

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 27th Newsletter, I want to give us a chance to consider the difference that detoxifying our bodies makes in our 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 and go back and watch them. You can also read all of the articles in full [HERE](#).

HEALTHY DETOXIFYING PRACTICES CAN HAVE A MAGICAL EFFECT ON TAKING YOUR BODY TO MAGNIFICENT NEW LEVELS!!!

Our body has a natural detoxification system in our organs (our liver, kidneys, and lungs). When our bodies are not able to remove everything, we can use detoxifying tools to eliminate everyday things from our environment like the air we breathe and what we put in our bodies. In this newsletter, I want to focus on how detox treatments can cleanse your body of toxins and can help counteract some long-term damage to our health and well-being.

On our Fan Page, this week, we have articles that will point out all of the physical, mental, emotional and spiritual benefits of detoxification. We give you a perspective on how a healthy detoxifying program can be an important tool to eliminate toxins and make you feel refreshed and renewed. They also cover dif-

ferent ways to detoxify so that you can determine what the best option is for you. If you read through the full articles you will learn new techniques that will keep your body thriving.

Detoxifying was such a helpful tool for my body. Because of my acute stress disorder I was not able to release toxins from my body naturally. The normal pathway for toxins to move out of the body is through the liver, which takes harmful chemicals and makes them water-soluble molecules that can be flushed out. At points during my health journey my liver and kidneys were not functioning properly. I used particular juices and natural remedies to detoxify my body. I would detoxify anywhere from 3 to 21 days during different points of my healing process. This allowed my body to focus on self-healing, with my goals being anything from raising my energy levels to stimulating digestive health, clearing headaches, cleaning my kidneys, improving concentration and focus, disappearing allergies, sleeping better and so much more.

Through further research I found that when I was not detoxifying, I could avoid or limit my exposure to toxins by:

- Eating natural, unprocessed, and organic foods (that contain no sugar except for the occasional bit of honey or maple syrup).
- Eating foods that were grown in my native environment. In other words, eat locally grown, seasonal foods.
- Eating unpasteurized dairy products (such as raw milk)



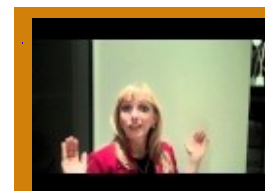
CAROLINA ARAMBURO and fermented foods.

- Eating at least one-third of my food raw.
- Making sure I ate enough healthy fats, including those from animal sources like omega-3 fat, and reducing my intake of omega-6 from vegetable oils.

We also get toxins from our environment; from things like pesticides, chlorine, bleach, ammonia, and carbon monoxide. When tested, many people show traces of heavy metal chemicals in their body that have completely been absorbed through their environment.

Cleansing and detoxifying have been used in Eastern cultures as a way to maintain optimal health and prevent disease.

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HEALTHY DETOXIFYING PRACTICES CAN HAVE A MAGICAL EFFECT ON TAKING YOUR BODY TO MAGNIFICENT NEW LEVELS!!! (Cont.)

The first and most obvious transformation my body made was on a physical level, but I soon realized it affected all areas of my well-being. It allowed me to relax so that I was in a better state of mind and it gave me the opportunity to be calmer during my meditations and healing

work. **Detoxifying really cleansed my mind** and the result was truly healing.

Before you detoxify please make sure you are in **good health**; this is not an option to consider if you are not feeling well. If you do not cherish your

body by listening to it or **speak with a doctor first**, you can deteriorate your health even further, making you very sick. So please listen to your body and if it is right for you, I would love for you to join me on this **journey of optimal health and well-being by detoxifying**.

DISCOVER THE UN-FREAKING-BELIEVABLE PHYSICAL EFFECTS THAT DETOXIFYING CAN HAVE ON EVERY SINGLE INCH OF YOUR BODY!!!

Industrialization has reached many of the foods we eat daily. Chemicals used for preservation, and many other uses, have been **found in our foods** and in some cases may prove hazardous to our health.

The new trend today is detoxifying! What most people don't know is that the system of **natural detoxification** of our body is mainly composed of the liver and kidney. These two organs require a state of optimal health and proper nutrition to function properly.

How do these substances get in our bodies? The most common methods are through **foods sprayed with pesticides** and through additives and flavorings of processed foods or drinks. They can also be found in detergents used for washing clothes and carbon monoxide in the air.

Dr. Tanya Edwards, director of the Cleveland Clinic's Center for Integrative Medicine, often begins treating her patients with a change in diet to supply minerals and trace-elements. **Diets are not always the most appropriate way to detoxify**. Actually, the body simply needs specific nutrients to facilitate the work of its specialized organs. If these nutrients have difficulties detoxifying the body, **we must help them with specific diets**.

Before beginning a detox program, an individual should be healthy, have a healthy lifestyle and proper eating habits. Failure to comply with this can overload the liver in unpredictable ways. This can lead

to tiring it or even causing permanent damage in severe cases. This means that the diets are a very bad idea if you are suffering any illnesses because **it can affect the healing process**.

There are some essential metals (oligo-elements) that the body uses for proper functioning of cells, the immune system, and other body functions. They also **prevent cells from aging**, which is without a doubt important to maintain health.

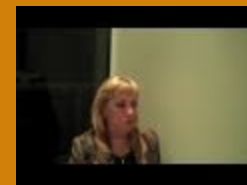
The serious problem is that the body tends to substitute items that are not available with other similar ones around you. This can lead to **macabre confusion**, which is something we must do our best to prevent. Macabre confusion is when:

- **Calcium is replaced by lead**, which is mainly deposited in bones, and alters the formation of red blood cells. This may lead to damages in bone health, as in the case of osteoporosis.
- **Zinc is replaced by Cadmium**, which tends to accumulate mainly in the kidneys. An excess of cadmium is associated with peripheral neuropathy (nervous system connectivity failure).
- **Magnesium is replaced by aluminum**, which, among other things, produces neurochemical change and has been identified as a contributing factor to the progress of Alzheimer's disease.
- **Manganese is replaced by**

nickel, which is a carcinogenic element.

It's a good idea to eat foods containing zinc, magnesium, manganese and calcium, ESPECIALLY after an illness. You can gain an excellent source of these metals by eating at least 30% of your food raw.

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The food we eat and the air we breathe impacts us on a physical, mental, emotional and spiritual level. Through healthy detoxifying methods we can **rid our bodies of the toxins** it collects in our everyday life. The first health proposal is about cherishing our body and the second one is about **listening** to it. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants. In my health journey, I listened to my body to connect with the **purifying, healing energy of detoxification**.

Listen to your body to tell you how to use various **detoxifying tools** to support you physically, mentally, emotionally and spiritually. You may notice **massive changes** in the power of your mind, your emotions, your physical health, and your ability to connect with Source/God/the Universe through detoxifying. I provoke you to go on this **enchanting journey** with me!

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DISCOVER THE UN-FREAKING-BELIEVABLE PHYSICAL EFFECTS THAT DETOXING CAN HAVE ON EVERY SINGLE INCH OF YOUR BODY!!! (Cont.)

We are talking about vegetables! It may be in salads, smoothies, juices and similar meals. Raw foods are the

purest form of nutrition you can put in your body. So please make sure you're getting the proper nutrients in

order to avoid this process of substitution of toxic metals, so that your body can **detoxify naturally**.

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 **UNPRECEDENTED** 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 **FULFILLING ADVENTURE!!**

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WHAT WILL YOU UNCOVER WITH DETOXIFYING ON A MENTAL, EMOTIONAL, AND SPIRITUAL LEVEL???

There is a belief that the process of detoxification is done purely on a physical level. Many television and movie stars with addiction problems fall back into their habits due to the fact that the clinics where they were attending **only focused on the body**. In some of the best cases, the detoxification clinics do focus on the psychological aspect but fail to understand the most important element. When we are physically addicted, our mind is addicted as well. My experience says that **detoxifying the mind takes even longer than detoxifying the body**.

Many people are surprised when they learn that a process of **mental and emotional detoxifying** is recommended to go hand in hand with the physical detoxification process (which certainly is not limited to substance addiction). Problems that seem to have absolutely **no physical connection** with emotions can be solved by detoxifying your mind. Issues ranging from constipation to cancer have been researched for the impacts that might be eliminated by detoxifying from **old**

emotional patterns.

During the detoxification process, it is common to **resurface old memories and repressed feelings** at a deep level (including a cellular level). In fact, there are people for whom detoxification is not only physical, but is also a **self reunion**. This can prove to be a great opportunity for you to put the mind in order; redefine who you are, where you are in life, and where to go, spontaneously **releasing your full potential**.

The ancient techniques of fasting, accompanied by modern knowledge of the efficient use of juicing and its benefits, if used regularly, are said to **contribute magnificently to complement the detoxification process** by providing the nutrients the body needs to work properly.

Detoxifying not only **purifies the physical body** and the mind, but it is said also to purify and cleanse the human aura or energy field (biomagnetic sheath). This enhances one's energy field and when the **en-**

ergy field is cleansed and enhanced, portals and leaks within the aura close up. Spiritual healers recommend this so that people are free to connect to their higher self with a clear mind.

It's not a good idea to only detoxify the body, postponing the mind and soul for a "better time". Nor is it suggested that you act alone on the mind or soul.

I tempt you to take on detoxifying as not only a cleansing of the physical you, but also of your mental, emotional, and spiritual self as well.

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.