



CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 261st Newsletter, I want to give us a chance to consider the impact that **Gluten Sensitivity** 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](#).

We ALL have UNDETECTED GLUTEN SENSITIVITY and LEARNING about it CAN PREVENT and CURE DISEASE and EVEN DEATH!!!

THE 2nd BIGGEST BLIND SPOT for our optimal Health is to ASSUME that we are NOT Gluten Sensitive. Before you make the **mistake** that 90+% of the population makes, ask your self;

- A. Do I have **all** of THE Physical ENERGY I need during the Day **without** any chemical help (as caffeine, or sugar or anything like that)?
- B. Do I have all the MENTAL Clarity I used to have as a **20 year old**?
- C. Do I have **normal** bowel movements (after every meal) or am I a little **constipated** and **bloated** every day (i.e. I go to the bathroom only 1 time a day and am used to being a little

bloated) as 90+% of the people?

If you answer "NO" to any of these **questions** that means you are GLUTEN SENSITIVE but undiagnosed, and you could have a HUGE IMPROVEMENT on A through C, by **removing** gluten and replacing it in my DIET!!!

If you don't read this Newsletter for yourself, read it for the people that you LOVE. These are the smallest symptoms ... keep reading and you will **discover** how gluten sensitivity can go all the way to causing death....

Gluten Sensitivity and celiac disease are **very** controversial and widely discussed subjects. Gluten is the protein found in wheat, and related grains such as barley and rye, that gives elasticity to dough, which helps it rise, shape, and **possess** a chewy texture. At some level, EVERYONE is sensitive to gluten in the sense that it is very inflammatory on the body and UN-DIAGNOSED.

Statistically speaking, about 10% of **Americans** have diagnosed gluten sensitivity, and about 1 in every 133 Americans suffers from diagnosed Celiac Disease, but 33% of all Americans carry the genes for Celiac Disease and 99.99% when TESTED confirm TOTAL GLUTEN SENSITIVITY. The numbers are thought to be **higher** though, because studies predict that 97% of **people** who have gluten sensitivity or Celiac Disease go completely undiagnosed and the current medical model only recognizes the most

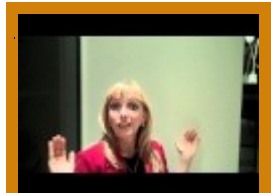


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severe form of gluten intolerance: Celiac Disease.

As its name suggests, gluten has a gluey texture. As such, we cannot digest the gluey gluten portion of the protein. This undigested gluten forms **deposits on the intestinal walls**, which the body recognizes as a foreign substance and sends the immune system into the area to "kill" this "foreign" invader. The local immune response in the digestive tract begins to cause inflammation and **damage**, leading to **digestive symptoms** like: bloating, diarrhea, constipation, gas, gastroesophageal reflux, gastritis, colitis symptoms, cramping, etc. Even diagnosed gastrointestinal diseases like IBS and Crohn's Disease invariably have a component of Gluten Sensitivity and/or be completely **misdiagnosed** Celiac Disease!

(Cont. on next page)



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We ALL have UNDETECTED GLUTEN SENSITIVITY and LEARNING about it CAN PREVENT and CURE DISEASE and EVEN DEATH!!! (Cont.)

This Immune System response creates **antibodies** to the gluten protein that sensitizes the body. The next time that gluten is ingested, the body again sees the gluten as foreign and sets up a continual **attack** every time gluten is eaten. In our society, gluten is eaten at least daily – even **3 to 6 times daily** – launching an immune system response each time!

The symptoms can be severe, mild or even absent depending upon the severity of your gluten intolerance – and can even be as **surprising** as unexplained **infertility**. The walls of the digestive tract are lined with immune cells and good bacteria that form a protective barrier. This lining **protects** against infectious agents such as bacteria, parasites, and fungus. If you continue to eat gluten, the constant inflammation wears away this immune barrier and makes you more likely to get **infections**, from colds to parasites.

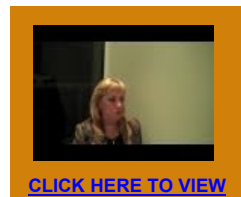
This also sets you up for conditions like 'gut dysbiosis' or Candida Overgrowth Infection. **Candida** is yeast that normally lives in the digestive tract along with the good bacteria. But there is a **constant** battle between the good bacteria and the Candida for space. When the good bacteria get killed from the immune reaction, it allows the Candida to take over that open space. This can set up a whole host of **problems**. This overgrowth of Candida further **compromises** our digestive capabilities and sets off more immune responses in order to get rid of the excess Candida. Another reason that Candida is a problem is that it **MUST** have sugar from our food sources to survive. When Candida is present in excess, then you now crave

sugary foods leading to a new series of issues like Diabetes.

The craving do not stop there ... gluten creates **gliadomorphin**. This morphine-like compound causes you to become physically **addicted** to the very gluten that is creating so many problems! This leads to a craving for **carbohydrates**. The process continues and the list of new cravings and addictions continue so that you are actually intolerant to and addicted to wheat, sugar and dairy ... all of which are the very things you need to be **avoiding** the most.

This inflammation also damages the lining of the **small intestine** where nutrients are absorbed. Since this lining is only one cell thick, when it is damaged gluten proteins and bacteria from the food you eat can actually leak out of the digestive tract and into your **bloodstream**! This condition of Increased Intestinal Permeability or **Leaky Gut** Syndrome not only creates a whole body immune reaction - but can contribute to what we call Early Symptoms of **Fibromyalgia**, and is the probable cause of other so called autoimmune disorders and most other chronic health problems!!

This damage can continue until the finger like projections of the small intestine, called **villi**, are completely **destroyed** leading to severe cellular damage and a condition called **villous atrophy** that sets you up for other so called autoimmune diseases and other serious chronic illnesses that get labeled 'incurable'. Our small intestines are the home for up to **70%** of our body's **immune system**. Gluten sensitivity causes extensive damage to the small intestines. Some of the immune system tissue that becomes damaged in gluten sensitivity are the tissues (Cont. on next page)



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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!**

We ALL have UNDETECTED GLUTEN SENSITIVITY and LEARNING about it CAN PREVENT and CURE DISEASE and EVEN DEATH!!! (Cont.)

that produce **antibodies** called Secretory IgA. **Secretory IgA** is one of the most abundant antibodies in the human body and is extremely important for killing pathogens that come into contact with mucosal tissue such as the sinuses, eyes, mouth, vagina, **respiratory tract**, digestive tract and urinary tract.

Some of the main noticeable symptoms from gluten intolerance are fatigue, **depression** and weight gain - often, gastrointestinal symptoms are not even present! When you don't properly absorb nutrients, you will have food cravings and feel tired. Without proper absorption of nutrients, mineral and vitamin deficiencies can develop. For example: **muscle cramping**, a common symptom of gluten sensitivity, can be a symptom of **magnesium** deficiency. An inability to absorb **calcium** can lead to osteoporosis. **B vitamin** deficiencies can create feelings of restlessness and an inability to relax, making sleep difficult - another common symptom of gluten intolerance. Unexplained anemia or macrocytic anemia fits into this category too.

The damage from gluten may also cause you to lose your ability to digest **protein** - which can lead to a deficiency in **amino** acids, the building blocks for neurotransmitters, one of which is **Serotonin**. Low levels of Serotonin are linked to depression and insomnia. If you don't absorb good fats, then you won't have the building blocks to synthesize **hormones**. This can create **hormone imbalances** such as Adrenal Gland Fatigue and poor thyroid function that will interfere with your immune system functioning and your ability to handle stress. Hormones also have a major effect on **metabolism** and the ability to process fat and carbohydrates. Imbalance in the hormone insulin can lead to weight gain and eventually to diabetes.

Celiac Disease is a **digestive** condition aggravated by gluten intolerance that damages the small intestines and caused nutrients to not be absorbed. When people who have Celiac disease eat gluten, it triggers an immune response in their **body** that kills off the villi that lines the intestines. Without healthy villi working to absorb nutrients from food, you'll become **mal-nourished** regardless of the amount of food you eat. Along with mal-absorption, the triggered inflammatory and immune response can **cause** a host of other problems in your body.

The **symptoms** of gluten sensitivity and Celiac Disease are very closely related. Some of them include:

- **Chronic** diarrhea (mostly Celiac)
- Vomiting (mostly Celiac)
- Pale, foul-smelling, or fatty stool (mostly Celiac)
- Weight loss (mostly Celiac)
- Low iron, **unexplained** anemia (mostly celiac)
- Bone loss or osteoporosis (mostly celiac)
- **Fertility** issues and miscarriages (mostly celiac)
- Autoimmune disorders such as Hashimoto's, Rheumatoid Arthritis, and Fibromyalgia
- Constipation
- Gas and bloating
- **Stomach** cramping
- Headaches or migraines
- Skin conditions such as **eczema**
- Aches and pains in muscles and joints
- Neurological **issues** such as dizziness, difficulty balancing, or peripheral neuropathy
- Circulation complications, tingling in the hands and feet
- **Fatigue**, exhaustion, chronic fatigue syndrome
- Lack of mental clarity, brain fog
- Water retention and inflammation
- Weight Gain
- Bone aches and joint aches

- Darkened or puffy circles under eyes
- **Depression**
- Frequent infections (including colds, flu, sinus infections, eye infections, vaginal infections, Urinary tract infections and gut infections)

Since the symptoms are so varied, it makes **gluten** issues very difficult to diagnose. It's important to note that as an adult, the digestive symptoms may be less dominant and the symptoms that aren't typically associated with a digestive disorder could be most prevalent. This is why it is imperative to really **pay attention** to your body.

You do not have to have gas or bloating to be gluten sensitive, gluten intolerant, or have Celiac disease. Oftentimes, in cases of **mental** or emotional disorders, fibromyalgia, chronic fatigue, and other syndromes, it could simply be a gluten sensitivity that is underlying the issue. It is always a good idea to **check** in with your body and see how sensitive you are to gluten if you ever experience any adverse conditions.

Many tests can miss gluten sensitivity because they are only about 60% accurate. If you **experience** any signs of gluten sensitivity, the best way to truly test for the level of that sensitivity it is through a 60 (Cont. on next page)

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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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90 day long elimination diet test. This will be discussed further in the nutrition section of the newsletter.

Once you have **determined** that your level of gluten sensitivity, it is imperative to get a medical test for Celiac. Please also see the 2nd article of our Newsletter, which has information about medical testing.

Though eating gluten with gluten sensitivity can cause many serious problems, eating gluten with Celiac **Disease** can be life threatening due to the fact that the mal-absorption and immune response can lead to very serious complications such as disease and cancer.

It is also **important** to note that gluten is in more than just food alone. Many over the counter medicines, vitamins, skin care products, beauty products, and make up also have gluten. Even the smallest amount of gluten in your system can trigger a **detritmental immune** response in the body for someone with celiac disease. Eliminating all forms of gluten is the only way to relieve you of Celiac Disease.

While medical practitioners recognize Celiac Disease, which is the most **severe** form of gluten intolerance, there is a whole range of gluten intolerance that is NOT recognized, but that can **profoundly** affect your health. Often, since western medicine **doesn't even look for** gluten sensitivity in the first place, and nothing else can be found wrong with them, they are told that they are "fine" - despite **ongoing** chronic problems. In fact, even for people who have 'true' Celiac Disease, it takes an average of **10 years** from the time they first seek medical help for their symptoms until they are diagnosed with the disease!!

If you have ANY chronic illness, from Symptoms of Fibromyalgia to Atrial Fibrillation to autoimmune disease, it is important that you make sure that **unrecognized** gluten intolerance is not the cause. If you **do** have gluten intolerance, unless you stop eating gluten, any treatment for chronic illness will likely only provide **temporary** symptom relief. Many people even find that the gluten intolerance WAS the **cause** of their problem, and once gluten is **eliminated**, the chronic illness is eventually eliminated too!! On my own **health** journey I have confronted that I never thought I

had gluten intolerance of any level. However, when I did the gluten intolerance test I found out the **surprising** news that I DO HAVE IT just as 99.99% of the POPULATION!!! I would first suggest that you do not make the **same mistake** I made and assume you don't have it, is safer to assume YOU DO!!! I have a non-obvious suggestion on the other side of this equation; with my **LIVING** Foods Raw VEGAN diet I found that I don't need to do the "gluten free diet" because it is NATURALLY Gluten Free. That is mostly the only solution for people with gluten intolerances of any **level**. I strongly recommend a Living Foods, Raw VEGAN diet, as it may be the answer to most of your **health prayers!**

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!!!

By ALTERING YOUR DIET you can PREVENT and HEAL ALL Symptoms!!!

The "gold standard" to test for celiac disease is an **intestinal biopsy** where a pathologist will check the sample for a condition called Villous Atrophy. However, the problem with using this method as the "**Gold Standard**" for diagnosing celiac disease is that you must have rather severe **gastrointestinal** symptoms to even **HAVE** the test done in the first place. And many people with Celiac Disease have **NO gastrointestinal symptoms at all** and some people have a condition

called Non Celiac Gluten Intolerance and have any **RANGE** of symptoms that may or may not have **ANY** gastrointestinal symptoms anyway! Further if the damage is not **extensive** then you may be told that you are fine ... even though ANY damage to the villi is an indicator that something is definitely working **improperly**. Skin tests will only be confirmed IF you have a **severe** reaction. Finally there are blood tests that test for the glutin protein gliadin. These

blood tests have a 'range' of normal values. So if you have **antibodies** to gliadin in your blood test, but they are in the "low" to "low normal" range, you will be told that your test is **negative**. Also, certain blood tests will be negative early on in the disease. So if you catch it early and get the tests done, they will be negative- and it's likely that you will not be **screened** again for the antibodies- ever. (Cont. on next page)

By ALTERING YOUR DIET you can PREVENT and HEAL ALL Symptoms!!! (Cont.)

Based on all of this the **best** way to test and treat your level of gluten sensitivity and Celiac is through proper nutrition. To test for gluten (sensitivity yourself, you can **eliminate** all forms of gluten for 60 - 90 days, then for 2 days add gluten back into your diet and **watch** for adverse reactions.

Paying attention to how your body feels while off gluten, and while on gluten is **imperative** to the process. First make a list of all your symptoms before you begin and rate each symptom 1-10 (one being that you are hardly bothered by it & 10 being disabling) in a column called BEFORE. Keeping a **journal** with you during the process and making notes to yourself will also **help** you monitor the results. Note **each day** what you are eating and note about any changes you see. Regardless of gluten sensitivity, since gluten is naturally **inflammatory** to the body, avoiding it is a way to support optimal health and well-being.

Whether you are testing for gluten sensitivity, or **treating** it, be sure to stay away from all types of gluten. Gluten is found in more foods than just **wheat** and grains. It is found in most processed and **packaged** foods, cereals, chips, nearly all **processed** meats, flour, baked goods, pastries, and beer, as well as many sauces and preservatives. It is important to read labels for the hidden gluten found in food. Here are some food **additives** that have gluten: hydrolyzed vegetable protein, modified food starch, dextrin, "natural" flavorings, artificial flavorings, anything labeled an extract, vanilla flavoring, and malt flavoring. **Pre-prepared** food that may contain gluten are: soups, stews, salad dressings, sauces, imitation 'Krab', imitation 'meat' products for vegetarians, gravies, and anything that is thickened or 'creamy'. **'Natural'** products that contain gluten are: veined cheesed like blue cheese, roquefort and stilton, brown rice

syrup, soy sauce, malt vinegar, textured vegetable protein, and any non gluten grains that are made in the same plant or with the same equipment with gluten containing products. **Supplements and medications** OFTEN have gluten-containing fillers. Assume that they DO have gluten until proven otherwise. The whole-foods grains that contain naturally occurring gluten that you **must** watch out for are; wheat, couscous, bulgur wheat, barley, pearly parley, rye berries, spelt, and wheat berries.

Rather than keeping a long list of what contains gluten and what doesn't, eating a whole-foods, plant-based, RAW Vegan diet with no processed **ingredients** is a great way to easily avoid gluten. Even though gluten is found in a lot of foods **most** of us have been raised on, there are plenty of delicious gluten-free options! Gluten free **whole grains** include; buckwheat, brown rice, quinoa, millet, and wild rice. Flour for baking is available in the forms of rice, quinoa, or coconut flour. **Wheat grass** is an amazing healer for your digestive system and it is gluten free because it is cut before the wheat sprouts.

In the cases of foods and snacks, there are **many** "gluten-free" options now available. However there are things to be **careful** about with the abundance of new "gluten-free" products on the market. Manufacturers can use the term "gluten free" as long as there are less than **20 parts** per million of gluten. This means they are not necessarily **free** of gluten – a real danger for those with gluten sensitivity and deadly for someone with Celiac Disease. Even if you have a low sensitivity and this seems like a low amount of gluten, if a lot of these products are being **consumed** it will add up quickly. Some restaurants promote "gluten free"

breads, pizza crusts, etc. Unless these are prepared in a **separate** kitchen there could be gluten contamination. Another thing to watch out for are the ingredients in gluten-free snacks and meals since just because something is listed as **gluten-free** does not mean it is healthy. Many gluten-free snacks contain high sugar content and fast-burning, processed **carbohydrates** with little to no nutritional value.

Be sure to read labels and make sure you are consuming products derived from whole, **unprocessed** foods to ensure optimal health and wellness! Healthy brown rice, quinoa, and flax crackers fall into this category. **Also**, fruits, vegetables, legumes, seaweeds, nuts, and seeds are all naturally gluten free food sources that should always be **incorporated** into your diet! Ideally if you are sensitive to gluten and particularly if you have Celiac Disease your **best** option would be to treat yourself to a whole food, plant based, Raw Vegan nutrition plan.

At the end of your 60 - 90 days go back to your **original** list of symptoms and rate them again in a column called DURING. Note whether your symptoms have improved, worsened or stayed the same by your ratings.

Now, after this 60 – 90 day, you (Cont. on next page)

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By ALTERING YOUR DIET you can PREVENT and HEAL ALL Symptoms!!! (Cont.)

can go back to eating your normal foods with gluten for **2 days**. Have anything you want, but it's better to stay away from caffeinated and sugary foods because these can also be the cause of **worsening** symptoms. Now go back to your original list and add a column called REINTRODUCE and rate each **symptom** again to see if they have worsened or stayed the same by your ratings in the DURING column.

If your **symptoms went away** during the time you were off gluten, but **returned during the time you reintroduced it** then you have a level of gluten sensitivity that indicates that it is likely that you should avoid gluten for at least 6 months to a year. Gluten intolerance can **decrease** if gluten is eliminated for long periods of time. The damaged intestine can heal and it may not be necessary to eliminate all gluten forever. NOTE that studies say that it can take up to **two years** of being gluten-free before a person's intestine fully heals. For some, it never does and the continued gut inflammation and inability to properly absorb nutrients can lead to

an early death, leaving one open to a multitude of diseases.

Retest yourself every **6 months** to 1 year to see if you still need to remain gluten free. You will always be sensitive to gluten, but you may not need to remain completely gluten free forever. Although, some people, after **experiencing** the health difference they experience without gluten, will see the wisdom in not returning to it. Let your symptoms guide you.

If you **felt no difference** either way, it's likely you do not have a level of gluten sensitivity that is impacting you severely and you can continue to eat gluten - unless you accidentally had **hidden** gluten in your diet throughout gluten free period. As we said in article 1, please note that we are ALL sensitive to gluten ... it is just a matter of the level.

If you absolutely just **could not** stay on the gluten free portion of this test, no matter how hard you tried, then you most likely have moderate to **severe** gluten sensitivity and you are addicted to gluten. This is VERY common for those who truly do have gluten sensitivity. **It is im-**

perative that you stop eating gluten **immediately**. Those who have the hardest time not eating gluten are the ones who need to stop eating it as much as possible. Most likely it is **severely** damaging your intestines and many of your problems may be directly related to eating gluten.

In the cases of celiac disease and some gluten **sensitivity**, the long-term consumption of gluten could have caused serious digestive damage and nutritional **deficiencies**. Getting digestion on track is the foundational to being truly **healthy!** To repair digestion, a diet full of fiber in the form of raw leafy greens and **vegetables** can help to rebuild the digestive tract. Adding Probiotics through fermented foods such as raw un-processed sauerkraut, or fermented **restorative** beverages like sugar free Kombucha can help to restore the gut with healthy bacteria and replenish the lining of the intestines. The **great** news is that with restorative nutritional measures, as well as the elimination of gluten, symptoms of Celiac Disease and gluten sensitivity can be **non-existent!**

GLUTEN SENSITIVITY AFFECTS Your PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL BALANCE!!!

Gluten sensitivity can create **mental/intellectual** conditions and symptoms that mimic many conditions. Allergies to gluten have been shown to create Mental fog that may be **misdiagnosed** as psychological disorders. Cases of schizophrenia reverse have been reversed when gluten was removed from patient's diets. A gluten free diet has also been shown to help with ADD/ADHD and autism. **Depression** and insomnia are a very common condition that is linked to gluten sensitivity because of the low levels of Serotonin due to the inability to

process protein and ensuing amino acid deficiency caused by the intestinal damage from gluten.

Approximately 10 percent of people with Celiac disease develop **neurologic** symptoms, according to the *Center for Peripheral Neuropathy*. **Ataxia** describes a neurologic condition characterized by jerky movements and an awkward gait. Gluten ataxia specifically describes a neurologic condition caused by a gluten sensitivity that leads to a wide range of **symptoms**, including: difficulty concentrating, loss of balance, frequent falls, visual distur-

bances, trouble walking, tremors and trouble judging distances

Neuropathy, or peripheral **neuropathy**, describes a range of disorders characterized by nerve damage to one or more nerves outside of the **brain** and spinal cord. Often the cause of the neuropathy is unknown, though so called autoimmune diseases and **vitamin** deficiencies are some of the potential causes, according to the Mayo (Cont. on next page)

GLUTEN SENSITIVITY AFFECTS Your PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL BALANCE!!! (Cont.)

Clinic. Gluten neuropathy is when the autoimmune response is the **root** cause of the nerve damage. A study published in *Muscle & Nerve* journal in December 2006 found that participants with neuropathy who followed a gluten-free diet showed **significant** improvement in symptoms after one year. The control group reported worsening of symptoms.

Having any **type** of intolerance, disease, or symptom can be difficult to cope with at times, but it doesn't always have to be. When having to eliminate a part of your diet that you have been accustomed to for a very large portion of your life, it can be frustrating and **emotionally** defeating. Holding onto **emotional** upsets around change can make problems even worse or even create new problems in your health.

In the cases of gluten sensitivity and Celiac Disease, **consistency** is key for true healing. Focusing on all that you're getting out of a positive change for your health and well-

being, instead of all that you're giving up can make all the **difference**.

Stress around food choices and current **conditions** can also be evoked when managing gluten sensitivity or Celiac Disease. It is important to remember that it is all a process. **Slow** changes are better than no changes, and the changes will eventually add up to a radical transformation in your health. Stress greatly effects digestion as well as nutrient assimilation. In the cases of healing digestion and reversing the effects of celiac disease, **focus** on ways to slow down and bring calmness into your day, this **especially** crucial during eating times. Simply stopping, breathing, slowing down, and remaining present while eating can increase nutrient absorption and assimilation by up to **60%**!

Just as certain emotional, intellectual and spiritual **imbalances** can worsen symptoms and coping with current conditions, they can also

cause sensitivities and conditions in your body. The area of your body responsible for **digestion** is associated with the energetic principles of self. Loving yourself through the process, not in-spite of your imperfections, but because of your imperfections is imperative for **true healing**.

Connecting to your higher self in a loving way through **various spiritual** practices can also help. Meditation, self-reflection, and calming yoga are all great ways to connect/re-connect. Self-expression is also equally **important** and can serve as a form of active meditation as well. This can be done through any activities that let your **creativity** and true self arise and bring peace to your soul. Some of these include painting, acting, dancing, or sculpting. Dancing is particularly **perfect** because it is also known to boost the feeling of freedom and confidence, both two energetic principles that link back to the core of **your body**.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our com-

munity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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