

# CAROLINA ARAMBURO

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

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

In this 225th Newsletter, I want to give us a chance to look at ADD and ADHD, and the effects they have on people's physical, mental, emotional and even a little of our 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 ADD and ADHD that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of ADD and ADHD, including how the it affects overall wellness, and the mental, emotional and spiritual benefits of making optimal lifestyle choices 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.

**REGARDLESS of what the MASS MEDIA and 'people say about ADD and ADHD, lets learn and EXPLORE BEYOND the OBVIOUS and NON-OBVIOUS beliefs out there....**  
**The WELLNESS ISSUES behind the RISING CONCERNS for ADD and ADHD and the REAL IMPACT ON OUR LIVES!!!**

Even though on the Massive MEDIA there is a Tsunami of articles about ADD and ADHD, and WE ARE BEING BOMBARDED with what all the Western Doctors and Western Pharmaceutical Companies say about these TWO RISING ISSUES, and what all the holistic and alternative doctors say about these issues being completely MADE UP. Instead of taking these two extremes as if it was an EPIDEMIC of something WORSE THAN CANCER that needs to be blasted and treated with TONS OF CHEMICALS, or something that most people tend to start ignoring and think that there's NOTHING TO IT, maybe what there is to do is take an approach with EQUANIMITY AND MATURITY and look at what are the REAL CONCERNS, what are the REAL IMPACTS, what are the real sources of this IMBALANCE in our wellness, and what are the most natural, most effective ways that we can HELP OUR BODIES heal themselves? Let us INQUIRE and DISCUSS and discover this issue together. Let us explore, and let us GIFT OURSELVES with the knowledge behind all the propaganda and all the MASSIVE OPINIONS, Shall we? ...

There is a direct correlation between diet and ADD and ADHD. The Western diet, with its heavy leaning towards processed foods, sugar, and additives, does not provide the full range of nutrition required for optimal function. For example, high-fructose corn syrup (HFCS) is found in virtually all conventional soda pop beverages, and has been shown to spike blood

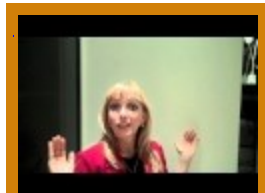


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sugar levels and alter normal metabolism. But let's explore that further.

**(Please DONT MISS 2nd ARTICLE for the BIG Nutritional SURPRISINGLY easy SOLUTIONS for ADD and ADHD...)**

A 2010 study by Perth's Telethon Institute for Child Health Research tracked the eating patterns of 1800 adolescents and "... found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnosis compared with a diet low in the Western pattern, after adjusting for numerous other social and family Influences" according to Associate Professor Wendy Oddy, Leader of Nutrition (Cont. on next page) studies at the Institute. "Nutritional issues may play a huge role in ADHD," wrote Daniel Burton in a 2008 paper for the Ohlone Herbal Center. "After genetics



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diet may be the second most important factor. Nutritional **deficiencies** and excesses, as well as food sensitivities can have a huge impact on ADHD symptoms."

Numerous studies have been conducted on the link between **sugar** and ADHD, and the fact that sugar provides a quick spike in blood glucose and energy levels is absolutely accurate. A study conducted by the University of South Carolina found a **connection** between the amount of sugar hyperactive children consumed and their levels of restlessness. Another study conducted at Yale University indicates that high-sugar diets may **increase** inattention in some ADHD kids.

Research also shows that food **colorings** and additives can exacerbate hyperactivity and ADHD. These additives are often used in candy, soda pop, and food targeted toward children, and include:

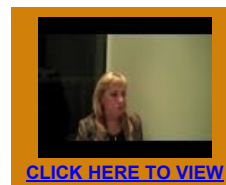
- Sodium benzoate
- FD&C Yellow No. 6 (sunset yellow)
- D&C Yellow No. 10 (quinoline yellow)
- FD&C Yellow No. 5 (tartrazine)
- FD&C Red No.40 (allura red)
- Red No. 3 (carmoisine)
- Blue No. 1 (brilliant blue)
- Blue No. 2 (indigotine)

These **additives** can be also found in yogurt, cereal, lunchables, and many other processed foods. It is extremely important for parents to **read labels** and familiarize themselves with the various ingredients that can exacerbate their children's hyperactivity condition.

A connection between **Pesticides** and ADHD is now being discovered, too. A Harvard School of Public Health study tested 1,139 children ages 8 to 15, and about 10% of them had ADHD. In urine tests, the children with ADHD had significantly higher levels of by-products of **organophosphates**, which is a class of insecticides. Of particular note is these children did NOT live on farms or near any processing plants. The study found that any child with detectable, above-average levels of the common pesticide metabolite in their urine was **twice** as likely to exhibit symptoms of the learning disorder.

**Sleep** - The symptoms of sleep disorders and ADHD are very similar, and in some cases one may be mistaken for another. **Lack** of Sleep can cause ADHD-like symptoms, such as irritability, difficulty focusing or sitting still, and difficulty controlling emotions. When it comes to **diagnosing** ADHD, Dr. Merrill Wise, a pediatric neurologist and sleep medicine specialist at the Methodist Healthcare Sleep Disorders Center in Memphis says, "...there's a strong feeling now that we need to rule out sleep issues first." In adults, sleep deprivation expresses itself as **drowsiness**, but sleepless children are often wired and moody, and may have trouble focusing, sitting still and getting along with others. In a six year British study that tracked children from 6 months old to age 6, children whose sleep was affected by breathing problems such as snoring, **mouth breathing** or apnea were 40 percent to 100 percent more likely to develop (Cont. on next page)behavioral issues resembling ADHD. With adults, the cognitive **impairment** also mirrors many symptoms of ADHD.

**Stress** can also trigger symptoms of ADHD, and there is a known connection between stress level and cognitive function and impairment of attention, memory, judgment, and organization.



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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There are numerous conditions whose symptoms mimic ADHD, including:

- Low Blood Sugar (hypoglycemia)
- Allergies
- Thyroid issues
- Hearing or vision issues
- Toxic poisoning - including lead, mercury, manganese
- Metabolic issues
- Tourette's Syndrome
- Vitamin deficiencies - including iron and B Vitamins
- Cardiac disease
- Bi-Polar Disorder

**Technology** also has an effect on our ability to focus. A recent study discovered that children in grades 3 – 5 who spent more than two hours a day in front of a screen were 1.6 - 2.1 times more likely to have attention issues. In the same study, screen time was connected to attention problem among college students.

Dimitri Christakis, MD, MPH, director of the Child Health Institute at the University of Washington in Seattle, has been studying the connection between media consumption and child development for a decade, and he believes that media overstimulation is a factor of ADHD. He says, "ADHD is 10 times more common today than it was 20 years ago ... Although it is clear that ADHD has a genetic basis, given that our genes have not changed appreciably in that time frame, it is likely that there are environmental factors that are contributing to this rise."

Being distracted and having difficulty focusing can be a natural part of childhood, or being an adult in the modern fast-paced world, and we have the opportuni-

ty everyday to make conscious choices that can radically impact our ability to focus. A Balanced Raw Vegan Living Foods Diet can support us in creating focus and OPTIMAL wellness.

Here is the list of symptoms of ADHD:

- Often fails to pay close attention to details or makes careless mistakes in schoolwork, work or other activities.
- Often has difficulty sustaining attention in tasks or play activity.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish school work, chores or duties in the workplace (not due to oppositional behavior or failure to understand instructions).
- Often has difficulty organizing tasks and activities.
- Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework).
- Often easily distracted by extraneous stimuli.
- Often fidgets with hands or feet or squirms in seat.
- Often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness).
- Often has difficulty playing or engaging in leisure activities quietly.
- Often "on the go" or often acts as if "driven by a motor."
- Often talks excessively.
- Impulsivity
- Often blurts out answers before questions have been

completed.

- Often has difficulty awaiting turn.
- Often interrupts or intrudes on others (i.e., butts into conversations or games).

Notice that by these standards, almost everyone would qualify as ADHD, given that demonstrating as few as six or eight of these for as little as six months could constitute a positive diagnosis. (Cont. on next page)

**Medication** has become a popular and almost automatic response to the display of these symptoms among both children and adults in the United States. Approximately 2.7 million children in United States are currently taking some sort of pharmaceutical-based stimulant for ADHD, including Ritalin (methylphenidate) and Adderall (amphetamine and dextroamphetamine). It is important to keep in mind that Adderall and Ritalin are known as "Schedule 2" drugs by the U.S. Federal Drug Administration, the same legal category as cocaine and heroin, and they are considered to have the highest abuse and

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**addiction** potential of all legally approved drugs.

According to the Association of Educational Psychologists (AEP), 'The benefits of psychostimulant medication are **not sustainable** over the long term, necessitating stronger and stronger doses' [Emphasis added]. These medications are incredibly strong amphetamines, and thus are potentially **hazardous** to adults and especially children, as evidenced by how often these drugs are currently abused by college students not only as a "smart drug," but also increasingly for **recreational** purposes. A report on the news program "60 Minutes" in in 2010 stated that somewhere between **50-80%** of college students are currently abusing amphetamines like ritalin and adderall.

Further, **no** scientific study has yet to find a long-term connection between using these drugs and cognitive increase. In other words, these drugs provide an incredibly **short-term** solution to much larger issues. Side effects of these drugs include dizziness, vomiting, loss of appetite, insomnia, drastic mood swings, **loss of personality**, irregular heartbeat, aggression, restlessness, and hallucinations. Some parents have reported that their once creative and outgoing children seemed to become submissive robots upon taking ADHD drugs, with some even developing odd **tics** and other neurological misfirings.

ADD and ADHD are very similar, and **ADHD** is characterized by high presence of hyperactivity, while ADD does not have that characteristic. These are

very charged subjects, surrounded by clouds of **judgment** and accusations, from pointing fingers at the Big Pharmaceutical companies to accusing people of insufficient parenting. Regardless of one's opinion about ADD and ADHD, People DO have issue **focusing** and staying still, and there are many nutritional and **environmental** factors that can contribute to this.

ADD and ADHD are **labels** offered to many many children and adults who expresses a level of energy, **curiosity** or ideas that are out of the "normal." Children who express a level of boredom or lack of interest with **standardized** routines or education are often labeled ADD, and often medicated.

More than **5.4 million** American children between the ages of four and 17 have been diagnosed with ADHD (approximately 9% of school aged children), the majority of which are boys. Some theories suggest that much of what is called ADHD might actually be excess energy that comes **naturally** with being a developing male, and three of the major symptoms of ADHD - hyperactivity, inattention and impulsivity - are traits that are naturally part of being a child.

A survey conducted by the Child Mind Institute and published in Parents magazine found that 62% of parents surveyed believe ADHD is **over diagnosed** in children with behavior issues, 72% said doctors are automatic about putting children on ADHD **medication** instead of looking for other solutions, and 74% said kids are being put on medication for a "quick and easy fix."

Somewhere between 3%-5% of **adult** Americans have ADD and ADHD. The New York Times reported recently that the number of adults taking medications for ADHD **increased** by 53% and nearly doubled among young American (Cont. on next page) adults from 2008 to 2012. In adults, a person with ADD / ADHD is **six times** more likely to have another psychiatric or learning disorder than other people. Adult ADHD impacts every area of an adult's life, including their career and **relationships**. For example, one symptom of adult ADHD is an inability to self-regulate, which can affect the ability to perform tasks, organize and prioritize at work and at home, and engage in **impulsive** and risky behavior.

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## **OPTIMAL NUTRITION can HEAL and dramatically IMPROVE ADD and ADHD; ILLNESSES, its Sources and SYMPTOMS!!!**

There are a variety of **lifestyle** and dietary choices we can make to provide more focus, concentration, and the ability to be present in our lives.

Eating a diet **low** in processed foods, gluten, dairy and sugar and eating a diet high in vegetables, gluten free grains, low glycemic fruit and berries and healthy fats is great way to control, and ultimately **heal** ADHD. In particular:

- **Green leafy vegetables** - Highly beneficial in controlling ADHD symptoms in children.
- **Nuts and seeds** - Good sources of vitamin E, which is linked to reduced cognitive decline with aging.
- **Avocado** - An excellent source of healthy fats. "Fat is a structural nutrient that is literally incorporated into the brain the way a brick is incorporated into a wall," says Kelly Dorfman, pediatric nutritionist and author of What's Eating Your Child.
- Low glycemic **fruit** and organic berries (i.e. apples, pears) - Great sources of complex carbohydrates, and promote a good night's sleep.
- **Oranges** - The Vitamin C in this fruit has many benefits to the body that can counteract toxins and aid in the ab-

sorption of important minerals in the body.

- **Legumes** (beans, lentils, etc) - A Great source of protein, which is essential in maintaining balanced blood sugar.
- **Essential Fatty Acids** - Important for brain development.
- **Probiotics**- These heal and support the gut, and our digestive health is strongly connected to our emotional and mental health.
- **Gluten-free Grains** (i.e. quinoa, millet, amaranth) - Keep us full, and great replacement for rice.

The use of **herbal medicine** in the treatment of ADHD is also alternative to drug therapy. Some powerful herbal remedies are:

- **Ginseng** - This herb acts like a stimulant without the side effects of ADHD medication. Adults and children who take ginseng tend to become **less** impulsive and distractible. Asian ginseng may overstimulate younger children, in which case switch to American ginseng.
- **Ginkgo** - These leaves increase blood flow to brain, bring greater **oxygen** to the tissues, and are a neural antioxidant. Also improves brain glucose metabolism,

and positively affects levels of neurotransmitters in the brain. A bit questionable for children- can be too stimulating

- **Brahmi** (Bacopa monniera) - This Ayurvedic herb has a long history as a cognitive enhancer. Research shows it protects the brain from free radical damage even better than the cognitive-enhancing drug Deprenyl, and improves learning and **cognitive** function.
- **Pycnogenol** - An extract made from French maritime pine (Cont. on next page) bark, it sharpens **attention**, concentration, and visual-motor coordination after one month. The herb is rich in polyphenols, antioxidants that protect brain cells from free radical damage.
- **Rhodiola Rosea** - This Arc-

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## OPTIMAL NUTRITION can HEAL and dramatically IMPROVE ADD and ADHD; ILLNESSES, its Sources and SYMPTOMS!!! (Cont.)

tic herb improves alertness, attention, and accuracy. It can be too stimulating for young children, and is most useful for **students** in junior high, high school, and college, who have to complete long papers and spend hours reading.

John Ratey, M.D., an associate clinical professor of psychiatry at Harvard Medical School, says "Think of exercise as medication...**Exercise** turns on the attention system, the so-called executive functions — sequencing, working memory, prioritizing, inhibiting, and sustaining attention." Exercise regimens as simple as **walking** for 30 minutes 4 times a week can provide massive mental benefits. Activities that push **mindfulness**, like kung fu, ballet, and gymnastics can be particularly beneficial.

A 2013 review published in *Frontiers in Psychiatry* discovered that **yoga** is a potential

treatment for ADHD. Meera Balasubramaniam, MD, a psychiatrist at the NYU Langone Medical Center in Manhattan said that "...children trained in yoga showed greater improvement in areas of attention and hyperactivity as well as homework compliance...In addition, one of the studies in our review also mentions that parents were able to employ yoga techniques for de-escalation of behavioral problems in children." The deep **breathing** work and repeated muscle tensing involved in yoga helps rewire our brain to slow down.

**Acupuncture** focuses on balancing the energy flow in the body, known as "Qi." Ear acupuncture is particularly effective in **calming** the disruptive energy associated with ADHD.

Mindfulness **meditation** practices are gaining popularity as a substitute for ADHD medication, as its aim is to focus on regulating attention and emotions. A

study published in the *Journal of Attention Disorders* showed that adults who **practiced** meditation regularly reported significant reductions in ADHD symptoms, hyperactivity, impulsiveness, organization, and self discipline. Lidia Zylowska, M.D, a psychiatrist and founding member of the Mindful Awareness Research Center, said "Mindfulness starts with attention, and that skill is applied to increase awareness of thoughts, emotions and behaviors. In this way mindfulness also leads to increased choice."

## SIMPLE SPIRITUALITY AND SUSTAINIBILITY

I have created a Facebook Fan Page with these intentions:

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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## Emotionally, MENTALLY and Spiritually HEALING ADD and ADHD IS COMPLETELY POSSIBLE... lets find out TOGETHER

**Lifestyle** changes can significantly improve ADHD symptoms in both children and adults, especially when these plans involve educational, **social**, and mental therapies, including social skills training; behavior therapy; support groups; and parenting skill training. Lawrence Diller, author of the best-selling book "Running on Ritalin," says "The 700 percent rise in Ritalin use is ... warning us that we aren't meeting the needs of all our children, not just those with ADD. It's time we **rethought** our priorities and expectations unless we want a nation of kids running on Ritalin." [Emphasis Added]

In **France**, less than 0.5% of children are diagnosed with ADHD. In the United States, ADHD is considered biological, but in France it is related to as a **social** and situational affliction. In France, ADHD is treated through underlying emotional issues, and this **holistic** approach to emotional wellness, along with a more structured lifestyle (for example, French children are usually not allowed to eat whenever they choose), may be a major reason why French children appear to develop a **deeper** level of self control than their American analogues.

Some things we can do to create **structured** lifestyles for our children include consistent meal times and bedtimes, a diet high in vegetables and **whole** foods, spending time outside, and activities ranging from dance to soccer can support our children in healing

and reversing ADHD. As children learn by **example**, when parents encourage children to have meaningful relationships with peers, the children adopt these positive lifestyle habits and personality traits easily.

One of the challenges of our modern social structure is the pressure from **standards** outside of us. We can see this with beauty, body types, and even in what we are supposed to do and think are "normal." This last piece can often put **pressure** on people to try to "fit in," and since we begin school at a young age, where we are expected to sit still for long periods of time, remain quiet, and work at tedious, meaningless tasks, all of which are not normal childhood behavior, as we are **trained** to participate in an economic system.

Creating lives that **align** with our higher selves, where we honor our passions and commitments, is one of the most effective ways to create **new** levels of engagement and attention in our lives.

By creating a **lifestyle** that fosters mindful connection with others, and experiences that are aligned with our Major Life's Purpose, we can develop new levels of **attention**, become fully engaged in our lives, improve drastically and all the way to **heal completely** ADD and ADHD.

That includes obviously 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** attention, but also add **Holistic balance** to your life such that your **WHOLE SELF** can thrive as it was **DESIGNED** to do.

I am **inviting** you to take on these practices with me, and I am inviting you to give yourself the gift of **thriving** and absolute wellness the way that our body as the temple of our minds, souls, and hearts was **designed** to have, if we gift ourselves the right ingredients and the right **conditions** for this thriving wellness that most of us don't let ourselves experience.

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