

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 285th Newsletter, I want to give us a chance to consider Supplements and the effects they can have 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.

KNOWING the TRUTH about Supplements will help You USE Supplements for your BEST Wellness BENEFITS vs. YOU being USED by the Supplements INDUSTRY and not really IMPROVE your Health that much....

We have all been led to believe a lot of different **myths about supplements**. We have been taught that a one-a-day multivitamin is the answer and that we would all be better off taking additional supplements as if the more the better. The truth is that **95% of the supplements** manufactured today are synthetic, and with synthetic supplements, which are just like any other chemical filled drug, they may not be impacting us at all in the **way we need them to** and they may be impacting our bodies in **dangerous ways** that most of us never realize.

In this newsletter we will talk about supplements and what kind of supplements are **best for our health and well-being**. We will also provide you with a completely natural solution to rid you of the need to take most supplements by putting the right nutrition **directly** in your body through the food you eat and the lifestyle you lead. Please read this Newsletter all the way through, particularly if you think you

know everything there is to know about supplements. It could make the difference between you, and those you love, having optimal health and **wasting a lot of money**, over a lifetime, on drugs that do you no good and **ultimately** can harm you.

In unbiased research, there is a lot of proof that the one-a-day multi-vitamins and minerals approach to supplementation is **ineffective in its delivery**. Very little of what it says on the side of the bottle is ever absorbed into your body. What is also rarely taken into consideration is that your body is designed to **ingest** the very nutrients that are sold to us in non-natural supplements, through **natural occurring** compounds such as our food.

Even though most conventional non-organic food has very little nutritional value today, due to **soil quality**, pesticides and massive chemical production, we CAN still really eat in a way that provides us with more of what we need (**100% Organic**, unprocessed, whole food) and we can take supplements, when needed, which are truly 100% natural if we **educate ourselves** on our needs and the differences in 100% natural vs. synthetic supplements.

In an interview with Dr Brian Clements of the Hippocrates Health Institute, and author of Supplements Exposed, he shared that of the **95% of supplements** that are actually synthetic and that **80% of those supplements** today are actually made by the Big Pharma industry. These products are being packaged and labeled with names of other smaller companies so that we do not realize that they are just **Big Pharma knockoffs** that are putting billions of dollars into Big Pharma's pockets each year. Not only that, but most of the studies available in the public are conducted by the **very people** in the industry that makes these supplements!

There is no longer any doubt that an

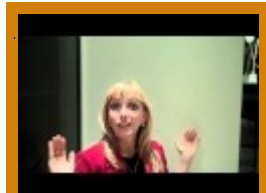


CAROLINA ARAMBURO

organic whole foods-based diet and a healthy lifestyle are the "best medicine" for those of us trying to live well and keep our families healthy in the toxic soup of 100,000 synthetic chemicals that surround us everyday, polluting our food, water, medicines, homes, and environment. But as we complement our organic whole foods-based diet with **herbs and supplements**, we need to make sure that these vitamins and botanicals are derived from naturally occurring plant and mineral sources, and that they contain no **synthetic chemicals** whatsoever.

The words "natural" or "food based" or even "vegetarian", in most cases, are **deceptive** and are utilized only as a marketing ploy. However the term "**naturally occurring**" on a label usually means that a vitamin or nutrient is completely derived of compounds from naturally occurring **full-spectrum** sources –actual plant extracts - rather than merely containing a natural ingredient mixed with synthetic ingredients. These full spectrum supplements are truly natural potency supplement products and can be identified by their designation "naturally occurring" or Naturally Occurring Standard (NOS).

(Cont. on next page)



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KNOWING the TRUTH about Supplements will help You USE Supplements for your BEST Wellness BENEFITS vs. YOU being USED by the Supplements INDUSTRY and not really IMPROVE your Health that much.... (Cont.)

By taking a **nutrient-rich plant**, removing the water and the fiber in a chemical-free vacuum process, and packaging it for stability we obtain naturally occurring vitamins. The entire vitamin complex is captured intact, retaining its **functional and nutritional integrity**, and a full spectrum of nutritional values.

Full spectrum means that the supplement also contains **the essential trace minerals** necessary for the supplement's synergistic operation. Synthetic supplements contain no trace minerals and must utilize the body's own mineral reserves. Nature does not produce any nutrient in an **isolated form**. These nutrient dense foods are blended together in a specific way, and work best in that format. For an isolated nutrient to work properly in the body, it needs **all the other parts** that are naturally present in the food too.

Ingesting real naturally occurring full spectrum supplements **does not** require the body to deplete its own reserves of nutrients to replace any nutrients missing from the false supplements. This **depletion** actually creates more deficiency in the body. The various parts of a full spectrum vitamin complex, for example, work together in a **synergistic manner**. Synergy means that the whole is greater than the sum of its parts. If you separate the group of compounds (in a vitamin complex for example) they will be **converted** from a physiological, biochemical, active micronutrient into a disabled, debilitated chemical of **little or no value** to living cells. The synergy is gone.

Not only that, but when our body is saturated or **overwhelmed** with large amounts of synthetic vitamins or does not possess the natural reserves necessary for creating fully complex supplements; it **cannot** convert the incomplete synthetic vitamins. It will then work to eliminate the synthetic vitamins through the kidneys, skin and the other elimination organs wreaking havoc with our **key organs** and setting the body up for further disease and health conditions. This is the reason why the majority of all

synthetic vitamins are **quickly eliminated** by the body and not utilized.

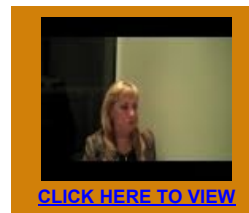
Basically, there are a lot of people with nothing but **expensive urine** today because they aren't even absorbing the vitamins they are taking! Not all vitamins are **created equal**, and they will affect your body in a different way. Your body never treats food-based supplements like it does synthetic supplements. For example, your urine will never turn **bright yellow**, no matter how much flax seed or wheatgrass you eat. This sort of **rapid excretion** happens only with foreign substances in your body.

Most synthetic, non-vegan, non-organic vitamins and minerals found in supplements are **petroleum extracts**, coal tar derivatives, and chemically processed sugar (plus sometimes industrially processed fish oils filled with heavy metals like **mercury**), with other acids and **industrial chemicals** (such as formaldehyde) used to process them. These are the scary facts about those pills we take to be healthier.

Not only that, but approximately **90% of supplements** sold on the shelves of health food stores, drug stores and supermarkets contain ground up rocks or **mineral salts**. For example, companies can extract calcium from green vegetables or by grinding up limestone and taking the minerals from there and guess what is cheaper? The same minerals that causes **scum to build up** in your shower, sinks and on your walls is what you may be consuming in many supplements today.

These supplements are completely **non-natural** and most people never even know that. It would make sense that if vitamins and minerals are found in vegetables and fruits that we would make supplements from them but synthetics cost less to produce, which obviously means **more profits**.

If you are going to take supplements then look for **100% natural and 100% Certified ORGANIC**, natural occurring and full spectrum supplements. **Vegan** supplements also have no gelatin, dairy, or animal byproducts, eliminating a host of other health conditions and diseases



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If you would like to **have a FREE inquiry conversation** about our Radical HEALTH Coaching & Quantum Healing Division click here: 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!** I passionately invite you to do the same!

caused by these (products. In choosing the "best" vegan supplements, look at several factors including the source of the nutrient, **bioavailability** (how well the body absorbs it), dosage amount, and price as going vegan doesn't have to be expensive!

Taking **too many supplements** or an incorrect mix of supplements can also cause toxicity. For example, **Vitamins A and D** can build up to toxic levels in your body when taken in large doses over extended periods of time. **Vitamin B-6** is a water-soluble vitamin, so your body doesn't store it as efficiently as a fat-soluble vitamin, but extended use of Vitamin B-6 in large amounts can cause nerve damage. Large doses of **Vitamin C** may cause diarrhea. Mineral supplements can also be dangerous. For example, both **selenium and iron** supplements can be toxic in large amounts.

Therefore, the other obvious question is: what supplements do you need? A simple blood test can determine what your body does in FACT **need**, or has an **excess of**. Another form of discovery is Applied Kinesiology, which is a method of muscle testing to seek out deficiencies in our body. When your diet is lacking or when certain health conditions cause you to develop a **deficiency**. (Cont. on next page)

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you may really need some supplementation at least for a short time to get past an immediate danger.

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for yourSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and INJOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The below Research Links will provide you with a lot of very in depth information and studies about SUPPLEMENTS:

- <http://articles.mercola.com/sites/articles/archive/2007/01/23/eating-whole-foods-is-far-better-than-taking-a-supplement.aspx>
- <http://www.insidetracker.com/blog/post/34233982340/what-supplements-do-you-need> - What Supplements Do You Need?
- <http://draxe.com/your-supplements-could-be-made-of-shower-scum/> - Your supplements could be made of Shower Scum
- <http://www.vitamins-nutrition.org/vitamins/holistic-health.html> - What are Supplements Holistic?
- <http://www.mensfitness.com/nutrition/supplements/top-5-holistic-supplements> - Fight free radicals, reduce stress, and brighten your mood — the all-natural way
- http://www.huffingtonpost.com/caroline-j-cederquist-md/truth-supplements_b_66781 -The five supplements to stop taking what instead
- http://www.huffingtonpost.com/2013/06/05/vitamins-supplements-guide_n_3321530.html- Vitamin Supplement guide
- <http://articles.mercola.com/sites/articles/archive/2012/06/23/whole-food-supplement-dangers.aspx> - A Dangerous Ingredient in Your Supplements
- <http://responsibleeatingandliving.com/favorites/brian-clement-8292012-interview/> - Brian Clement, Food is Medicine
- <http://www.doctorsresearch.com/articles4.html>- The Truth about Nutritional Supplements: Robert Thiel PHD Naturopath
- <http://healthymartin.com/2012/02/24/the-truth-about-vitamins-minerals-and-their-effects-on-your-health/> - The Truth About Vitamins, Minerals and their Effects on Your Health
- <https://www.organicconsumers.org/news/nutri-con-truth-about-vitamins-supplements> - Nutri-con Truth about vitamins and supplements

The Utmost Solutions to Having all of the Nutrients you need for Optimal Health and Longevity!!!

In order to have optimal Health and WELLNESS we NEED a **Basic Minimum** of 100% **Absorbable NUTRIENTS**, and unfortunately, in this Era is not POSSIBLE any more to obtain all our Daily Optimum Nutrients from only FOOD. ALMOST All adults living in modern cities NEED Nutritional Supplements to be able to achieve **complete optimal nutrition**, I will explain WHY, in the subsequent paragraphs.

But what we need to do, to prevent all the NEGATIVE SIDES of **most Supplements** (a point that we covered in a basic way on the first article), is to ALWAYS verify the Source and Processing of our Supplements and make sure that our Supplements are as **Natural as possible**. We also need to make sure that they are 100% Certified ORGANIC, Natural occurring and full spectrum supplements to fit our specific needs (which you can find out by testing for deficiencies) and finally make sure that we take the **right**

amounts at the right times.

Why is it, that we ACTUALLY DO NEED SUPPLEMENTS?

That is because our Bodies CAN'T ABSORB **all the Nutrition** that we need DAILY any more from FOOD exclusively, here are 3 factors to consider;

1) Our stomachs have a **deteriorated absorption system**. 90% of us, by living in cities full of chemicals, have DAMAGED our body's ability to absorb all of the NUTRIENTS that WE Daily NEED even if we have THE MOST IDEAL DIET (and 98% of the World Population doesn't have that). Thus even eating the IDEAL DIET, you still need supplements and need to work on **restoring the absorption** quality of your stomach.

2) Our food, **even the most** organic natural veggies, fruits, etc., NO LONGER has enough of all the necessary NUTRIENTS for us to not need to supplement our

Diet.

We have depleted the EARTH in such a way that **80 years ago** eating a few oranges a day would provide all the Vitamin C we need, but the way that the best Organic oranges now grow on earth, we would need to eat a **TON of oranges Daily to fulfill the same requirement** (Obviously this is an extremely simplified example to illustrate the point). (Cont. on next page)

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

(CLICK HERE OR SEE <http://carolinaaramburo.com>)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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The Utmost Solutions to Having all of the Nutrients you need for Optimal Health and Longevity!!! (Cont.)

Even if we were radical enough to eat that many oranges a day it would damage the **alkalinity** of our bodies because now oranges contain **way more sugar** than what they use to and also because of the earth depletion, which makes them not as 'Healthy as we think' especially when consumed not on moderation.

3) The **quantities of food** needed daily to replace all supplements and to fulfill on our Nutritional requirements are TOTALLY **unworkable**, like for example instead of eating the average usual 6 to 8 pounds of food daily (made out of veggies, fruits, nuts, grains, etc.), to be able to provide our Bodies with all Nutrients we would need to eat about **35 pounds** of veggies and fruits, which is not workable and if done would end up also damaging our digestive system.

Thus, we DO NEED some SUPPLEMENTS to have the IDEAL NUTRITIONAL BALANCE... but we need to be **mindful** to have those supplements be manufactured the RIGHT WAY. Then we also need to CHERISH OURSELVES enough to eat in the most COMPLETE way so that we are able to give ourselves the **most Nutrients possible in the IDEAL WAY; meaning through our meals.**

And the last 2 details, on this matter about Supplements, is to be careful because we **don't need** ALL the Supplements that Companies want to SELL US. We need a minimum amount and we need to **manage it properly**, so be careful whom you ask for advice on this matter, even if they are professionals.

Notice, if you ask a Nutritional Professional that receives **Financial Compensation** from a Supplements manufacturer, the advice maybe not be totally objective in many cases, since they are financially **rewarded** for attempting to have you consume more and more Supplements.

Also be **mindful** that our Bodies will get used to Supplements and no longer really process them correctly so that they end up being beneficial. This adds to the **intoxication** of our systems, so resting periods from sup-

plements are important.

In order to insure you have the right supplements look for the following characteristics in what you purchase:

- Make sure they are **as close as possible** to their natural form. Look for "naturally occurring" (Naturally Occurring Standard (NOS), full spectrum, 100% ORGANIC and whole food supplements.
- Look for **certified vegan** supplements.
- Do your research and see that the utmost care has been taken in all phases of its production, from growing its ingredients, to **manufacturing**, testing for potency and quality control.

Now let's address the nutritional side of obtain proper nutrients into your body so that your need for additional supplementation is **reduced**.

For those who are considering adopting a **richer, nutrients dense, more health conscious** (also environmental and animal conscious) diet, a multitude of studies have proven that a vegan (and as much as possible raw vegan) diet is the best route. Whether you take that route or not it is highly recommended that you **eliminate toxic**, chemically laden processed foods, sugar, meat and dairy products as much as possible and load up on more 100% Organic Vegetables and Fruits.

One of the most common concerns about a vegan diet, which includes only **plant foods**, is the concern that it can't be nutritionally adequate and therefore provide **adequate** sources of vitamins, minerals and nutrients. However, there is **increasing evidence** that suggests that not only is a whole-food vegan diet nutritionally adequate, but that eliminating animal-based foods can actually reduce one's risk of disease and encourage overall physical health and well-being.

Here is a list of Incredible Sources of Vitamins and Minerals and Nutrients **straight from nature**. Remember that these need to be 100% Organic and preferably raw (as cooking kills of nutrients):

- **Calcium**- wheatgrass, some sprouts,

broccoli, green leafy vegetables (such as kale, bok choy, collard and turnip greens), chickpeas, many beans, sesame seeds, sunflower seeds, almonds, flax seeds, brazil nuts, dried figs and dried fruit.

- **Iron** - wheatgrass, some sprouts, green leafy vegetables & sea vegetables, legumes/beans, nuts & seeds, blackstrap molasses, dried fruits, watermelon, prune juice, spinach, cereals and whole grains.
- **Magnesium** - wheatgrass, some sprouts, brown rice, cooked spinach, beans/legumes, almonds/nuts, dried figs, broccoli, oatmeal, wheat germ/bran, whole grains, green leafy vegetables and bananas.
- **Phosphorus** - wheatgrass, some sprouts, pinto beans, cereal grains, almonds, nuts, dried beans, peas, lentils, peanuts, brown rice, avocados, spinach and many vegetables.
- **Potassium** - wheatgrass, some sprouts, raisins, bananas, raw and cooked spinach, potatoes, baked sweet potatoes, winter squash, raw cauliflower, avocados, kiwifruit, dried fruits, tomatoes, oranges, grapefruit, strawberries, honeydew melon, cantaloupe and dried apricots.
- **Zinc** - wheatgrass, some sprouts, pumpkin seeds, whole grains/cereals, legumes, lentils, peas, soy foods, nuts, sunflower seeds, wheat germ, yeast, garbanzo beans, raw collard greens, spinach and corn.
- **Selenium** - wheatgrass, some sprouts, Brazil nuts, whole grains and kidney beans (depending on the soil they are grown in).
- **Manganese** - wheatgrass, some sprouts, brown rice & whole grains, cereals, oatmeal, wheat germ, nuts, seeds, legumes, cooked spinach & kale, black beans, almonds, avocados, pineapples and strawberries.
- **Molybdenum** - beans, breads, cereals, cooked spinach and strawberries.
- **Iodine** - wheatgrass, some sprouts, iodine-rich sea vegetables, kelp and vegetables grown in iodine-rich soil.
- **Chromium** - wheatgrass, some sprouts, whole grains, nuts, broccoli, apples, spinach and mushrooms.

(Cont. on next page)

The Utmost Solutions to Having all of the Nutrients you need for Optimal Health and Longevity!!! (Cont.)

- **Copper** - wheatgrass, some sprouts, nuts and seeds, whole grains, dried beans and mushrooms.
- **Vitamin A (Beta-carotene)** - wheatgrass, some sprouts, carrots, winter squashes (acorn and butternut), sweet potatoes, cantaloupe, apricots, spinach, kale, turnip greens, broccoli, red bell peppers and other greens.
- **Vitamin B1 (Thiamin)** - wheatgrass, some sprouts, brown rice & whole grains, oatmeal, legumes, cereals, sunflower seeds, nuts, watermelon, raw wheat germ and rice bran.
- **Vitamin B2 (Riboflavin)** - wheatgrass, some sprouts, beans, cereals, whole grains, spinach, broccoli, wheat germ, mushrooms, and rice bran.
- **Vitamin B3 (Niacin)** - wheatgrass, some sprouts, legumes, brown rice, green vegetables, potatoes, tomatoes and broccoli
- **Vitamin B5 (Pantothenic Acid)** - wheatgrass, some sprouts, whole grain cereals, legumes, mushrooms, peanuts, soybeans, avocados, sunflower seeds, bananas, oranges, collard greens, baked potato and broccoli.
- **Vitamin B6** - wheatgrass, some sprouts, whole grains, nuts/legumes, soybeans, walnuts, bananas, watermelon
- **Vitamin B9 (Folic Acid)** - wheatgrass, some sprouts, legumes, lentils, oranges, whole grains, asparagus, spinach and romaine lettuce.
- **Vitamin B12** - wheatgrass, some sprouts, Vegan B-12 supplements may be needed
- **Vitamin C** - wheatgrass, some sprouts, bell peppers, broccoli, tomatoes, strawberries, oranges/orange juice, grapefruit, tomatoes, Brussels sprouts, cabbage, collard greens, turnip greens, spinach, potatoes, melon, berries, papayas, romaine lettuce, watercress and cherries.
- **Vitamin D** - the sun, wheatgrass and some sprouts. The most significant supply of Vitamin D comes from **sunlight exposure** on the skin. Vitamin D-2 supplements are

available, as well as Vitamin D fortified plant milks and cereals. Fortified vegan products contain Vitamin D-2 (ergocalciferol) as opposed to animal-derived Vitamin D-3 (cholecalciferol).

- **Vitamin E** - wheatgrass, some sprouts, safflower/vegetable oils, sunflower seeds, raw wheat germ, nuts, peanuts, green leafy vegetables, whole-wheat flour, whole grains and spinach.
- **Vitamin H (Biotin)** - wheatgrass, some sprouts, whole grains, almonds, molasses and legumes.
- **Vitamin K** - wheatgrass, some sprouts, green leafy vegetables, spinach, turnip greens, kale, parsley, Brussels sprouts, broccoli, cauliflower, soybeans and soybean oil, cabbage, green tea and tomatoes.

An additional list of nutritional vegan HOLISTIC items to add FOR NATURAL TREATMENTS to support your body's **resistance** to stress, depression, ED, etc. are:

- **Ginseng** - Calms frayed nerves. Experts call ginseng an adaptogen, meaning it may help increase your body's resistance to stress.
- **Ginkgo Balboa** - Improves circulation, which could also mean better short-term memory thanks to increased blood flow to the brain.
- **St. John's Wort** - Mostly used to treat mild to moderate depression.
- **Grape Seed Extract** - Its antioxidant properties fight free radicals
- **Spirulina** - This is a blue green algae that is one of the most nutrient dense foods on the planet.
- **Wheatgrass** - is many times richer in chlorophyll and iron than spinach. Its protein level averages **25 percent** and it contains virtually every vitamin known, along with 20 amino acids, including the eight that are considered **essential** for human health. Wheatgrass has the benefits of the following vitamins, minerals and nutrients: Protein, Fiber, Vitamin A, C, E, K, Thiamin, Riboflavin, Niacin, B6, Folate, B12, Pantothenic acid, Choline. **For minerals:** Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, and Selenium. (See our Newsletter on Wheatgrass).

- **Sprouts** - Sprouts are also super rich in nutrients to varied to even begin listing in this newsletter. (See our Newsletter on Sprouts).

The below Research Links will provide you with a lot of very in depth information about Solutions to SUPPLEMENTS and the foods that replace the need for them:

- <http://www.vitamins-nutrition.org/vitamins/holistic-health.htm> - Vitamins Holistic
- <http://foodmatters.tv/articles-1/how-to-tell-if-a-vitamin-is-natural-or-synthetic> - How To Tell If A Vitamin Is Natural Or Synthetic - Food Matters
- <http://articles.mercola.com/sites/articles/archive/2012/06/23/whole-food-supplement> - A Dangerous Ingredient in Your Supplements - Dr. Mercola
- <http://www.globalhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/alhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/> - Natural vs. synthetic vitamins
- http://www.nola.com/healthy-eating/2015/09/5_most_common_vitamins_dietary.html - 5 dietary supplements and how to take them
- <http://www.health-alternatives.com/vitamin-a.html> - Vitamins and minerals and the sources of foods to find them
- <http://www.mcvitamins.com/Vitamins/vitamins-in-food.htm> - What Vitamins are in What Food? - McVitamins
- <http://www.health.harvard.edu/heart-health/vitamins-and-minerals-choosing-the-nutrients-you-need-to-stay-healthy> - Where are the vitamins in the food you eat
- <http://gentleworld.org/vegan-sources-of-vitamins-minerals/> - Vegan sources of vitamins and minerals
- <http://plenteousveg.com/vegan-vitamins/> - VEGAN NUTRITION Sources of Vitamins and Minerals

Your Physical, Mental, Emotional and Spiritual Balance Depends on Natural Nutritional Balance!!!

Even very competent mental health professionals may be unaware that disturbances in mental and emotional functioning are common symptoms of **nutrient deficiency**.

Some **emotional and mental impacts** that can be generally seen because of a deficiency of proper supplements include: Depression, Fatigue, Low energy, **Anxiety**, Irritability, Nervousness, Sensitivity to light and sound, Memory loss, Emotional Instability, Night Terrors, Restlessness, Worry, Poor Concentration, **Insomnia**, Learning Disabilities, and apathy.

Solutions to ease these symptoms are often the **B vitamins, Vitamin C, Zinc and Magnesium** as these all have a large impact on our **neurotransmitters**. The B Vitamins, Vitamin C and Zinc are also very important for **Serotonin** levels for healthy sleep, which is key to optimal emotional and mental health.

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tional Instability, Night Terrors, Restlessness, Worry, Poor Concentration, **Insomnia**, Learning Disabilities, and apathy.

As always when our bodies are suffering from physical conditions this also leads to **mental and emotional conditions** and visa versa. Not only that but the combination of physical conditions along with mental and emotional conditions make it very difficult for us to hear the **quiet voice of our soul** so spiritual imbalances may begin to occur. Some foods that may enhance your **spiritual balance** are Kelp, Herbs, Wheatgrass, sprouts, live 100% natural raw vegetables and Spirulina.

Our focus, for physical, mental, emotional and spiritual balance, should be on **clearing stuff away**; rather than pathological accumulation of any kind such as with synthetic supplements. We are born as **holistic beings** and the pull towards being holistic is inside of us so **allowing** ourselves to follow that pull is a gift we can give to ourselves.

Below are links where you can look at and learn more about the effect of supplements on our Emotional, Mental,

and Spiritual Balance:

- <http://www.everydayhealth.com/columns/therese-borchard-sanity-break/patient-approved-natural-supplements-depression/> - 12 Patient-Approved Natural Supplements for Depression
- <http://www.everydayhealth.com/columns/therese-borchard-sanity-break/patient-approved-natural-supplements-depression> - Sanity Break Help for depression and anxiety
- <http://blogs.psychcentral.com/therapy-soup/2013/02/could-vitamin-b12-help-your-anxiety-depression/> - Could Vitamin B12 help your anxiety and depression?
- <http://biologyofkundalini.com/article.php?story=SupplementsForAwakening> - Supplements for awakening
- http://www.ceu-usa.com/nutrition-mh/html_files/deficiency_and_mh.htm -Mental health Impact of deficiency

SIMPLE SPIRITUALITY & SUSTAINABILITY

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 em-

power 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**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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