

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 58th Newsletter, I want to give us a chance to consider the impact that **Carbon-Monoxide and Mercury** can have on our physical, mental, and emotional well-being.

In order to put the rest of the **news-letter 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](#).

### ODORLESS, COLORLESS POISONS

This week on our Fan page, we have included articles that will offer you information on how **carbon monoxide and mercury** could, potentially, have a large effect on you and your health. These articles will cover the physical, mental, emotional and spiritual effects that both carbon monoxide and mercury can have on your body and ultimately, the **state of your well-being**.

Carbon monoxide isn't **visible nor can you taste or smell it**. Although these things are true, if you inhale too much of it, it can become extremely deadly within minutes. Carbon monoxide comes from any source that burns fuel. These sources include cars, fireplaces, powerboats, woodstoves, space heaters and charcoal grills. **Household items** such as water heaters, ovens and dryers are also included. These items will usually cause no problems but if they are

left running in small places, installed improperly or not properly ventilated, serious effects could occur.

Physical symptoms will include:

- Headaches
- Dizziness
- Nausea
- Vision problems
- Seizures
- Chest pain

**Mercury**, which is a metal found naturally in the environment, farming and in burning coal. Using mercury in manufacturing can increase the mercury cycling through the air and then through our water systems. Fish can actually absorb this mercury so **eating those fish** that contain high levels of mercury can be extremely harmful. Eventually, mercury will leave the body but if allowed to **build up the array of symptoms** also will build to a dangerous level. Mercury, as like carbon monoxide can have physical symptoms such as headaches and nausea. In addition, weakness, tremors, muscle twitching and respiratory failure are also seen.

**I make sure that I check** the common household appliances that I have in my home so that I am not adding more complexity to the health issues I have already been dealing with for the past few years.. The **odorless, colorless and tasteless gas** is difficult to detect and the last thing I needed, at any point in my health journey, was an increase any of those symptoms I was already experiencing such as nausea, headaches and fatigue. Although I was not **exposed directly to mercury** I



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was very careful and took my natural doctor's advice to not **consume certain fish**. I also made sure that I attended to my teeth by removing old mercury fillings that, over the years, will release mercury into our systems. Proper ventilation in your home for carbon monoxide and avoidance of foods and things that contain mercury is the way to ensure that you will not be **affected by each of them!**

Psychological effects from both mercury and carbon monoxide are just as impactful on us as the physical effects! Mercury poisoning will bring about **decreased cognitive functions** as well as insomnia in the group of persons that are affected by it. Both toxins can put you at risk for diminished mental capability by damaging your brain!

Large exposure to carbon monoxide poisoning (Cont. on next page)



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## ODORLESS, COLORLESS POISONS!!! (Cont.)

can have the potential to create **hallucinations and delusions** in people! Mercury exposure to a high degree can produce a **loss of coordination** and other effects of your nervous system such as impairments of speech and hearing.

Emotional effects of carbon monoxide and mercury are far from few! These two **deadly toxins** have shown in studies to produce many emotional effects on contractors that work with exposure to them. Mercury poisoning produces emotional disturbances such as **mood swings**, irritability, abnormal sensations and nervousness. While mercury poisoning effects are numerous, the emotional effects for carbon monoxide are much more. A

few of the emotional impacts from carbon monoxide can be: reduced ability to cope with stress, **behavior and personality changes**, being more easily emotionally effected, increased agitation, confusion, panic attacks, verbal aggression, lack of interest in things that used to be fulfilling, **inappropriateness** (saying things without filtering for appropriateness), and the potential for unusual, bizarre and irrational behavior

With carbon monoxide being the **leading cause of accidental poisoning deaths** in America, it's surprising that either of these toxins wouldn't be taken seriously. The key, as always, is listening to your body. If you are listening keenly, your body will tell you

when something is off. The **spiritual impact from toxins** in your body is also very noticeable. Affecting you internally, carbon monoxide and mercury poisoning will begin to affect your body's ability to hear the soft voice of your soul, since the **pureness of your body** is directly correlated to its ability to connect with your soul. Being able to notice the **problems and symptoms** that both toxins produce and gaining treatment will help you create a better balance externally and internally and in turn, leave you with a clean, healthy body in which you can **increase your body's ability to hear and connect to your soul.**

## RISKS FROM FLU SYMPTOMS TO DEATH FROM AN UNSEEN KILLER!!!!

The physical effects of carbon monoxide and mercury can be **extremely serious**. Most of the time, people are unaware that they have been exposed to either of them. Due to this, it becomes extremely difficult for any physician to diagnosis their patient. For mercury poisoning, it may take many **weeks or even months** for symptoms to develop in some people. For some, it may even take years! With carbon monoxide, it is difficult to differentiate between the **poisoning effect of it and the flu** because the symptoms are extremely similar.

Carbon monoxide is usually produced by common household appliances. When your house is not **properly ventilated**, it is easy for the carbon monoxide that is emitted by these appliances to build up. Due to this, carbon monoxide poisoning will become present in you. **Early symptoms** of carbon monoxide poisoning can include:

- Headaches
- Nausea
- Fatigue

- Brain Damage
- Death

Being that carbon monoxide is a colorless, odorless gas and you cannot see, smell or taste it, it has quickly become the leading cause of **accidental poisoning** deaths in America. The Centers for Disease Control has estimated that carbon monoxide poisoning **claims close to 500 lives** and causes more than 15,000 visits to the hospital emergency departments every year.

For mercury poisoning, the fact that it takes weeks, months or years to develop makes it difficult for physicians to diagnosis patients properly. The physician may order many different tests prior to in order to **diagnosis a patient's condition**. There are multiple diseases that will produce one or more symptoms of mercury toxicity, so physicians will test for these first. These diseases include Parkinson's, amyotrophic lateral sclerosis and multiple sclerosis.

To **detect acute mercury** poisoni (Cont on next page)



Your body is an **amazing system** connecting everything for you. When you are listening to it you will receive a multitude of clues about what is going on with you physically, emotionally, mentally and spirituality. Toxins such as Carbon Monoxide and Mercury **tear down the system** and symptoms begin to show up immediately. If you are listening you will catch it quickly before the breakdown gets very advanced.

At any hint of even subtle symptoms or signs showing up it is time to go to work to **discover the source** of those symptoms. The more you listen to your body the more you will be able to detect not only when something is off, but also what it is causing it. Your body actually **knows the difference** between a "flu symptoms" and poisonous toxins that are breaking down your immune system. **Celebrate your body's wisdom** and consult it! The life you save could actually be yours and you will have many more years to make the difference on this planet you came to make!

## RISKS FROM FLU SYMPTOMS TO DEATH FROM AN UNSEEN KILLER!!!! (Cont.)

ng, levels of mercury can be measured in the blood. This test is usually done in a **specialized laboratory**. Urine tests are not reliable for measuring mercury compounds because they are mainly excreted in the feces and bile. **Symptoms of patients** who have mercury poisoning can be: rash, fever, Splenomegaly (enlarged spleen) and muscle weakness

To ensure that you are taking the necessary steps while at home for your family to not be **exposed to carbon**

**monoxide**, it is important that you move all family members and pets to fresh **air away from the source of carbon** monoxide. Being that there is not therapy available for carbon monoxide poisoning, you will have to seek medical care in a hospital or emergency department. Medically, the treatment for carbon monoxide poisoning is high-dose oxygen. This can usually be done by using a **facemask attached to an oxygen reserve bag**.

For mercury poisoning, other than

avoiding potential sources of mercury poisoning, there is **no major role for self-care** in the home. Prevention in other areas and precautionary actions should be taken to prevent exposure if possible. If you suspect that you have been exposed to mercury, it is imperative that it is treated as soon as possible. **Suspected acute exposure** should be treated medically because waiting for confirmatory tests may allow irreversible damage to occur. **Early consultation** with poison control and a medical toxin expert is highly advised.

## 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**.

## POISONED MENTALLY, EMOTIONALLY & SPIRITUALITY!!!

The effects of carbon monoxide poisoning and mercury can be more than just physically impactful on you. Having a drastic effect on your **emotional, spiritual and mental state**, carbon monoxide and mercury can be very harmful to you. Affecting you in many different ways, exposure to both of these toxins can **become deadly**.

With exposure to substances such as carbon monoxide and mercury, you can be at risk for **mental impairment**. Toxic effects can include damage to the brain, Hunter-Russell syndrome and Minamata disease. Minamata disease is a disease that affects the **neurological system** and is caused by severe mercury poisoning. In lighter cases, symptoms can include, ataxia, numbness in the hands and feet and general muscle weakness among other things. In more extreme cases, however, **insanity, paralysis, coma and death can follow within weeks** of the onset of symptoms. A congenital form of this disease can also affect the fetuses developing in the womb of a pregnant

woman.

Emotionally, exposure to carbon monoxide and mercury can host an intense effect on you. These emotional effects are **backlashes of injury to the brain** and other areas of the nervous system. A massive exposure to each of these can provide many unstable emotions in individuals. Some examples could be: depression, verbal aggression, irritability, larger swings in mood stability, lack of interest in things that used to be fulfilling and **being more easily overwhelmed**.

From a spiritual standpoint, mercury and carbon monoxide poisoning will act to **diminish your body's ability to connect** with your soul. It begins with your being physically impacted which starts the diminished connection between your body and your soul. As toxic poisoning increases and your emotional state is impacted then your connection becomes doubly diminished. Finally as

you mental state is impacted by the poisons, your connection between your body and your **soul becomes further diminished**. We cannot have the fullest connection between our body and our soul when our body is not at it's fullest. Keeping your body pure and free from toxins is a **blessing you give to yourself** so you can have the purest connection between your body and your soul as possible!

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