

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 187th Newsletter, I want to talk to you about the differences between drinking filtered water and tap water.

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](#).

THE SOURCE FROM WHICH YOU DRINK YOUR WATER CAN MAJORLY IMPACT YOUR HEALTH!!!

Most of the time, we are not aware of what we are really putting into our bodies. From the foods that we eat to the liquids we consume, most of us rarely think about the effects that it has on our bodies. Whether we have noticed or not, the type of water we consume can have drastic effects on our bodies and our living. In this newsletter, I want to focus on the impacts that drinking tap and filtered water has over you and your body.

This week on our Fan Page, we have included articles that will offer you information on the difference between filtered water and tap water and the effects that it has on you and your health. These articles will cover the physical, mental, emotional and spiritual effects that these types of

water tend to have on your body and ultimately, your well-being.

Aside from not having enough water in your body, a major problem is what types of water we are taking in. In previous years, filtered water was not an option. Many/most people relied on tap water. With more discoveries of lead in tap water though, drinking filtered water has become more common. Tap water is nowhere near free from dangerous contaminants. Containing traces of lead, copper and fluoride, tap water has been said to be extremely unsafe for consumption. In addition to this, choosing to drink tap water has been said to:

- Be the leading cause of epidemic disease in developing countries
- Cause several types of cancer
- Cause a lack of physical development
- Cause several birth defects

Through the 1990's, Dr. Masaru Emoto, a Japanese researcher, performed a series of experiments observing the physical effect of words, prayers, music and environment on the crystalline structure of water. Emoto hired photographers to take pictures of water after being exposed to the different variables and subsequently frozen so that they would form crystalline structures. Emoto's photos show that different water sources produce different crystalline structures when frozen. For example, a water sample from a mountain stream or with the word "love" taped to the container show a geometric design that is beautifully shaped when frozen. On the other hand tap water, water from polluted water sources or with the word "hate" taped to the container are distorted and will be randomly form.

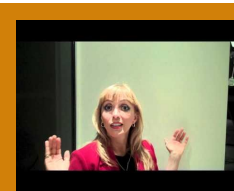
In turn water can impact humans



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emotionally, physically, intellectually and even spiritually. Dr. Emoto claimed, and studies have shown, that people may become upset or saddened by drinking contaminated water. Since the trash, metals and chemicals are taken out of filtered water, however, the emotions that a person has may tend to be a little more positive!

Physically, for proper mental development, having healthy drinking water is essential. In addition to causing improper mental development, drinking unhealthy water has been said to contribute to 480,000 cases of learning disorders in children each year in the United States. Children, including babies and toddlers, are more susceptible to improper development problems because their bodies are still developing and their exposure on a pound-per-pound basis is higher. They are also lacking the detoxification system that adults have, so it makes sense that they can be at a higher risk. (Cont. on next page)



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THE SOURCE FROM WHICH YOU DRINK YOUR WATER CAN MAJORLY IMPACT YOUR HEALTH!!! (Cont.)

I have always drank a lot of water. When I became very ill in 2010 and needed to stay home to heal, I had a **really high end filter** installed at home. I am now clear, from listening to my body and my excellent health coaches, that I cannot keep my body clear of toxins and chemical while putting more chemicals into it through the water I drink. I now drink **exclusively from filtered water** and when I am out of the house I fill my own containers with that filtered water. I do this because **bot-tled water** has been proven to be just as dangerous as tap water.

The Natural Resources Defense Coun-

cil conducted a four-year review of the bottled water industry and the **safety standards** that govern it, including a comparison of national bottled water rules with national tap water rules, and independent testing of over 1,000 bottles of water. Their conclusion is that there is **no assurance** that just because water comes out of a bottle it is any cleaner or safer than water from the tap.

And in fact, an estimated **25 percent** or more of bottled water is really just *tap water in a bottle* -- sometimes further treated, sometimes not. To make matters worse recent research has shown

that chemicals called phthalates, which are known to **disrupt testosterone and other hormones**, can leach into bottled water over time from the plastic in plastic bottled water. Thus, being AS MINDFUL **as possible** to get for yourself the CLEANEST filtered WATER that you can, may be one of the MOST BRILLIANT ways to TAKE care of YOUR BODY and cherish and honor your only home (your physical body).

Listen to your body as it calls for the healthiest water possible to **nurture your body, mind and spirit!** Join me in a healthier water path today!

TAP WATER CAN TRULY BE DAMAGING TO YOUR PHYSICAL HEALTH!!! HAVE YOU MADE THE SWITCH TO FILTERED WATER???

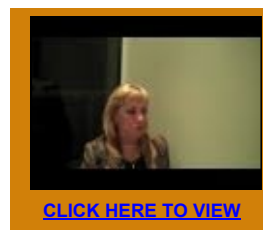
Drinking different types of water can have its benefits and hindrances. Whether you decide to drink filtered or tap water can **vastly impact you physically**. Many individuals, not knowing the different effects of each source of water, have no preference of either and just choose to drink whichever is available.

Unknowingly to many individuals, drinking water straight from the **tap can cause numerous health issues!** This is mainly because tap water hosts a whole array of contaminants including: microorganisms, disinfectants, disinfectant byproducts, inorganic chemicals, organic chemicals and radionuclides. It may includes **arsenic**, barium, copper, mercury, and/or lead. Lead, as an example, is a metal that is found in natural deposits, and has its greatest exposure when it is swallowed or inhaled. Having lead in your drinking water can **host a variety of adverse health effects**. In babies and children, exposure to lead in drinking water can result in damaged physical

and mental development and can cause deficits in their attention span and learning abilities. For adults, **it can cause an increase in blood pressure** and be the leading factor in developing kidney problems or high blood pressure!

While tap water can have such a large negative impact on you and your health, moving over to filtered water could be the improvement that you need! **Water filters could be the safest and healthiest solution when it comes to drinking water.** They may remove more dangerous contaminants than any other purification method and can be uniquely designed to work with municipally treated water.

Although lead is rarely found in source water, it enters tap water through **corrosion of plumbing materials**. This can especially be seen in homes that were built prior to 1986 because they are more likely to have **lead pipes**, fixtures and solder. New homes, (Cont. on next page)



The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn all of its needs including the need for pure **uncontaminated water**. I experienced **incredible changes** to my life and to all aspects of my well-being through listening and acting on what my body told me. **Learning** to listen to my body was one of the best things that ever happened in my life!!

Besides listening to your body I also **recommend** you find a Health coach. We are ready to bring RADICAL health to you NOW by working with you to bring your **unique** precious body to optimal health with a complete customized approach that works for you! If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division here: www.CarolinaAramburo.com.

TAP WATER CAN TRULY BE DAMAGING TO YOUR PHYSICAL HEALTH!!! HAVE YOU MADE THE SWITCH TO FILTERED WATER???

however, are at risk as well.

Even with the **"lead-free" plumbing** that has been created, up to 8 percent of lead may still be contained! To avoid these

health risks that you could potentially attain due to lead being in your water, purchasing a filter may just be the best solution for you and your **family's health!** You may not notice the differ-

ence now, but eventually, you'll very likely be thankful for making the change from tap water to filtered water!

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!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



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WHAT MENTAL, EMOTIONAL AND SPIRITUAL BENEFITS WILL YOU DISCOVER BY MAKING THE SWITCH TO FILTERED WATER???

Choosing to drink filtered water over tap water may be key in keeping not only our body healthier, but our **brain and brain chemicals** healthier too. Contaminated water has been said to cause emotional reactions such as **anger and irritability** in its consumers. Also, studies have shown that it causes many mental defects in children and adults. Consuming tap water as opposed to filtered water can mean consuming many **harmful toxins and chemicals that affect the neurological system**, which in turn slow down the learning process for children.

Taking just one chemical in tap water, fluoride, we can find several adverse affects. According to the Fluoride Action Network there are at pre-

sent **24 independent studies** which have a direct link between fluoride contamination from city tap water and reduced IQ, especially in children who are more vulnerable due to **developing** brains. The most recent one comes from *Harvard University*, which also came to the same conclusion, namely that of "the possibility of adverse effects of fluoride exposures on children's **neurodevelopment**."

Fluoride, has also been proven to calcify your pineal gland. The **pineal gland** is known, to many spiritual sources, as the physical gland that stores the capabilities of the "third eye" or the 6th chakra. This **chakra** is given credit for our intuition, our senses and grants us our sense of observation. Drinking **filtered water**,

without fluoride and other contaminants, may be one of the CRUCIAL ways to **expand** your spiritual connection! When choosing between tap and filtered water, I invite you to consider the impacts of each on your mental, emotional and spiritual health!!

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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