

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 48th Newsletter, I want to talk to you about the impact of seeds and nuts on our health.

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](#).

MANY NUTS AND SEEDS ARE LOADED WITH NUTRITIONAL AWESOMENESS!!!

Sometimes, it can be easier for us to pick up a candy bar up or a bagel for a mid-morning or afternoon snack. However, there are plenty of other foods that can be substituted not only for our snacks, but also for other unhealthy foods during meals! In this newsletter, I want to focus on the fabulous benefits that eating seeds and nuts can have for you and your body.

This week on our Fan Page, we have included articles that will offer you information on seeds and nuts and the effects that they can have on you and your health. These articles will cover the physical, emotional, mental, and spiritual effects that seeds and nuts can have on your well-being.

Being extremely healthy and nutritious, nuts are an excellent source

of protein. Both seeds and nuts are a great source of vitamins, minerals and fiber, and they include other chemicals that can serve as a preventative of cancer and heart disease! Despite the fact that nuts are high in fat, eating them can provide a sense of fullness or satisfaction that actually causes you to eat less of other high-calorie or high fat foods. Nuts have essential amino acids and healthy fats, which makes them an important part of any vegan or vegetarian's diet. Some of the healthiest choices for nuts and seeds can include:

- Almonds
- Cashews
- Flaxseeds
- Peanuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

I have used a whole array of seeds and nuts as part of my nutritional plans throughout my health journey. By always listening to my body I have found different types of seeds and nuts to fit my diet at different points in time, including almonds, walnuts, flax seeds, and my favorite, pistachios, I have used nuts and seeds to give me protein, and calcium, in addition to other vitamins. A teeny ounce of almonds can contain 12 percent of your daily allowance of protein and of course, absolutely no cholesterol! Up to 35 percent of your daily allowance of vitamin E can be attained as well, which is great because it includes so many cancer-fighting qualities! I have also used almond milk, almond oil, and al-



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mond butter. The fat in almonds is known as the "good" fat and they are loaded with minerals like magnesium and zinc! When you get right down to the details, it's no wonder so many people go nuts for almonds! I have.

Nuts and seeds have also been said to positively impact your emotions! From the most common nuts to the most exotic seeds and nuts, eating them can enable you to be calmer than you ever imagined! In addition to creating a healthy nervous system for yourself, by indulging in the many types of seeds and nuts, you may also be creating a happier way of being. Under consumption of omega-3 rich foods (nuts and seeds) has been shown to lead to depression.

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MANY NUTS AND SEEDS ARE LOADED WITH NUTRITIONAL AWESOMENESS!!! (Cont.)

Walnuts and flax seeds, in particular, are known to have mood-boosting omega-3.

Spiritually, nuts and seeds may be the answer to fasting. With fasting being a spiritual practice that may help you clarify your thoughts, purify your soul and cleanse your body, some people choose to not eat at all. However, you may choose to **eat light snacks or healthy foods** if you are not accustomed to not eating at all. You can also use them as you come off a fast. During this time, nuts and seeds, such as unsalted almonds and pumpkin seeds, can make for a healthy snack during times of hun-

ger. It is important to eat something small throughout your fast if you have certain health issues. **Nuts and seeds are said to be filling** and can strengthen you.

On a mental level, eating seeds and nuts can be more beneficial than one could ever imagine! They can be **a fantastic source of vitamin E**, which directly corresponds with less cognitive decline as you grow older. Adding an ounce a day of walnuts, hazelnuts, Brazil nuts, almonds, cashews or sunflower seeds can have a positive impact on you mentally! Seeds and nuts have been shown to be "brain foods". They have been shown to

clear up "brain fog" and enable you to think much clearer. Many of the seeds and nuts that we consume contain tryptophan, which is an **important amino acid that the brain converts to serotonin**. Examples of them would be either roasted pumpkin seeds or dry sunflower seeds. Sunflower seeds are also high in thiamine, which is an important B vitamin for memory and cognitive function! I invite you to learn about and enjoy these amazing foods today!

NUTS, CONSUMED IN MODERATION, MAY BOLSTER YOUR BODY'S HEALTH!!!

Consuming nuts and seeds on a regular basis can have a great impact on your physical state. **Nuts and seeds are both considered "oil rich"** and can sometimes be known as the best source of vitamin E. The common nuts and seeds also contain the greatest quantity of good fats of all unprocessed foods. Fats and vitamin E play an important role in liver function! Although nuts and seeds have many benefits when eating them, they have a **few things that we should watch out for** as well.

Some of those problems could be:

- Nuts become "rancid" and lose their nutrients when they are hulled or shelled
- Gall bladder and liver complaints
- Poor immunity, cancer, and other chronic diseases
- Can cause irritation to the lining of the stomach and intestines
- The oils can't be digested or assimilated efficiently

As with any other food that has been deemed healthy, one should be sure that they take care not to overeat these foods. The fact that each of them are considered as **higher fat foods**, should be the

main reason that special care should be taken when eating these. On the great side, seeds and nuts have been shown to **prevent against cardiovascular deaths**. Raw nuts and seeds are packed with nutrients. Nuts and seeds can be used to substitute for the fatty unhealthy foods that we are eating. For every calorie that is removed from our diet from rice, potatoes, bread or animal products and then substituted with raw seeds and/or nuts, **many health benefits** occur. These benefits include:

- Lower blood sugar
- Lower cholesterol
- Lower weight
- More weight loss, not weight gain
- More effective reversal of heart disease
- Increased protection against cancer
- Better muscle and bone mass with aging

The different types of nuts and seeds contain lignans, bioflavonoids, minerals and other antioxidants that protect the fragile freshness of the fats therein and **contain plant-proteins and plant sterols that naturally lower cholesterol**.

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn its needs, allowing me to supply it with the **necessary nutrition** it needed, such as adding seeds and nuts. When I learned to listen to my body, I experienced **incredible changes** to my life and to all aspects of my well-being. Learning to listen to my body was one of the best things that ever happened in my life! Once you learn to listen to your body, you will most likely notice differences in your physical health, as well as the difference in your **state of mind, your emotions**, and maybe even your spirituality. Will YOU **join me** in this **exciting** health and well-being **journey**???

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NUTS, CONSUMED IN MODERATION, MAY BOLSTER YOUR BODY'S HEALTH!!! (Cont.)

Since they supply certain fibers and nutrients that are not found in other foods, they have other beneficial effects that are preventative for **blood vessel inflammation**. Another benefit of consuming these foods would be the reduction of **heart risk**. According to the data that was obtained from the Nurses' Health Study, it was estimated that substitution of the fat from one ounce of nuts for equivalent energy from a carbohydrate in an average

diet was associated with a 30 percent reduction in heart disease risk. The substitution of nut fat for saturated fat was associated with **45 percent reduction in risk**.

Eating nuts and seeds has proven to have a **large number of physical benefits** for everyone! As long as the intake of them is at a balanced amount, the positive effects that eating these can have on your body are great! Whether you are reducing the

risk of cancer, heart disease or just attempting to keep your weight down or monitored, indulging in the many types of nuts and seeds may be beneficial in a large number of ways!!!

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**.

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NUTS AND SEEDS MAY DO WONDERS FOR YOUR MENTAL, EMOTIONAL AND SPIRITUAL HEALTH!!!

Eating nuts and seeds can have an impact on you mentally, emotionally and spiritually. They may affect the emotions of **anger, depression and impatience**. According to *Reader's Digest's* "Fight Back with Food," under-consumption of omega-3-rich foods can actually lead to depression! To avoid this, eating walnuts, a food that is easily accessible from the grocery store, may **boost your mood** in a similar way to the antidepressant drug, Prozac!

Sunflower seeds are an important source of B-vitamins for **memory and cognitive function**. In addition to sunflower seeds and walnuts, other seeds

and nuts like pumpkin seeds, cashews, almonds, pecans and peanuts can improve your mental health. **High in magnesium, cashews can "open up" the blood vessels** in your body and brain. Adding almonds to your diet can vastly improve your mental and neurological health. They are high in riboflavin, which can **boost your memory**. Peanuts and pecans provide an important nutrient for optimal brain function called choline, which aids in both memory and brain development.

Nuts and seeds can be used on a spiritual level for each individual. Being an important factor in the **balancing of vata**, soaking

seeds and nuts are important. Nuts and seeds can balance out your spiritual mind when on a fast, as well. No matter which type of nut or seed you choose to eat, **it can have an impact on you**, emotionally, mentally and spiritually!!!!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](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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