

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 20th Newsletter, I want to talk to you about replenishing your body and the impact of different types of water on your body.

In order to put the rest of the **news-letter 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](#).

### CHERISH YOUR BODY AND FLOOD IT WITH WATER!!!

This week we have been looking at water and how it impacts your body and your health. Our human bodies, no matter what our size, are composed of **more than 60% water**. Our blood is 92% water. The brain and muscles in our bodies are 75% water and even our bones are about 22% water. Water is so important that we can go for up to a month or more without food but **only a week or so without drinking water**. This all means that water is critical to us.

I want to reference my 1st Health Proposal as we look at water. You could say that the need for water is one of the "imperfections" of our body – If we do not provide it with adequate water, **our systems all begin to shut down**. Throughout my massive health journey over the last year and a half, I began to cherish this imperfection of my body. The normal amount of water was never enough for me to heal.

I, at times, had to drink **double the amount of water** that most resources said I needed. The medications that my doctors prescribed also depleted my water at times and left my body thirsty for the benefits that water provides. In the process of cherishing my body because of this imperfection, I began to seek out the kind of information about water that we have included in the newsletter and I gave my body what it asked for. I also made sure that I gave my body **water as pure** as I could find. I already had a lot of chemicals in my body from the drugs. I didn't want to add any more.

Water is a very interesting element whose properties keep life existing on planet Earth. Water is the only element that can exist in **three different states of matter** (solid, liquid & gas). Another mystery is how the density of water increases below the freezing point & decreases above the freezing point. Many scientists believe that water's **structure is more important** than its chemical composition.

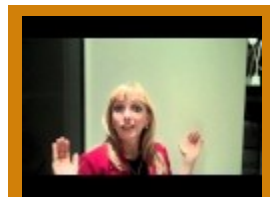
One of the dangers to life as we know it is the amount of pollutants that are seeping into our **ground-water systems**. Over 95% of the Earth's accessible freshwater is in underground reserves, which are being polluted by various contaminants that seep into our underground supplies. Scientists are looking at ways that we can protect our water sources and improve the management of them. But for now – we are **clearly killing off** the supply of one of the most important elements on the planet.



CAROLINA ARAMBURO

So what is the right amount of water for you to replenish your supply? While most doctors will tell you to drink **at least 8 glasses** of 8 ounces a day, there is an amount of water that best suits your body. Even when you listen to your body and determine what that amount is, you need to pay attention each day as it could shift. The body, for example, needs **more water in the summer** than in the winter because of the amount we lose as we perspire. I would recommend you start with 7 glasses and then continue adding water until reaching the amount that is best for you. For people who live in the south it will always be different than those who live in the north simply because of temperature differences.

(contd. on next page)



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## CHERISH YOUR BODY AND FLOOD IT WITH WATER!!!

Lots of research about bottled water concludes that it is still **full of contaminants** including, but not limited to, caffeine, pharmaceuticals, heavy metals and minerals like arsenic, fertilizer residue (nitrate and ammonia) and industrial chemicals.

The standards for bottled water is the **same for tap water** and the bottled water industry is not

required to disclose the results of any contaminant testing they do.

So, I personally drink reverse osmosis water, spring water and filtered water. I listen to my body and drink **10+ liters of water a day** even now when my medications have been lowered and I do not need as much water. I know that when I drink sufficient water I feel better, I have more energy, my skin is less dry, my **circulation is better** and my body

cleanses faster. My immune system works better, my blood is more pure, and my organs clean themselves faster. So begin cherishing you body today and make sure you give it the life forces that water provides.

### WITH ALL THE DIFFERENT KINDS OF WATER, WHICH ONE IS THE RIGHT ONE FOR ME???

There are so many claims that water is no longer just water. **What is best for you**; water that has undergone reverse osmosis (RO), energized water or pure water?

Detractors say that RO water is too pure and clean to be good because such perfectly clean **mineral-free** water does not exist naturally on Earth. They forgot about rain. Human beings have relied on drinking rainwater for thousands of years without any **negative health effects**. It has only been recently that rainwater has been polluted by the industrial age and man's pollution of the skies.

With all the scientific research that has been done over the years on **reverse osmosis water**, none has ever documented any negative health effects from water treated by this method. RO is just a normal film based filter that pushes water through a film-membrane from one side to the other. **It works** just like every other filter mechanism you have ever seen throughout your life. Water vapors and molecules are small enough to pass through the **semi-permeable** membrane, but contaminants are not.

Energized water was discovered by a French researcher. He was able to measure the energy of the earth and water, using, what he called, the **Bovis Scale**. Neutrality is based at 6,500 Bovis units, anything below that number is considered depleted or negative. The index for most water resources is below 4,900 Bovis Units. Tap water comes out at 2,500 Units. This may **account for illness**, disease and a diminished life span, as cancer has been read at 4,700 Bovis Units, while most other states of depletion or illness range from 5,700 to a low of 3,600 Bovis Units.

Imagine taking in water that actually

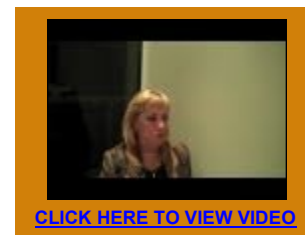
provides the body with an innate ability to begin its own healing. In a time where skepticism abounds, **scientific research** is king, and triple blind studies are the norm, water energizing and vitalization processes will be questioned, and with good reason. The only way to determine if this energized water is effective is to try it. That's the easy part as it is inexpensive and **maintenance free**. Even the FDA has taken a look at the product line and concluded that there are no chemicals or additives being used and they had no concerns about safety or side effects.

Few, if any, have tried the water and not seen some results. Our physical body consists of over **70 percent water**. If that water happens to deplete our systems of energy, we become susceptible to diseases, ailments, germs and viruses. On the other hand, if we increase the energy of water to **10,000 - 12,000 Bovis Units**, we increase our ability to eliminate, reduce and prevent illnesses.

So what about pure water? "It's important to know that more than 95 percent of the Earth's accessible **freshwater is in underground reserves**. That's water we pump from the ground and drink and use for irrigation and for industry," says hydrologist Prof. Brian Berkowitz, head of the Department of Environmental Sciences and Energy Research at the Weizmann Institute of Science.

However, this valuable water is not sufficiently protected. A wide range of contaminants can seep down into groundwater supplies. Recently, Berkowitz and his team turned their attention to a significant new problem: **pharmaceutical compounds** showing up in water supplies. Prof. Berkowitz explains that drugs such as antibiotics and antidepressants, and hormones, including those used in birth control pills, are not completely absorbed by our bodies; rather, they are excreted in urine and flushed down the toilet. However, **wastewater treatment plants typically can't remove these compounds**.

As with any product, please **do the research and educate yourself**. Try different ones out and always listen to your body when it comes to what you are putting in it.



Water is a critical part of who we are. It is super important for us to replenish our body with the right amount of water and the right type of water that our body needs. Putting water through reverse osmosis is an effective way to get rid of its contaminants. Although critics have been against it for being mineral free, it has not been shown to have negative health effects. Energized water that is high on the Bovis Scale may provide amazing health benefits, such as eliminating, reducing or preventing illnesses. Pure water is not sufficiently protected and contaminants, such as antibiotics excreted into the water system through our urine, can seep into the groundwater supplies.

Be sure to drink lots of water when undertaking physical activity. It may not be enough to drink only when you're thirsty. Listen to your body and find the best drink for you: fruit juices with water, sports drinks, or flavored water. Coconut water is full of treasures. It supports your immune system, is great for your digestive system and can even be used as an IV when regular IV's aren't available! I propose that you cherish your body and make sure your body gets both the amount and type of water it needs. You deserve it!!!

## REPLENISHING YOUR REMARKABLE BODY

Don't rely on thirst alone to tell you how much you need to drink. You should drink about **two cups of fluid** two hours before physically challenging activity. That helps make sure you are well-hydrated before you ever start. Then, during the activity, try to drink **4-6 ounces every 15-20 minutes** to keep your muscles well-hydrated.

If your activity lasts an hour or more, either fruit juice diluted with water or a sports drink will provide **carbohydrates, for energy, and minerals, to replace electrolytes** (sodium, potassium, magnesium) lost in your sweat. Sports drinks like Gatorade, Powerade, and All Sport can give you a needed **energy boost** during your

activity. They are designed to rapidly replace fluids and to increase the sugar (glucose) **circulating in your blood**.

A sports drink will ideally provide around 14 grams of carbohydrates, 28 mg of potassium, and 100 mg of sodium per **8-ounce serving**. The drink's carbohydrates should come from glucose, sucrose, and/or fructose -- all of which are easily and quickly absorbed. It **shouldn't be carbonated**, as the bubbles can lead to an upset stomach.

Most sports beverages are well-diluted and contain relatively few calories. If the flavor of a sports drink helps you drink up and **maintain hydration**, by all means enjoy.

"**Fitness waters**" such as Propel are lightly flavored and have added vitamins and minerals. The additional nutrients are meant to supplement a healthy diet -- **not replace** losses from exercise. Fitness waters fall somewhere between sports drinks and plain water. They contain fewer calories and electrolytes than sports drinks, but **offer more taste** than plain water.

These "super-waters" are advertised as being enhanced with everything from vitamins, **oxygen and glucose**, to alleged fat-burning minerals. Keep in mind that the FDA does not require proof of this kind of claim. So we recommend you think of these **products as waters** that serve the purpose of hydration.

## 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 settings. 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**.

## COCONUT WATER IS JUST UNBELIEVABLY AMAZING FOR YOUR HEALTH!!!

One of the amazing things about coconut water is that it's got a very **similar electrolyte balance** to our own blood. It is also **identical to human blood plasma**.

Because of these properties, medical practitioners in some parts of the world regularly use it as an intravenous (IV) fluid when regular IV's are not available. Coconut water can also be used as a **blood plasma transfusion**.

Fortunately coconut water is **naturally sterile**, so it doesn't pose any safety issues. Here are some other benefits of coconut water:

- It's **high in** potassium, magnesium, vitamins, and minerals.
- It contains a **small amount** of natural sugars.
- It's **low in fats** - it does contain a small

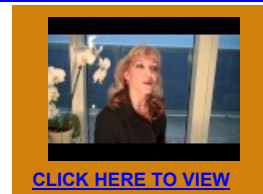
amount of lauric acid, a medium chain saturated fat which is really good for you. Lauric acid is naturally found in breast milk and helps with brain development.

- It **supports** your immune system.
- It's **great** for your digestive system.

Coconut water **beats dehydration** quickly and effectively. It is also lower in calories and contains less sodium than regular sports drinks; more evidence that food in its natural state is far **superior** to any human invention.

Jennifer Kooreny, MS, RD, an Oncology Dietitian for Seattle Cancer Care Alliance, has found that coconut water (**not coconut milk**) helps calm the GI tract and replace electrolytes during bouts of diarrhea.

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Because coconut water contains some **carbohydrates and the two electrolyte minerals** featured in sports drinks (sodium and potassium), it has been thought to be potentially helpful to avid exercisers.

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

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