

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 294th Newsletter, I want to give us a chance to consider the benefits that our **bee pollen** can have on our health and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

BEE POLLEN is one of Nature's most Magical and COMPLETE Foods that can Help you HEAL many Diseases, Prevent Illness, REJUVENATE and much more !!

Bee pollen is considered one of nature's most **completely** nourishing foods, containing nearly all nutrients required by humans. Please read this Newsletter and PASS IT AROUND to discover one of the GOLD MINES of Health in Nature that can HELP HEAL many of your Diseases and the present or future Diseases of your loved ones!! Please don't miss the chance of UNCOVERING this TREASURE!! And before we continue we want to acknowledge that there is huge debate about Bee Pollen being Vegan or not **Vegan**, we suggest judge and decide for your self. I personally take Bee Pollen, and enjoy fully the benefits, so if it is not Vegan it is my WORTH IT exception!!!

The source of bee pollen, a complete food, is **flower pollen**, derived from plants. In comparison to prod-

ucts by animal origins, bee pollen contains many **elements** that products of animal origin do not possess. As a matter of fact, bee pollen is richer in proteins than any animal source. It contains more amino acids than beef, eggs, or cheese of equal weight. About half of its protein is in the form of free **amino acids** that are ready to be used directly by the body.

Long ago the Greeks and Romans called **natural** bee pollen "the life-giving dust" or the secret "ambrosia" eaten to acquire eternal youth. Pollen was entombed with pharaohs, it was used by the American Indians, and for centuries by tribes in China. In our modern times, scientists, gerontologists and nutritionists have **rediscovered** this bee-prepared food and confirmed that they are able to promote benefits in the form of healing and rejuvenation. Some nutritionists have even stated that you could live adequately on bee pollen alone because of its **extraordinary** nutrient rich content.

It was found in "The Garden of Eden in Caucasus" (mountains of Abkhazia in Russia) that their high numbers of **super-centenarians** seemed to have an affinity for consuming bee pollen on a daily basis. Nicholai Tsitsin, a Russian biologist, published a report in 1945 on 150 of these Russian centenarians, specifying that *all* of them consumed **bee pollen**.

They also ate a predominantly plant based diet that contained a significant amount of **raw living foods** such as fruits, vegetables, nuts and seeds. When this is combined with the consumption of bee pollen, the

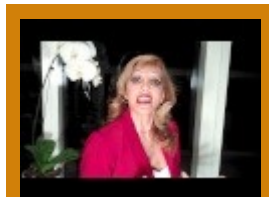


CAROLINA ARAMBURO

body is provided with an abundance of all the **necessary** enzymes needed to digest food, while avoiding tapping into the body's natural store of metabolic enzymes.

Some of these **centenarian** foods were traditionally categorized as herbs, but today they should really be called live **Superfoods**. The main difference between whole food supplements *and herbs* in comparison to live Superfoods is that you would take the first two *in addition to* your **regular diet**. On the other hand, live Superfoods should be a *part of* your actual diet, meaning you can eat as much of them as you want and you don't need to worry about dosage.

Today bee pollen is **considered** a Superfood. It contains all of the 22 (Cont. on next page)



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elements that compose the human system, and several more. Here is a list so you can see just how **powerful** this food is:

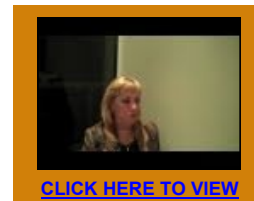
- **B complex vitamins** (B1, B2, B3, B5, B6, B9, B12)
- Vitamin C
- Vitamin A
- Vitamin E
- Vitamin D
- Vitamin K
- **Carotenoids** (beta-carotene, lutein, lycopene, xanthophyll and zeaxanthin)
- **Flavonoids** (isorhamnetin, kaempferol, luteolin, myricetin, quercetin, rutin, and tricetin)
- **Phytochemicals** (beta-sitosterol and stigmasterols)
- Trace elements
- **Essential fatty acids** (70% is the omega 3 ALA, 3-4% is the Omega 6 LA and 16-17% is monounsaturated and saturated fat)
- **Enzymes** - At least 11 major enzymes (which are necessary for digestion. Bee pollen benefits and complements a live food diet since the extra enzymes have an anti-aging effect on the cells of the body) and Over 5000 minor enzymes and coenzymes (this is the most enzyme rich product on Earth!)
- Amino acids
- **Minerals** - Up to about 4% of the dry weight of pollen is composed of minerals in a colloidal form, and it contains everything from boron to zinc (up to 60 major and minor minerals depending on the type of flower pollen used). For example: bee pollen has twice as much iron as any other common food type and is a valuable source of calcium.
- **Protein** (35% of each glandule in predigested free amino acid form)

- **Carbohydrate** (55% of each glandule)
- **Antioxidants** and is high on the ORAC (Oxygen Radical Absorption Capacity) scale due to a wide array of antioxidants (it is scored at 164, while blueberries for example are a 61)
- Nucleic acids such as RNA and DNA (a component found in the diets of many centenarians.)
- **Steroidal and hormonal substances** (natural plant sources of these are safe and beneficial)
- 15% **lecithin** (which lowers cholesterol as well being food the brain.)
- 1-3% of pollen is made up of unidentified "**mysterious**" compounds... quite likely Ormus minerals, which is what makes this food so incredibly valuable and magical!

Pollen is the male seed of flowers. It is required for the fertilization of the plant. The tiny **particles** consist of 50/1,000-millimeter corpuscles, formed at the free end of the stamen in the heart of the blossom. Every variety of flower in the universe puts forth a dusting of pollen. Many orchard fruits and agricultural food crops do, too.

Collected by the female **worker bee** from a wide variety of plants, the pollen from flowers stick to the bee's hind legs and is then mixed with nectar and salivary substances to form a pellet or **granule**, stored in her pollen baskets, which is carried back to the hive as the bees' main food supply. These bees are also responsible for the pollination of more than **80 percent** of green growing things. As bees transport microscopic pollen particles and a portion of the live pollen is transferred to that blossom and pollination is accomplished.

A **one-teaspoon** dose of pollen (Cont. on next page)



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.

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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takes one bee working **eight hours** a day for one month to gather. Each bee pollen pellet contains over two million flower pollen grains and one teaspoonful contains over 2.5 billion grains of flower pollen. One of the most interesting facts about bee pollen is that it cannot be **synthesized** in a laboratory; it can only be created in nature.

Cultures throughout the world use it in a **surprising** number of applications and many scientific studies have been conducted verifying the value of bee pollen. Let's start with some general benefits of bee pollen and I will follow that with a more extensive list:

- **Energy & Vitality Enhancer** - The extensive combination of nutrients found within bee pollen makes it a great natural energizer. The carbohydrates, protein and B vitamins can help keep you going all day by enhancing stamina, endurance and fighting off fatigue. Many world class athletes have used Bee pollen to help to increase **endurance**, strength and speed and help them recover quickly from tough and long training sessions. Fatigue and catarrh signal the start of every disease, and bee pollen takes care of both of them.
- **Skin Soother and regenerator** - Bee pollen is often used in topical products that aim to treat inflammatory conditions and common skin irritations like psoriasis or eczema. Taken internally, the amino acids and vitamins protect the skin and aid the **regeneration** of cells. Dr. Lars-Erik Essen, M.D. a dermatologist of Halsinborg, Sweden, says, "Through transcutaneous nutrition, bee pollen exerts a profound biological effect. It seems to prevent premature aging of the cells and stimulates growth

of new skin tissue. It offers effective protection against **dehydration** and injects new life into dry cells. It smoothes away wrinkles and stimulates a life-giving blood supply to all skin cells." Helps to smooth, soothe, and rejuvenate your skin with **poly-vitamins**, microelements, enzymes, hormones, and amino acids. Bee pollen also has a suppressive effect on facial acne.

- **Respiratory System** - Bee pollen contains a high quantity of antioxidants that may have an anti-inflammatory effect on the tissues of the lungs, preventing the onset of asthma and controlling bronchitis and other respiratory system conditions.
- **Treating Allergies** - Pollen reduces the presence of histamine, improving many allergies. Dr. Leo Conway, M.D of Denver Colorado, who treated over 60,000 verified cases of allergies with Bee Pollen, reported that 94 percent of his patients were completely free from allergy symptoms once treated with oral feeding of pollen. He said "pollen **immunization** can be achieved by incorporating pollen in food. Resistance is built by continuing ingestion of bee gathered pollens from any location." Bee pollen does this since it contains flower pollen. It actually helps the build your immunity against the very flowers that cause you to have a runny nose and itchy eyes.
- **Digestive System** - In addition to healthful vitamins, minerals and protein, bee pollen contains enzymes that can aid in digestion and fights infections and inhibits the development of harmful bacteria in your digestive tract. The enzymes in bee pollen assist your body in getting all the nutrients you need from the food that you eat. It **regulates** the action of the intestinal functions, especially in cases of chronic consti-

pation or diarrhea, relieves ulcers of the digestive tract and help to heal colitis.

- **Weigh Control** - Bee pollen produces weight-control or weight-stabilization by stimulating the metabolic processes. Having 15 percent lecithin by volume, helps dissolve and flush fat from the body, boosts the value of each nutrient present in the food you eat so it **eliminates** cravings and it has natural phenylalanine (an amino acid) content that acts as an appetite suppressant.
- **Immune System Booster** - Pollen is good for the intestinal flora and thereby supports the immune system. According to holistic health expert Dr. Joseph Mercola, bee pollen has antibiotic-type **properties** that can help protect the body from contracting viruses. It's also rich in antioxidants that protect the cells from the damaging oxidation of free radicals.
- **Treats Addictions, cravings and eliminates toxins** - Used holistically for healing addictions and inhibiting cravings by suppressing impulses. Bee pollen reduces **withdrawal** symptoms from substance addictions as it throws off poisons and toxic materials from the body (including drugs, chemicals and pollutants).
- **Supports the Cardiovascular System** - Bee Pollen contain large amounts of Rutin; an antioxidant bioflavonoid that helps strengthen capillaries, blood vessels, assists with circulatory problems and corrects cholesterol and triglyceride levels. Its potent anti-clotting powers could help prevent heart attack and stroke. Bee pollen increases high-density **lipoproteins** (HDL), decreases low-density lipopro (Cont. on next page)

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teins (LDL) and lowers blood pressure.

- **Prostrate Aid** - Men who suffer from benign prostate hyperplasia (enlarged prostate) and chronic prostatitis can find relief by using bee pollen. Bee pollen can help reduce **inflammation** to stop frequent urges to urinate and help empty the bladder. When bee pollen was introduced in-vitro into the prostate, it caused prostate cancer cells to self-destruct.
- **Infertility and Reproductive System** - Bee pollen stimulates and restores ovarian function, therefore may be used to assist in accelerating pregnancy. It also relieves **menstrual** and menopausal symptoms, relieves hot flashes and slows down or stops inflammation leading to the development of cysts in the ovaries and is useful in times of pregnancy and lactation. It works with men to raise **sperm counts**, increase fertility and heal impotency. As well as being a hormonal balancer and booster it is also a great aphrodisiac!
- **Mental and emotional Health** – Bee Pollen helps overcome mental developmental problems in children. It nourishes the brain and nervous system with proteins and lecithin. Studies have show that bee pollen improves mental clarity, **concentration** and memory while also reducing nervousness, anxiety and depression and attention deficit. Many people also report that it provides emotional and spiritual uplifting and healing

Here is an additional composed list of benefits of bee pollen taken from a variety of **sources** (I have provided these research sources to you in this Newsletter so you go into more depth yourself.):

- Excellent **antibacterial**, antifungal and anti-inflammatory proper-

ties

- Extending **longevity** by slowing down and even reverses the aging process
- Builds, **restores**, and maintains all of the body's cells
- **Balances** the overall PH of your body as it is a very alkaline food
- Aiding **recovery** from chronic illness
- Adding **weight** during convalescence
- Building **new blood**
- Preventing **infectious** diseases such as the cold and flu (it has antibiotic type properties)
- Protects against radiation and to have **anti-cancer** and cancer-fighting qualities.
- Relieves **migraine** headaches
- Relieves **urinary** disorders.
- Slows the progress of **Multiple Sclerosis**
- Contains an **antibiotic** similar to penicillin and is able to inhibit the development of some microorganisms
- Aids in **functioning** of glands, organs and nerves, and the balancing of blood, lymph, and aqueous and general metabolism system
- Reduces **stress and nervous** endocrine system disorders due to its high content of natural B Vitamins.
- Relieves the symptoms of Type 2 **diabetes** by restoring mineral and energy deficiencies
- Helps to heal **arthritis**, chronic rheumatism, arteriosclerosis
- Aids in **insomnia** by regulating sleep and promoting normal sleeping patterns
- Improves **anemic** conditions
- Inhibits angiogenesis, the process through which cancerous **tumors** grow their own blood vessels.

A Raw VEGAN Living Foods DIET including bee pollen, 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 youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

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<http://www.envirobee.com/bee pollen.htm> - One of Nature's Most Perfect Foods

http://www.vanderbilt.edu/AnS/psychology/health_psychology/bee pollen.htm - The effects of Bee Pollen on Energy and Weight Loss

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<http://undergroundhealthreporter.com/bee-pollen-health-benefits/#axzz3e0l1tqwl> - Bee Pollen Health Benefits Nature's "Fountain of Youth"

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<http://www.joyoushealth.com/blog/2013/05/16/bee-pollen-a-healing-superfood/> - Bee Pollen: A (Cont. on next page)

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Healing Superfood

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<http://botanicalguides.com/beepollen.html> - Holistic Health Bee Pollen

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<http://www.thesuperfoods.net/bee-pollen/health-benefits-of-bee-pollen> - Health Benefits of Bee Pollen

<http://www.supernutrients.co.uk/product/beepollen> - Bee Pollen

<http://secretsofthebees.com/health-benefits/bee-pollen/> - Bee Pollen – The Crock of Gold

<http://www.secrets-of-longevity-in-humans.com/live-superfoods.html> - Live superfoods have been called the "future of nutrition" by those on the cutting edge of health and longevity research.

<http://www.wellsphere.com/green-living-article/raw-and-living-foods-expert-brian-clement-of-the-hippocrates-health-institute/1260709> - Raw and Living Foods Expert: Brian Clement of The Hippocrates Health Institute

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<http://www.newsmax.com/t/newsmax/article/639817-Flower-Pollen-Extract-Will-It-Bother-Your-Allergies?>

<http://www.superfoods-for-superhealth.com/bee-pollen-benefits.html> - Bee Pollen Benefits as an Enzyme-Rich Superfood Protein Source

<http://reallywell.com/pollen.htm> - *Get Energized With Flower Power*

<http://www.encognitive.com/node/15760> - Bee Pollen: The Perfect Food; Supplement to The Art of Getting Well

Bee Pollen is a RAW SUPERFOOD that when it is Organic and FRESH can do Miracles, don't buy anything less than that!!

Bee pollen is a food and it acts faster and more **efficiently** if it is taken raw at meals, especially with fruits, which because of their fiber, permits pollen to cleanse the intes-

tinal flora. Raw pollen will be moist not dry. High-quality, fresh pollen consists of soft, **fragrant**, pliable granules that are neither Pasteur (Cont. on next page)

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([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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ized nor heated. However, eating it raw is best, never cook it or add it to boiling water or food that requires **heating**. Heat destroys the live enzymes in the pollen and lowers its nutritional value. **Do not** buy bee pollen that comes in tablet form – heating the pollen during compression will destroy its enzymes and vitamin C content. It is a raw food and should be enjoyed as such!

Over **forty** bee pollen studies have confirmed bee pollen to be safe to consume. Bee pollen benefits your body virtually instantly. From the moment you swallow it, the bee pollen granules begin to pass through the lining of your **stomach** into your blood stream. Within two hours it can even be found in your cerebrospinal fluid!

It should go without saying that everyone should start with a very small bee pollen **dosage** to determine if it's safe for you to consume as each body is unique (this is the same for any live Superfoods). Anyone who is known to be allergic to honey or bees should **definitely** not consume bee pollen. You should also be extra cautious if you have an allergy to other types of insect stings or flower pollen and start by tasting **just one single bee pollen granule**. If you experience no negative side effects (itchy throat, tearing eyes, headache, etc.), slowly work your way up to a teaspoon... and then finally up to one **tablespoon** or more per day. Since the bee pollen benefits come from daily use in larger amounts, take as much as you feel you can tolerate. If you suffer from **allergies**, it is advisable to buy local bee pollen so that your body will build a defense to plants and allergens in

your area. Children begin taking 3 granules and add 2 granules per day to reach a **maximum** of ½ teaspoon daily.

The best place to purchase bee pollen is from a local **bee friendly** beekeeper that can be trusted. Pollen pellets feed honeybee larvae and worker bees, so harvesting bee pollen is a very **sensitive** business, and difficult to do without damaging or depleting the food source of the nest. That's why it's "essential," to obtain bee pollen only from small, trustworthy suppliers.

You want to make sure the pollen you get is free from **pesticides**, agrochemicals and that the bee colonies are not chemically treated. Bee pollen can be found in some grocery stores, health food stores and farmers' markets but do your **research**. The color of bee pollen is not an indicator of quality. It is most frequently a bright yellow, but red, purple, green, brown, orange and a variety of other colors can also be found. The best bee pollen will be a large variety of **colors** because that means the bees have been foraging on many different types of flowers and trees.

The best way to tell if your bee pollen is **fresh** is to sample a few granules. Place the granules on your tongue and they should dissolve slightly. When you bite down the granules should mash under the force of your teeth. They definitely should NOT **crunch** or be too hard to chew. The best place to store your bee pollen is in the refrigerator or freezer. **UV radiation** (i.e. sunlight) and heat will destroy the nutrient value of pollen. Bee pollen stored in a cool dark place should keep for about one year.

The best-quality bee pollen is almost always vacuum packed. If pollen is collected under dry conditions

and **vacuum packed** in 36 hours or less after harvest, or if it is collected under humid conditions and flash-frozen the same day it is harvested and then vacuum packed, bacterial and viral contamination will be zero. Pollen produced and processed in the USA, Canada, New Zealand, Australia, Greece, Spain, and Turkey is almost always packed almost as soon as it is **harvested** and is mostly quality checked for contamination.

New Zealand pollen, particularly from the **manuka groves** in New Zealand (know as Tea Trees in Australia) is frozen within two hours of harvest. It's never heated in ovens. It's never **adulterated** with chemicals. It's kept fresh and sanitary and vendors who take care to maintain the quality of their product right up until the time it's shipped sell it.

While some will say that we do not need Superfoods, that humans can get everything they need from fruits and vegetables, humans are complex **biochemical** organisms with a wide range of nutritional requirements due to the increased stresses of modern lifestyles. Live Superfoods offer a major support for increasing human longevity potential. Even among the raw living food diet **community** there is a division between what is known as a "natural hygiene" type of diet (who say you *only* need to eat fruits and veggies) and a "Hippocrates Health Institute type of diet" (which happens to emphasize **supplementation** with live Superfoods and herbs etc).

Dr Brian Clement PhD, NMD, LN, director of the Hippocrates Health Institute in West Palm Beach, Florida says, "Well before the term 'Superfood' was coined, there was a universal **understanding** among (Cont. on next page)

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well-educated health **practitioners** about the superior health benefits that were gained by consuming either flower or bee pollen. Although many vegans will not **partake** of the bee variety, they have the option to consume the hand harvested flower type. Over millennia, physicians have written about the extraordinary benefits gained via the consumption of these flower pellets."

Contrary to what some people believe, bee pollen is also not an animal product, it is a plant product that is made by the plant during the normal **reproductive** cycle. The pollen is simply the male "egg" that fertilizes the female's egg (though unlike most humans plants usually contain both male and female reproductive parts). Unlike honey, royal jelly, or propolis, which are all **produced** by the body of the bees, bee pollen is suitable for vegans and vegetarians.

When looking to purchase bee pollen please look for small, local beekeepers that lovingly and **committedly** honor, protect and serve their bees vs. mass manufactured products. Not all apiaries are kept for human necessities; some apiaries are developed for the benefit of the bees and for the benefit of the envi-

ronment. In parts of the world with minimal bees, apiaries are set up to encourage the local flora to grow and flourish, and the pollen from these ventures is incidental, not **manufactured**. Like all factory farming, beekeeping has morphed into an industrial process, which puts profits ahead of animal concerns.

You will be delighted to find that conscious **beekeepers** are able to remove the pollen from the beehives without doing any harm to the bees or disrupting their routine while also leaving enough to feed the colony. On the other hand extraction of honey, propolis and royal jelly also is very stressful on the bees and very **disruptive** of their hives.

Collecting the pollen from the hives does not deprive either plants or bees of the food they need if done by a natural beekeeper that is **considerate** of the bees, the environment and the final product. From an environmental standpoint, it only takes one grain of pollen to create a seed. Thus, it is recommended that you buy your pollen from a trusted source, knowing that

bees are not harmed, and the pollen is clean.

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In addition to the Physical Benefits... The EMOTIONAL, MENTAL and even SPIRITUAL sides of BEE POLLEN have been celebrated throughout HISTORY!!!

In addition to all of the physical benefits of bee pollen it also has some amazing mental, emotional and spiritual benefits. One of the many **components** of bee pollen is a full array of amino acids. Amino acids feed our brain and in particular our **neurotransmitters**. Bee pollen is a natural formula of key "neuro-nutrients" to supply your brain with the raw materials it requires for normal neurotransmitter production.

Thoughts, feelings, and behaviors

are a function of neurochemical processes in the brain. Brain cells (neurons) manufacture and release these **chemical** messengers (neurotransmitters). These chemicals make the brain function by allowing communication between one nerve cell and the next. Stress of any kind related to addictions, lifestyle choices, poor diets, genetic makeup, or **external** circumstances (chemicals, toxins, environmental pollutants, etc.) interfere with neurotransmitter output. The result is chemical imbalance in the

brain.

Brain chemistry imbalance is associated with changes in your thoughts, feelings, and behaviors. As your supply of neurotransmitters drops below critical levels, it becomes nearly impossible for you to feel happy, motivated, or mentally clear. Neurotransmitter **deficiencies** can be expressed as both psychological (behavioral pattern) and physiological (Cont. on next page)

In addition to the Physical Benefits... The EMOTIONAL, MENTAL and even SPIRITUAL sides of BEE POLLEN have been celebrated throughout HISTORY!!!

cal (physical craving) problems. Amino acid replenishment provides nutrition to overcome physiological problems.

Symptoms of neurotransmitter **imbalances** include: depression, lifelessness, moodiness, irritability, sleeplessness, anxiety/panic, fogginess and **cravings** (for anything that will force a brain-chemical change, including drugs, nicotine, carbohydrates, compulsive or dangerous behaviors).

By providing **nutrients**, and in particular amino acids, for neurotransmitter production, bee pollen helps to restore brain chemistry balance and related feelings of well-being and **satisfaction**. It can relieve brain fatigue, help you to think more clearly, be more alert and have you feel more positive and focused. With your neurotransmitters balanced you can sleep better and feel more at **peace and relaxed**. Cravings or addictions can decrease and memory, concentration and focus can also improve.

Here are some of the many Amino Acids contained in bee pollen that directly affect us mentally and **emotionally**:

- Valine - helps calm emotions
- Leucine - increases alertness
- Phenylalanine - antidepressant, improves memory and reduces hunger
- Methionine - reduces withdrawal symptoms and depression
- Tyrosine - helps with depression and fatigue
- Glutamic acid—improves concentration, helps to decrease the craving for cravings and addictions.
- Tryptophan - anti-anxiety and anti-depressant

Bee pollen has been **demonstrated** to help overcome mental developmental problems in children and it also has proved to help both children and adults with ADD/ADHD.

When you are **emotionally** and mentally balanced you also are able to hear the quiet voice of your soul clearer.

Given the Owners of Carolina Aramburo Coaching are VEGAN, we, per principle, want to acknowledge that Bee Pollen is considered by many as NOT a RIGOROUSLY said VEGAN Product, but it's **debatable**. Many experts say is NOT ACCURATE since it is totally PLANT BASED. The Bees are the collectors but it is not an Animal Product, since it is made from PLANT POLLEN. But, also many say it is not **Rigorously** Vegan because we are 'exploiting Bees' thus still not complying with the strict principle. We recommend choosing what resonates with your HigherSELF!!!

And we want to share something lightly spiritual and totally profound about Bees, the **miraculous** creatures that collect, nurture, distribute and enhance flower pollen in bee pollen. Food for thought....

Referred to, as "Birds of the Muses" bees have been considered sacred by many cultures. In Hinduism, the Bee relates to Vishnu, **Krishna** or Kama, the God of Love. The Hindu gods Vishnu, Krishna, and Indra are called madhava, the "**nectar-born ones**," in the Rig Veda. Vishnu is often symbolized by the vision of a blue bee sitting on a lotus, while Krishna has a blue bee on his forehead.

In **Egypt**, the Bee symbolized royalty. In Greece, it was the symbol of the Eleusinian Mysteries. The sacredness of the bee has a long history in Greece. Aristotle, Pliny, and

others wrote that good souls could come back as bees. To the Greeks, the bee **symbolized** industry, prosperity, purity, and immortality. In many shamanic traditions the bee is considered among the great power animals, even though they are classified as insects. The bee is a shamanic symbol of fertility, community, prosperity, diligence and work ethic. The Celts **associated** the Bee with hidden wisdom. The bee has also been associated with the Sun and the Goddess according to Druid beliefs.

The **honeycombs** of bees are constructed in a six-sided shape, called a hexagon. The number six is symbolic of love, communication, balance and union. This geometric shape has had long mystical significance associated with it. It is a symbol of the heart and the **sweetness** of life found within our own hearts. It is also a symbol of the sun and all the energies associated with it.

In the amazing documentary about bees, *Queen of the Sun*, directed and produced by Taggart Siegel, there is a **spiritual** perspective that comes is very clear. Many of the beekeepers talk about the **reverence** they have for these creatures of God that are the great nurturers of life and fertility. Michael Thiele, former San Francisco Zen Center beekeeper is a biodynamic beekeeper that said: "In the beehive, all the individual members dedicate their lives for the bigger entity. Sometimes I believe **monasteries** are imitating a beehive. There is this formalized striving for **selflessness**, for letting go of ego for the totality of life. . . .20,000 – 60,000 bees are one undivided entity." St. John Chrysostom in his twelfth homily said: "The bee is more honored than other animals, not because she la (Cont. on next page)

In addition to the Physical Benefits... The EMOTIONAL, MENTAL and even SPIRITUAL sides of BEE POLLEN have been celebrated throughout HISTORY!!! (Cont.)

bors, but because she labors for others." Indeed, the bee works unceasingly for the **common** good of the hive, and obeys without question what sometimes appears to be an inequitable hierarchy.

We have so much we can learn from these **beautiful** creatures. The intense focus, singular commitment, love, and selfless service of bees are what we need in order to ensure the survival of the bees. It is up to us to **provide** all that we can for them.

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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: 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 their methodology: Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms of 150+ to 1200 people** and individual people who came to the microphone. In addition to this, I coached teams of people who worked with me in both group and individual set-

tings. These included managers among other individuals. This coaching was on **both personal and business topics**.

My experience, training and unspeakable privilege of coaching people prior to and since leading the Landmark Forum has allowed me to have access to the **utmost training and practices for years**. Also, it absolutely gives me the **confidence** to coach **anyone on anything**, under any circumstance, and that the person attributes this **success to my coaching**.

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