is also a helpful supplement for mercury elimination, as it will tend to **mobilize mercury** from intracellular stores. Vitamin C can be found in papayas, strawberries, oranges, lemons, pineapples, cauliflower, kale, garlic, grapefruit, spinach, cabbage, tomatoes, and blueberries.

Pyruvate

Pyruvate and catalase can reduce methylmercury induced cell injury. Dietary sources of pyruvate include apples, red grapes and **yellow onions** and many fruits and vegetables, as it occurs naturally in all living organisms.

Cysteine, methionine & cruciferous vegetables

Eating more sulfur-rich foods (especially cruciferous vegetables and foods from the *Allium* genus, such as garlic, onions, and leeks) might help to prevent mercury **buildup** in the body, since mercury can bind sulfur-containing amino acids. Foods high in cysteine can help make metallothionein, a **heavy metal** binding protein. Cysteine can be found in the following plant sources: red peppers, garlic, onions, broccoli, brussel sprout, oats, granola, wheat germ, sprouted lentils. **Methionine** may reduce methylmercury induced liver damage and weight loss. Methionine can be found in the following food sources: sesame seeds, Brazil nuts, oats, chick peas, almonds, beans, lentils, Brown rice.

Glutathione

Methylmercury neurotoxicity may be blocked by glutathione (glutathione peroxidase activity is **decreased** after exposure to mercury), catalase and cysteine. Glutathione can bind mercury and prevent it from damaging tissues, increase the antioxidant capacity of our cells, and **bind mercury**, which helps eliminate it from the body. However, it is possible to increase and maintain appropriate glutathione levels by increasing the daily consumption of cysteine-rich foods.

Alpha-lipoic acid

Alpha-lipoic acid may chelate heavy metals and help **remove mercury** from the body. It might also boost glutathione in our cells. Alpha-lipoic acid can be found in spinach, broccoli.

Omega-3 fats

Omega-3 fats might help to mitigate some of the health **consequences** of methylmercury intake (particularly cardiovascular health). **Major** plant based sources of O3FA include algae, hempseeds and hempseed oil, walnuts, flaxseeds and flaxseed oil, olive oil, canola (rapeseed) oil, avocado and chia seeds.

Protein

How much and what type of protein you eat may matter: A low protein intake may worsen mercury's **neurological** effects. Sources of plant protein include legumes, peas, black beans and chickpeas; grains such as quinoa, sprouted brown rice, corn, barley, bulgur and nuts and seeds, such as **almonds**, hemp and sunflower seeds, and leafy greens (spinach, kale, collard greens).

Dark colored fruits and vegetables

Colorful fruits and vegetables contain chemicals known as **flavonoids**, which affect the biological balance of metals (including zinc and copper).

Chlorella and sea vegetabes

Algae and other aquatic plants possess the capacity to **take up toxic** trace metals from their environment.

Cilantro

Cilantro can **mobilize mercury** and other toxic metals rapidly from the CNS. Cilantro mobilizes mercury, aluminum, lead and tin stored in the brain and in the spinal cord and moves it into the connective tissues. The mobilized mercury appears to be either excreted via the stool, the urine, or **translocated** into more peripheral tissues.

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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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PREVENTION IS THE KEY WITH CARBON MONOXIDE POISONING!!!

Take these actions to prevent CO poisoning:

- Have your **heating system**, water heater, boilers, cookers and any other gas, oil or coal burning appliance installed and serviced by a qualified technician every year.
- Make sure **home appliances** are safe and well maintained.
- Install a battery-operated **CO detector** in your home. Check and replace the battery each Spring and Fall.
- Test your detector regularly. Plan what your family will do if the detector sounds. If the alarm ever sounds, leave your home and then **call 911**.
- Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or **nauseous**.
- Make sure rooms are well-ventilated and do not **block air vents**. If your home is double-glazed or draught-proofed, make sure there is still enough air circulating for any heaters that are in the room.
- Do not use **gas-powered** equipment and tools inside your home if you can avoid it. Only use them in a well-ventilated area and put the engine unit and exhaust outside.
- Always use a **safety mask** when

using chemicals that contain methylene chloride.

- Keep flues open when **fireplaces** are in use. Never use an unvented stove or fireplace.
- Do **not sleep** in a room that has an unflued gas fire or a paraffin heater.
- Do not **heat your home** with a gas range or oven.
- Generators, charcoal grills and camp stoves should not be used **inside** your home or building.
- Never run a car or truck or lawnmower inside an attached **garage**, even if you leave the garage door open.
- Make sure the **exhaust** of your car is checked every year for leaks.
- Make sure your exhaust is not **blocked** before turning the engine on – for example, after heavy snowfall.
- Don't use any **gasoline-powered** engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.

Prevent CO Poisoning while Boating

Your home is not the only place CO poisoning can occur. Gas engines on boats, including on-board generators, produce carbon monoxide, too. On larger boats, such as **houseboats**, vents can cause CO build up along the water near the rear

swim deck or water platform. At slow speeds or while idling, CO can also be found in boat's cabin, bridge or aft decks.

Prevent CO poisoning **while boating**:

- Install and **maintain** a working CO detector inside the boat.
- Properly install and maintain all fuel **burning engines** and appliances.
- Educate all passengers about signs and **symptoms** of CO poisoning.
- Swim and play away from areas where engines **exhaust** - dock, beach or anchor at least 20 feet away from nearby boats running a generator or engine.

These problems could indicate improper appliance operation:

- **Decreasing** hot water supply.
- Furnace unable to **heat house** or runs constantly.
- **Sooting**, especially on appliances and vents.
- Unfamiliar or **burning odor**.
- Increased **condensation** inside windows.

REDUCE YOUR RISK OF MERCURY POISONING!!!

To help reduce your chances of getting mercury toxicity, take the following steps:

- Avoid using **metallic mercury** for any purpose
- If you must use metallic mercury, keep it safely stored in a **leak-proof** container in a secure space (eg, a locking closet)
- Trade in old **thermometers**, medical devices or barometers containing mercury for new ones that do not
- Switch to mercury-free **alternatives**. Mercury is hidden in a surprisingly large number of household items, most of which have non-mercury replacements or mercury-reliant features that we can do without. Examples are older-model thermostats, telephones with a **mute switch**, appliances with a tilt-switch, doorbells, fluorescent lamps (including the new compact fluorescent bulbs), certain **batteries** (button batteries used for small portable electronic devices), and curling irons with a shut-off switch.
- Replace mercury **dental amalgam** with non-mercury alternatives.
- Carefully handle and **dispose** of

items containing mercury (eg, thermometers, fluorescent light bulbs, some disinfectants)

- Do not **vacuum** or heat spilled mercury
- Teach children not to play with **silver liquids**
- Properly dispose of old **medications** containing mercury
- Keep mercury-containing **medications** away from children
- Learn about fish advisories in your area from your local public health or natural resources department. Never eat more than **6 ounces** (one average meal) per week of fish you catch from local waters.
- Limit fish **intake** to recommended quantities and avoid fish known to be especially contaminated by methylmercury such as swordfish, king mackerel, or tilefish. **Fish and shellfish** almost all contain traces of methylmercury.

If you spill a **small amount** of metallic mercury (eg, a broken thermometer):

- **Remove** children from the area.
- DO NOT use a vacuum cleaner.
- **Carefully** roll the bead of mercury onto a sheet of paper or suck it up with

an eye dropper.

- Place the bead in a bag or **airtight** container.
- Contact your local health department to find out how to **dispose** of the mercury and paper or eye dropper.
- **Ventilate** the room to the outside. Use fans to speed ventilation for at least one hour.

If you find a larger amount of metallic mercury (eg, a jar of metallic mercury), call your local **health** department for professional assistance in safe and appropriate disposal. If any amount of mercury greater than that found in a fever thermometer spills, **call for help** and immediately leave the area of the spill until responsible and prepared authorities arrive to assist in cleanup. If your health department is unavailable, your fire department may be able to provide emergency assistance or connect you with the local **"Hazmat" team**.

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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POISONED MENTALLY, EMOTIONALLY & SPIRITUALITY!!!

The effects of carbon monoxide poisoning and mercury can be more than just physically impactful on you. Carbon monoxide and mercury can also have an effect on your emotional, mental and spiritual balance.

With exposure to substances such as carbon monoxide and mercury, you can be at risk for mental impairment. Toxic effects can include damage to the brain, Hunter-Russell syndrome and Minamata disease. Minamata disease is a disease that affects the neurological system and is caused by severe mercury poisoning. In lighter cases, symptoms can include, ataxia, numbness in the hands and feet and general muscle weakness among other things. In more extreme cases, however, insanity, paralysis, coma and death can follow within weeks of the onset of symptoms. A congenital form of this disease can also affect the fetuses developing in the womb of a pregnant woman.

Mercury poisoning will bring about decreased cognitive functions as well as insomnia in the persons that are affected by it. Both toxins can put you at risk for diminished mental capability by actually damaging your brain! Large exposure to carbon monoxide poisoning can have the potential to create hallucinations and delusions in people! Mercury exposure to a high degree can produce a loss of coordination and other effects of your nervous system such as impairments of both speech and hearing.

Emotionally, exposure to carbon monoxide and mercury can host an array of effects on you. These emotional effects are backlashes of injury to the brain and other areas of the nervous system. Exposure to each of these can provide many unstable emotions in individuals. Some examples could be: depression, verbal aggression, irritability, larger swings in mood stability, lack of interest in things that used to be fulfilling and being more easily overwhelmed. Emotional effects of carbon monoxide and mercury are numerous!

These two toxins have shown in various studies to produce many emotional effects on contractors that work with exposure to them. Mercury poisoning produces emotional disturbances such as mood swings, irritability, abnormal sensations and nervousness. While mercury-poisoning effects are numerous, the emotional effects for carbon monoxide are even greater. A few of the emotional impacts from carbon monoxide can be: reduced ability to cope with stress, behavior and personality changes, being more easily emotionally effected, increased agitation, confusion, panic attacks, verbal aggression, lack of interest in things that used to be fulfilling, inappropriateness (saying things without filtering for appropriateness), and the potential for unusual, bizarre and irrational behavior

From a spiritual standpoint, mercury and carbon monoxide poisoning will act to diminish your body's ability to connect with the soft voice of your soul. It

begins with your being physically impacted which starts the diminished connection between your body and your soul. As toxicity of the poisoning increases and your emotional state is impacted then your connection becomes doubly diminished. Finally as the poisons impact your mental state, your connection between your body and your soul becomes even further diminished. When our balance is off physically, emotionally and mentally we cannot have the a spiritual balance either. Keeping your body pure and free from toxins is a blessing you give to yourself so you can have the purest connection between your body and your soul as possible!

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