

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 376th Newsletter, I want to give us a chance to consider the impact that dairy products 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. You can also read all of the articles in full HERE.

### LEARNING THE TRUTH ABOUT DAIRY CAN ALLOW YOU TO VASTLY IMPROVE YOUR HEALTH!!

Got milk? Think again about if you really want milk (or any dairy product). Many Americans, including vegetarians, consume a large amount of dairy products daily. Dairy products are by-products from cows and range from milk, cheese, yogurt, ice cream, and butter. Though there are a few health benefits to consuming dairy, many of the touted ones are promoted by the dairy industry itself and are incorrect and has a heavy cost, in terms of detrimental harm in the body. Add to that the fact that the dairy industry is potentially the most abusive to animals, and not only is dairy detrimental to your body, but also the environment. Dairy is linked to cancer, disease, illness, inflammation, skin rashes and conditions, food allergies and

intolerances, auto-immune disorders, mucus formation, inflammation, digestive disorders, and weight gain. The main health concerns that occur from consuming dairy include:

**Osteoporosis:** Milk has been touted as a way to create strong bones and prevent osteoporosis however a 12 year study completed by the Harvard school of medicine showed that bone strength did not improve and there was no decrease in fracture risk. In fact, the fracture risk of participants actually increased as the calcium from dairy increased. Many other studies have yielded similar results as well as showing no decrease in the chance of acquiring osteoporosis as milk consumption increases.

**Cancer:** Several cancers, such as ovarian, breast, and prostate cancers, have been linked to the consumption of dairy. Certain enzymes are needed to break down the sugar in milk. When milk is consumed in excess, and the appropriate enzymes cannot be produced for digestion it can negatively affect a women's ovaries. In fact, women who have a low level of enzymes that consume milk on a regular basis triple their rates for ovarian cancer. Milk also contributes to cancer cell growth because it contains a compound called insulin like growth factor (IGF-1) and nutrients that increase IGF-1 in people's bloodstream who consume milk. Men that consume regular dairy are said to be 4 times as likely to develop prostate cancer. IGF-1 also contributes to breast cancer in women.

**Disease:** Dairy products add a

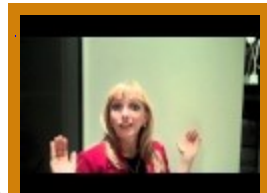


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fat, and sugars to the diet. Diets high in fat can increase the occurrence of plaque buildup in the heart elevating the chance of heart disease and other health complications such as obesity.

**Diabetes:** Research studies have shown that insulin dependence diabetes is linked to dairy consumption. A specific protein that is found in dairy is said to spark an auto-immune response in the pancreas that kills the cells responsible for producing insulin.

**Allergies and Congestion:** Many individuals do not possess the enzymes necessary for digesting dairy which can manifest as a dairy allergy or lactose intolerance. Symptoms associated with dairy consumption in these instances can include flatulence, digestive upset, constipation, and diarrhea. Dairy (Cont. on next page)



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## LEARNING THE TRUTH ABOUT DAIRY CAN ALLOW YOU TO VASTLY IMPROVE YOUR HEALTH!! (Cont.)

consumption is also linked to mucus formation, seasonal allergies, and skin allergies.

**Vitamin D Toxicity:** Most often the vitamin D levels reported in dairy are very inaccurate, in some cases they can be 500 times the labeled amount. Excess Vitamin D consumption can be toxic and may result in elevated calcium levels in the blood and urine, calcium deposits in soft tissue, and aluminum absorption in the body.

**Contaminants and Hormones:** Synthetic hormones such as recombinant bovine growth hormone and antibiotics are given to dairy cows to increase milk production and keep the cows from getting sick in their abusive and unsanitary living environments. Since cows are being forced to produce an unnatural amount of milk, their mammary glands become inflamed and puss, blood, antibiotics used to treat this condition and others, and hormones are transferred into the dairy that we consume. Consuming antibiotics through milk can impact normal hormone function.

**Pesticides,** polychlorinated biphenyls (PCBs), and dioxins are other examples of contaminants found in milk. Dairy products contribute to one-fourth to one-half of the dietary intake of total dioxins. All of these toxins do not readily leave the body and can eventually build to harmful levels that may affect the immune, reproductive, and the central nervous systems. Moreover, PCBs and dioxins have also been linked to cancer.

Other contaminants often introduced during processing of milk products include melamine, often found in plastics, which negatively affects the kidneys and

urinary tract due to their high nitrogen content, and carcinogenic toxins including aflatoxins. These are additionally dangerous because they are not even destroyed in the pasteurization process.

Does it sound like dairy products labeled "organic" is the answer? Think again because it isn't. The only advantage that organic products have is that they do not contain antibiotics, hormones, or an arsenic-based additive. Many organic and free-range farms cram thousands of animals together in sheds or mud-filled lots to increase profits, just as factory farms do, and the animals often suffer through the same mutilations, tortures and have no medications so that the end products can still be labeled as "organic" or "natural". Also most "organic" animals are killed in the same filthy slaughterhouses as animals from factory farms, so their flesh is subject to the same potential for bacterial contamination from unsanitary conditions. Finally "Organic", "natural," and "humane," dairy products are still laden with artery-clogging saturated fat and cholesterol, just as all animal products are.

The negative health impact of dairy products is literally being overridden by the myths promoted by industries that promote dairy. I was on a vegetarian diet most of my life knowing that I was healthier that way. I was, however, still consuming a small degree of dairy and eggs. When, in my health journey, my natural healthcare professionals took me off of dairy completely with my whole food, plant based raw vegan diet. I experienced, in my own body, the lie that "milk gives you calcium". I was shocked to see that, when I remove dairy from my diet, not only my bone density go up immediately but my kidney function, (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](http://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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liver function and intestinal functions improved quickly also, and I was free of various other "**allergens**" that I had suffered with (caused by bacteria, antibiotics and other chemical pumped into cows).

I personally think you can obtain all the **good nutrients**, etc. that you intend to obtain from dairy, from a very well balanced, whole food, plant based diet!!

Do your self a **huge favor** and dig deeper than what the media allows you to know and really do the research about how amazing your health can be without dairy!

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

## THE BENEFITS WE ARE BEING TOLD WE CAN HAVE BEEN TOLD WE GET FROM DAIRY CAN BE GOTTEN IN MUCH MORE HEALTHY WAYS!!!

There are numerous ways to get the **touted health benefits** from dairy, in better forms, through a whole-foods plant-based diet.

**Calcium**, which is imperative for bone and teeth health, can be acquired through a variety of foods such as dark leafy greens, almonds, flax seed, sesame seeds, brazil nuts, and herbs such as dried savory, **celery seed**, thyme, and marjoram. These forms of calcium are not processed or pasteurized and assimilated more efficiently by the body than that consumed through dairy. They also have anti-**inflammatory** properties which can help treat and prevent disease and illness.

**Vitamin D** is another essential vitamin that is found in dairy products that supports the absorption of calcium. It also helps with boosting **brain function** and your body's immune system. The good news is that it is a completely free vitamin that you can get almost every day of the year. By going outside and having direct **sunlight** on your legs, arms, back, or head for 20 minutes, 2-3 times a week, your body will produce the vitamin D that it needs. There are also vitamin D fortified milk alternatives such as **almond**, hemp, and coconut milk.

**Potassium** is another important

nutrient that is found in some dairy products such as yogurt; however it can be found more **abundantly** in plant-based foods like coconut water, bananas, beets, **sweet potatoes**, and white beans. Potassium is essential for movement, sleep function, heart health, and skeletal and muscle health.

Some yogurts are also advertised as helping digestion with their naturally occurring probiotics. **Probiotics** are good bacteria that help to balance out our gut and breakdown food and are essential for optimal digestive functioning. What many people don't know is that the pasteurization process of **dairy kills** many of these probiotics. The large amounts of antibiotics we absorb through dairy also kill off these **good bacteria** in our own digestive tract. A great way to acquire probiotics is through raw, unpasteurized, **fermented** vegetables. If these are difficult to find you could also take a probiotic supplement. As always, we recommend getting your nutrients through a balanced diet over a supplement.

Many people **consume low or non-fat** dairy as a quick source of protein that does not contain much fat however there are far

better sources of low-fat protein. Some of these include legumes, nuts, and **seeds**. Legumes for example, are packed with heart healthy fiber and nutrients that can fight disease, and also contain zero grams of fat. They keep you more satiated than dairy and also release sugar into the blood stream slower than dairy does which will ward off **fat storage** and keep your energy stable.

If you have spent a large portion of your life consuming dairy there are definitely ways to reverse the damage. In addition to the foods mentioned above, a **diversified** plant-based diet that contains fruits, vegetables, root vegetables, **legumes**, nuts, seeds, and whole grains is very medicinal and can actually **reverse any harmful effects** that dairy has created in your body through detoxification and repair.

Exercise can also help in reversing any harmful effects of dairy. Exercise is proven to **reduce fat**, lower cholesterol, increase energy, enhance circulation, and help your body with detoxification. **Eliminate dairy** from your diet and your body will thank you!



## MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UN-**

**PRECEDENTED** transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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## DAIRY CREATES a BIG Physical, INTELLECTUAL, EMOTIONAL AND SPIRITUAL IMBALANCE!!!

There is a much **larger impact** that goes beyond the impact on your physical body when consuming dairy. The **consumption** of dairy affects things on a much larger scale. According to quantum physics, a **proven science**, every form of matter is energy at its most fundamental level. When dairy is produced, animals are being abused, deprived of their natural needs, and living in very unpleasant environments. This negative energy is being **passed onto** and bottled with every glass of milk or dairy product then consumed by you.

The dairy industry is also detrimental to the environment. It is one of the largest contributing factors to **water pollution**, contaminating hundreds of thousands of gallons of water each year through the nitrate and methane contained in cow manure. Being a part of something that is so **damaging to the environment** can also be damaging to your health from an energetic perspective. These energetic implications

can manifest themselves as emotional, spiritual, intellectual, and even physical imbalances.

Our bodies were **not designed** to digest the milk of another animal. In fact, we are the only mammal that does this, and the only mammal that consumes any type of milk after infancy. Even without having **lactose** intolerance, there is typically a slight allergic reaction in the body that may not even be noticeable. Dairy is also very difficult to digest regardless of allergies.

Forcing your body to do more work than it needs to, and constantly bombarding it with **compounds** that create an allergic response can create emotional disorders, **mood disorders**, stress, and lack of mental clarity. Research has proven that dairy is linked to **ADD, ADHD**, depression, anxiety, aggression, as well as learning and memory problems. If experiencing issues like these, your diet and in par-

ticular you **dairy** consumption is one of the first places you should look.

If you have been consuming dairy, clearing any emotional, intellectual, spiritual, and/or energetic **imbalances** can be done through various practices. Some of these practices include Reiki, meditation, chi gong, acupuncture, yoga, journaling, and personal coaching. What's **most important** is to find what works for you and that you maintain a consistent **daily practice** to free up any blocked energy so you are able to listen to the quiet voice of your soul. Listen to your body and all of the **cues you receive**, the more in-tune you are, the more you will be able to figure out the **exact combination** you need for optimal health and wellness. By eliminating things that can **cause imbalances like dairy**, you'll get there much faster!