

CAROLINA ARAMBURO

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CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 37th Newsletter, I want to talk to you about [Raw, Vegan and Paleo diets](#).

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](#).

DISCOVER THE INCREDIBLE HEALTH BENEFITS OF RAW, VEGAN AND PALEO DIETS!!!

In this newsletter, I want to discuss 3 different diets: [raw, vegan and paleo](#). These diets may provide you with many amazing physical, mental, emotional and spiritual benefits.

Over the years, the human race learned that cooking their meat before eating it can [protect them from many diseases](#). Since then, this practice of cooking has grown to include all types of foods and is now [considered an art](#).

Throughout my health journey I have explored many different foods and diets. I have listened to my body throughout and at different times, different things have worked for me. One of the first things I tried was a paleo diet con-

sisting of chicken, fish, veggies and fruits with no additives, chemicals, and preservatives. Soon the meat became a problem for me as I dealt with various liver and kidney problems that kept me from processing meats properly. I then moved on to juicing raw veggies and fruits. I specifically used spinach, dandelion, wheatgrass, beets, and various berries. I now am completely vegan and occasionally, I still juice when my body lets me know that it needs specific veggies or fruits that are easiest to obtain through juicing. [I found that I am physically, emotionally, mentally and spiritually healthier when I stick to my vegan, organic diet](#). My connection with Source/God/The Universe as well as my thinking process is much clearer. I sleep better, can exercise longer and the chemicals in my brain are more balanced based on my vegan diet. I also don't eat refined sugars and white flour.

Most people believe it isn't easy to simply abandon thousands of years of tradition and revert back to 100% raw, vegan or paleo foods. Margaret Mead once said, "[It is easier to change a man's religion than to change his diet](#)." With my health journey experience, I learned that when changing diets the secret is to find a diet that most suits your body and most importantly, a diet that is [extremely enjoyable](#) for you to follow.

Eating raw, vegan and paleo foods has [many advantages](#). For example, the food may be more nutritious and therefore you may eat less to satisfy your nutritional needs. The heat of cooking depletes vitamins, damages proteins



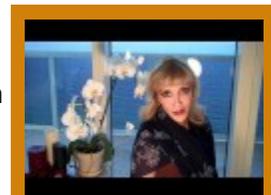
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and fats, and destroys enzymes that benefit digestion. As your percentage of raw foods increases, you may feel satisfied and have more energy on smaller meals based on a better balance of water, nutrients, and fiber to meet your body's needs.

Raw, vegan and paleo foods can also have more flavor than cooked foods so there may be no need to add salt, sugar, spices, or other condiments that can irritate your digestion system or over stimulate other organs.

If you are looking for healthy ways to lose weight, raw vegan and paleo diets can provide you with a healthy weight loss which is a typical result of a smart diet.

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DISCOVER THE INCREDIBLE HEALTH BENEFITS OF RAW, VEGAN AND PALEO DIETS!!! (Cont.)

Eating raw, vegan or paleo foods eliminates most of the unhealthy foods that tend to cause weight issues.

When following a healthy raw, vegan or paleo diet, you may find your energy is much higher and you will likely also notice your hair becoming stronger and looking healthier. Several studies indicate that those following a raw, vegan or paleo diet lifestyle **live an average of three to six years longer** than those who do not.

RAW, VEGAN OR PALEO: WHICH WOULD YOU CHOOSE?

In this article I want to talk to you about the incredible physical **benefits of raw, vegan and paleo diets**. Let's start with the raw foods diet. A raw foods diet consists of unprocessed raw vegan foods that have not been heated above 116 degrees Fahrenheit. Some who follow the raw foods diet believe that food heated above the mentioned temperature has lost its enzymes and a significant amount of its nutritional value. It may also be harmful to the body.

The health benefits of eating a raw food diet may include:

- Better skin appearance
- Weight loss
- Better digestion
- A lower risk of heart diseases
- A lower risk of diabetes and cancer

Raw foods are considered to be **very poor in trans and saturated fats**, when compared to cooked foods such as fast food, junk and other processed foods. They are also considered extremely high in nutrients, such as potassium magnesium, fiber and plant phytochemical. It was shown in a report made by the Journal of Nutrition that raw foods **lower both cholesterol and triglyceride levels** in the body, some of the main indicators for heart disease, **obesity and high blood pressure**.

A **raw food diet includes:**

- All raw fruits and vegetables
- Nuts and seeds

In addition to the health benefits above, when following a healthy lifestyle and diet, you could be helping the environment and **avoiding serious bacterial infections and diseases**, such as:

- **E. coli**, which comes from eating contaminated red meat and is the leading cause of diarrhea.
- **Salmonella**, which is a gastrointestinal illness from animal products; salmonella food poisoning is closely related to E.

coli.

- **Mad cow disease**; if a person eats infected beef, the person is at a higher risk of getting a human form of the disease, called Creutzfeldt-Jakob disease. This disease can affect the brain.

Further in this newsletter you will learn about each diet in more detail. You may find that you are particularly drawn to one/all of them!!!

- Sprouts
- Roots, root vegetables and squashes
- Fresh herbs and raw spices
- Seaweeds

As well as the raw foods diet, the **vegan diet can also benefit your physical health and well-being**. The vegan diet eliminates meat, eggs, dairy and all other animal-derived ingredients. Some vegans also avoid eating foods that are processed using animal products, such as refined white sugar and some wines. **Vegans may also avoid products tested on animals**, as well as animal-derived non-food products, such as leather, fur and wool.

The vegan diet benefits may include:

- A lower risk of cardiovascular disease
- A lower risk of high cholesterol
- Lower blood pressure
- A lower risk of type 2 diabetes
- A lower risk of prostate cancer
- A lower risk of colon cancer
- A lower risk of macular degeneration
- A lower risk of cataracts
- A lower risk of arthritis
- A lower risk of osteoporosis
- Less body odor
- Less bad breath
- Fewer migraines
- A lower risk of allergies

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The **Second Health Proposal** is about listening to your body. I am suggesting that there is a way to tune into or become aware of your body, as it tells you exactly what it needs you to give it! During my health journey, I used the amazing healing energy of a vegan diet through food and supplements. It made a major difference in helping me get better. By **listening to my body**, I was able to choose between a range of diets and figured out the right one for me, my body and my well-being. That way, I could get the most healing energy at that moment. What my body wanted and needed varied over time but my body would let me know. I am suggesting that when you listen to your body, it can give you useful information to help you take care of it, such as by giving it the nutrients it needs. **Are you daring enough** to listen to your body to help you determine what to eat???

RAW, VEGAN OR PALEO: WHICH WOULD YOU CHOOSE? (Cont.)

As a vegan you can eat foods such as grains, beans, legumes, vegetables, and fruits, and you may also include dishes cooked using these ingredients. Nowadays, you may also find delicious dishes in supermarkets or special vegan restaurants, such as vegan hot dogs, ice cream, cheese and even mayonnaise.

Unlike raw and vegan diets, the paleo diet focuses on natural whole foods. With the paleo diet, you may choose to eat any food available during the Paleolithic Era, such as meat, eggs, fish,

roots, vegetables, berries and mushrooms. It does not include any kind of food invented after agriculture and animal husbandry. This includes sugar, added salt, dairy, grains and all processed or fast foods. When it comes to drinks and beverages, it includes water, organic green tea and coconut water. It does not include any other drinks including fizzy drinks, coffee and juices.

Similar to the raw and vegan diets, the paleo diet may also benefit your physical health. The paleo diet may help you lose weight, decrease allergies

and help arthritis. For an athlete, the paleo diet has been said to have several performance benefits. Consuming anti-inflammatory foods that are rich in trace nutrients, vitamins and minerals reduces tissue inflammation that can prevent proper recovery. Lowering body acidity could reduce catabolism that can improve muscle development.

If you have not yet experimented with raw, vegan or paleo diets, I recommend you give one a try. You may find that it gifts you with a boost in your physical health!!!

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 community (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.

A RAW, VEGAN OR PALEO DIET MAY GIFT YOU WITH A TSUNAMI OF BENEFITS...BEYOND WHAT YOU CALCULATE!

Apart from the radiant healing energy and vitality the raw, vegan and paleo diets may provide to your physical well-being, they may also have a great impact on your mental and spiritual life. Through healing and clearing your body, one of the main benefits that you may experience from having a raw, vegan or paleo diet is increased motivation and energy to focus and concentrate on your life's main goals.

The raw, vegan or paleo diets may give you a feeling of peace, tranquility, and harmony that accompanies your body when it's in a balanced state of optimal nutrition. You might find it easier to get going in the morning, with more energy throughout the day and mental clarity for better performance at home and at work.

A survey carried out in the Iowa Source study, reported that after implementing a raw food diet, participants noted an improvement in mental and emotional well-being. The study showed that 87.5 percent of the people claimed improvement in mental, emotional or spiritual arenas

after their dietary transition, including levels of optimism, enthusiasm, patience, tolerance, self-sufficiency, mental flexibility, memory, focus, clarity, creativity, intuition and comfort.

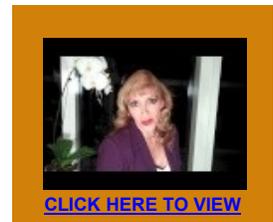
Vegan diets can cleanse your system of any toxic chemicals that formerly played a part in controlling and dulling your emotions. Many people report that eating a diet that's free of toxins makes them sensitive to the emotions and personalities of those around them. With a body that no longer has to remove food toxins, you may be more open to experiencing other parts of life. For some, this can open the door to in-depth emotional healing. Others may start attracting healthy new friends and enjoy an increase in accurate intuition.

Vegetarianism/veganism may enhance a shift in consciousness. Some have suggested a correlation between our food choices and violence in the world. Some vegan people choose not to eat meat because they believe meat brings out negative qualities such as fear, anger, anxiety and

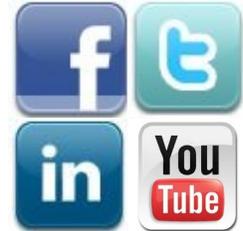
aggressiveness. They believe vegetables peacefully offer themselves to the earth when prepared, therefore allowing a sublime and peaceful thought consciousness.

A raw, vegan or paleo diet may provide you with amazing and incredibly useful mental, emotional, and spiritual benefits! If you're not doing so already, are you willing to incorporate more of these foods in your diet??

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