

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 204th Newsletter, I want to talk to you about **Anemia** and its impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

### ANEMIA IS A SILENT VAMPIRE THREATING TO SUCK AWAY YOUR PRECIOUS RED BLOOD CELLS!!!!

Anemia, a condition that is developed in people in which the **number of red bloods cells** is low, is extremely serious. One of the biggest impacts of anemia is that it diminishes the amount of oxygen delivered, through the blood, to not only the respiratory system, but the entire body. Oxygen is necessary for human function. Despite the fact that it is **easier developed in women** opposed to men, the impacts that it has on either gender can be enormous. In this newsletter, I would like to focus on the **impacts** that anemia can have over you, your health and your well-being. Anemia is not just for extremely skinny people...there are maaaaany people, even **over weight** people, who are totally impacted by anemia. Please keep reading even if you are "SURE" you don't have it, because you may now or may **in the future** or may be able to help your loves ones with this knowledge.

This week on our Fan Page, we have included articles that will offer you information on how anemia can have an **effect on you and your health and well-being**. These articles that we have posted will cover the physical, mental, emotional and spiritual effects that anemia can have on your body and **ultimately**, your well-being and how to prevent it and/or HEAL from it.

UNFORTUNATELY anemia is one of the most **UNDERESTIMATED** conditions and 2 out of 10 people, on average, **suffer** from some level of it in different points of their lives and only find out when the condition turns into a more **serious disease**. Is a common misconception to associate anemia with skinny people mostly, its completely possible and NOT uncommon to be over weight and have anemia. **Young women** are twice as likely to have anemia as young men due to their regular menstrual bleeding. Anemia is seen in the young and old, but it is more likely to cause symptoms in the **elderly** because they have other medical problems present.

When anemia is developed, it is **difficult to be recognized**. If there are no direct signs like bleeding, cases of anemia will easily go undiscovered. Most cases of anemia are mild, but even those cases can **reduce oxygen transport in the blood**. This reduction can cause fatigue and diminish your physical capacity! Anemia that is brought about due to **iron-deficiency** is also known to drastically reduce endurance. For pregnant women, anemia can bring many negative impacts to their pregnancy and their unborn babies. Becoming more at risk for **poor pregnancy outcomes**, particularly if they are anemic throughout their first trimester, women who are pregnant need to especially careful!

Their physical effects of anemia are numerous. Being anemic can also **magnify any other underlying medical condition** and make it worse than it originally was. If mild, anemia may not cause any symptoms, but if it happens to be chronic (slowly ongoing), the body can potentially adapt and compensate for the change. Symptoms to anemia may not become prevalent until it becomes **more severe**.

Some symptoms may include:

- Fatigue
- Decreased energy
- Weakness
- Shortness of breath
- Lightheadedness
- Palpitations



CAROLINA ARAMBURO

- Rapid heartbeat
- Headache
- Ringing in the ears
- Pale skin
- Dizziness
- Inflammation of the mouth and tongue

In **chronic stages** the physical effects of anemia can be a little more serious than an initial case of anemia. Severe anemia may include symptoms such as chest pain, angina or **heart attack**, dizziness, painting, passing out and/or a **rapid heart rate**.

Anemia can be seen in three different forms. Each type is classified according to the **size of the red blood cells**. If the red blood cells are smaller than normal, it can be classified as microcytic anemia. Causes of this type of anemia can be due to **iron deficiency** and thalassemia (inherited dis(Cont. on next page) orders of hemoglobin). When the red blood cell size is **normal** in size, but low in number; it is referred to as normocytic anemia. This classification of anemia will usually accompany **chronic disease** or be



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## ANEMIA IS A SILENT VAMPIRE THREATING TO SUCK AWAY YOUR PRECIOUS RED BLOOD CELLS!!!!(Cont.)

related to kidney disease. Lastly, if red blood cells are larger than normal, it can be referred to as macrocytic anemia. Major causes of this could be **pernicious anemia** (caused when the body does not make enough red blood cells due to lack of vitamin B12) and anemia that is related to alcoholism.

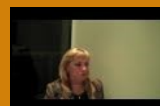
Medical conditions such as **iron deficiency, chronic disease, kidney disease, poor nutrition and pregnancy** can also bring about anemia. Less common causes of anemia include thyroid problems, cancers, liver disease, autoimmune diseases (lupus), lead poisoning, AIDS, malaria, viral hepatitis, bleeding disorders and insecticide exposure. Radiation (nuclear fallout, xrays, microwaves, and electromagnetic frequencies [EMF's]) are also linked to anemia.

My experiences with anemia were a **consistent battle** when I was going through my near death illness several years ago. Once it was diagnosed and I began to work on getting sufficient iron in my body, through an organic **planet based diet**, the symptoms began to subside. I am a strict vegan so I now loaded up my diet with foods such as **spinach**, kale, soaked almonds and sprouted quinoa. It has been said that

vegans lean towards **anemia** but studies show that is not true IF it is a balanced vegan diet. The key is customizing your vegan diet with ALL of the important **nutrients**. My raw vegan nutritional coach assured that I was getting ALL of the iron, Vitamin C and Vitamin B from my food that I have never had to deal with anemia again.

The physical symptoms of anemia should **never be ignored**. It is a very important that you acquire immediate attention when you begin to notice any of the symptoms of anemia. Most of the time, anemia is a **clue to another underlying disease**, so making sure you address the problem when you notice the signs is critical. Unless significant bleeding is clearly evident; **at home diagnosis** will prove to be difficult. Proper testing and evaluation will need to be done by a physician to determine the cause of anemia's development. **Discovering** your symptoms and the cause of your symptoms in relation to anemia is extremely important for the state of your health and well-being. The **sooner you find out**, the EASIER would be to HEAL from it. I invite you to CHERISH and HONOR yourSELF and PREVENT this condition versus

assuming that you don't have it and maaaaany people have made the mistake to assume and they got **worse and worse** from it.



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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](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!**

## NUTRITION IS A KEY TO PREVENTING ANEMIA!!!!

Iron deficiency anemia happens when the body doesn't have enough iron to produce **hemoglobin**, causing the red blood cells to shrink. And if there's not enough hemoglobin produced, the body's tissues don't get the nourishing oxygen they need. At the highest risk for developing iron deficiency anemia are **children** younger than three years of age and premenopausal women.

While iron deficiency anemia produces **smaller-than-usual** red blood cells, a vitamin B12 deficiency anemia produces oversized red blood cells. This makes it harder for the body to **squeeze** the red blood cells through vessels and veins -- it's like trying to squeeze a marble through a straw. Vitamin B12-deficient red blood cells also tend to die off more quickly than **normal cells**. The most common cause of vitamin B12 deficiency anemia, called pernicious anemia, is a lack of a protein called intrinsic factor. The **stomach** normally secretes intrinsic factor; its job is to help vitamin B12. Without intrinsic factor, the vitamin B12 that you consume in your diet just floats out as waste.

It is a good idea to combine iron-rich foods with foods high in vitamin C be-

cause C helps your body use iron. Fortunately, many **vegetables**, such as broccoli, kale, Swiss chard, Brussels sprouts and bok choy, which are high in iron, are also high in **Vitamin C** so that the iron in these foods is very well absorbed. **Iron rich** food includes: lentils, spinach, chickpeas, lima beans, black-eyed peas, Swiss chard, kidney beans, pinto beans, turnip greens, **quinoa**, cashews, bok choy, almonds, kale, sunflower seeds, broccoli, sesame seeds, Brussels sprouts. Vitamin C rich foods include grapefruit, yellow peppers, red peppers, green bell peppers, collards and cauliflower.

A deficiency of **folic acid** produces the same oversized red blood cells as a vitamin B12 deficiency. One of the most common causes of folic acid deficiency anemia is simply not getting enough in the diet. **Pregnant** women are most at risk for folic acid anemia because the need for folic acid increases by two-thirds during pregnancy. **Beets**, spinach, collard greens, turnip greens, mustard greens and romaine lettuce, asparagus, broccoli, citrus fruits, beans, peas, lentils, avocado, okra, **Brussels** (Cont. on next page)

**sprouts**, celery, carrots and squash are an excellent source of folic acid.

## NUTRITION IS A KEY TO PREVENTING ANEMIA!!!! (Cont.)

**A key with anemia**, especially in vegans, is that they must soak, sprout or ferment their foods to get the most out of them because they contain **blockers** (phytates) to prevent the iron from being absorbed – it is this way with all legumes – they must be soaked.

Holistic and natural health **practitioners** sometimes use herbs to treat anemia

and other deficiencies. The Clayton College of Natural Health herb guide lists several herbs used to treat anemia, including: **alfalfa**, barley grass, dandelion, ironweed and yellowdock. Alfalfa is a restorative herb that is considered beneficial to those recovering from serious illness. The herb guide specifically lists anemia and wasting diseases among its key uses. Ironweed is a **Na-**

**tive American** herb used to treat bleeding disorders as well as anemia. Yarrow is another herb used for **blood disorders**.

## MASTERFUL BUSINESS & PERSONAL COACHING

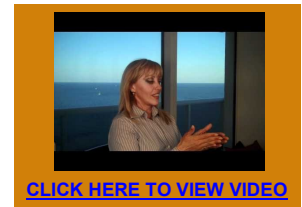
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



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## YOUR BLOOD CELLS: THE ANSWER TO SOME MENTAL, EMOTIONAL AND SPIRITUAL MYSTERIES!!!

Development of anemia can be **detri- mental to your health** in ways that would not be obvious.

Anemia can cause a big problem **with your brain's health**. Anemia, according to a board-certified physician who specializes in general psychology and addiction, Nzinga Harrison, can have symptoms similar to some mental health disorders. Some mental symptoms of anemia could include **difficulty thinking, concentrating and depression** and more seriously **there is the danger of brain tumors**.

There are also many emotional impacts with anemia also. You may erupt into stress due to the **unpredictable bouts of pain, fear of death and lost time** that you will go through. Being anemic can bring about many devastating symptoms. Besides initial stages of uncertainty, anemia can bring about emotional responses of **sadness, fear and anger**. With the decreasing of endurance and increasing of fatigue, the mental and emotional symptoms will

have people **experience** themselves as unbalanced and worried about their seemingly deteriorating mental states. Depending on which type of anemia you are affected by you will experience different symptoms. For example, **sickle cell anemia** can bring about many emotional impacts. Sickle cell anemia is known to be a large stressor to the person carrying it as well as the people around the person who is afflicted with it.

For many individuals, your body-to-soul connection can be diminished by the development of anemia. The **blocking of your oxygen** and the imbalance of your mind, body and emotions will make it difficult for your body to **listen to and connect with your soul**. When your body's systems begins to tear down due to lack of endurance and the weakness from anemia, your clarity will diminish also. The quiet, beautiful voice of your soul is always there but when your body, emotions and mind are sick, connecting to it becomes an **incredible challenge**. Listen to your body, pay

attention to what it needs and HOW TO CHERISH IT, and follow through. SELF-Love is the most **crucial** kind of Love, that makes all Love possible. If you experience any anemic symptoms let your healthcare professionals know and have yourself checked. **Kindly start loving**, CHERISHING and nurturing your red blood cells TODAY!

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

<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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