

# CAROLINA ARAMBURO

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

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

In this 221st Newsletter, I want to give us a chance to consider the world of the immune system, 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 immunity that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of the IMMUNE SYSTEM, including how the immune system affects overall wellness, and the mental, emotional and spiritual benefits of creating healthy immunity so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain OPTIMAL physical well-being, emotional, mental and spiritual balance and vibrant energy.

**Our IMMUNE SYSTEM is the FOUNDATION for OUR WELLNESS, beyond what you were EVER ALLOWED to REALIZE!!!**

The immune system is a complex network of cells, organs and vessels designed to defend our bodies against bacteria, microbes, viruses, toxins and parasites. It filters out organisms that cause disease, produces white blood cells, and generates antibodies that fight disease. It also distributes fluids and nutrients in the body and drains excess fluids and protein, preventing swelling.

The immune system works on three basic levels:

1. Skin, sweat, saliva, and tears, and mucus prevent bacteria and viruses from entering your body.
2. When a bacteria or virus gets into the body, the immune system attempts to detect and eliminate it before it can reproduce.
3. If the virus or bacteria is able to reproduce and start causing problems, your immune system is in charge of eliminating it.

The organs of the immune system are referred to as lymphoid organs, and are located throughout the body. These organs create and release immune cells, and are through the lymphatic vessels. The lymph organs are:

- Adenoids - Between nose and the back of throat
- Tonsils - Back of throat
- Thymus - In center of chest
- Spleen - Left side of the abdomen
- Bone Marrow - Soft center of all bones
- Lymph nodes - Distributed throughout the body (armpits, neck, breasts, etc.)
- Lymphatic vessels - Distributed throughout the entire body
- Appendix - Lower right of abdomen
- Peyer's patches - Lymphoid nodules in the lower part of the small intestine

The various cells of the immune system are:

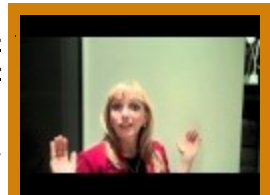
- Phagocytes - Known as Feeding Cells, phagocytes consume inanimate trash, dead cells, and large numbers of invading microbes. They produce enzymes



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and antimicrobial agents, and function as communication links between other immune system cells.

- MHC (major histocompatibility complex) - These molecules on the surfaces of our cells are identifiers. When MHC is not present on a cell, the immune system assumes it is a foreign particle.
- Helper T-Cells - These are the "chief operators" of the immune system, identifying threats to the body and stimulating the production of other immune cells, enzymes and hormones. They direct macrophages, other T-cells and B-cells, and stimulate the production of plasma cells.
- Lymphokines - Hormone-like proteins that immune system cells use to communicate between each other.
- Killer T-Cells - (Cont. on next page) These cells destroy cells which are infected with viruses and microbes. They inject proteins into these cells, poking holes in the cell



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## Our IMMUNE SYSTEM is the FOUNDATION for OUR WELLNESS, beyond what you were EVER ALLOWED to REALIZE!!! (Cont.)

membranes that cause them to rupture. They also eliminate cells that become cancerous.

- **B-Cells** - Through the stimulus of helper T-cells, B-cells multiply in numbers, and some mature into plasma cells.
- **Plasma Cells** - These cells produce millions of antibodies, which circulate throughout the body
- **Antibodies** - When antibodies run into antigens they recognize and can latch on to, they cause them to **clump** together so that phagocytes can consume them. Or they devour them through complement proteins.
- **Complement Proteins** - Once antibodies have connected to the surface of microorganisms, these proteins causing the microorganisms to **burst**.
- **Suppressor T-Cells** - When an infection is contained, the suppressor T-cells use chemical signals **stop** the immune responses.
- **Memory Cells** - Produced by the T-cells and B-cells, these cells stay in the bloodstream and lymphatic system for many years. If the same kind of organism enters the body again, memory cells **recognize** them, and this is how the body becomes immune to a particular microorganism.

**Antigens** are any pathogens that challenge the immune system, including viruses, bacteria, cancer cells, fungi and yeast, protozoa (microscopic animals), and free radicals. Our immune system has various ways of dealing with these pathogens:

- **Consume** the antigens
- **Poke** a hole in the surface of the bacterium's cell
- **Poison** to kill an antigen
- **Cover** the part of the antigen that does the damage

The immune system **protects** us from all disease, regardless of

whether it is bacterial, viral, or environmental. We're going to explore some of the **environmental** factors that attack the body, weaken the immune system, and enhance disease of all kinds.

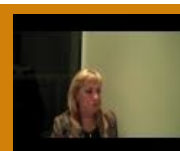
The immune system is **invisible** when it is working properly. The food we eat and our **lifestyle** choices are the key factors in keeping the immune system running at its **highest** capabilities. Dr. Joel Elkes, director of Behavioral Medicine at the University of Louisville said, "Our mode of life itself, the way we live, is emerging as today's **principal cause** of illness" [Emphasis added].

Here are some of the biggest lifestyle, dietary, and environmental influences on our immune system:

- **Processed foods** - Our immune systems react to the additives, preservatives and pesticides found in the **Western Diet**, and they can trigger a variety of food allergies. Microwave and fried foods are particularly notable.
- **Refined Sugar** - Sugar can quickly suppress the immune system from minutes to hours by **paralyzing** white blood cells, and research has shown that refined sugar can **stunt** the immune system's ability to fight pathogens by up to 75%.
- **Alcohol** - Excess alcohol consumption can reduce the amount of Vitamin A, which increases the number of colds, and in the long term, alcohol can severely **compromise** the immune system. A 1997 study found that people who suffer from alcoholism tend to have higher rates of uncommon infections than non-alcoholics.
- **Mutation** - Viruses, bacteria, fungi, and parasites constantly mutate to survive. This means that **new strains** that once would have been identified and immediately removed by the body's immune system **stay** in the body. Bacteria and virus that become resistant to antibiotics such as MRSA - arise both from mutation and overuse of antibiotics.

(Cont. on next page)

- **Antibiotics** - There is an overuse of antibiotics in our society, both in people and in animals that are bred for food. Excessive use of antibiotics and cause the immune system to "throttle down" its activity by **reducing** the amount of bacteria in the gut, and antibiotic overuse has caused many new strains of pathogens to develop



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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!**

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an **immunity** to antibiotics. Antibiotics are solutions to specific health issues, and should **only** be used after consulting a wellness professional.

- **Air Pollution** - Air pollution from natural and artificial sources are one cause of the **spike** in variety and quantity of immune system conditions. In major cities, over **700 compounds** have been measured in the air. Common forms of pollution that we are exposed to on a regular basis include the **by-products** of fossil fuels, industrial processes, and hydrocarbons. Studies are showing that air quality inside buildings can be anywhere between 2-100 times **higher** than outside. Factors include household cleaners, building materials, aerosols, pollen and fungi.
- **Water Pollution** - Even in countries like the United States, where tap water is highly **regulated**, water can be filled with substances that strain the immune system. Water supplies can be **tainted** by natural substances such as bacteria and parasites, or by human pollution from industrial processes, wastewater, farming, or even the pipes that bring us our water.
- **Chemicals** - The huge amount of artificial substances the body comes in contact with every day **tax** the immune system, as the body does not recognize these substances. This can include BPAs in plastic and amalgams in dental fillings.
- **Agricultural Methods** - Many foods today are grown in nutrient deficient soils that are low in or-

ganic minerals and high in fertilizer and pesticides. This produces food that is **missing** some of the nutrients our body needs to regenerate, and that **lack** the natural nutritional benefits that our grandparents and even parents had in their food.

- **Stress and Anxiety** - When we experience excessive stress, our body produces **excess** cellular debris and toxins. Stress and anxiety caused by traffic jams, our jobs, and even **arguments** with loved ones can reduce the immune system's ability to fight disease. In a **ten year study** in the 1980's, psychologist Janice Kiecolt-Glaser, PhD, and immunologist Ronald Glaser, PhD, of the Ohio State University College of Medicine, studied medical **students**, and discovered that the stress of a three-day exam period reduced their immune system.
- **Sleep** - Numerous studies show that people who do not get enough sleep are **more likely** to get sick after being exposed to a virus, and that sleep is a major factor in recovery time from illnesses.
- **Overuse of Antibacterial Products** - Prevents our immune system from routinely coming into contact with various bugs and developing **resistance** to them. Many studies have shown that when children don't play in the dirt, or are exposed to too much sanitizer, their immune system doesn't **fully develop**, and thus they tend to get sick much more.

**Autoimmune** diseases happen when the body starts attacking its own tissues, **mistaking** them as invasive pathogens. There have been at least 80 distinct autoimmune diseases discovered, and up to 40 more that have autoimmune characteristics. **Symptoms** include joint pain, insomnia, weight loss, rashes and hives, fatigue, dry eyes or skin and numbness.

Our immune system is the key to our **ongoing wellness**, and we have the opportunity to make conscious choices every day that can radically impact our overall wellness. Lifestyle choices and a **Balanced** Raw Vegan Living Foods Diet can support the immune system in healing the body and creating OPTIMAL wellness.

## WE CAN ENHANCE OUR IMMUNE SYSTEM THROUGH MINDFUL CHOICES!!

Since our immune system and digestive system are so **closely connected**, and because over 80% of the body's immune system cells exist in the digestive system, the foods we eat are an **essential** component of strong immunity. Ultimately, whole fruits and vegetables are all beneficial for the immune

system, as they are filled with **nutrients** that our body needs, and are the way nature intended them to be. Here are some powerful foods for the immune system, and thus **powerful** foods and herbs for our wellness!!(Cont. on next page)

- **Garlic** - It's antibacterial, antiviral and anti-fungal, and highly

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## WE CAN ENHANCE OUR IMMUNE SYSTEM THROUGH MINDFUL CHOICES!! (Cont.)

recommended as a daily part of our diets. Unlike synthetic antibiotics, bacteria, viruses, and yeast **do not** become resistant to garlic. In the event that you feel like a cold or cough is coming on, eating one clove of raw garlic can disappear the sickness.

- **Almonds** - Contain niacin and riboflavin, which are natural energy **boosters** and stress fighters, and vitamin E, which is essential for the immune system.
- **Mushrooms** - Medicinal mushrooms such as reishi, chaga, cordyceps, maitake, etc. **enhance** the Killer T cell count in the body. Rich in protein, fiber, vitamin C, B vitamins, calcium, and beta-glucans, which are **renowned** for being an immune enhancer.
- **Beets** - A natural blood purifier, they **stimulate** production of white blood cells, and facilitate detoxification.
- **Ginger** - Warms the body and helps to dispel toxins in the organs, especially the lymphatic system, lungs and sinuses. Some **research** suggests ginger may prevent or decrease chronic diseases associated with age.
- **Aloe Vera Juice** - This has been used in traditional medicine for over 5,000 years. This plant is **antiseptic**, antiviral, antibacterial, and anti-inflammatory.
- **Probiotics and fermented foods** - These foods add beneficial bacteria to the gut, which is the home of most of the immune system cells. Foods include kombucha, sourdough bread, miso, naturally fermented pickles, and sauerkraut.
- **Avocado** - Contain high levels of selenium, zinc, and antioxidants, all of which support the immune system.
- **Sweet potato** - It is bursting with beta carotene, filling them

with antioxidant and antiviral potential.

- **Coconut** - Coconut water/milk is almost equivalent to blood plasma, and is a natural way build up immunity. Coconut oil contains **lauric acid**, a medium chain fatty acid with proven anti-microbial activity. Using coconut oil, milk and water regularly builds up resistance to colds and flus. Always use **organic** (unrefined) coconut oil and coconut products. It is also antibacterial, antiviral and antifungal.
- **Echinacea** - Increases the peroxidase levels, a chemical that activates part of the immune system responsible for increasing the **defense mechanisms** against bacteria and viruses.
- **Curcumin** - This active ingredient in turmeric has been proven by Researchers at Oregon State University that it can **triple** the amount of "front line" immune cells that can kill bacteria, virus, and fungi that the body has **never** encountered before!

Some other things to incorporate into your to lifestyle to create a **healthy** immune system, and thus maximum wellness are:

- **Stay Hydrated** - Keeping well hydrated is important to mucous membranes that are susceptible to **irritation** and inflammation. The general rule is to drink the amount, in ounces, equal to one-half your weight, in pounds every day.
- **Juicing** - Because juicing provides the body with a concentrated dose of readily available and **easy** to assimilate nutrition, juicing, especially leafy greens, is one of the most effective things we can do for our wellness. Juicing **organic** vegetables is always advised.
- **Vitamin D3** - Comes from direct sunlight. In colder climates where it can be difficult for people to get Vitamin D3 from di-

rect sun, supplements or special lights are **recommended**. Vitamin D3 is important in keeping disease like colds and influenza out of an otherwise healthy body.

- **Colloidal silver** - This ionic (liquid) compound is a powerful natural antibiotic, known to kill 650 different kinds of pathogens, including bacteria, fungus and viruses by **inhibiting** the enzyme which has them process oxygen. It is absorbed by the blood before it can reach the digestive system, as compared to antibiotics that are absorbed so **slowly** they kill beneficial bacteria in the intestines. To give you a sense of its effectiveness, a gallon of water can be purified in 6 minutes by adding 1/2 teaspoon of Colloidal Silver.
- **Oregano oil** - One of the most powerful immune boosting herbs. It can help prevent a virus if taken at the **onset** of symptoms, and it can reduce the duration and the severity of a virus.
- **Chlorella** - This single-cell freshwater algae binds to toxins (i.e. mercury) and carries them out of the (Cont. on next page) body. The chlorophyll in chlorella processes more **oxygen**, cleanses your blood and promotes the growth and repair of your tissues.

**Lifestyle choices** are another critical factor in keeping our body in top form to prevent disease. Some key lifestyle choices that amplify our immune system are:

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## WE CAN ENHANCE OUR IMMUNE SYSTEM THROUGH MINDFUL CHOICES!! (Cont.)

- **Exercise** - Moderate activity for 20-30 minutes at least three times a week that includes stretching, **aerobic**, and resistance exercises have been shown to boost the heart rate, **stimulate** lymphatic drain-age and sweating, and boost the immune system.
- **Sleep** - Our body heals while we sleep, which is why it is so important to rest when we are recovering from **illness**. Getting between 7-9 hours of sleep each night provides the body **optimal** time to recover and rejuvenate.
- **Proper Rest** - The body will shut down if it is "running on empty," and will be more susceptible to illness. It is important to **take time** to slow down and recharge on a regular basis.
- **Oxygen** - Spend time in oxygen-rich environments, such as forests, running streams, near the ocean, greenhouses, tree rich parks, etc. If you spend most of your time **in-**
- **doors**, an oxygen-producing air purifier is an excellent investment for your wellness.
- **pH balance** - The Western Diet is especially acidic to the body. Adding half a lemon juice into a glass of water **first thing** in the morning helps bring the body to a more alkaline state.
- **Yoga** - Helps lower stress hormones that compromise the immune system, stimulates the lymphatic system to **detoxify** the body, and brings oxygen-rich blood to various organs to ensure their optimal function.
- **Acupuncture** - Can help pituitary and nerve cells release proteins and hormones that **boost** immune function. Also helps regulate blood pressure and body temperature, and releases natural endorphins.
- **Dry skin brushing** - This ancient ayurvedic technique stimulates the movement of the lymph, and dramatically boosts immunity.
- **Contrast showers** - Alternating hot and cold water in the shower creates a mini shock or a "false drill" for the body, and strengthens the immune system.

Ultimately, when making radical changes to your lifestyle, it can take time. The important thing to remember is that altering our lifestyle can have a profound effect on our health, quality of life, and lifespan.

## SIMPLE SPIRITUALITY AND SUSTAINIBILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- My passion for **spirituality**.
- My passion for our **earth/environment/plants/animals** and the future of them/us all.
- My passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our

community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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## OUR EMOTIONAL, MENTAL AND SPIRITUAL BALANCE IS DIRECTLY RELATED TO OUR IMMUNE SYSTEM!!

When it comes to immunity and avoiding illness, the mind-body connection is relatively well documented. Our thoughts and feelings impact how effectively our immune system works, and our attitude can have a huge effect on our body's ability to fight off pathogens. For example, chronic stress, like the kind when we are worrying about our finances or a sick relative, inhibit the immune system's ability. There is a large body of research showing that as little as 20 minutes of daily meditation increases endorphin levels, decreases cortisol, and enhances positive states of mind.

Some studies show that over 80% of autoimmune diseases affect women. This can be due to some kind of destructive emotional messages or patterns deep inside. To break free of this pattern, it's important to connect with our feelings, and release any stored anger, sadness, or other suppressed emotions. Louise Hay offers an affirmation for this: "It is safe to express all that is within me. I love, honor, and accept all aspects of who and what I am. As a result, I'm energized, expressed, and filled with joy!" Journaling regularly is an important component of this healing process.

Conversely, laughter decreases stress hormones and significantly increases the activity of T-cells and other immune system functions. When we can laugh, we instantly reduce our stress levels. A study performed at Loma Linda University School of Medicine showed that healthy adults who watched a funny video for an hour had significant increases in immune system activity. In his book "Anatomy of an Illness," Norman Cousins shared how watching funny movies was a part of what had him heal from ankylosing spondylitis. Another study discovered that watching scary movies boosted white blood cell counts in the body. Even though the movies caused some fear, the enjoyment that people felt watching the film completely overrode the "fear factor."

Healthy social activity may also strengthen immunity. The less we create human connection at home, at work, and in our communities, the more likely we are to get sick. In one study, researchers who monitored

276 people between the ages of 18 and 55 found that those who had 6 or more connections were four times better at fighting off the viruses that cause colds than those with fewer friends.

Our animal friends can provide a boost to our wellness, too. Dogs and horses encourage us to exercise. Petting an animal stirs invokes feelings of well-being, lowers blood pressure and boosts the immune system. In one study, researchers asked college students to pet either a stuffed dog or a live dog. The ones who petted the live dog had a significant increase in levels of salivary IgG, an antibody. Those who petted the stuffed dog did not.

Another UCLA study discovered that law students who started their first semester optimistic about their future had more helper T-cells mid semester, and more powerful natural killer cells, than students who had a more pessimistic perspective. Practicing gratitude is one of the most powerful ways we can continually create an optimistic outlook. One exercise is to create a list of 5 things you are grateful for each day. Giving love and feeling loved are both powerful boosters for immune system. So is doing things purely for the joy they bring you.

This also works in reverse, and the immune system can affect our emotional state. In a study lead by Abraham Reichenberg and Raz Yirmiya, it was observed that an activated immune system triggered temporary depression, anxiety, and a decline in memory function. While this is a relatively new field of study, it is further evidence that our physical health has a profound influence on our emotions, attitudes, and mental states. A thesis from the University of Gothenburg in Sweden found that inflammation in the brain, while a natural part of the physical immune system, may play a role in mental illness.

We also have a spiritual immune system. Given the state of the world we live in, both the circumstances of human making and Nature herself, we would need to have some way to heal our spirits. This includes when we are afflicted with doubt that we are walking our path, disconnection from others, or baser emotions like anger, jealousy, and hatred. Our spiritual immune system allows us to heal from the suffer-

ing that comes with the human condition, and thus find inner peace and a connection to our Higher Selves in any circumstance. Just as we spend time and effort to learn about how to care for our physical forms, so too should we learn how to feed and care for our spirits. This includes meditation, prayer, mindful practices, and seeking out counsel, whether it be a spiritual guru, mentor, or coach.

By creating a healthy lifestyle that fosters connection with others, joy, and holistic wellness, we can strengthen our immune system, experience far fewer days of illness, and feel and look our best. A Balanced Raw Vegan Living Foods diet and practices that include meditation and prayer, yoga, QiQong, exercise, connecting to nature, journaling, and time alone to nurture and love yourself will give YOU the BIGGEST chance to CREATE not only OPTIMAL immunity, but also add Holistic balance to your life such that your WHOLE SELF can thrive as it was DESIGNED to do.



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