

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 218th Newsletter, I want to give us a chance to consider the world of digestive health, and the effects it has on people's physical, mental, emotional and spiritual 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. This week we have also included articles on digestive health that you can read in full [HERE](#).

We are going to go **beyond the obvious** and explore the topic of DIGESTIVE HEALTH, including how gut health impacts overall wellness and the mental, emotional and spiritual **benefits** of creating ideal digestive health so you can, if you wish, introduce this into your into your wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional, mental and spiritual balance and vibrant energy.

DIGESTIVE HEALTH IS A CRITICAL FOUNDATION OF OVERALL WELLNESS!!!

The health of the digestive system is the one of the most important long term **determinants** of health and well-being. A healthy gut provides better immunity, efficient digestion, improved clarity and balance.

There are **numerous** studies conducted by many Health Professionals and Health Centers, with thousands and thousands of patients, that prove it is TRUE that 7 out of 10 illnesses are totally originated and can be **healed** through what we eat and how we eat

it, thus the well-known saying "we are what we eat" is not simply "kind of accurate," it is our way out of the epidemic and rampant way of **suffering** that we have resigned ourselves to accept.

Most of us have to spend **much** of our lives mildly to severely ill one way or another (over a third of our lives), simply because we don't pay attention to the "brain of the body" = the **stomach** i.e. what we eat and how we eat it. My Health is total proof that the most incurable health conditions are totally possible to extremely improve, and also to totally heal by simply **changing** our mindless diet to a Balanced Raw Living Foods Vegan Diet.

Many intestinal diseases have similar symptoms, and similar causes, so they can be difficult to accurately diagnose. Here are some of the **most common** digestive afflictions:

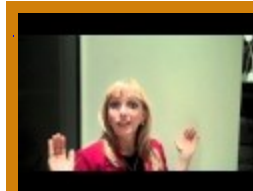
- **Dyspepsia** - The often chronic indigestion often occurs after eating. It may be caused by an overuse of anti-inflammatories, which can **ulcerate** the stomach. Another cause of dyspepsia is H-Pylori, a bacteria present in approximately 20 percent of the general population. While most people will not experience symptoms of the bacteria, some experience **chronic** discomfort in upper abdomen. Dyspepsia causes discomfort, burning, pressure and/or mild pain located in the upper-mid abdomen, and is often associated with a need to belch or burp.
- **Irritable Bowel Syndrome (IBS)** - An estimated 15-20% of Americans have IBS, and while it does not cause permanent intestinal harm, the symptoms include ab-



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dominal pain, **cramping**, bloating, gas, diarrhea, and constipation. Some causes of IBS include food allergies, overgrowth of bacteria in the small intestine, **poor digestion**, and stress. Some foods that have been linked to IBS include dairy products, wheat products, beans, processed sugar and caffeine.

- **Inflammatory bowel syndrome (IBD)** - This is not the same as irritable bowel syndrome. Causes include various infections, cow's milk, meat, refined sugar, saturated fats, **autoimmune** disorders involving the thyroid and smoking. Symptoms include severe and chronic diarrhea and bloody, mucus filled stool. IBD can, over time, cause more serious problems like peritonitis, toxemia, and even some kinds of cancer.
- **Colitis** - This inflammation and ulceration of the lower bowel is rare in populations that do not eat the current **Western** diet high in refined (Cont. on next page)



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DIGESTIVE HEALTH IS A CRITICAL FOUNDATION OF OVERALL WELLNESS!!! (Cont.)

carbohydrates and low in fiber. Certain saturated fats, concentrated milk fats, as well as ibuprofen and some antibiotics, appear to **change** the bacterial composition in the intestines. Animal protein contributes **significantly** to colonic sulfur levels, because it creates hydrogen sulfide, which has a toxic effect on the intestines.

- **Crohn's disease** - These ulcers are deep in the tissue lining, and can be anywhere in the **GI tract** from mouth to anus. Environmental factors, including a diet high in fat or refined foods, appear to play a role in Crohn's disease, as it is more prevalent in urban and **industrialized** areas, like many other digestive issues. Symptoms include diarrhea, fatigue, abdominal pain and cramping, mouth sores, blood in stool. In **severe** cases the symptoms can include, and inflammation of skin, eyes joints, liver and bile ducts.
- **Celiac Disease** - This inflammation in the gut is caused by processed foods, and especially gluten. This **autoimmune** digestive disorder makes the body completely unable to process gluten—a protein found in wheat, rye, barley, and more—without triggering an **attack** on their small intestine. Individuals with celiac disease must strictly avoid gluten for the rest of their life. Although celiac is considered a gastrointestinal disease, over 80% of people with celiac disease experience symptoms exclusively **outside** the gut. The most common symptoms outside of the gut are neurological and immunological. Symptoms of celiac disease are **wide ranging** and include abdominal pain and bloating, chronic diarrhea, constipation, depression, fatigue, asthma and eczema. In extreme cases, celiac disease can also cause lupus, neuropathy, type 1 diabetes, and osteoporosis.
- **Ulcers** - Usually caused by H.

pylori, a common bacteria that is dormant in some people and in others causes ulcers and ulcerative colitis. This **disorder** of the upper GI tract that results when gastric acid, bacteria, drugs, or other substances cause **breaks** in the stomach lining, duodenum (part of the small intestine), or other digestive organs. Ulcers can develop in the esophagus, stomach, duodenum, or other areas of the **GI tract**. Ulcers cause symptoms ranging from mild abdominal pain and burning to bleeding, vomiting, or catastrophic perforation of the organ lining. Smokers are about twice likely to develop ulcers.

- **Acid Reflux** (GERD) - This is not caused by excess stomach acidity, but by the flowing of stomach acid into the esophagus, where it should not be. Thus **antacids** don't treat the cause, just the symptoms. This affliction creates difficulty in swallowing, wheezing, shortness of breath, persistent dry cough, hoarseness, and the feeling of a lump in your throat. It can damage the **esophagus** over time, and in rare cases trigger esophageal cancer. Researchers in Norway discovered that individuals who routinely added salt to their meals had almost **twice** the risk of experiencing acid reflux problems. Triggers include anything containing mint oil, chocolate, deep-fried foods, coffee, and alcohol.
- **Diarrhea** - Some common causes of diarrhea are bacterial or yeast infections, coffee and alcohol, food allergies, and side effects of medication. If diarrhea continues for long periods of time, it can be an **indicator** of celiac disease, IBS, chronic pancreatitis, Crohn's disease, cystic fibrosis, and bowel cancer.
- **Constipation** - Chronic constipation is the most pronounced side effect of medication, improper food choices, lack of hydration, fiber and dental amalgams. Chronic constipation can cause issues that include hemorrhoids and colorectal cancer.

- **Diverticulosis and Diverticulitis** - These are two stages of the same disease, and once the body has developed this bacteria it is **permanent**, although in most cases it can be made to be completely dormant. Symptoms can include fever, abdominal pain, blood in the stool, nausea, vomiting, fever, and intense abdominal tenderness that might require surgery. Some experts believe a diet too **low in fiber** may trigger the condition, which grows increasingly common with age and is most prevalent in western societies. (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

DIGESTIVE HEALTH IS A CRITICAL FOUNDATION OF OVERALL WELLNESS!!! (Cont.)

The typical Western Diet appears to have a huge effect on digestive health, and **studies** continue to show that people who participate in Western diets, characterized by a prevalence of processed foods, animal protein, dairy, refined sugar, caffeine, and medication, have the **highest** amount of digestive issues. A recent study at Harvard University tested extreme animal and plant based diets, and found that the gut microbes drastically **changed** with the plant based diets. NPR, reporting on the study, said "Within two days, the types of microbes thriving in the gut shuffle around."

Here are some of the biggest factors in digestive issues:

- **Processed Foods** - This is one of the biggest issues for digestive health in the Western World. In many cases, processed foods are **mistaken** by the immune system as invasive, although everyone's body reacts to this differently. Many of the substances in processed foods **promote** inflammation and simultaneously reduce the effectiveness of our immune system.
- **Dairy** - There are many digestive consequences to consuming dairy. It **halts** the formation of glucosamine in the gut lining, often creating leaky gut. It creates high levels of mucus, which **prevent** the absorption of some nutrients. Dairy product reduce the effectiveness of the immune system in our gut, which can lead to allergies and autoimmune diseases. The massive amount of **hormones** and chemicals added to dairy are some of the highest in all foods, and are toxic to the body.
- **Sugar** - The more sugar we consume, the more harmful bacteria multiplies in our body. **Bacteria** such as candida also trigger cravings for more sugar, thus creating a vicious cycle. Diets high in sugar can create an **acidic** environment in the lower bowel, which contributes to various afflictions like indigestion and heartburn.

- **Meat** - Beyond the fact that animal products and difficult to digest, and can become stuck to the intestinal walls forming undigested clumps of **rancid** fats, research conducted at the Cleveland Clinic found that the digestion of red meat creates a cycle that **amplifies** the risk of heart disease. The antibiotics in conventional meat kill both good and bad gut flora.
- **Candida** - This yeast in the gut is a natural part of the digestive system that aids with digestion and nutrient absorption. It **naturally** occurs as a small percentage of bacteria in the gut, but when it overproduces, it releases **toxins** into the body, causing symptoms that include leaky gut, fatigue, bloating, constipation, "brain fog" (difficulty focusing), skin issues (e.g. eczema and psoriasis), anxiety, depression and can potentially cause autoimmune diseases like Hashimoto's thyroiditis, **Rheumatoid arthritis**, Lupus, and Multiple sclerosis. Candida overgrowth is mostly a lifestyle disease, caused by diets high in processed foods and sugar, excessive alcohol consumption, stress, and often **overuse** of antibiotics that kill many of the "helpful bacteria" in the gut.
- **Gluten Sensitivity** - Gluten sensitivity, affects somewhere between 15-30% of the population. In the Western diet, gluten has become a **staple-food**, meaning it is consumed multiple times a day by a majority of the population. However, gluten is a very hard to digest protein that requires a **specifically** strong acid in the stomach to digest, and is intended to be a small part of a healthy diet at most. When gluten passes through the stomach **undigested**, it creates irritation that can cause gas, bloating, IBS symptoms, etc. in the digestive tract. While this is very different from Celiac Disease, which affects approximately 1% of the population, gluten sensitivities can still cause havoc on the di-

gestive system.

- **Coffee** - Creates the toxin caffeine hydrochloride in the stomach, which causes the liver to **overproduce** bile. It increases acidity in the gut, causing heartburn, IBS, and ulcers. The caffeine in coffee triggers 'fight or flight' **chemicals** in the body that affect the GI tract. Coffee is a **diuretic**, which flushes the kidneys, removes minerals from the body and causes dehydration. Coffee is also very acidic, further contributing to PH **imbalance** and making our body more acidic than alkaline. Decaffeinated coffee may be even more acidic than regular coffee. In addition to this, many people tend to add sugar and milk to coffee, increasing their sugar and dairy intake.
- **Dehydration** - The stomach needs water to produce digestive acid. Underneath the lining of the stomach is a water-dependent, alkaline **layer** that offsets stomach acids. When there is not enough water in the body, stomach acids can burn a hole in the stomach **wall**. When the HCL of the stomach is inhibited from dehydration, the **strength** of the digestive furnace is dialed down to protect the stomach lining, and hard to digest foods enter the small intestine undigested.
- **Pollution** - Soot and smoke can cause gut irritation, and pollution has been linked to an **increase** of over 40% in the number of cases of (Cont. on next page)

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ulcerative colitis, as well as linked to liver cancer, renal and kidney failure. While untouched, natural water supplies can contain **bacteria** that is harmful to the human body, human made pollution (both chemical and biological) can have a huge effect on gut health. Disposal of **waste** from both cities and farms, acid rain, and the massive runoff from animal **cultivation** have all contributed to the toxicity of our water supplies. A Cornell University study found that as much as **80% of all infectious diseases** come from water pollution. The bottom line is that there are two very important words to remember, no matter where one lives: distilled water.

- **Sleep** - While we sleep, the gut creates hormones that **refresh** intestinal cell lining. If we have irregular sleep patterns, it nega-

tively impacts our gut bacteria. **Recent** studies show a solid connection between lack of sleep and weight gain, acid reflux, and metabolic rates.

- **Stress** - The body actually has a second brain, known as the Enteric Nervous System, and it is in our gut. This system operates **independently** of the brain. Just as stress can affect our neurological system in a variety of ways, it can have a huge impact on our digestive health.
- **Medication** - The side effects of medication on gut health are well documented, numerous, and there is an **overwhelming** amount of medication that negatively impacts gut health. Johns Hopkins Medicine Library (online version) lists a variety of **side effects** depending on the medication. Antibiotics in particular, which have been severely overused in recent decades, do not

discriminate between **healthy** and unhealthy bacteria in the gut. Before taking any medication, I highly recommend you **consult** a holistic practitioner, such as the ones from Hippocrates Health Institute and examine your options.

Between 60-80% of the body's immune system is in the gut, and the **Enteric Nervous System** houses over 90% of the body's serotonin, and 50% of our dopamine. These chemicals are critical for our physical, emotional, mental, and spiritual **wellness**, which is a major reason why the digestive system is one of the most important systems in our body. Consuming a **Balanced** Raw Vegan Living Foods diet can not only provide the Body with incredible value to our gut health, but can also provide total OPTIMAL Wellness.

WHEN IT COMES TO DIGESTIVE HEALTH, LISTEN TO YOUR GUT!!!

Since there are significantly more digestive issues in cultures that consume the **Western diet**, we can look for clues for digestive wellness there. The Western diet is filled with animal products, dairy, **processed** sugar, salt, artificial additives and hormones. While these are touted as nutritious and healthy, or at the very least harmless, statistics and research show that the Western diet is generally unhealthy for **almost all** aspects of wellness, and this includes gut health. By cutting out these unhealthy foods, and **replacing** them with whole, raw organic plant based foods, we can dramatically impact our gut health rapidly!!!

When we are healing from issues with our gut, a high vegetable, high raw diet with few sugary and starchy vegetables, and primarily **whole, raw** fruits and vegetables, and small quantities of nuts and seeds will make a huge difference. One of the keys to healing digestive issues are **dark, leafy greens**.

At the beginning of any healing pro-

cess, extra **mindfulness** is important. Since raw greens can be more difficult to digest, when healing from gut disorders, juices and smoothies can provide nutrients that are difficult to absorb. **Wheatgrass** is an especially great way get nutrients into your bloodstream if your digestive system is weak. Adding cooked greens such as spinach and kale can also make them **easier** to digest while you are healing.

There are a variety of natural foods which can provide **benefits** to the digestive system. Here are some of them:

- **Leafy Greens** - A recent Study published in Nature discovered that proteins in cruciferous vegetables (e.g. broccoli and kale) **activate** cells in the body that promote the growth of "good" gut bacteria.
- **Garlic** - Raw garlic stimulates peristaltic action and the secretion of the digestive juices. It also **destroys** harmful bacteria in the intestines without affecting

the beneficial organisms which aid digestion. It helps destroy parasites, and is a great natural remedy for Candida.

- **Peppermint** - Leaf and oil have long been used to help relieve digestive disorders by relaxing stomach muscles.
- **Avocado** - Helps to increase water absorption in the gut and help **avoid** constipation. Avocados are high in the healthy, raw fats that stimulate healthy functioning of your pancreas, gallbladder, and liver. (Cont. on next page)

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- **Artichoke** - Can soothe spasms in the GI tract. Artichoke leaf extract can reduce symptoms of IBS and dyspepsia.
- **Fennel seeds** - Can relieve the intestinal spasms associated with IBS. They can also aid in **eliminating** gas, inhibiting mucus production in the intestine, and indigestion.
- **Flaxseed** - Aids in relief from constipation, supports growth of "good" bacteria, and supports digestion.
- **Red beets and beet greens** - Rich in fiber that support digestion in the small and large intestines, and bile production.
- **Ginger** - This traditional remedy for nausea has been used for **centuries**. It also speeds up digestion. Ginger root powder can be more effective for acid reflux problems than OTC or prescription medication.
- **Cabbage** - Juicing this green heals ulcers rapidly. **Fermented**, it becomes sauerkraut, a powerful probiotic food.
- **Carrots** - Help prevent the symptoms of IBS and help regulate diarrhea and constipation.
- **Lettuce** - Relieves symptoms of IBS. The darker the color, the more nutrients it contains.
- **Maqui berry** - This Chilean 'super fruit' contains the some of the highest amounts of antioxidants and anti-inflammatory compounds. **Regular** consumption can relieve symptoms of colitis.
- **Passion fruit** - Contains components which have the ability to **relax** the nerves and relieve constipation, colitis and diarrhea.
- **Peppermint** - Studies show that peppermint can reduce symptoms of IBS, especially cramping and diarrhea. Peppermint can exacerbate heartburn, but that is the only side effect.
- **Psyllium husks** - Help with digestion and provide lots of fiber making the stool soft and easily passed. Available in health food stores.
- **Bromelain** - This digestive en-

zyme found in pineapples reduces inflammation and can reduce both incidence and severity of colitis. Bromelain can also **prevent** dehydration, which can be the result of constant diarrhea. This enzyme has strong anti-inflammatory properties that helps **calm** the lower bowel.

- **D-Limonene** - This extract from citrus peels provides a coating for the stomach and esophagus, and is a powerful **treatment** for acid reflux. In one trial, subjects took one gram of d-limonene every other day for 20 days on an empty stomach, and within two weeks 90 percent of subjects had relief.
- **Zinc** - This mineral has been shown in tests to significantly reduce gut permeability (leakage), and zinc is **lost** by those with IBS or diarrhea. Foods high in zinc include spinach, pumpkin and squash seeds, cashews, dark chocolate, chickpeas, and mushrooms.
- **Omega-3 Fatty acids** - Promote better digestion and more effective **absorption** of nutrients in the gut. Foods that provide this essential fatty acid include flaxseed oil, chia seeds, basil, cloves, walnuts, and canola oil.

The **pH balance** of our bodies is also an important factor in maintaining optimal gut health. Since most digestive disorders are caused by excess **acidity** in the gut, it is important to make sure we balance our pH with alkaline rich foods, such as organic greens, sprouted seeds, nuts soaked overnight, organic fruit and raw vegetable juices.

Enzymes power our digestive system. Regardless of what we consume, protein, fat or carbohydrate, the body needs enzymes to **convert** food into nutrients. Enzymes are the catalyst for digestion, absorption, transport, metabolizing, and elimination of waste from nutrients, and are **important** for every tissue and cell in the body. Our ability to fight disease is directly **correlated** to the amount and strength of our enzymes. They are also a critical component of **detoxification**, and they work with probiotics to **balance** the ratio of "good" and "bad" bacteria in the gut. There are significantly more enzymes available in **whole** fruits and vegetables

than in cooked food.

Probiotics are live bacteria that aid and enhance enzymes. They are similar to the "good" bacteria in the intestines. In cases of where harmful bacteria is **overgrown**, probiotics are used to restore the balance of bacteria in the body. Probiotics may help people with Crohn's disease or ulcerative colitis to maintain **remission**. Probiotic therapy over an extended period of time involves constantly **rotating** strains of probiotics, and especially consuming probiotics and enzymes in fermented foods. Always buy probiotics in the **refrigerated** section. It will say on the bottle what strains it contains. Look for CFU's of at least 10 billion and up. Some great foods for probiotics and enzymes include sauerkraut, miso, tempeh, kimchi, and kombucha. Some of the various probiotics are:

- **Lactobacillus acidophilus** - This probiotic strain is important for maintaining the integrity of your **intestinal walls** so you can enjoy maximum absorption of nutrients, and it supports a healthy immune system.
- **Lactobacillus fermentum** - These beneficial bacteria help **neutralize** some of the toxic products made during digestion and promote a healthy balance of bacteria in the gut.
- **Lactobacillus rhamnosus** - Known as the premier "travel probiotic," this strain of beneficial bacteria has been found to be extremely effective in **reducing** occurrences of traveler's diarrhea.
- **Bifidobacteria bifidum** - Both your small and large (Cont. on next page)

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intestine need this probiotic strain for **smooth**, healthy digestion. It's especially helpful for proper digestion of dairy products.

- **Bifidobacteria longum** - This beneficial bacteria strain helps to crowd out bad bacteria that cause **discomfort** and helps to neutralize everyday toxins in the gut. It also helps efficiently break down carbohydrates.

Because the body **regenerates** the digestive system while we sleep, good sleep habits are essential for vibrant gut health. This includes getting 7-8 hours of sleep per night, creating a **regular** sleep schedule (going to sleep and getting up at the same time each day), eliminating light from sleeping areas, and unwinding before bed.

There are two main methods for flushing out the intestinal systems:

- **Colonics** (colon hydrotherapy) - We have years of impacted fecal matter in our digestive tract and colon, and it is virtually impossible to get to it without a colonic. Colon hydrotherapy involves the safe, **gentle** infusion of 8 gallons of water into the colon via the rectum. No chemicals or drugs are involved and the entire therapy is

both **relaxing** and effective. Colonics can also help re-tone and re-shape the colon. Colon hydrotherapy assists in healing a variety of conditions: constipation, diarrhea, irritable bowel, bloating, excessive gas, indigestion, allergies, **candida** overgrowth, skin problems, brittle nails and hair, abnormal body odor, unpleasant breath, backache, stiffness, **arthritis**, fatigue, insomnia, poor concentration and headaches. They provide increased energy, improved circulation, clearer skin & eyes, **mental clarity**, normalization of weight, better digestion, and relief from bloating.

- **Enemas** - An enema is not the same as a colonic. Enemas use one gallon of water, and only cleanse the descending colon. Enemas cause a **rapid** expansion of the lower intestinal tract. They can often result in uncomfortable bloating & cramping and put a **strain** on the anus, possibly resulting in hemorrhoids.

Doing at least 20-30 minutes of **exercise** that raises your heart rate such as walking, jogging and swimming can reduce stress, **relieve** depression and normalize bowel function. Sit ups can prevent bloating.

When we eat, sleep and exercise in constantly fluctuating patterns, the body loses its **natural** balancing cycles and cannot cleanse or heal itself as effectively. Regularity in our daily **routine** can be extremely effective in reducing physiological **imbalance** at the basis of constipation.

Yoga can also be a valuable practice for digestive wellness. Because yoga compresses various organs in the digestive system, it promotes intestinal **circulation**, stimulating digestive muscles and the flow of nutrients in the gut, as well as the **elimination** of materials. Yoga can provide relief from constipation, diarrhea, bloating, gas, and abdominal pain. A daily yoga routine can provide massive benefits to our guts!

Deep breathing exercises can also aid digestion. There are many muscles involved in the act of breathing, and the **simple** act of sitting upright and breathing in and out slowly at the top of the belly can reduce reflux. Ian Harnik, MD, an assistant professor in the department of medicine at the Albert Einstein College of Medicine, said "Studies have also shown that breathing exercises that **strengthen** the diaphragm muscles may prevent reflux by reinforcing the barrier between the two organs."

MASTERFUL BUSINESS & PERSONAL COACHING

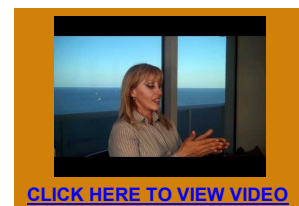
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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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DIGESTIVE HEALTH CAN MASSIVELY AFFECT OUR MENTAL, EMOTIONAL, AND SPIRITUAL WELL BEING!!

The Enteric Nervous System is considered the **“second brain”** in the body, and some studies have shown that it works independently of the brain. The **connection** between the two is still being explored, and the correlation between our thoughts, emotions, and our gut health is deep. Given how much serotonin and dopamine is in the intestinal system, our gut can hold the **solutions** to much of our stress, anxiety and emotional pain.

Excessive mental, emotional and physical stress affect the body's **ability** to digest food, and worsen the symptoms of many chronic disorders, including constipation. This is due to **hormonal** changes and other biochemical responses to stress that can imbalance the nervous system and depress the **healing** ability of the body.

There is a growing field of **research** into the link between the gut and the brain. Dr. Emeran Mayer, a professor of medicine and psychiatry at the University of California, Los Angeles, has been conducting studies in how gut microbes can affect our brain chemistry, and how they **influence** our moods. His research has shown that the combination of **bacteria** in a person's gut are correlated to how our brains are wired. In Baltimore, probiotics are being tested as a way to prevent **bipolar** patients from suffering recurrence of mania.

In Ayurvedic medicine, eating is a **sacred** act. This spiritual perspective on food (Sadhana) elevates eating to a holy experience where the eater **connects** to all things past, present and future, mindfully taking into their bodies the primal substance of all matter. In this regard, eating is more than

satisfying hunger or indulging the sense of taste, it becomes a form of **meditation**. To create this practice:

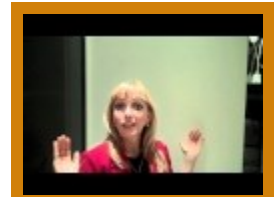
1. **Start** your meal with a few words of gratitude.
2. When we eat **without** distraction such as television, reading, or excessive conversation, the digestive process is stronger.
3. **Chew** food well to stimulate the production of hydrochloric acid and digestive enzymes.
4. Try **not** to eat and drink at the same time, as drinking beverages **dilutes** the digestive juices and slows down digestion.
5. It is a good idea to eat the largest meal in the **middle** of the day, and have a light dinner.
6. Try to **stop** eating at least 2 hours prior to going to sleep.

Digestion is the process of the things outside of us (food) **becoming** our bodies, and thus ourselves, and the literal transmutation of food into the **energy** that is our spirit. If we are having trouble “stomaching” our jobs, our relationships, or our circumstances, this can **manifest** itself in the foods we choose to eat, and how our body processes that food. By **listening** to our body as it processes food, we gain insight into not only our physical working, but our spiritual selves.

In their book “The Inside Tract: Your Good Gut Guide to Great Digestive Health,” Kripalu Nutritionist Kathie Madonna Swift, MS, RD, LDN, and coauthor Gerard E. Mullin say “Spiritually healthy practices like finding meaning and **purpose** in life, having an intrinsic value system, and belonging to a supportive community with shared values may **reduce** depressive symptoms. Since stress and mood disorders such as anxiety

and depression have such a profound impact on gut health, it stands to reason that **engaging** in a spiritual practice could have a positive impact on stress-related digestive disorders, too.”

Creating **mindful** eating practices and a diet that is mostly Balanced Raw Vegan Living Foods provides a foundation for total digestive **wellness**. That, combined with probiotics and other practices such as meditation and prayer, yoga, QiQong, exercise, connecting to nature, and time alone to **nurture** and love your self will provide YOU a HUGE opportunity to CREATE not only OPTIMAL wellness, 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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