

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

On this 13th Newsletter I want to give us a chance to consider a **different and interesting way to care for our well being:** through natural home remedies.

In order to put the rest of the **newsletter in context:** This conversation makes more sense if you watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and watch them. You can do that by **CLICKING HERE.** You can also read all of the articles in full **HERE:** (<http://www.facebook.com/CarolinaAramburoAndFriends>).

### NATURAL HOME REMEDIES FOR LONG TERM BENEFITS

In this week's newsletter, what I'm going to do is apply both my 1<sup>st</sup> Health Proposal and my 2<sup>nd</sup> Health Proposal. We will focus more on my **1<sup>st</sup> Health Proposal;** the bottom line says "**cherish your body**" because of it's imperfections, not despite it's imperfections. Therefore, cherishing the weaknesses and **the strengths of your body** exactly the same.

I want to talk to you about natural home remedies. Given that I have been very ill over the last 9-10 months, and I have been in a **massive health journey,** I've learned very tough-to-learn lessons about my health. I don't recommend

learning about your health that way. So, I highly recommend **listening to those of us that made mistakes,** and the mistake of not caring enough about our health. Learn from us to make sure that you do and therefore avoid all this trouble.

One of the things about my illness that I could share with you in this newsletter is that I have to take medication for several of my illnesses. But, I also made the mistake of taking medications that **I didn't really need.**

What do I mean by that? You know, when you have a minor ache, minor pain, sometimes it's **easier to take a little Tylenol or Aleve** (any painkiller). Certainly, if you have to do that, you have to do that. Given that I'm taking enough medication for serious illnesses, I definitely should not be taking all those extra **over-the-counter** quick medications to resolve any minor aches and pains.

I have learned that it has a very high price, to take the easy way out. **I regret every** little ache and pain that I resolved with some over-the-counter medication. When your liver is really damaged (to the point that you're not allowed to eat more than 4 or 5 fruits and vegetables - for weeks and weeks - not able to eat even **half of your regular meals,** you will definitely regret every over-the-counter medication that you didn't need to take.

So, that's what happened to me, and I say "**Learn from my bad example.**" so it doesn't happen to you. Now, certainly you have to do whatever the doctor says to do (so, you have to see when it's appropriate and when it's not), but I definitely have this strong passion for going **back to natural home remedies.**

The natural solution may take a **longer time, than a quick-fix solution** but in the long term it is much more beneficial. So, I'm committed that we all go



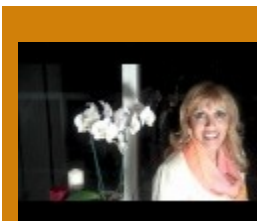
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back to natural home remedies as much as we possibly can while always **being responsible** for our health.

Did you know?

- **Apples and vinegar** can make a huge difference in your health.
- **Clove oil** or natural clove can make a huge difference in a tooth-ache.
- If you take 1 or 2 tablespoons of **cider vinegar** it can make a difference with your heartburn.
- If you drink actual **green tea,** it can make your minor allergies go away. Not our big allergies because some of us have to confront that in a major scale, but I'm talking about little minor allergies. Green tea can soothe it and have it go away.
- **Cayenne pepper** is really good for small cuts, it will reduce the pain,

(cont. on next page)



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## NATURAL HOME REMEDIES FOR LONG TERM BENEFITS (cont.)

stop the bleeding, and support healing.

I have even used cayenne pepper oil for sore throats which is good for those of us that use our voice a lot in our career. Over the past few years of life, my career had to do with speaking in public all day. I had to learn everything I could learn to support my throat in a natural way, because you can't take chemical over-the-counter medications every day. I used to put a drop or two of cayenne pepper in every glass of water that I was taking while I was doing public speaking and it made a remarkable difference for my throat.

### Breathing deeply and correctly

## HOMEOPATHIC ALTERNATIVES FOR CHILDREN WITH ADHD

Hyperactivity and its related syndromes (attention deficit disorder, or ADD; and attention deficit hyperactivity disorder, or ADHD) have become America's number-one childhood psychiatric ailment. These syndromes are most commonly treated with Ritalin.

Despite the fact that Ritalin is known to cause what it treats, it's not considered a true "homeopathic medicine" because homeopaths use much smaller and safer doses of their medicines. Additionally, a homeopathic medicine is individualized to the patient and the unique syndrome of whatever disease the sick person experiences.

The most common side effects of ADD/ADHD medication are restlessness, anxiety, tremors, headaches, allergic reactions, dizziness, abdominal discomfort, heart arrhythmia, increased blood pressure and psychosis (including hallucination). Children who take these drugs are also known to experience a reduced appetite, and in part as a result of this, some children experience a dramatic reduction in weight. There are different ways that homeopathic medicine is practiced, and although one style of prescribing these natural medicines may be shown to be effective in one or more studies, these results do not necessarily mean that all methods of using homeopathic medicines are similarly effective and vice-versa.

also makes a huge difference in preserving your throat and voice when you are a public speaker, or for people that sing or use their voices a lot. The traditional advice that our grandmother gave us to take hot tea with lemon when you are having a cold or a sore throat does make a difference. It also makes a difference in a profound scientific way if you want to do the research; the lemon and the honey do have properties to make you feel better. Doing gargles with warm water and salt makes a difference with sore throats.

Natural concentrated aloe vera can make a difference for your skin; it can work wonders with minor burns, and generally with minor aches and pains with your skin. Chamomile tea can make a difference with your stomach. If you have problems

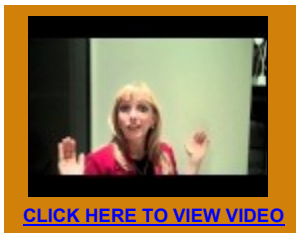
with your digestive system or you have small spasms drinking 2 cups of chamomile tea will naturally support your body to deal with it. There is a professor that drinks tart cherry juice every time his muscles feel sore after hard exercise or he is confronting soreness in his muscles. He says that the tart cherry juice make a huge difference for him.

Try it all, I really recommend cherishing your body enough that you support your body as much as you can with natural solutions versus the quick fix, over the counter solutions, that we have gotten entirely too used to. Cherish your body enough and listen to your body and see what works for you. It really is worth it, to spend whatever time you spend researching or learning about natural solutions.

Numerous studies testing Ritalin have found it to be effective in the short term. The question then becomes: how does homeopathic treatment compare with it?

In one particular study mentioned in the article, 115 children (92 boys, 23 girls) from Switzerland with an average age of 8.3 years at diagnosis of ADD/ADHD (Frei and Thurneysen, 2001) were studied. The children who responded to the homeopathic medicine experienced a 55-percent amelioration of the CGI, while the children who responded to Ritalin experienced a 48-percent amelioration of the CGI. Three children didn't respond to homeopathy or Ritalin, and one child left the study before completion. The researchers concluded that homeopathic treatment was comparable in its benefits to Ritalin -- and homeopathic medicines simply do not have the side effects that Ritalin has.

Although the previous study was not double-blind or placebo-controlled, the article gives a variety of different approaches to this idea; particularly, the next study was both double-blind, placebo-controlled, and more.



In this day and age most of us are so used to going for the "QUICKEST FIX" that we would rather take 15 seconds to take a pain killer versus dealing with the source of the headache. I have learned (this past year) in a very hard way (almost dying) that when THE BODY HURTS it is it's way of screaming at us; "THERE IS SOMETHING, IN ME, YOU ARE NOT TAKING CARE OF THAT IS GOING TO GIVE YOU BIG TROUBLE LATER." This is a friendly warning." If I could ask you all a personal favor it is this: PLEASE LISTEN TO YOUR BODY WHEN IT IS SCREAMING IN A FRIENDLY WAY WITH AN ACHE OR PAIN. It is giving you a nice warning BEFORE THE REAL ILLNESS STARTS. PLEASE TAKE THE LONG (5 MINUTE) ROAD of finding out the SOURCE OF THE PAIN AND RESOLVE IT AS NATURALLY AS YOU CAN. NATURAL, ALTERNATIVE HOME REMEDIES ARE AWESOME and they can SAVE YOU YEARS IN CLINICS!!! YOU deserve ELITE HEALTH not DRIVE THROUGH HEALTH, I SAY!!

## HOW NATURAL MEDICATIONS AFFECT THE BRAIN

Prof. Dr. Wilfried Dimpfel from the Justus Liebig University in Gießen, Germany, uses **electricity** to find how medication affects the brain. He measures brain waves with the help of an **electroencephalogram (EEG)**; which measure the electric signals that nerve cells in the brain use to communicate, to characterize the impact of pharmaceuticals.

Using one of the **homeopathic medications** produced by the pharmaceuti-

cal company that bases their medication on natural substances, Heel, as an example, he **examined its effects**, compared it to other medications and created a differentiated profile.

Prof. Dr. Dimpfel examined the effect of a medication that contains several natural active **pharmaceutical ingredients** in homeopathic dilution, including passion flower and oats. Within an hour after taking the drug, the **brain activity** in certain regions already becomes more

**intense**. It then reaches its peak after two to three hours and gradually decreases.

Through its studies on the effectiveness of homeopathic medications based on proven scientific standards, the pharmaceutical manufacturer Heel **builds a bridge** between homeopathy and conventional medicine.

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook FanPage with these intentions:

1. To express **two passions** of mine that I have been ironically 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 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 to-

gether 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 life long "calling". A calling to: team up with leaders in our community/world , to **lead the way towards a Self-Realized Civilization**, creating/ waking up to a NEW GLOBAL VISION and maybe even question all our believes systems.

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

## GET MOVING TO PREVENT ARTHRITIS PAIN

Activities such as gardening, biking, boating and even walking can seem like **too much to bear**, and the temptation is all too great to stay inside. But it does not have to be this way, and even people with **advanced bone and joint diseases** can find a way to get outdoors and to get active.

First, **decrease stress**. In the case of bones and joints, stress can be particularly damaging because over time it will weaken the body's adrenal response and this can contribute to osteoporosis. Stress must be dealt with in whatever way works, including **psychotherapy, yoga and meditation**, and even the creation of a daily period of relaxation. Try to choose an activity that keeps either your brain or body active.

Second, **diet is absolutely critical**. Some studies have shown that white flour and white sugar have a direct correlation to inflammation and must be reduced to the greatest extent possible. In particular, soda does serious harm to bones, by literally leaching **calcium**

from the bones. On the other hand, whole grains, omega 3s (found most often in non-farm raised fish), avocado and nuts can help to strengthen bones.

Third, some research shows that certain **supplements can also reduce inflammation** and at the same time strengthen bones and joints, allowing people with osteoporosis and arthritis to have less pain and **achieve a greater range of motion** than previously thought possible. Calcium, vitamin D3, vitamin K2, magnesium and fish oil should all be considered and evaluated. There are also herbal supplements that can safely **reduce inflammation** as well as homeopathic creams that do the same. It should also be noted that it is important to choose the right form of calcium and other supplements.

Staying Physical will also help. Go for walks and gradually increase the distance. Some very light weightlifting can be **helpful**. Most important, If the exercise creates pain or soreness the next day, **don't stop**. Continue with the exer-

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cise and it will further improve the body's agility and response.

For younger people concerned about developing osteoporosis and arthritis: eat better; **supplement** what you don't get enough of in your diet; conquer stress; and exercise more.

If you would, please go to this link and give us/me your feedback:

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