

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 55th Newsletter, I want to talk to you about **Fruit and the impact it can have on your 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.**

### FRUIT CAN TOTALLY BE A SWEET, NATURAL TREASURE IN YOUR DIET!!!

I love fruit! My mother made sure I ate fresh organic fruits from the time I could eat. Her first question in the morning each day was, "Did you eat your fruit?" In this newsletter, I want to focus on the **impact of fruit on your health.** Unfortunately fruit doesn't contain everything you need nutritionally. So, I will also give you some other things to include in your diet if your diet consists largely of fruit.

This week, we have included articles on our Fan Page that will offer you information on fruit and the **effects that it can have on your health and well-being.** Although we will be summarizing some of that infor-

mation here for you, you can find lots of great articles there.

Fruits can have many positive impacts on your health. **Digestive problems,** such as constipation, diarrhea or abdominal cramping, can be alleviated by eating fruit. Fruits that contain natural fiber also can help regulate bowel movements.

Fruits have also been proven effective when it comes to **lowering cholesterol levels.** This can help you prevent strokes and heart disease. Also, people who drink fruit juices or eat fruit regularly may lower their **risk of contracting Alzheimer's disease** by an incredible 76%.

There have even been studies that show that fruits can **stimulate your memory.** Some have suggested that people who consume fruits on a daily basis can retain more information and even recall it quicker than those who don't eat fruits daily.

During different parts of my health journey I have counted on fruits to nourish me, provide me with a natural answer to my sweet tooth, and give me whatever my body needed at the time. My natural doctors would change the types of fruits as we worked on different stages of my recovery, but **fruit has been a steady part of my diet.** I, of course, have listened to my body each step along the way to guide me. For example,

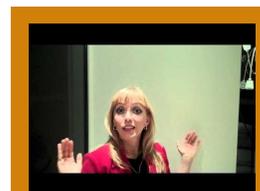


CAROLINA ARAMBURO

there were times when my body was **begging for strawberries** then there was the point that my body said, "No more!" to them. **Bananas** have been the one fruit that I have consistently eaten for this last year and 1/2 as I have been healing. Right now my natural nutritionist has me on a more acidic based diet so I am eating oranges, tangerines and limes.

Berries, of various kinds, have also been important because of their **enormous antioxidant capabilities.** Although, various berries have been more important than others at times. Apples, mangoes and pears have also moved on and off my list.

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## FRUIT CAN TOTALLY BE A SWEET, NATURAL TREASURE IN YOUR DIET!!! (Cont.)

One great tip to help you to eat more fruit is to **keep fruit out in a place** where you can see it. By doing this you will be more likely to eat it than if it is kept out of sight. If you can, juice your fruit. It will get into your bloodstream faster than when eating it and it is easier to consume more fruits that way. One important thing about juicing is to only **juice if you can consume it right away**, as the fruit loses its nutrients when it sits and can go bad very fast.

We must keep in mind that fruits are the **most natural foods on this planet**. They are almost the only kinds of food that grow on a tree or a bush that you can eat without any preparation or cooking. Your body has a craving for all natural foods. Fruit is how food is supposed to be.

So if you think fruit isn't an important factor for your health, then you should reconsider. Fruits may improve your memory, **prevent disease**, and provide your body with necessary

water. There are tons of benefits that come from it. So do yourself a favor and begin eating more fruit, if you currently don't eat enough. It may have you feel and look better. Listen to your body. It know just the fruits for you! Begin enjoying more of the sweet experience of fruit today!

### THESE TEN TYPES OF FRUITS CAN BE POWERHOUSES FOR YOUR HEALTH!!!

With the multitude of fruits that are available to eat, the question becomes: which are the best for your health? Here are **10 fruits that rate at the top of the experts' lists** for health benefits:

1. **Apples**, with the skin, provide pectin, 5 grams of fiber and a heaping dose of flavonoid antioxidants. Apple fiber helps lower cholesterol and the powerful flavonoids reduce your risk of heart disease, stroke and cancer.

2. **Apricots** are a good source of vitamins A, C and E, potassium, iron and carotenoids. The lycopene found in apricots helps protect your eyes and prevent heart disease, LDL cholesterol oxidation and certain cancers – especially skin cancer. And the fiber in apricots helps relieve constipation.

3. **Bananas** are a great source of potassium (about 400 mg), which helps lower your risk of high blood pressure and stroke and plays a key role in muscle function. Bananas are delicious and sweet to eat, making them a good sugar substitute and natural energy source. The fiber in bananas helps restore normal bowel action.

4. **Berries** are super high in powerful antioxidants, including vitamin C. Numerous studies show that berries offer great protection against heart disease, stroke, cancer and many other diseases.

• **Blueberries** top the antioxidant fruit benefits list. Among other health benefits, blueberries help prevent high blood pressure, macular degeneration and brain damage leading to Alzheimer's disease. 1 cup of blueberries has 4 grams of fiber.

• **Blackberries** – a single cup of blackberries has 10 grams of fiber.

• **Raspberries** – there are 8 grams of fiber in 1 cup.

• **Strawberries** – 1 cup of sliced strawberries has 4 grams of fiber.

5. **Cantaloupes** are packed with Vitamin C, potassium and carotenoid antioxidants. Cantaloupe can help reduce inflammation, prevent cancer and cardiovascular disease, boost immunity and help protect your skin from sunburn. Half a melon has 2 grams of fiber.

6. **Cherries** are very high in iron and disease-fighting flavonoids. They also have potassium, magnesium, vitamins C and E, folate and heart-protective carotenoids. Cherries can significantly reduce inflammation, arthritic pain, bad cholesterol and cancer risk.

7. **Citrus Fruits** are best known for flavor, juiciness and high vitamin C content. But they're also a good source of folate, fiber and other antioxidants, vitamins and minerals. Citrus fruit has been shown to help reduce cholesterol, blood pressure and the risk of some



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The **Second Health Proposal** is about listening to your body. When I learned to listen to my body, I experienced **incredible changes** to my life and to all aspects of my well-being. One thing I learned was that **fruits were an answer to a lot of my body's needs**. From fresh organic juiced fruit to fruit salads, I added fruit to my diet in many different ways! My natural doctors also made sure that I **consumed the proper, required fruits** to fill my different needs along my health journey.

I invite you to listen to your body and to **respond to what it needs** to protect your overall health. You may find that your body guides you to improve your physical, emotional, mental and spiritual health. Learning to listen to my body was **one of the best things** that ever happened in my life!!

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## THESE TEN TYPES OF FRUITS CAN BE POWERHOUSES FOR YOUR HEALTH!!! (Cont.)

types of cancer.

- **Pink or Red Grapefruit**
- **Lemons and Limes**
- **Oranges** provide an impressive 50 to 70 mg of vitamin C.

8. **Kiwifruit**, when compared ounce for ounce, has more than twice the vitamin C of an orange. It's also an excellent source of magnesium, potassium and vitamins A and E. Kiwis have been

shown to boost the immune system and reduce respiratory diseases. 1 medium kiwi has 3 grams of fiber.

9. **Papayas** are loaded with vitamin C, folate, carotenoids and natural digestive enzymes that help with protein digestion.

10. **Red Grapes** contain iron, potassium, fiber and an abundance of powerful disease-fighting antioxidants. Al-

though red wine gets most of the publicity, dark colored grapes are the original source of the flavonoids, anthocyanins and resveratrol, which have been shown to help prevent heart disease and cancer.

Enjoy these 10 types of fruits and their health benefits today!

## 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 **FULLFILLING ADVENTURE!!**

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## ADD FRUIT , BUT DON'T LIMIT YOURSELF TO FRUIT, FOR YOUR BODY, MIND & SPRIT !!!

A diet high in fruits is only a problem if certain nutrients, such as **protein or iron**, are lacking elsewhere in your diet. The Vegetarian Society explains that many hormones are made from proteins and that proteins provide support for your immune system, so make sure to include enough protein in your diet. **Vitamin C aids in iron absorption**, so you can sprinkle some fresh lemon juice on plant-based sources of iron.

Fruits also do not contain **vitamin B-12, vitamin D, thiamin or niacin**. If you do not eat foods that contain these vitamins, you can get them through supplements or through fortified products, such as nutritional yeast.

Another thing missing in fruits is **dietary fats**. Dietary fats, like protein is important for physical, mental and emotional well-being. Consuming dietary fat is

essential for optimal health. Dietary fat promotes normal growth and development and can also be a major source of energy. In addition, dietary fat helps you feel full, which is important when dieting. MedlinePlus points out that dietary fat also affects your **cholesterol levels**.

If you are pregnant and are nursing an infant, an all-fruit diet is not for you because it wouldn't help supply you and your baby with the **sufficient amount of nutrients that you both need**. People with diabetes are also not advised to go on an all-fruit diet because most fruits contain a **high amount of sugar**. Be sure that if you consume a high/all fruit diet, that you supplement your diet with the nutrition that your body needs!

The principle of physical health also applies to **spiritual health**. Our spiritual growth will either be advanced or re-

tarded based upon what we take in through our senses and our body. Fruit is mentioned almost two hundred times in the Bible and throughout most spiritual writings. Words and phrases such as 'fruitful,' 'fruit-bearing,' and 'fruit of the spirit' are to describe a fulfilling, abundant life. Clean eating goes hand in hand with clean spiritual practices.

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