

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 216th Newsletter, I want to give us a chance to consider the effects that eye health can have on people's physical, mental, emotional and spiritual well-being. In order to put the rest of the **news-letter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on eye health that you can read in full [HERE](#).

We are going to go **beyond the obvious** and explore the topic of EYE HEALTH, including the **causes and effects** on the body, how eye health can impact overall wellness, and the mental, emotional and spiritual relationship so you can, if you wish, introduce this into your wellness practices to achieve and maintain **optimal** physical well-being, emotional balance, mental and spiritual clarity and vibrant energy.

EYE HEALTH AND WELLNESS IS A CRITICAL COMPONENT OF OUR LIVES!!!

The eye is a **powerful symbol** that has represented many things over thousands of years. Our eyes allow our brains to see. A massive amount of our daily lives requires sight, from driving to reading, and sight gives humans up to 80% of the information about the **world outside**

of themselves. Although the eyes are an incredibly delicate and complex system, eye health is often **overlooked**, and their role in sight is often taken for granted among those with seemingly healthy eyes. With the constant presence of computers and smart phones, caring for our vision is absolutely critical.

In my own Wellness Journey, I had **perfect** vision until I was 15, when I started having near-sightedness. I used contact lenses for a decade, and then I had surgery. The eye **surgery** did not fully correct my vision, and a year later the issues were back completely. Further, the surgery caused a **chronic** dry eye condition to the point that my eyes were constantly irritated and **painful**. I was treated by top eye doctors for 2 years, and they concluded that it was impossible to correct and they **plugged** my tear ducts (the plugs come out periodically and have to be replaced). They said I needed a **permanent** surgery, and instead I did a Balanced Raw Vegan Living Foods diet plus exercises of the eyes, it **corrected** my vision and the dry eye COMPLETELY.

The eyes are not just windows to our souls, they can provide a view of our **overall wellness**, too. Through eye exams, a variety of health problems can be detected in very early stages from even mild vision issues,

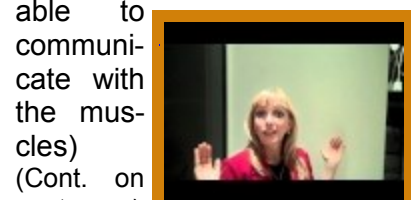


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including Macular Degeneration, Diabetes, High Cholesterol, High Blood Pressure, Hypertension, Multiple Sclerosis, leukemia, and potential risk of stroke and heart disease. These symptoms are not always associated with disease in the body, and is part of why **routine checkups** of the eyes are so important.

Eye symptoms that could signal a potentially serious illness include:

- **Blurry Vision** - Diabetes
- **Bulging eyes** - Graves disease, hyperthyroidism
- Chronic eyelid **droop** in both eyes, or double vision - myasthenia gravis (autoimmune disease where nerves are unable to



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EYE HEALTH AND WELLNESS IS A CRITICAL COMPONENT OF OUR LIVES!! (Cont.)

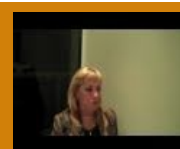
- Haze, blurred vision, **dimness** of vision - stroke (risk of stroke), multiple sclerosis
- Headache at the temples or pain with chewing - Giant cell **arteritis** (an inflammatory condition that affects the large arteries in the body)
- Inability to close one eye - **Bell's Palsy** (paralysis of a facial nerve, resulting in the inability to control facial muscles on the affected side)
- Sudden eyelid drop - possible brain aneurysm or **stroke**
- **Yellow eyes** - liver disease, gallstones, or pancreatic cancer

There is a **vast variety** of eye diseases and disorders. Some of the more common ones are:

- **Dry Eyes** (dry eye syndrome) - The most common complaint people bring to eye doctors, dry eyes are usually related to other health conditions in the body, including problems with tear production, less blinking (such as computer use), age, excessive coffee, smoking and some medications.
- **Cataracts** - The major cause of vision loss in the United States. Cataracts cause hazy vision, loss of night vision, and diminishing depth perception. The main causes are free radicals and **poor nutrition**, digestion issues, food allergies, side effects of some medication, smoking, excessive UV light exposure and obesity. A 2011 study showed that the risk of cataracts was exacerbated by eating meat.
- **Computer Eye Strain** - The most common eye complaint in the United States, OSHA has declared that this disorder may affect as many as 90% of all **computer workers** in the US. Caused by being to close to a computer, poor posture, bad lighting, excessive glare, and reduced blinking.
- **Glaucoma** - Affects approximately 2.2 million Americans, and is a leading cause of **blindness** in the United States. Glaucoma is optic nerve damage that is caused by a variety of different diseases, and has been connected with cardiovascular disease, thyroid issues, and heavy computer use.
- **Macular Degeneration** (ARMD) - This age related breakdown of vision causes blurred shapes, lines become distorted or wavy, words are **difficult** to read (blurry), and there are blank or dark areas in the center area of one's vision. ARMD has several causes, including **free radicals** in the body, nutritional deficiencies, smoking and some medications.
- **Eye Floaters** - These little dots or strands that appear in our vision are clumps of **protein**, and almost never indicate more serious problems. They are most commonly caused by natural aging, diabetes, kidney congestion, and near-sightedness.
- **Eye Styes** - These painful, non contagious inflammations look like pimples that appear on the edge or corner of eyelid. If a stye develops a white head like a pimple, it should

never be squeezed, as the skin on the eyelid is the thinnest in the body. Excessive saturated fat or fried food consumption can cause styes.

- **Myopia** (nearsightedness) - Usually due to an elongated eyeball, the main causes are heredity, **stress**, aging, amount (Cont. on next page)



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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!**

EYE HEALTH AND WELLNESS IS A CRITICAL COMPONENT OF OUR LIVES!! (Cont.)

of time spent on detail tasks (such as computer work or sewing) and diet and nutrition

- **Presbyopia** (farsightedness) - The difficulty in seeing object up close (such as books), the main causes are heredity, stress, aging, and diet and nutrition.
- It is estimated that approximately **35% of the world** suffers from myopia or presbyopia to some extent.
- **Light Sensitivity** (photophobia) - Light sensitivity is caused by several factors that include beta carotene and lutein deficiencies, thyroid conditions, diabetes, computer eye strain, and some medications. **Lifestyle** and dietary choices hugely impact light sensitivity.
- **Diabetic Retinopathy** - This complication of **diabetes** can cause blindness if not treated. It is indicated by blurred vision, eye floaters, eye pain, and partial vision loss. This affliction can go long period without a person noticing.

In addition to nutrition and diet, there are **eight** factors that have a massive affect on the health of our eyes:

- **Lack of Sleep** - Less than 5 hours sleep can cause eye spasms. While not painful, these spasms can be disruptive

- **Dehydration** - This is a major cause of Dry Eye Syndrome.

- **Stress** - The source of central serious retinopathy, which causes the retina to swell, blurring vision and in some cases temporary blindness.

- **Not Enough Humidity** - A lack of water vapor in the air can increase the evaporation of tears, and irritate eyes.

- **Air Pollution** - Recent studies have shown that people living in urban areas with high levels of pollution are 3 to 4 times more likely to be diagnosed with dry eye syndrome.

- **Products that come in contact with the eyes** - Eye makeup can cause bacterial infections, dry eyes, allergic reactions, and even loss of eyelashes. Many eye makeups, shampoos, soaps, colognes and perfumes contain **heavy metals** and toxic chemi-

cals that can trigger allergies and eye irritation.

- **Addictive habits** - Drugs, cigarettes, excessive sugar, too much processed food and excess of saturated fats fill the body with chemicals and unnatural toxins that **significantly** increase the risk of cataracts, macular degeneration, glaucoma and other eye problems.
- **Medication** - Many prescription medications have side effects that include blurred vision, dry eyes, light sensitivity, loss of night vision, headache, eye pain, color blindness, and increase the risk of glaucoma and cataracts.

While these eight factors are often overlooked in Western medicine, Chinese and holistic doctors are not only aware of these factors, but have **healed** many people through evolving these 8 factors in eye patients and have produced **complete healing** and reversed even the need for glasses, in many cases COMPLETELY, and in most cases SIGNIFICANTLY.

DIET AND NUTRITION CAN MASSIVELY IMPROVE EYE HEALTH AND VISION!!

One of the most valuable things we can do to **protect** our eyes is to adopt a diet that provides us with the **nutrients** that our eyes require. These include:

- **Vitamin A** - This vitamin helps to heal the effects of Dry Eyes, Night Blindness, Macular Degeneration, Glaucoma and Cataracts. Good sources of Vitamin A are carrots, sweet potatoes, spinach, asparagus,

butternut squash, bok choy, kale, cantaloupe, mangoes and apricots.

- **Vitamin B2** - Supports light reception in the retina. Deficiencies of this vitamin can lead to tired or sore eyes, light sensitivity, and a number of eye diseases. It is found in Beans, whole grains, almonds, and mushrooms.

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DIET AND NUTRITION CAN MASSIVELY IMPROVE EYE HEALTH AND VISION!! (Cont.)

- **Vitamin B6** - This lack of this vitamin in the body is directly associated with many conditions, including dry Eyes, macular degeneration and conjunctivitis. Found in whole grains, vegetables, nuts, bananas, avocados, and sunflower seeds
- **Vitamin C** - The second highest concentration of Vitamin C in the body is the eye (only the adrenal glands has more), and they fight free radicals, healthy blood vessels, and acts a **filter** of UV rays for the eye. Foods rich in this vitamin include Rose hips, red pepper, chili pepper, black current, parsley, kiwi, broccoli, brussels sprouts, papayas, orange, kale, lemon, melons, and cauliflower.
- **Vitamin E** - Protects the cells in our eyes from free radicals and slows the progression of cataracts and age-related macular degeneration. Sunflower seeds, almonds, wheat germ, hazelnuts, and peanut butter are great sources of vitamin E.
- **Lutein** - This carotenoid protects the eyes from blue light (i.e. computer screens), reduces the development of cataracts, and **improves** light sensitivity. It has also been shown in in tests to improve visual acuity, reduce the **likelihood** of macular degeneration and improve night vision. Vitamin C increases the **absorption** of lutein. Dark leafy greens are especially good sources of lutein, such as kale, spinach, collard and turnip greens, and broccoli.

- **Zeaxanthin and meso-zeaxanthin** - The cornerstone of eye health, especially when combined with lutein. This supplement can be found on the Whole Foods Shelf.
- **Selenium** - This trace element supports healthy vision and thyroid function. Found in nuts (especially Brazil nuts), mushrooms, garlic, onions, broccoli, cabbage and sunflower seeds.
- **Omega-3 fatty acids** (DHA) - A key components of the nerve cells in the retina. DHA is found in much higher concentrations in the retina than in other parts of the body. This is easily found in flax seeds, chia seeds, hemp seed, seaweed, beans, leafy greens, wild rice, mangoes, and cabbage.
- **Antioxidants** - These superfoods that are extremely rich in antioxidants are goji berries, raw cacao, acai berry, golden berry, pomegranate, and green tea.

A Balanced Raw Vegan Living Foods diet can provide miraculous **benefits** for the wellness of our eyes, and our vision. In an EPIC-Oxford study in 2011 of people aged 40 and above, people who ate a vegan diet were shown to be **40% lower risk** of cataracts.

The Harvard School of Public Health has said "Eating plenty of fruits and vegetables keeps your eyes in **good shape**. You may have learned that the vitamin A in carrots aids night vision. Other fruits and vegetables help prevent two common eye diseases - cataract and

macular degeneration - which afflict **millions** of Americans. Free radicals generated by sunlight, cigarette smoke, air pollution, infection, and metabolism cause much of this **damage**. Dark green leafy vegetables - such as spinach and kale - contain two pigments, lutein and zeaxanthin, that accumulate in the eye; these pigments are found in other brightly colored **fruits** and vegetables as well, including squash, kiwi, and grapes.

These two pigments appear to be able to snuff out free radicals before they can harm the eye's sensitive tissues. In general, a diet rich in fruits and vegetables appears to reduce the chances of developing cataract or macular degeneration."

Running and other vigorous cardiovascular exercise has been shown in many studies to **increase** overall health of the eye, and reduce the risk of macular degeneration by up to 70%. One 2009 study showed that a 40 minute walk at a **brisk pace**, done five times per week, reduced eye pressure in glaucoma patients as much as some medications.

In addition to diet and exercise, **visual hygiene** practices are a powerful (Cont. on next page)

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SIMPLE SPIRITUALITY AND SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1.1. 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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DIET AND NUTRITION CAN MASSIVELY IMPROVE EYE HEALTH AND VISION!! (Cont.)

way to maintain eye health and thus prevent issues our eyes, and lessen strain on them. Some visual hygiene practices are:

- **20-20-20 Rule** - When using a computer, look away from the screen every **20 minutes**, at an object 20 feet away, for (Cont. on next page) 20 seconds.
- When watching TV or other screens, **maintain** a distance of 6-8 feet.
- Maintain good posture when using computers, watching TV, and reading. This includes sitting as **upright** as possible when reading in bed.
- Tilt your books or e-readers at a 20 degree **angle**.
- When reading, there is a specific **distance** where we put the least amount of

stress on our eyes, and this is known as the **Harmon Distance**. Make a fist and hold it to your cheek. The location of your elbow is the Harmon distance.

There are also many **exercises** we can do to keep our eyes healthy. Here are a few eye exercises you can do:

- **Eye Roll** - Roll your eyes 15-20 clockwise, and then 15-20 times the other way, starting **slowly** and speeding up. Make sure you roll your eyes as wide as possible.
- **Eye Rub** - Close eyes, and rub hands together to warm them up. Put the base of your palms over your eyes, until the warmth from your hands dwindles. **Warm hands** again, and rub across your eyelids from inside to outside with your fingertips for 1-2

minutes. Warm your hands a third time, and rub around you eye sockets with your middle fingers.

- Sit comfortably, and **blink** 10 times rapidly. Close your eyes for 20 seconds, and breathe deeply. **Repeat** this 5 times.
- Look as far to the left as you can for 3-5 seconds, then as far as you can to the right for 3-5 seconds. **Repeat** several times. Do this again looking up and down.

The **Bates Method** is a system that helps people holistically learn good sight habits. Since vision is a combination of the visual reception of light and the brain's interpretation of those images, the Bates method trains people to develop a **mindful** (Cont. on next page)

DIET AND NUTRITION CAN MASSIVELY IMPROVE EYE HEALTH AND VISION!! (Cont.)

connection between the eyes and the mind. In this model, sight issues are caused by habits of **eye-strain**, and focuses on having a person see in the present in a relaxed manner. Since strain is a mental habit, the Bates techniques allow people to discover insight into the **sources** of the strain - mental and physical - by mindfully observing the feedback received by the

eyes. These **techniques** focus on developing our innate ability to see, and “un-learning” bad sight habits.

Iridology examines patterns, colors, and other characteristics of the **iris** to determine information about an overall state of a person’s health. Iridologists see the eyes as “windows” into the body’s state of health.

By understanding the science of Iridology, many **actual** causes of unwanted symptoms can be easily determined.

While iridology cannot detect specific diseases, it can inform an individual if they have unusual or irregular activity in **specific** areas of the body. For example, an under-active pancreas might indicate a diabetic condition.

THE EYES ARE THE “WINDOW” TO OUR WELLNESS!!!!

Our ability to see can go far beyond just the eyes, just as our eye health is affected by **more than** just our bodies. Scientists have been experimenting with how measuring and tracking eye movements can indicate mental health issues in patients, including schizophrenia, bipolar disorder and depression. Dr. Philip Benson and David St Clair of Aberdeen University have conducted recent eye tests that are diagnosing mental health conditions with near **95% accuracy**, and in 30 minutes.

The eye represents the capacity to see the past, present, future with clarity. Sometimes, when our stress is due to a **lack of clarity** about our circumstances, this can affect our eyesight as well. This tension can express itself as blurred spots in the center of our vision, distorted lines, objects appearing smaller than they actually are, light sensitivity and migraines. When we **release** the excessive stress in our minds, the tensions are released from the eye muscles, returning the eyeball to its natural shape. Relaxation practices

such as yoga can release this tension from the body. Deep breathing exercises have been shown to **improve** focus vision for brief periods of time.

The eyes are a **metaphor** for how we perceive and understand the world, life, and our circumstances, and thus how we perceive life and our circumstances can actually impact what we see through our eyes, and even how they behave. Holistically speaking, astigmatism can be considered “I” trouble, and caused by a **fear** of really seeing the self. Farsightedness is a fear of the present, while nearsightedness is a fear of the future. Styes can be **looking at life** through angry eyes. For some children, eye problems can be an expression of not want to “see” what is going on with their family.

The words we use to describe our Major Life’s Purpose are filled with visual metaphors, and that may not be a coincidence. When we can **clearly** see our **vision** for our life, and when our Life’s purpose is **in focus**, it has a huge impact on

our well-being, including our bodies’ ability to heal. The more we allow ourselves to be spiritually connected to our life purpose, and to live our lives in service of that purpose, the less stress we put on our bodies.

Since the eyes are such a delicate organ system, it is critical that we give them with the **utmost** care. A Balanced Raw Vegan Living Foods diet and other practices such as meditation and prayer, yoga, QiQong, exercise, **connecting** to nature, and time alone to nurture and love your self will give YOU the BIGGEST chance to CREATE not only OPTIMAL vision but also the Holistic balance to your life such that your WHOLE SELF can thrive as it was DESIGNED to do.

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