

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 208th Newsletter, I want to talk to you about Foodborne Illnesses and their 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.

### OVER 78 MILLION PEOPLE ARE AFFECTED BY FOOD BORNE ILLNESS EACH YEAR !!!

The Center for Disease Control and Prevention estimates that 1 in 6 Americans (48 million) are affected each year from food borne illnesses, 128,000 are hospitalized and 3,000 die. The World Health Organization estimates that infectious and parasitic diseases are the second leading cause of death in the World. Children, the elderly, pregnant and post-partum women and individuals with compromised immune systems are at the highest risk of developing complications from food-borne illness.

According to the Hippocrates Holistic Institute most of all illnesses originate on the food we eat, don't eat and how we eat it. This newsletter addresses the origination of those illnesses on and in our foods and proper food safety that can be utilized to prevent those illnesses.

In the Hippocrates Holistic Institute, they heal most illnesses with a Raw Vegan 100% LIVING Food Diet + Mindful Living Soul, Mind and Body Lifestyle Transformation. They have discovered, verified (and proceeded to heal what the Traditional Medicine Doctors call 'impossible & terminal

cases') that MOST illnesses, and certainly food borne illnesses are easily healed.

This week, we have included articles on our Fan Page that will also offer you information on food safety and food borne illnesses, and the effects that they can have on your health and well-being. Food safety is an important aspect of our lives, given that food is such a big part of our society and culture as well as critical for living. There are many ways that practicing proper food safety plays a part in preventing food borne illnesses.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison," says Ann Wigmore, known as the "mother of living foods," and one of the founders of the Hippocrates Health Institute. Eating or drinking foods contaminated with bacteria, parasites, or viruses may cause food borne illnesses. This can occur at the root of the plant, while a food product is growing or harvested, or it could occur during processing. Bacteria can also grow, however, through improper food preparation.

Symptoms of food borne illnesses (food poisoning) often simulate those of the stomach flu, therefore a large majority of the milder cases are never reported. It is estimated that even though there are 48 million reports of food borne illness a year, around 78 million people are actually effected by food borne illness every year in the US, regardless of whether they are reported or even diagnosed. This is unnecessary. Food borne illnesses can be easily prevented and healed.

Not to be taken lightly, food borne illnesses have an array of physical impacts and, in extreme cases, food borne illness can potentially lead to death if not properly treated. Most of the time symptoms cause discomfort for several days. The FDA estimates 2 to 3 percent of food borne illness victims develop secondary long-term medical complications, resulting in



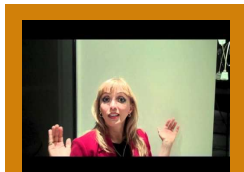
CAROLINA ARAMBURO

over 1.5 million lingering health problems per year.

It may seem like being careful about food safety only applies to CARELESS EATERS. We would all like to think that we are particularly careful about what we prepare for ourselves and our families. Some potential problems that are unobvious may be what happened to your food long before you bought it, the TEMPERATURE in your refrigerator being too low, storing raw food on top of cooked food, not keeping fruits and vegetable stored separately so they might spoil one another and particular handling of certain types of produce. The information in this newsletter is to allow you to be mindful so you can make good and healthy choices. Given that our food comes to us from many different places, and that so many hands touch it from the source until we

(Cont. on next page) eat it, we ALL must be MINDFUL of the food we eat.

Hazardous chemicals remain a significant source of food borne illness. Chemical contaminants



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## OVER 78 MILLION PEOPLE ARE AFFECTED BY FOODBORNES ILLNESS A YEAR!!! (Cont)

in food include natural toxicants such as mycotoxins and marine toxins, environmental contaminants such as mercury and lead, and natural substances that occur in plants. Our food supply also includes food additives, micronutrients, pesticides, veterinary drugs and has been genetically modified (GMOs).

Trends in global food production, processing, distribution and preparation present new challenges to food safety. Food grown in one country can now be transported and consumed halfway across the World. People demand a wider variety of foods than in the past; we want foods that are not in season and we often eat away from home. Institutionalized foods served to children in schools and childcare facilities, a growing number of elderly persons in hospitals and nursing homes, and other places where food for many is served by few people is another source of major foodborne disease outbreaks. Greater life expectancy and increasing numbers of immunocompromised people mean a larger vulnerable population for whom unsafe food is often an even more serious threat.

The integration and consolidation of agricultural and food industries and the globalization of the food trade are changing the patterns of food production and distribution. These conditions are creating an environment in which both known and newly discovered food borne diseases are becoming prevalent. Food and feed are distributed over far greater distances than before, creating conditions favorable to widespread outbreaks of foodborne illness. In a recent crisis, more than 1500 farms in Europe received dioxin-contaminated feed from a single source over a two-week period. Food produced from animals provided this contaminated fodder found its way onto every continent within weeks. The public health effects of exposure to dioxin from this source may become known only after years of investigation. The full economic consequences of such incidents as the international spread of meat and bonemeal prepared from cattle affected by bovine spongiform encephalitis (BSE) has raised anxiety raised among consumers.

Increasing urbanization has led to greater demand for transport, storage and preparation of food. Increasing

wealth, an urban lifestyle and sometimes a shortage of facilities mean that people eat much of their food away from home. In developing countries, street vendors often prepare food. In developed countries, up to 50% of a typical household food budget may be spent on food prepared outside the home. All these changes create situations where a single source of contamination can have far reaching, and even global consequences. Developing countries in particular are experiencing rapid changes in their health and social environments, and the strains on their limited resources are compounded by expanding urbanization, increasing dependence on stored foods and insufficient access to safe water and facilities for sanitary food preparation.

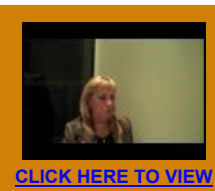
Some of the more common causes of food borne illness include:

***Campylobacter*** - one of the most common causes of diarrheal illness in the United States, causing approximately 2.5 million illnesses and 1,000 deaths each year. Almost 20% of all reported cases occur in children under the age of 10, and the incidence in children under the age of one is twice that in the general population. Approximately 1 out of every 1,000 cases results in Guillian-Barre Syndrome, an autoimmune reaction that causes paralysis and kills between five and ten percent of its victims.

***E. coli O157:H7 and Other Shiga-toxin Producing Pathogens*** - causes an estimated 73,000 illnesses and 61 deaths each year. Nearly half of all reported cases occur in children under the age of 15. Approximately 2% to 7% of all illnesses will result in Hemolytic Uremic Syndrome (HUS), a relentless condition characterized by cascading organ failure that can cause its victims to have seizures, strokes and heart attacks. Many HUS patients require splenectomies, repeated blood transfusions, and even intestinal reconstruction. One-third of HUS survivors will suffer life-long medical problems such as high blood pressure, diabetes, kidney failure and brain damage. ***Children under the age of 5*** and the elderly are at highest risk of developing HUS. HUS caused by *E. coli* O157:H7 and other foodborne pathogens is the leading cause of acute kidney failure in children in the United States.

***Listeria monocytogenes*** - a bacte (Cont. on next page)

rium **found in ready-to-eat products**, causes an estimated 2,500 illnesses and 500 deaths each year. While healthy adults and children are rarely sickened by *listeria*, it is a different story for the **elderly, people with weakened immune systems** and, in particular, pregnant women and newborns. Pregnant women are 20 times more likely to develop *listeriosis* than healthy people, and about 1/3 of reported cases occur in pregnant women. Furthermore, *listeriosis* kills more



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!**

## OVER 78 MILLION PEOPLE ARE AFFECTED BY FOODBORNE ILLNESS A YEAR!!! (Cont)

than 1/3 of perinatal victims. Newborns affected with *listeriosis* will frequently suffer from sepsis or meningitis.

**Salmonella** - causes approximately **1.5 million illness and 600 deaths** each year. More than one third of all cases occur in children under the age of 10 and the incidence for children under the age of 1 is 10 times higher than that of the general population. **Children are at increased risk of infection** with antibiotic resistant strains of *Salmonella*, and are at greatest risk of severe complications. Furthermore, salmonella is one of the leading predictors for reactive arthritis, a painful, chronic and potentially debilitating condition that causes joint inflammation.

Often, when there is an outbreak of food borne illness, it will be **announced in the news**, such as an outbreak of *E. coli* in strawberries or other foods, so it is important to pay attention to announcements such as these and **properly dispose of** infected foods. The best way to combat food borne illnesses is to **prevent them before they happen**.

There are **various symptoms** that can help to identify that a person is infected from food poisoning. These are:

- Vomiting
- Abdominal cramps
- Diarrhea
- Sweating

- Dizziness
- Excessive salivation
- Stomach pain
- Tears in the eyes
- Mental confusion
- Partial loss of vision or speech
- Dry mouth
- Muscle paralysis
- Difficulty in swallowing food

In my own near death experience and consecutive AMAZING Complete EVOLUTION Wellness Journey, I had a few brushes with food borne illnesses. It was **not a pleasant experience** and had me be very physically tired and sick. I couldn't eat normally for a few days. I experienced **lack of appetite**, upset stomach, and dehydration. Since I started eating a COMPLETELY Whole Food Plant Based, Balanced Raw Vegan Diet, I no longer need to worry about many food borne illnesses. In fact, a living food diet regimen can not only **reverse illness and disease**, but actually strengthens the body and immune system in the process. Given environmental contamination, I am very careful to buy only organic fruits and vegetables, and also mindful about how I prepare and store my food. Since I listen very closely to my body, I have learned to be **able to hear my body's reaction** to food before I even eat it. I can, just by touching my food, know that there is something "off" and prevent eating things that would make me sick.

In the next article, we will provide details about food **purchasing**, handling, preparation and storage that will help you avoid food borne illness, plus natural foods and **herbs** that can help you heal if you do happen to contract one.

I invite you to **PREVENT**, and if necessary **HEAL** yourself from foodborne illness with a Plant Based Diet, starting TODAY. These illnesses are almost ABSOLUTELY PREVENTABLE with a Raw Vegan Balance Diet + Mindful food practices. You **deserve** your utmost WELL-NESS, please give yourself the GIFT of CLAIMING IT, in ACTION, starting now!!

## YOU CAN PREVENT AND HEAL FROM FOOD BORNE ILLNESSES WITH EASY SOLUTIONS!!!

The Food and Drug Administration **shines light** on the many ways that our produce can become contaminated:

- **During the growing phase**, because the produce comes into contact with animals and contaminated soil or water.
- **Upon Harvest** and delivery, as a result of poor hygiene among the workers. The risk increases as it passes through several sets of hands.
- Contamination can even occur **after purchase**, through improper storage and **during preparation** in our own homes.

Here are some suggestions from Prevention Magazine on protecting yourself from contaminated food:

**Wash hands (and equipment) rigorously:** Prior to handling fruits and vegetables, Linda Harris, PhD, a specialist in microbial food safety in the University of California, Davis, department of food science and technology, always washes her hands with **warm, soapy water**--and makes sure that any cutting boards, colanders, or knives she'll be using are clean. She recommends everyone do the same.

**Clean fruits and veggies:** At the grocery store, "be aware that just as you fondled 12 apples before finding the 6 you want to take home, so did your neighbor," Harris says. "We sell our produce in a manner that leaves it open to contamination, and for that reason alone, fruits and vegetables should **always be washed** prior to consumption." Tumble wash tender

fruits, such as raspberries and grapes, **under purified water** in a colander, and scrub more firm produce (pears, apples, tomatoes) with hands under purified water. Also, (Cont. on next page)

scrub root vegetables with a clean vegetable brush. Peel and discard

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## YOU CAN PREVENT AND HEAL FROM FOOD BORNE ILLNESSES WITH EASY SOLUTIONS!!! (CONT.)

the outer leaves of leafy vegetables, such as spinach and lettuce.

**Don't let greens air-dry:** Blotting tender fruits and vegetables dry with a paper towel will remove even more microorganisms. And with fruits and vegetables that can take it (such as apples, carrots, celery), Harris and her colleagues have demonstrated that **rubbing produce dry** also dramatically reduces pathogens.

**Cut with care:** Even fruits and vegetables with **inedible rinds** should be thoroughly washed before they're cut, because rinds (especially the lumpy "netted" rinds of fruits such as cantaloupes) can **trap bacteria** that a knife blade can transfer to the fruit. And because bacteria can thrive in **moist, bruised areas** on produce, you should cut away those spots as soon as possible.

**Chill your produce:** Even trace amounts of bacteria on cut produce can multiply to lethal levels if left at room temperature, so refrigerate cut or sliced fruits and veggies. During the summer, foodborne **illness increases dramatically**, so bring icepacked coolers to picnics to chill your foods. And never eat foods left out for longer than 2 hours.

**Be mindful at your farmers' market:** Despite their wholesome appearance, farm stands get extra scrutiny from food-safety advocates. "I've seen produce delivered in the backs of trucks **alongside** cans of oil, chemical containers, dirty diapers, dogs, and other inappropriate things," says Susan Strong, REHS, a **retail food specialist** with the California Department of Health Services.

**Consider the source of your food:** Organic food is **free** of the chemicals used for conventional crops. Shopping at the local organic farms are the best, if feasible, so that the food you get is as **fresh as possible**. Other ways to create fresh food include:

- Grow your own food. Experiment with **sprouting seeds** and **herbs**. A sunny **window sill** can be a good source of fresh food all year round.
- Make your own **compost**. Your food will contain more nutrients. Try a **compost bin** or a **worm composter**.

- Purchase the foods **most recommended** for eating organic as the basis of a healthy diet. If price is a factor for you, at least buy **the most important organic** produce when possible. Some crops are more heavily sprayed and **intensively** raised than others – this is where doing your own research comes in handy.

Researchers at the Institute of Agricultural and Environmental Sciences at Tennessee State University found that the best washing solution for produce is a diluted **Apple Cider Vinegar** (ACV) rinse that removes 98% of the surface bacteria.

Mix up a solution of diluted vinegar and keep it ready for daily use on **smooth-skinned fruits** and vegetables. For those leafy and **irregular-shaped vegetables** where a spray is not practical, prepare an acidic rinse of ACV in a large bowl. Either way, a solution of 1 part vinegar to 3 parts water is recommended.

### **For Smooth-Skinned Fruits & Vegetables:**

1. **Spray** with about 5-6 squirts of the vinegar solution, enough to cover the entire surface area.
2. **Rub** gently with your hand to make sure the skin is coated thoroughly.
3. **Rinse** well with purified water to remove vinegar flavor.
4. **Dry** with a clean towel.

### **For Leafy Vegetables:**

1. **Prepare** 1 cup vinegar + 3 cups water in a large bowl; mix well.
2. **Dip** individual leaves into the solution.
3. **Rinse** well with purified water to remove vinegar flavor.
4. **Spin** dry with a salad spinner.

### **For Irregular-Shaped Vegetables (broccoli, cauliflower, etc.):**

1. **Prepare** 1 cup vinegar + 3 cups water in a large bowl; mix well.
2. **Soak** vegetables for at least 2 minutes.
3. **Rinse** well with purified water to remove vinegar flavor.
4. **Spin** dry with a salad spinner.

### **Additional Tips:**

1. Hard-skinned fruits and vegetables, such as squash and melons, need to be washed, even if you don't eat the **rind or skin**. Bacteria on the

outer skin can be **transferred** to the inner flesh when cut.

2. Since **bacteria** and dirt are usually trapped at the blossom and stem ends of fruit, the Tennessee researchers suggest **slicing off** both ends after rinsing.

3. Cut out the **bruised** or damaged areas, where bacteria can thrive.

### **Storage and handling of vegetables and fruit:**

- Raw fruits and vegetables at room **temperature** are very susceptible to spoilage and loss of nutritional value.
- **Tropical fruits** like bananas, mango, pineapple, avocado, etc. spoil easily if stored in a very cold or warm area.
- Keep vegetables and fruits in a drawer or compartment of the **refrigerator** to help slow down moisture loss.
- Avoid storing fruits and vegetables in plastic, because plastic cuts off air supply and can be **toxic**.
- Wash after purchase, and store in **permeable storage materials** such as paper or cellophane.
- To prevent rot caused by **dampness** during storage, wash produce before storage and use.
- Avoid storing juices in big open containers; choose smaller containers to **protect the nutrients** from oxygen.
- All produce should be wrapped airtight to prevent **freezer burn** that causes dry patches, hard texture and off taste.
- If cooking: Cook produce straight - **do not thaw** produce because it can activate the destructive activity of residual enzymes and **microorganisms**.

(Cont. on next page)

- Do not refreeze food that has been thawed.
- **Enzymatic** activity can cause fruits and vegetables to rot.
- Cut the green leaf top off root vegetables like beets, carrots, radish, turnips, parsnips, daikon, rutabaga, turnips etc. to **prevent** it from drawing out nutrients from the roots; it works as though as it is still in the

## YOU CAN PREVENT AND HEAL FROM FOOD BORNE ILLNESSES WITH EASY SOLUTIONS!!! (CONT.)

soil.

- Do not **freeze** raw fruits and vegetables, because water in vegetables and fruits can form ice crystals that break down cell membranes and walls, resulting in **mushy** texture and loss of nutrients.
- Do not remove berry stems until you are ready to use them. Store vegetables and fruits in a **cool area**.
- Store potatoes in a dark area with **air circulation** to avoid poisonous alkaloids such as solanine and chaconine from forming due to exposure to light. You can store foods like these in places with **temperature** of 30 degree Fahrenheit. Carrots, cabbage and lettuce can be stored at 32 degree Fahrenheit.
- Keep peas and beans **in their pods** to help retain freshness.
- Keep berries in **air tight** containers. Fruits, vegetables, and grains left to soak in water can lose vitamins and minerals.
- The **skin of fruits** and vegetables are especially concentrated in nutrients, but are also more likely to be contaminated with bacteria and pesticide **residues**, therefore it is smart to remove the coarse outer leaves of green vegetables like cabbage, onions, etc. Although some nutrients can be lost from **peeling** the outer layer of fruits, it is not a significant amount.

### Grains and nuts:

- Put grains and flours and other **packaged** grain food in a metal or glass container with tight fitting lids IMMEDIATELY AFTER PURCHASE.
- Store flour in a moisture and **vapor proof** material.
- You can store **whole grain flours** in the freezer to stop the fat content from turning rancid.
- Un-shelled nuts like peanut, cashew, almond etc. can be stored at **room temperature** for about 3 to 6 months.

### Herb storage and handling Tip:

- Wash and keep herbs like parsley and cilantro upright in a **glass container** containing an inch or two (2.5-5cm) of filtered cold water.
- You can refrigerate some **herbs**

like dill, garlic and mint.

- Store dry herbs and spices in tightly covered **containers** away from air, light, moisture and heat in cupboard, because exposure to air and moisture can change the flavor and taste.
- Keep all open/kitchen spice racks away from light, **heat and moisture**; do not keep them over or near the stove, dishwasher, microwave, refrigerator, sink or a heating vent.
- When herb or spice color fades, it is an indicator that it has **lost flavor**, so check them before using.

The Home Remedy Shop provides us with these natural, plant-based remedies for food poisoning:

**Apple Cider Vinegar (ACV)** - To get instant relief from food poisoning, apple cider vinegar is the best option. Its alkaline nature eases various symptoms of food poisoning. Consume a mixture of 2 tablespoons of ACV in warm water before eating any solid food. It kills bacteria that causes food poisoning and prevents indigestion.

**Peppermint Tea** - Drink 3-4 cups of peppermint tea or eat anything that contains peppermint or menthol, like chewing gum or hard candies. Peppermint calms down the contractions in the stomach, helps in digesting food, and expels gas.

**Ginger** - Ginger is helpful in treating a person with food poisoning, as well. Ginger tea, taken after lunch and dinner, stops heart burn and nausea. Even a few drops of ginger juice in pure water reduces inflammation. Eating raw ginger is another alternative, which increases the acid levels in your stomach that, in turn, helps in digesting food more quickly.

**Basil** - Basil is a superb herb that relieves a person from infection. One can take basil in various forms, like it can be taken as juice added into one liter of water, which can be drunk throughout the day to erode infection.

**Garlic** - Garlic has strong anti-viral, anti-bacterial and anti-fungal properties, which are effective in healing food poisoning. Eat a fresh garlic clove every day. Garlic juice can also

be consumed.

On the other hand, mixture of garlic oil and soybean oil can also be rubbed on the stomach after consuming food.

**Lemon** - Lemon contains anti-inflammatory, anti-viral, and anti-bacterial compounds, which kills bacteria that causes food poisoning. Lemon is sour in taste, and hence, a teaspoon of lemon juice can be consumed with a pinch of sugar. This can be consumed 2-3 times a day. To clean out the system, lemon juice can also be drunk with a glass of warm water.

**Banana** - The potassium-rich fruit banana helps in reducing the various ill-effects of food poisoning. Bananas are easy on stomach due to their soft texture. This is again a natural cure for food poisoning.

**Cumin** - Cumin seeds are excellent at curing inflammation, caused by food poisoning. You can either make an herbal tea with it by adding sea salt and asafoetida, or simply intake it with water after crushing it a little.

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## 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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## TREAT YOUR BODY AND YOUR FOOD AS SACRED TO PROTECT YOUR EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING!!!!

Contracting a food borne illness can be devastating to your physical health, but it can also **heavily impact your emotional, mental and spiritual state** of being! Serious food borne illness can be a traumatic emotional experience that, regardless of the outcome, could change your life forever. While we struggle with the physical impact, our capacity for intellectual thought is **diminished**.

In addition, it becomes **increasingly** more difficult to focus on the purpose of our life, making a difference, or expanding our self spiritually when every ounce of our energy is directed at simply fighting an **ILLNESS** inside our bodies.

Our human body is the **vessel** in which our soul/spirit chooses to travel, further our understanding and learn lessons about our purpose during the time that we are here. **Honoring** both our bodies and our food provides a foundation for our life journey. So, being mindful of the **food that we eat** and the care that we put into eating and preparing it, provides the opportunity for the **highest**

**and best** use of the vehicle that is our human body.

So being mindful of the food that we eat and the care that we put into eating and preparing it, provides the opportunity for the highest and best use of the **vehicle** that is our human body.

Viewing your body as a SACRED vessel will enable you to relate to food **differently**. It would have you be mindful of where you purchase your food, the kind of food you purchase, how you prepare your food and the conditions you store your food in. It would also have you keep yourself emotionally, mentally and spiritually **balanced** so that your physical body has the OPTIMAL **condition** and a strong immune system to be able to defend itself against any external contaminants.

I INVITE YOU to listen to your body, kindly starting NOW and **holistically** be MINDFUL of all that you put into your body including your food, your thoughts and both mental and emotional stress, so that you can have optimal HEALTH and PREVENT and

HEAL from the **causes** of food borne illnesses. That in turn will serve you, and you can remain physically, mentally, and emotionally at your TOP level of WELLNESS so your **connection** to and practice of your Spiritual Journey is **unhindered**. You DESERVE the utmost WELLNESS... the question is, will you be loving enough to GIVE to **yourSELF?**

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