

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 62nd Newsletter, I want to give us a chance to consider the impact that **Diabetes** can have on people's physical, mental, and emotional 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, go back and watch them. You can also read all of the articles in full [HERE](#).

DIABETES CAN EASILY BE PREVENTED, DETECTED AND MANAGED TODAY!!!

There are three different types of diabetes, and in this newsletter, I want to focus on ways to **manage and maintain diabetes**. I also want to highlight causes and signs so you can prevent diabetes or at least catch it early on.

This week on our Fan Page, we have provided links and information about diabetes that will help encourage a healthy lifestyle. These articles will provide information on how **diabetes may affect your physical, mental, emotional and spiritual well-being**.

Diabetes affects over nearly twenty million people in the world! In addition to that, over forty million may be affected by **pre-diabetes**, a precursor for type two diabetes. There are three different types of diabetes and each are different in their own ways. Type one is usu-

ally diagnosed in childhood whereas type two may develop over time, and the third type occurs in pregnant women. It's important to recognize the **signs of diabetes** in order to diagnose it quickly!

Physical symptoms can include:

- Blurry vision
- Fatigue
- Excessive thirst
- Weight loss
- Hunger
- Frequent urination

Insulin is a hormone produced by the pancreas to control blood glucose (a type of sugar). Too little insulin, resistance to insulin, or both can cause diabetes. The result is high blood glucose, which is at the root of diabetes. Throughout my own health journey, I've found that managing **sugar intake is crucial** to staying healthy. My solution has been to carefully watch what I eat! Sugar is included in lots of processed food that you would never think of. Also sugar is produced in your body by different processes. For example, **carbohydrates** turn into sugar. Making a plan and keeping track of what you eat can help you manage your health.

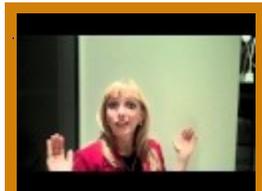
Unfortunately, there is no known **cure for diabetes** at this time. The complications of diabetes may also affect your health beyond the symptoms of high blood sugar mentioned above. These complications include such problems as developing **eye problems**, pain or itching in your feet, possible nerve damage, and the possibility of **kidney damage**.



CAROLINA ARAMBURO

It is important, if you start to experience **symptoms**, to get diagnosed quickly as odds of maintaining your health may be much better once you know what you're up against. Luckily, doctors can **diagnose diabetes** fairly easily with a few tests, but sometimes, especially in type one diabetes, **symptoms can develop** really quickly and you might be very sick by the time you go in. Alternately, in type two diabetes, symptoms may stay hidden for a long time so it's important to be vigilant!

When you have diabetes, your body may be unable to produce enough **insulin naturally** to process sugars so eating right and regular exercise is key to staying healthy. There are lots of natural ways to keep your blood sugar levels down in order for you to live a **normal** and healthy life!! Eating right can be a (Cont on next page)



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DIABETES CAN EASILY BE PREVENTED, DETECTED AND MANAGED TODAY!!! (Cont.)

crucial step to preventing and maintaining diabetes. Some of the nutrients that you might consider looking for in foods include:

- Calcium
- Fiber
- Potassium
- Vitamins A, C, and E
- Magnesium

Each of these nutrients may be able to help **maintain a healthy** diet and therefore keep your pancreas health and insulin production balanced. Foods that contain these nutrients, and may be good to incorporate into your diet, include **beans, leafy greens** that are low in calories, fruits such as

berries, tomatoes, and citrus fruits, fat free milk and yogurt, as well as whole grains and nuts. Each of these foods **contains the beneficial nutrients** that may help control diabetes.

Along with eating right, exercise can be a contributing factor to controlling diabetes. **Regular exercise** may help you lose weight and help your body to produce insulin at a higher rate. Type two diabetes may be preventable by exercising a healthy life style even if you are predisposed to it.

Your **blood sugar level** can be affected by more than just food and exercise. It is also affected by ill-

ness and stress as well as your body's ability to process insulin. Medical methods of treatment include **daily monitoring of glucose levels**, and for type one diabetes (and sometimes type two), daily insulin shots can help, but patients must be careful to stick to an injection schedule as variation may have an adverse affect on your diabetes!

Diabetes can be a **manageable condition** as long as you keep an eye on your activities! Keeping your stress levels down and watching what you eat and how you exercise are just a few ways to maintain your diabetes! Be sure to **listen to your body** since it will always tell you what is going on!!

DIET AND EXERCISE ARE THE ANSWERS TO LOWERING YOUR BLOOD SUGAR LEVELS!!!

To understand diabetes, it is important to first understand the normal process by which **food is broken down** and used by the body for energy. Several things happen when food is digested:

- A **sugar called glucose** enters the bloodstream. Glucose is a source of fuel for the body.
- An organ called the **pancreas makes insulin**. The role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel.

People with diabetes have high blood sugar. This is because:

- Their pancreas does not make **enough insulin**
- Their **muscle, fat, and liver cells** do not respond to insulin normally
- Both of the above.

There are three major types of diabetes: **Type 1 diabetes** is usually diagnosed in childhood, but many adult patients are diagnosed. In this disease, the body makes little or no insulin. **Daily injections of insulin** are needed. The exact cause is unknown. Genetics, viruses, and autoimmune problems may play a role.

Type 2 diabetes is far more common than type 1. It usually occurs in adulthood, but young people are increasingly being diagnosed with this disease. The pancreas does not make enough insulin

to keep blood glucose levels normal, often because the **body does not respond well** to insulin. Many people with type 2 diabetes do not know they have it, although it is a serious condition. Type 2 diabetes is becoming more common due to increasing obesity and failure to exercise.

Gestational diabetes is high blood glucose that develops at any time during pregnancy in a woman who does not have diabetes. Women who have gestational diabetes are at high risk of type 2 diabetes and **cardiovascular disease** later in life.

There are many risk factors for type 2 diabetes, including:

- Age over 45 years
- A parent, brother, or sister with diabetes
- Gestational diabetes or delivering a baby weighing more than 9 pounds
- **Heart disease**
- High blood cholesterol level
- **Obesity**
- Not getting enough exercise
- Polycystic ovary disease (in women)
- Previous impaired glucose tolerance. Some ethnic groups (particularly African Americans, Native Americans, Asians, Pacific Islanders, and Hispanic Americans)

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To someone with **diabetes**, staying healthy is a challenge unless they are willing to **accept their disease** and manage it. Diabetics must not only eat properly and exercise regularly but also do whatever they need to do to keep **depression, stress and anxiety** from taking over and making their disease even more dangerous. When we impact our blood glucose levels we quickly start impacting ourselves physically, mentally, emotionally and even spirituality.

Diabetes can be caught in the early stages by **listening to your body**. At the first signs of any symptoms you can find a healthcare provider who can assist you in learning ways to prevent it or get it under control. There are multitudes of **nature ways to treat diabetes**. Specific nutrients along with a low fat diet will keep your blood glucose levels balanced. Practices such as meditation can train you to calm yourself and keep stress and anxiety from making the disease more complicated. **Cherish your body** for its imperfections and listen closely to it. A healthy body will allow you to **connect with and hear the voice of your soul** so that you can fulfill on your purpose here on this planet.

DIET AND EXERCISE ARE THE ANSWERS TO LOWERING YOUR BLOOD SUGAR LEVELS!!!

You should work closely with your health care provider to **learn how much fat, protein, and carbohydrates** you need in your diet. People with type 1 diabetes should eat at about the same times each day and try to be consistent with the types of food they choose. **People with type 2** diabetes should follow a well-balanced and low-fat diet.

Regular exercise is especially important for people with diabetes. It helps with blood sugar control, weight loss, and high blood pressure. **People with diabetes** who exercise are less likely to experience

a heart attack or stroke than those who do not exercise regularly.

Here are some exercise considerations:

- Ask your healthcare provider if you have the right **footwear**.
- Choose an enjoyable physical activity that is appropriate for your current fitness level.
- **Exercise every day**, and at the same time of day, if possible.
- Monitor **blood glucose levels** before and after exercise.

- Carry food that contains a fast-acting carbohydrate in case you become hypoglycemic during or after exercise.
- Drink extra fluids that do not contain sugar before, during, and after exercise.

Cherish your body because of its imperfections and **listen closely to it's needs**. Diabetes can be prevented and if discovered, controlled with **appropriate attention**.

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"**.

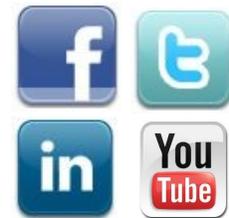
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



SUGAR HAS A FAR LESS-THAN-SWEET EFFECT ON YOU MENTALLY, EMOTIONALLY & SPIRITUALITY!!!

Most of the time, we do not consider the effect that food, such as sugars, that we **consume has on our body**. Diabetes, which can be classified as a metabolism disorder, is a type of endocrine disease in which the body is not producing or using insulin in the body. Causing great psychological, emotional and spiritual effects on you, it is **extremely imperative** that it is dealt with immediately.

With the sudden change of lifestyle that diabetes brings to you, it is very easy for your **mental health to be impacted**. Discovering that you have diabetes can bring about an immense amount of psychological issues. **Depression, being the most common psychological effect of diabetes**, can be a very serious devastating effect. As diabetes puts stress on your entire body it also causes mental

stress and anxiety. It is a vicious cycle as the **depression, stress and anxiety** cause enormous jumps in your blood glucose levels.

In addition to having psychological impacts on your life, diabetes can have an even **larger effect on our emotional state**. One common emotional effect of diabetes is **anger**. This can especially be seen in people who are newly diagnosed with this condition. They hold resentment against others who can freely eat the foods of their choice. **Embarrassment** is another emotion that is often seen. The reason behind this may be because diabetics have to carry around insulin and monitoring equipment at all times.

As any **disease in the body**, diabetes can also have a tiered effect on

the diabetics' **spiritual connection**. First the physical impact will keep you from hearing the quiet voice of your soul talking to your body. Then as the **mental and emotional** impacts kick in you are even more constrained from hearing and being able to connect to your soul.

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

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

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.