

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 30th Newsletter, I want to give us a chance to consider the impact that sugar has on 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](#).

YOUR SWEET TOOTH CAN ABSOLUTELY COMPROMISE YOUR HEALTH AND WELL-BEING!!!

We often believe that having an addiction is something that couldn't possibly happen to us. Just the mere thought of being "addicted" to something is a thought that we would not like to entertain. Despite this belief, many of us have **non-obvious addictions**. Some of us are undergoing a non-obvious addiction to sugar and have not realized the effects it has on our body. In this newsletter, I want to focus on the direct impact that the intake of sugar has on our health and well-being .

This week on our Fan Page, we have articles that will offer you information about the **various types of sugars** and the effect that they have on your body. They cover the physical, mental, emotional and spiritual effects that the amount of sugar you consume can have on your body.

The amount of sugar that we consume through our diet each day can have a drastic effect on our health and on our body. With sugar becoming

the leading factor in our nation's obesity problem, monitoring our consumption has become more imperative than before.

With popular sweetener products out on the market, even if you are attempting to **stay away from sugar**, it tends to become difficult. Different sweetener products that are out now are used for many different reasons and have different claims to go along with them. For example, sugars like dextrose, fructose and glucose, are the simple or "table" sugars while sugars known as xylitol, glycerol, sorbitol, maltitol, mannitol and erythritol, which are the sugar alcohols, are known to provide less calories than table sugar. Although **they have fewer calories**, they often leave you with immediate short term effects like bloating, flatulence and even diarrhea.

The most common sugar substitute that we have become accustomed to is sucralose, which is commercially known as Splenda. Despite advertisement, this includes no sugar. It is a **chlorinated artificial sweetener** and is said to have adverse health effects. Agave syrup, which is almost always advertised as being natural, is far from it. Being highly processed, this syrup contains 80% fructose. Similar to agave syrup, crude honey contains about 53% fructose. To reap its benefits, sweeteners should be used sparingly. Stevia, which is a herbal sweetener, is completely secure only if it is in its natural form.

With glucose being the form of energy that **our bodies thrive off of**, we need it in our body to be active and healthy. But, what we usually give our bodies is fructose. If fructose is used in large amounts, it **can be damaging** to your health. With our daily intakes of foods and beverages, fructose enters our bodies



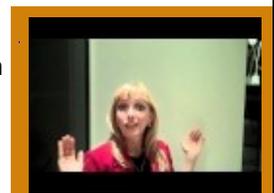
CAROLINA ARAMBURO

more than we realize. When we take in foods with fructose in high volume, it becomes worse than eating foods with other chemicals and can ultimately **initiate several disorders**. These disorders can include uric acid rises, and chronic inflammation of the veins and blood vessels. Surprisingly, the metabolism of fructose and alcohol have been said to be very similar, implying a multitude of toxic effects, such as suffering from fatty liver.

The consumption of sugar in processed foods and beverages are an extreme **threat to your health** and has rapidly become one of the leading causes to the obesity problem here in the United States.

Why are we so in love with sugar? With regard to the psychic effects that sugar produces in the body, Dr. M.O. Bruker stated that sugar intake provides a **mild euphoria** to the body.

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YOUR SWEET TOOTH CAN ABSOLUTELY COMPROMISE YOUR HEALTH AND WELL-BEING!!! (Cont.)

This euphoria that is provided is directly correlated to our emotions and self-esteem. If too much is consumed, though, sugar can produce what is known as "Sugar Blues."

Many reports have shown that the relation between sugar and other disorders are a little more serious than we expect. With reports linking the **high consumption of sugar** to hyperactivity in children and in patients diagnosed as schizophrenic, too much of a good thing can absolutely be deemed as harmful. With sugar being a carbohydrate, too much can cause obesity and the body can excrete calcium in unusual quantities, which leads to weaker bones and possibly, osteoporosis.

Being that sugar is directly related to our **emotions and self-esteem**, it is

easy to cover up our emotional deprivations with desserts and other sweets. While hiding behind the box of sweets, though, we may end up gaining weight and undergoing an increase in low self-esteem. With a decrease in self-esteem, we may begin to fall in a **downward spiral** and go through breakdowns. In addition to these breakdowns, both adults and children have gone through outbursts of hysteria as well.

If you are living a sugar-filled life, The first step to improving that may be to accept and realize that you have a non-obvious addiction. By going through this realization, you can then begin to control your intake. By **reducing your sugar consumption** to lower levels, along with juicing and placing yourself on a balanced diet, you may be able to phase out the effects that sugar has on the

spiritual, mental and emotional levels of your life.

I realized the **benefits of decreasing the amount of sugar** I consume and began substituting natural sugars to replace unhealthy sugars. I find my natural sugars in the organic fruits and vegetables that I have chosen to eat. By including **natural sugars** and being careful about using sugar as an additive, I have been able to implement a better balance within my life and diet. The effects that sugar has had on my **body proved to me that everything that seems good** isn't always good. I encourage you to look into substitutes if you are indulging in fructose filled foods. It may be as simple as starting with letting go of your favorite drink and replacing it with a juiced drink. Even the smallest step can be an exciting first step!!

THE SUFFOCATING REALITY OF WHAT SUGAR IS DOING TO YOUR BODY!!!!

The brain's metabolism is about 7.5 times higher than the average for the rest of the body. The energy for that comes from glucose. **Glucose is brain food** and the brain depends on the blood supply for its constant stream of sugar.

The critical supply of glucose is supplied via the circulatory system in the blood. The blood sugar levels are directly influenced by what you eat and by how efficiently the body can shuttle the sugar to and from its internal stores. Excess sugar in the blood is transported to liver and muscle cells by a hormone known as insulin. When blood sugar gets too high, the **pancreas secretes insulin** and this facilitates the transport of glucose into the liver and muscle cells. If there is too much glucose and the liver and muscle stores are full, insulin then stores glucose in adipose (fat) tissue.

With sugar being a carbohydrate, too much of it produces excessive obesity. When you eat refined sugars, your body must **borrow vital nutrients** from healthy cells to metabolize the incomplete food. If the body is lacking the nutrients used to metabolize sugar, it will not be able to properly handle and rid itself of the poisonous residues. Sometimes, so much calcium is used to neutralize the effects of sugar that the bones

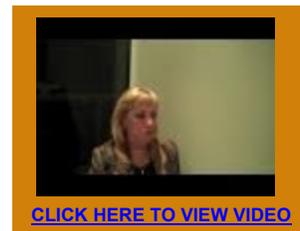
become osteoporotic due to the withdrawn calcium. Likewise, teeth are affected and may lose their components until **decay occurs** and hastens their loss. Sugar also makes the blood very thick and sticky, inhibiting much of the blood flow.

Glucose is the form of energy for which the body was designed. However, the sugar most commonly used today is fructose. It was once thought that fructose was a good substitute for sucrose (table sugar). However, the American Diabetes Association and **nutritional experts have changed their minds**. When too much fructose enters the liver, the liver can't process it all fast enough for the body to use as sugar. Instead, it starts making fats from the fructose and sends them off into the bloodstream as triglycerides.

This is **potentially bad for at least three reasons:**

- High blood triglycerides are a risk factor for heart disease.
- Fructose ends up circumventing the normal appetite signaling system, so appetite-regulating hormones aren't triggered—and you're left feeling unsatisfied.
- Fructose consumption may facilitate insulin resistance, and eventually type 2 diabetes.

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The food that we eat impacts us on a physical, mental, emotional and spiritual level. Through watching our sugar consumption we can rid ourselves of the effects that this **non-obvious addition** can have on our health and well-being. 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.

Listen to your body to tell you how to know when enough is enough so that you can support yourself 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 by making small changes in your daily diet. I entice you to go on this **enchanting journey** with me!

THE SUFFOCATING REALITY OF WHAT SUGAR IS DOING TO YOUR BODY!!!! (Cont.)

Today, we have many refined sugars on the market; they have a **very powerful shock effect on the body**. Apart from having no nutritional value, refined sugars break down very quickly in the body leaving an excess of glucose floating around in the blood. This creates a **panic situation in the body**, where the pancreas releases a large amount of insulin to compensate

and will attempt to store some of the glucose. Often there is overcompensation on the part of the body. Glucose levels can actually drop below their baseline levels and this leaves the brain with too little glucose.

The adverse effects of sugar are undoubtedly many, and the consumption of

processed foods and beverages are a real threat to your health. Listening to you body is the best way to begin to rid yourself of the dangers of sugar. Your body knows what it does and doesn't need. Say goodbye to excess sugar now for the sake of your health!

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 week-ends 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** transfor-

mational 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!!**

I INVITE YOU TO ENTER A WORLD WHERE SUGAR HAS NO CONTROL OVER YOUR MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH!!! YOU DESERVE IT ALL, JUST DARE TO CLAIM IT ALL!!!!

We can be absolutely **oblivious to the effects** that sugar has on human beings. Reports show disturbing information about the correlation between sugar and various disorders. Some are as follows:

- There are many reports linking high intake of sugar and the effects it has on children, especially where it can leave them see-sawing between highs and lows, leaving them with a range of very **potent psychological effects** from hyperactivity to being bratty, tired and unable to concentrate.
- In patients diagnosed with schizophrenia, it is known that if their diet is **too high in sugar**, high levels of adrenaline may be produced.

Studies related to sugars show correlations to various levels of mental problems. Our brains are very sensitive and react to quick chemical changes within the body. As sugar is consumed, our **cells are robbed of their B vitamin**, which destroys them, and in turn insulin production is inhibited. Low insulin production results in a high sugar (glucose) level in the bloodstream, which can lead to a confused mental state or unusual mind behavior. This

has even been linked with juvenile and criminal behavior.

What many people refuse to accept is that sugar is a non-obvious addiction. When we crave sugar, it is usually to **cover up an emotional distress** that we are undergoing. We want these foods that are bad for us to substitute as comfort, care, rest and relaxation and to fill in for the deprivation that we may feel that we are experiencing. Putting an immense amount of sugar into our diets can bring about depression, mood swings and irritability in us. To improve these health issues and reliance that we have on sugars, we have to **create alternate ways** to soothe the deprivation we feel we have without turning to the sugary foods we love.

Your body's desire for food may have its roots in your soul's need for spiritual substance. Your attitudes and beliefs about yourself and what you eat determine the choices you make in what you eat. As we grow spiritually, we often see our body as a temple in which our spirit dwells, and we realize our connection with all living

things. We want to be healthier in our thoughts and actions and live in harmonious ways that align us with the spiritual truths and natural laws and ecology of our body, our planet, and the universe. As we develop and evolve, we want to integrate our mind-body-spirit. Food can support this evolution and help us to heal and develop mentally, emotionally and spiritually, as well as physically. Cherish your body temple and allow your higher self to guide you along a healthy path.

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