

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 226th Newsletter, I want to give us a chance to consider the world of hepatitis, and the effects it has on people's physical, mental, emotional and even 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 hepatitis that you can read in full [HERE](#).

We are going to go beyond the obvious INSIDE of EXPLORING the topic of HEPATITIS. Inside of this topic, as in ALL TOPICS We will INCLUDE how hepatitis affects overall WELLNESS, plus the MENTAL, Emotional and even a touch of SPIRITUAL benefits of altering your lifestyle and diet 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.

HEPATITIS is a signal from your BODY that it is in need of OPTIMAL Physical, Mental, Emotional and Spiritual HEALING!!

The various strains of Hepatitis are viruses that clog bile ducts and attack the liver, which is the central detoxification plant in the body. Although the liver can perform its over 500 functions for the body when up to three quarters of

its cells are incapacitated, hepatitis can continue to damage it until it is essentially not functioning.

Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation. Hepatitis often goes undiagnosed, because it can remain dormant in the body for decades, and often has no symptoms at all until it has done debilitating damage. The test for hepatitis is through blood, and the blood tests can be obtained at almost any public clinic or doctor's office.

Once hepatitis is in the body, if the body does not create natural antibodies for it, even a liver transplant will not "cure" it. The virus can hide in other parts of the body, and enter the transplanted liver when the body weakens. Thus, transplants often only restart the cycle with a healthier liver.

Alexander Kuo, MD, a liver expert and Director of Hepatology and Medical Director of Liver Transplantation at the University of California, San Diego Health System, said "not every exposure goes on to become a chronic infection. About 30 percent will have a strong immune response and fight off the infection; 70 percent will go on to develop chronic disease. For them, inflammation and scarring goes on 24/7 for decades."

Short term symptoms of hepatitis can include:

- Liver pain
- Nausea
- Vomiting
- Diarrhea
- Fatigue
- Dark colored urine
- Gray or clay colored stools
- Irritability
- Confusion
- Headaches

Long term symptoms include:

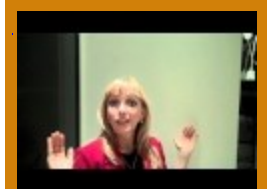
- Cirrhosis of the liver
- Fluid retention
- Jaundice
- Chronic fatigue
- Sleep disturbance
- Itchy skin
- Weight loss
- Vomiting with blood
- Hepatic encephalopathy
- Hallucinations

The three main hepatitis strains are:

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- **Hepatitis A** - This is the mildest form of hepatitis, and is mostly spread through feces coming in contact with **food**. It is often found in places where flooding has occurred, and in places where sanitation is very poor. Most people **recover** completely from Hepatitis A without long-term damage, but the infections can be more serious in people who already have liver diseases.
- **Hepatitis B** - Most often transmitted by blood transfusions, IV drug use, unsanitary tattoo equipment, sharing toothbrushes and razors, and unprotected sex. It **cannot** be spread from sweat, tears, urine, or respiratory secretions. Other causes of HBV include Epstein-Barr virus, chicken pox, and herpes simplex. Non-contagious hepatitis can be contracted due to obesity, autoimmune liver disease, alcohol abuse, toxins, and misuse of prescription and over-the-counter drugs. There are over 1 million people with Hepatitis B in the United States, and over **350 million** globally, and approximately 15% of people who get HBV cannot identify a risk factor that explains it. Over 90% of adults with HPB clear the infection from their bodies and become **immune** after six months. At this point they are no longer contagious and cannot pass hepatitis B to others
- **Hepatitis C** - This is the top reason for liver transplants in the U.S., and can take up to 30 years before symptoms develop. The majority of people with hepatitis C are **not aware** they have it, and there are between 3.2 and 7 million people infected with

HCV in the United States. It is only transmitted through blood, passed through sharing **needles**, blood transfusions, or getting a tattoo with reused needles. Newborns can also get it from their mother, and the transmission rate is about 5 percent. Unlike hepatitis B or HIV, sexual transmission of hepatitis C is very **rare**. HPC can severely damage the liver and impair the body's ability to detoxify itself.

According to the **CDC**, out of every 100 people with hepatitis C:

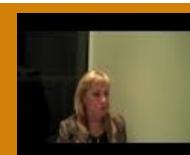
- 60-70 will develop **chronic** liver disease.
- Up to 20 will develop **cirrhosis**, a dangerous scarring of the liver.
- 1-5 will die from **liver cancer** or liver failure.

Hepatitis C is not caused by a virus. It **multiplies** in the liver when there are large amounts of damaged cells in the liver and blockages in the bile ducts. The body uses the infection as a means to **destroy** these damaged, potentially dangerous cells.

Dr. Kuo also said, "Patients can develop so much scarring that the liver **hardens**. Some go on to cirrhosis and then liver cancer. Significant morbidity [illness] and mortality is associated with the disease. By the time a person has symptoms — like **jaundice** — they already have cirrhosis or advanced cirrhosis." [Emphasis Added]

Hepatitis B and C are usually treated with a **combination** of antiviral medications. For many people, this gets rid of the virus, but these drugs can have **serious side effects** and don't work for every-

one. Medication for Hepatitis C can be as **debilitating** as the disease itself. The goal of Hepatitis C drug treatment is to suppress the virus so much that it becomes **undetectable** in the blood. While some antiviral medications, including interferon and ribavirin, may **ease** symptoms and fight back the virus, no drugs (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:

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exist that can protect and/or heal the liver.

The two main Hepatitis medications are Rebetron and Ribavarin. Rebetron causes hemolytic **anemia**, a condition that causes destruction of red blood cells. Side effects include hepatic dysfunction (crippled liver), **insomnia**, depression, irritability, suicidal behavior, thyroid abnormalities, severe **birth defects**, suppressed bone marrow function, pulmonary function impairment, **diabetes**, and pancreatitis.

Over 96% of all subjects in clinical trials of Ribavirin experienced one or more of these side effects: **fatigue**, headaches, nausea, chills, dizziness, insomnia, anemia, pyrexiam (elevated body tem-

perature), myalgia (muscle pain), hemolytic anemia, neutropenia (failure of the bone marrow to produce white blood cells), dyspnea (shortness of breath), arthralgia (joint pain), weight loss, vomiting, unspecified pains, anxiety, leukopenia (decrease in white blood cells), **aggression**, serious retinal detachment, and diabetes

Two new medications for Hepatitis C were approved by the FDA in late 2013. They're believed to be more effective, and have fewer side effects, but it may take **decades** to know what side effects these drugs have.

Several recent studies by the Center for Disease Control show that Hepatitis B **vaccine** may be directly related to an increase in

autism, but given that American children receive 11 different vaccines before the age of two, the correlation isn't clear. In the United States, mothers are also tested three times for Hepatitis during pregnancy, but by the third trimester babies cannot contract it, which raises questions about the **amount** of vaccines infants are exposed to, and where the line between public health and private profit has **disintegrated**.

In the case of hypoglycemia, it can be **totally** managed and in some cases even totally **healed** by honoring oneself with a Balanced Raw Living Foods Vegan Diet and mindful **Holsitic** Practices!

YOU do NOT have to suffer from the effects of HEPATITIS ... YOUR body, with EXQUISITE, MUCH DESERVED care, is READY to help you HEAL from it!!

To **heal** from Hepatitis, the patient's overall immune system must be greatly strengthened, so that the virus can essentially be neutralized, and **driven** back into hiding. While this is not a true "cure," it is an excellent beginning to healing and recovery.

Andreas Moritz is an **Ayurvedic** medical practitioner who has studied holistic medicine around the world, and has consulted with heads of Government in Europe, Asia, and Africa. He focuses on the **root cause** of illness, rather than the treatment of the symptoms, and he developed "The Amazing Liver and Gallbladder Flush." In his view, "a hepatitis infection can only occur in those who **already** have severely congested bile ducts where intra-hepatic gallstones ... are blocking the bile secretion ... which can lead to a **toxic** liver." [Emphasis added]

When we **flush** out our bile ducts, we give our liver the best opportunity to heal itself from the damage that Hepatitis has done to it. Moritz also says that many people with Hepatitis who have "done liver flushes and they were capable, able to **reverse** their conditions and the viral count disappeared to a minimal level, almost **not detectable** ... where they are no longer creating an infection." [Emphasis added].

In cases of Hepatitis, it is critical to only eat foods and herbs that **support** the liver, and not have any alcohol, coffee or processed foods. Alcohol needs to be FORBIDDEN with hepatitis, and even though some Western Medicine says it can be consumed in moderation, it is a huge **strain** on the liver.

There are many dietary and herbal choices that give the body the

support needed to begin **optimal** healing. In one study, patients who took a combination of licorice root, milk thistle, and several other herbs had improved measures of liver **enzymes**, which are an indicator of liver damage and inflammation. (Cont. on next page)

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These dietary and herbal **choices** include:

- **Milk Thistle** - This renowned liver tonic is thought to reduce liver inflammation and have an **antiviral** effect on the hepatitis C infection. It contains silymarin, which protects the liver by **strengthening** the outer membranes of liver cells, and stimulates protein synthesis, which helps to regenerate and **repair** the liver. A 1977 study showed it reverses liver cell damage in cases of chronic hepatitis. This test was based on liver biopsies, laboratory tests, and clinical symptoms, and patients were studied for **one year**. A very small study presented at the 2008 European Association for the Study of the Liver conference suggested that milk thistle might **decrease** levels of the hepatitis C virus in patients who didn't respond to standard medical treatment.
- **Reishi Mushroom** - These are favorable in treating hepatitis, especially in cases there there is no severe impairment of liver function. They balance the **immune** system and aid liver function and circulation. Reishi has been classed as the highest value healing herb in China for **thousands** of years.
- **Licorice Root** (Glycyrrhiza glabra) - Used to treat chronic Hepatitis in Japan. Researchers have also demonstrated that this herb reduces liver enzymes and **improves** symptoms in chronic hepatitis cases, decreases long-term incidence of liver cancer by up to **50 percent** in hepatitis C patients, and helps protect the liver from damage due to chemotherapy. Licorice root can have **side effects**, including high blood pressure, salt and water retention, and potassium loss. It also can have

potentially dangerous interactions with medications such as diuretics, certain heart medications, and corticosteroids.

- **Schisandra** (Schisandra chinensis) - Protects liver from damage and accelerates liver **detoxification**. A study of 189 people with chronic viral Hepatitis showed that schisandra lowered liver enzyme levels and improved overall symptoms.
- **Turmeric** - Protects the liver against damage, fights inflammation and oxidation, stimulates bile flow, and supports detoxification.
- **Dandelion Root** - This is a highly nutritive, traditional liver tonic that also **stimulates** bile flow. Two studies show this root caused improvement in symptoms resulting from a variety of liver diseases, including hepatitis.
- **Green Tea** (Camellia sinensis and gambir Uncaria gambir) - These herbs contain catechin, a plant flavonoid with strong antioxidant effects that **stimulates** the immune system, makes liver cells less susceptible to toxic damage, and improves symptoms of acute hepatitis about **twice** as fast as placebos in tests.
- **Ginseng** - Has been used for centuries in Traditional Chinese Medicine to treat hepatitis and **liver** issues. A paper published in Evidence-Based Complementary and Alternative Medicine Volume 2012 found that ginseng plays a "beneficial role in the **regulation** of liver functions and the treatment of liver disorders of acute/chronic hepatotoxicity, hepatitis, hepatic fibrosis/cirrhosis, liver hepatectomy, liver transplantation, and even liver failure and HCC." [Emphasis added]

- **Ginger** - The curcumin in ginger (like turmeric) has a protective effect on the liver.
- **Black Seed Oil** - Improves liver function and digestive problems, and has a powerful strengthening effect on the immune system.
- **Juicing** - Green and chlorophyll rich foods are detoxifying for the liver, and thus juicing leafy greens can provide massive benefit in dealing with Hepatitis.
- High doses of **Vitamin C** (but not ascorbic acid) - Can be obtained from camu camu, amla berry, or Garden of life RAW vitamin C, and provides a powerful **boost** to the immune system.

Quercetin is a plant pigment known as a flavonoid (a substance that gives many fruits, flowers and vegetables their color), and is found in citrus, apples, onions, parsley, sage, and grapes. In the December 2009 edition of the journal *Hepatology*, UCLA assistant professor of pathology Samuel French reported that quercetin **inhibited** the synthesis of two cellular proteins that are important in HCV infection, (Cont. on next page)

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indicating that quercetin significantly inhibits infection from HCV. This is the first finding that a natural supplement is **more** effective than any drug on the market in dealing with Hepatitis C.

Some **foods** that are particularly great for the liver are:

- **Artichokes** - Helps to stimulate the production of bile by the liver.
- **Dandelion Greens** - Reduce inflammations of the liver.
- Radicchio, freisse, endive, arugula and other "**bitter**" greens - High in antioxidants and stimulate digestion.

For optimal liver health, you can also **juice**:

- **Apples and Cherries** - High in malic acid and detoxify the liver.
- **Beets** - An excellent liver cleanser and digestion aid.
- **Lemons** - Alkalizing and cleansing for the liver.

Wheatgrass implants get absorbed directly into the hepatic vein and detoxifies it directly, thus supporting detoxification.

Acupuncture is not a substitute for other treatment, but it does maximize the body's ability to heal

by creating an energetic balance, and has been shown in informal studies to **reduce** side effects from Hepatitis medication. It can also increase red blood cell production and reduce fatigue, both of which are problems associated with Hepatitis. In a 1995 pilot study of people co-infected with HIV and viral hepatitis (B and C) at San Francisco's Quan Yin Healing Arts Center, acupuncture was shown to have an effect in lowering and/or **normalizing** liver enzyme levels.

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 **FULL-FILLING ADVENTURE!!**

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Bringing EMOTIONAL, MENTAL and SPIRITUAL BALANCE to your life can TOTALLY help prevent and heal HEPATITIS!!

One of the things that is often **overlooked** in Western medicine are the mental effects of hepatitis, and it is one of the first things found in ancient Chinese medical literature. The **buildup** of toxins in the brain from the impact of Hepatitis on the liver can

cause confusion, forgetfulness, poor concentration, and personality changes. Advanced symptoms include abnormal shaking, agitation, **disorientation**, and slurred speech. Severe cases may cause coma. According to Chinese medicine, hepatitis

causes liver **stagnation**, and all stagnation can be improved and healed through mindfulness practices.

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Bringing EMOTIONAL, MENTAL and SPIRITUAL BALANCE to your life can TOTALLY help prevent and heal HEPATITIS!! (Cont.)

There is a social **stigma** with having hepatitis, especially HBV and HCV. Because there is a **lack** of understanding and awareness of how hepatitis is transmitted, people can be hesitant to get too close to people with hepatitis, and even at some leading health institutions people with hepatitis are kept **separate** from the other patients. While many infected people diligently **study** how the disease is spread and how they likely acquired it, a person without real experience with Hepatitis C may mistakenly **assume** it can be spread through sharing a glass of water or even from being coughed or sneezed on by an infected person.

In an informal web **poll** in the January 2006 issue of Hepatitis magazine, more than half of all respondents reported being treated differently due to their disease, 20 percent felt they had experienced job **discrimination** due to having Hepatitis B or Hepatitis C, 13 percent reported hepatitis-related social stigma, and 13 percent had been alienated from family and friends because of viral hepatitis.

Our livers both cause and affect our **emotional** states. According to author Louise Hay and scientist Bruce Lipton, physical symptoms are merely tangible **evidence** of what is going on in our unconscious minds, and how we are REALLY feeling deep inside. Louise Hay says that hepatitis represents a **resistance** to change and fear, anger, hatred, and that these feelings can amplify hepatitis.

In Traditional Chinese and other **Eastern** traditions, the **liver** is

the seat of anger and rage. Conversely, researchers have found that when a liver is diseased by hepatitis, it releases **toxins** into the bloodstream. These toxins travel to the brain and may trigger bouts of **irritability**, anger, and even rage. "Hepatitis rages" are typically glossed over as "irritability." These toxins may also be responsible for feelings of disorientation, **anxiety**, and apathy. Regular journaling to let go of any suppressed emotions, prayer and **meditation** are incredibly effective therapies.

Hepatitis is also connected to **depression**. Research has shown that chemically-induced depression occurs in approximately 20 to 40 percent people using Hepatitis drugs. There is also a **hopelessness** that comes with being told that one has an "incurable" disease, and the stress of feeling that one is trapped in a situation they have no control over. While hepatitis does affect the quality of one's life, it does NOT have to interfere with someone's ability to **fulfill** on their Major Life's Purpose. One of the most effective ways to reduce or "break" depression is to get involved in activities that really **matter**, whether it is painting, community service, or creating projects that support the fulfillment of whatever one came to this world to do.

For many people with hepatitis, it can cause them to ignore their well-being, develop **low** self esteem, become socially withdrawn, and experience deep shame, as they begin to relate to themselves as "sick." There are many **communities** and support groups for people with Hepatitis, and creating future goals and

practicing gratitude are important ways to **cultivate** a healthy attitude and lifestyle.

By creating a **lifestyle** that fosters a positive outlook, and creating a mindful way of life that is aligned with our Major Life's Purpose, we can develop new levels of wellness, even with Hepatitis. 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 wellness, but also add balance and a new **purpose** 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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