

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 79th Newsletter, I want to talk to you about the **Endocrine System** and it's impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

### A BALANCED ENDOCRINE SYSTEM IS KEY TO BALANCED PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL WELL-BEING!!

Your endocrine system is what regulates the glands and hormones that regulate your growth, **metabolism**, and sexual development! In this newsletter, I want to focus on ways to keep your endocrine system in top condition and how to recognize any problems before they happen!

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

The endocrine system is made up of **hormones and glands** that regulate the functions in your body, including your emotions and body's development. In general, the endocrine system is in charge of body processes that **happen slowly**, such as cell growth. Faster processes like breath-

ing and body movement are controlled by the nervous system. But even though the nervous system and endocrine system are separate systems, they **compliment** each other and often work together to help the body function properly.

The endocrine system is a network of glands that **secrete hormones** directly into the blood. The organs involved are:

- Pancreas**, which secretes insulin (stabilizing blood sugar)
- Thyroid**, which governs your temperature and metabolism
- Adrenal glands** which help you cope with stress
- Reproductive organs**: baby-making capability

If one of these **organ systems** are out of balance or weakened by overuse and nutritional deprivation, the other endocrine organs will alter their activity to compensate. This may lead to further **imbalance** in the body. The adrenal gland is the endocrine organ that suffers the most from overuse. Once the adrenal gland is out of balance, the reproductive organs, **thyroid** and pancreas compensate by changing their activity. The imbalance may manifest in symptoms such as a sluggish metabolism, low body temperature, poor circulation, **sugar balance** problems (hypoglycemia and hyperinsulinemia) and compromised fertility.

Without our endocrine system, various parts of the body would work independently from one another. One key to balancing the endocrine system is to adequately nurture the **adrenal glands** while symptomatically treating compromised thyroid, pancreas and **reproductive** organ function. Only when the adrenal gland is given proper nutrition and support will the other endocrine organs return to balance and harmony.



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Common Endocrine conditions include:

- Thyroid imbalance**: hypo and hyperfunctioning, low body temperature, sluggish metabolism, excess hair loss, low energy
- Pancreas imbalance**: hypoglycemia (shaky or irritable when hungry), hyperinsulinemia (excess fat deposition in abdomen), sugar or carbohydrate cravings, night sweats
- Adrenal imbalance**: low energy, low threshold for handling stressful situations, chronic fatigue, insomnia

If a dysfunction occurs with any of the endocrine system **glands**, it can cause a wealth of different problems such as obesity, diabetes, rapid weight loss, **hypothyroidism**, hyperthyroidism, cushing's syndrome, infertility, high cholesterol, growth disorders, Addison's disease, breast cancer, turner syndrome, various cancers, osteoporosis, menopause, metabolic syndrome, or **low testosterone**. (Cont. on next page)



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## A BALANCED ENDOCRINE SYSTEM IS KEY TO BALANCED PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL WELL-BEING!! (Cont.)

**Thyroid diseases** can be caused by the thyroid gland, a butterfly shaped gland in your throat. Hypothyroidism may be more common than hyperthyroidism, a condition in which the thyroid gland is not active enough, causing weight gain, **fatigue**, and a difficulty dealing with extreme temperatures. Hyperthyroidism is the opposite where the thyroid gland works too much and can cause weight loss, speed up your **heart rate**, and make you sensitive to heat.

In order to help balance out hormones, various treatments may be necessary such as supporting the

**liver** in getting rid of extra hormones introduced to the body through excessive hormone production. Diet, exercise, **sleep**, and stress reduction may also help to keep your hormones in balance.

In my own **health journey**, I needed to deal with various endocrine system problems. Because of all of the various systems and organs that were shutting down, at different points in time, my hormones were severely impacted. My thyroids developed **hyperthyroidism** causing serious complications including very frightening erratic heart rates. My liver shut

down and could not process the excess of **hormones**. Acute chronic fatigue syndrome and acute traumatic stress disorder threw my entire endocrine system off impacting my health and well being **completely**. To the point of being 'bed constrained' many times. **Intensive work** with my natural doctors, very rigorous diets, different exercise programs and utilizing every **NATURAL** method I could, allowed me to heal myself and balance my endocrine system back out again. Above all I **listened** to my body to guide me and continue to listen to it as my biggest indicator to keep myself healthy.

## ENDOCRINE SYSTEM PROBLEMS CAN STEM FROM LACK OF SLEEP AND STRESS!!

The endocrine system is a complex and delicate system that can be subject to many different problems, both big and small. The top problems that throw off the endocrine system are:

- **Inadequate sleep.** The hormone levels fluctuate through the day and are released in a pulsatile manner throughout the hour, day or month. This pulsatile release is set by the **circadian rhythm**. Melatonin can be considered the re-set button for the circadian rhythm and it allows the body to recover and repair from work done during the day. The caveat, is that melatonin is produced during the stage of deep sleep, making good healthy sleep critical for balancing the endocrine system.
- **Environmental pollutants** such as exhaust fumes, **pesticides**, paint fumes, heavy metals, plastics, unfiltered drinking water, smoking, and estrogens found in water bottles and makeup.
- **A lack of Vitamin D** from staying in the office too long and not getting out in the sun. Yes, this is how you can still be Vitamin D deficient in Southern California. Vitamin D is a potent modulator of the endocrine system, especially with the sex hormones.
- **Emotions.** The production and release of our **neurotransmitters** (GABA, serotonin, dopamine, etc) are linked with the endocrine hor-

mones. An imbalance in one system, whether it's an insufficient production of a neurotransmitter like serotonin, can throw off the balance of the other system.

- **Stress.** Whether emotional or physical such as from chronic pain like endometriosis, will cause an consistent rise in **cortisol** from the adrenals. This will alter neurotransmitter production (affecting your emotions), it will deplete nutrients needed to produce other hormones and neurotransmitters, it will steal the production line away from other hormones and shunt the production supplies to making cortisol (creating imbalances in hormones such as **estrogen** and progesterone), and it burns through key nutrients such as the B vitamins, zinc, and Vitamin C. Stress is more than just an emotional stress, it can also be from a **physical stress** such as from persistent low blood sugar, chronic pain, chronic disease, inflammation, food allergies, and imbalances in the gut.

A **healthy diet** can be a great way of keeping your endocrine system in balance. You can start to heal your endocrine system through nutrition. The phrase "you are what you eat" rings true. The basic dietary approach goes back to understanding that all hormones are made from **cholesterol**, so avoid low fat diets (Cont. on next page)



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During my intense health journey many doctors went directly to assuming I needed **damaging medications** that could have been avoided if they had checked my endocrine system at various stages along the way. The cycle, started by intense **stress** and serious **sleep** deprivation, wreaked havoc on my endocrine system which then turned around and created more stress and **insomnia**. My thyroids and adrenal glands stopped working several times causing first worse fatigue and then near **heart failure**, liver and kidney failure and finally nearly death. All of this was due to the collection of massive, prescribed medication side effects. But, thanks to a huge team of Western & **Natural Holistic** Professionals, many real supportive friends, the extraordinary work of my family and my own hard work and listening to my body; I am **completely healed**.

**Cherish your body** with all of its imperfections. **Listen to your body** to guide you to take care of your endocrine system for the best performance as possible. **Honor you** and request you honor your body and all of it's beautifully designed systems, before you learn the lesson in the 'forced' way that I did!

## ENDOCRINE SYSTEM PROBLEMS CAN STEM FROM LACK OF SLEEP AND STRESS!!

and consume good healthy fats that are rich in **omega fats**. It is well studied that eating a diet rich in varied, colorful veggies will give your body the nutrients and nutrition that it needs to function properly and to prevent cancer. An example is dark green **leafy veggies** are packed full of B vitamins, essential nutrients when you are under stress. Your body also needs Vitamin C, which is

found in the green leafies, oranges, mango, **parsley**, broccoli, and cabbage. Vitamin C prevents free radical damage, strengthens and maintains healthy cell integrity, improves wound healing, **enhances immune** function, inhibits cancer formation, and lower inflammation. **Natural carotenes**, the orange pigment found in carrots, sweet potatoes, and **cantaloupe** aid balance by promoting healthy differ-

entiation of cells, is a potent antioxidant, and enhances the immune system. And the constituent in green tea, epigallocatechin-3-gallate, stops **free radical damage** and lowers inflammation.

**Listen to your body** and let it pick the foods that your endocrine system needs.

## 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 **FULFILLING ADVENTURE!!**

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## CHECK YOUR ENDOCRINE SYSTEM BEFORE ASSUMING YOU HAVE PSYCHIATRIC PROBLEMS!!

Your **brain depends**, in some part, depends on the endocrine system. The endocrine system uses hormones as chemical messengers. The endocrine and nervous systems are linked by the **hypothalamus** (a centrally located 'switching station' within the brain). The hypothalamus is an exceptionally complex region with multiple components that control many different functions, including the coordination circadian and seasonal **body rhythms** (which impacts your sleep cycles).

The **thyroid** has been the focus of much mood disorder research. Depression is frequently associated with low levels of thyroid hormone, a condition known as Hypothyroidism, while mood elevation, manic symptoms and bi-polar disorder is often associated with high levels of thyroid hormone (**Hyperthyroidism**). Another component of the endocrine system, which is known to cause mood fluctuations when deregulated is the reproductive system.

Hormone Imbalance is a 20th century man-made imbalance and it is increasing in se

verity as the **environment** becomes more toxic and the pure nutritional levels in our food sources become more depleted. More and more women and men are experiencing hormone imbalance under the guise of so many other presenting **pathologies**. Mental/emotional symptoms that can be traced to hormone imbalance are: addictive behaviors, depression, anger/irritability or **uncontrolled rage**, anxiety, brain fog, lack of mental clarity, memory loss, bipolar disorder, **insomnia**, lack of sex drive, PMS, PMDD, PPD, weepiness and suicidal thoughts.

The spiritual impact of hormonal imbalance includes a lack of **spiritual connection** to self and others, self-destructive behaviors and isolation and social withdrawal. Given that the endocrine causes serious physical conditions and then also mental and emotional issues it is easy to see that listening to the quiet voice of your soul and connecting with your **higher self** is impacted.

Problems within the endocrine system (i.e. with hormone levels) can definitely cause

**psychiatric** problems and visa versa. The important thing to do is to get a thorough endocrine testing prior to the introduction of **psychotropics**, but here is the catch: many endocrine problems develop slowly over time and fluctuate. So getting a partial snapshot of the system at a given time, can miss what is really going on. And then once the person is on the psychiatric medications - all bets are off. Bottom line is check your endocrine system.

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

[CLICK HERE OR SEE http://carolinaarambom](http://carolinaarambom)

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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