

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 93rd Newsletter, I want to talk to you about **Tumors** and their 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](#).

## TUMORS CAN BE PREVENTED AND HEALED!!!

There are two types of tumors: **benign** (noncancerous) and **malignant** (cancerous). In this newsletter, I want to focus on ways to keep prevent tumors before they happen and how to deal in the most **natural and healthy** way possible if they do!

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

A tumor is sometimes the **first indication** that something is wrong with your body, so it is very important to be able to recognize the signs of a tumor and what it may mean. In general, tumors occur when cells divide and **grow excessively** in the body. Normally, cell growth and division is strictly controlled. New cells are created to **replace older** ones or to perform new functions. Cells that are damaged or no longer needed die to make room for healthy replacements. If

the balance of cell growth and death is disturbed, a tumor may form.

Most patients with tumors have CT or **MRI scans** to determine the exact location of the tumor and how far it has spread. More recently, positron emission tomography (PET) scans have been used to find certain tumor types. Other tests for tumors include: **biopsies** (to determine the type of tumor), blood tests (to look for chemicals such as tumor markers), **bone marrow** biopsies (most often for lymphoma or leukemia), chest x-rays and complete blood counts (CBC).

Problems with the body's **immune system** can lead to tumors. Other causes include:

- Benzene and other **chemicals** and toxins
- Drinking too much alcohol
- Tobacco use
- Environmental **toxins**, such as certain poisonous mushrooms and a type of poison that can grow on peanut plants (aflatoxins)
- Excessive sunlight exposure
- **Genetic** problems
- Obesity
- Radiation
- Viruses (such as Cervical cancer caused human papillomavirus and Hepatocellular carcinoma (caused by hepatitis B virus)

Some tumors are more common in one gender than the other. Some are more common among **children** or the elderly. Benign tumors grow only in one place. They cannot spread or invade other parts of your body. Also, benign tumors usually don't grow back. Malignant tumors, besides **metastasizing** throughout the body, can actually **re-seed** themselves. This may be one explanation as to why a tumor reappears after being removed. The premise given is that circulating cancer cells can go back to their place of origin, **re-colonizing** in the original tumor site. This process is called self-seeding. The repopulation of the tumor site with these aggressive cells enables the tumor to grow at a more rapid rate. Tumor recurrence is the consequence of a failed



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immune system. Because of that, concentrating on the immune system is an integral part of **preventing**, not only metastasis, but also future re-colonizing of the primary tumor site. In doing so, all parts of a person's lifestyle must be addressed which includes diet, exercise, providing the body with the needed vitamins and **minerals**, and including the proper anti-cancer and immune strengthening foods in our diets.

Symptoms depend on the type and location of the tumor. For example, lung tumors may cause **coughing**, shortness of breath, or chest pain. Tumors of the colon can cause weight loss, diarrhea, constipation, iron deficiency anemia, and blood in the stool. Some tumors may not cause any **symptoms**. In certain tumors, such as pancreatic cancer, symptoms often do not start until the disease has reached an advanced stage.

The following symptoms occur with most tumors: chills, fatigue, fever, loss of appetite, malaise, night sweats, weight loss. Like the symptoms, the signs of tumors vary **based** on their site and type. Some tumors are obvious, such as skin cancer. However, most cancers cannot be seen (Cont. on next page)



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## TUMORS CAN BE PREVENTED AND HEALED!!! (Cont.)

during an exam because they are deep inside the body.

A benign tumor is a **lump of cells** that is often completely harmless to your body unless the location creates further complications. **Benign tumors** of the brain, for example, may be removed because of their location or harmful effect on the surrounding normal brain tissue. It is always important, however, to have any kind of lump on your **body checked** out by a doctor in order to be sure that it is not dangerous, as the majority of tumors are not benign and are the beginnings of cancer in your body.

Malignant tumors are cancerous bundles of cells that cause a lump **somewhere** on your body, although it may not be visible, that are indications of cancer and can grow and expand over time. They can develop

anywhere and may be indicative of many different types of cancers from skin cancer to breast cancer. They can also appear in the brain as a brain tumor. There are over one hundred different types of brain tumors.

**Brain tumors** are often assigned a grade from grade 1 to grade 4, benign to most malignant. These grades can help to determine what kind of treatment will be necessary and the **rate of growth** at which the tumor is expected to expand. Many brain tumors also have subcategories as well, and benign brain tumors may be just as difficult to treat as malignant one despite the fact that they are **non-aggressive**.

In my own health journey, I have always been careful to take extra care with my body. As a child my father was diagnosed with a brain tumor that eventually killed him.

The tumor **was not** malignant. My mother, with the help of other healers, kept my father alive for **19 years longer** than his doctors thought possible through a very special diet and alternative healing modalities. I have therefore, my whole life been completely present to **tumors** and studied the causes and prevention and healing of tumors. My real life experience and research indicates that those who take on a whole food **plant based vegan** diet, a unique exercise plan for them and a lifestyle that focuses on keeping stress to a minimal level wins the game of preventing and healing tumors.

Beyond being preventative, learning to listen to your body in order to recognize problems in your body may be the first step to ensuring that you **catch tumors** early on.

## BUILDING YOUR IMMUNE SYSTEM PREVENTS TUMORS!!!!

Your **immune system** being strong is one of the keys in the prevention of tumors. An immune building, healthy diet should consist of fruits, vegetables, **nuts**, roots and tubers. However, because of their sugar content, the emphasis should be on vegetables, while **limiting** fruits. Additionally, juicing has powerful health benefits that have been known to **reverse** disease. Foods that may help reduce the development of tumors can include cancer-fighting foods such as **garlic**, turmeric, foods rich in antioxidants such as oranges, berries, onions, eggplants, parsley, kale, broccoli, cabbage, habanero peppers, cauliflower, **watercress**, red and dark concord grapes, plums, apples, guavas, kiwi fruit, papayas, prunes, beans, alfalfa sprouts, ginger, flax seed oil, cod liver oil and green tea. **Water** is a miracle for the body. Look for water that does not have chemicals in it (like fluoride). Reverse osmosis filtered water without chemicals is one answer.

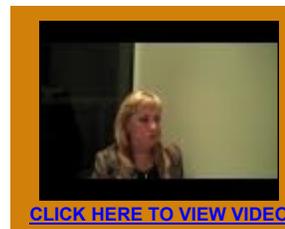
For women in particular – consuming at least three servings of whole grains and/or **beans daily** can reduce fibroid tumors. Eliminating excess **estrogen** will result in shrinking fibroids. Dandelion, milk thistle, chasteberry tincture, black cohosh, Siberian ginseng, red clover, golden seal, red raspberry, licorice root, dong quai, and motherwort, **oleander** extract and yellow dock help to metabolize estrogen from the body.

Also avoid **birth control**, pesticides and herbicides used on food products and tampons and napkins bleached with chlorine.

Other effective natural healing alternatives that work on both killing cancer and strengthening the immune system are: curcumin, black cumin oil (Nigella Sativa), cayenne pepper tincture, vitamin B-17 (Laetrile), iodine, **selenium**, magnesium, potassium, zinc, vitamin C, Calcium and **Vitamin D**. Do the research or consult a nutritionist to make sure that you receive all of your vitamins and minerals from the fruits and vegetables you eat food vs. taking supplements. The preparation of supplements diminishes the quality/potency of vitamins and minerals and the processes in preparation often end up adding more chemicals to your body vs. serving your body.

Cancer tumors simply cannot grow in an **environment** that's rich in plant-based nutrients and based on healthy, natural living. This is especially true if you pursue a more **alkaline diet** that's rich in vegetables and green foods rather than acidic substances such as sugar, **fried foods**, processed foods, chemicals and caffeine. Remember, your cells rely entirely on nutrients delivered by your blood, and if your blood is delivering anti-cancer nutrients each day, then "bad" cells will never be **allowed** to replicate and become cancer tumors.

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Tumors, whether benign or malignant are **indicators** of cells that have been impacted by some sort of **imbalance**. I have watched people I know create the miracle of not getting tumors in families where tumors were present for **generations** and people who created the miracle of slowing the growth of and even literally disappearing tumors through a **whole food planet** based diet, an appropriate exercise regime and removal of unnecessary **chemicals**, unhealthy stress and repressed emotions.

Cherish your body with all of its imperfections, **NOT DISPIE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and follow the healthcare providers that naturally guide you to take care of your **physical, emotional,** intellectual and spiritual balance. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## BUILDING YOUR IMMUNE SYSTEM PREVENTS TUMORS!!! (Cont.)

Regular exercise may also help to stave off the development of tumors. Taking a **daily walk** or even doing a twenty-minute routine at home can help you stay healthy and fight off tumors. Developing a routine can help you to feel more stable in your life as well.

Avoid **geopathic stress** / EMFs. To help reduce your exposure, keep your surroundings (furniture, clothing, care products etc.) as natural as possible. **Cell phones**, for example, have been pointed at, in studies in

the UK, as a reason for the rise in numbers of spinal and brain tumors in children.

Finally, if you really want to keep your environment free from tumor causing items, avoid all **synthetic chemicals**: Do not take pharmaceuticals; do not use conventional perfumes, skin lotions, shampoos or other personal care products; do not use conventional **laundry detergents** (they're filled with cancer-causing fragrance chemicals); do not use anti-bacterial soaps; do not cook on nonstick cookware; do not drink **fluoride**

in your water... basically just get all the toxic chemicals out of your house and out of your life.

You don't have to **grow** tumors! You can simply decide to stop growing both cancerous and non-cancer tumors by changing the **biochemical** environment in which your cells live. Change the environment and you change the results. It's a simple matter of **cause and effect**.

## 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.

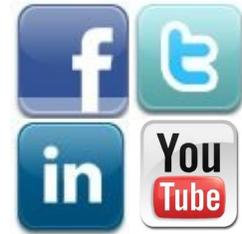
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



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## RID YOURSELF OF EMOTIONAL BLOCKAGES AND YOU CAN KEEP TUMORS AWAY!!!

Emotions such as **conflict, anger**, frustration, trauma and grief will create an imbalance and should be resolved as soon as possible, both as a preventative and as a healing process. Stress will also create a major imbalance. **Energetic**, emotional, intellectual and spiritual modalities such as conversational modes of release, deep breathing, Reike, EFT, guided imagery and Qigong, according to various studies, are effective ways to achieve balance and permanent healing of any condition since they address both the "physical" and the possibly even **more important** (subtle) energetic foundations of our being, as particularly expressed in our thoughts, emotions and spiritual life. According to the many holistic theories on tumors (both cancerous and non-cancerous), the actual cells are a sign that the **entire organism** or body is unbalanced. In order for the cells to do their job and stop dividing uncontrollably, they must receive information on what to do. In many cases the information flow and, therefore, the work of the cells is disturbed by "**blockages**" in the form of repressed feelings that have been repressed from the

conscious to the subconscious mind of the individual. In this way tumors can be understood as a **simple disturbance** of the cells, arising from the tissue holding on to a trauma with strong emotional content. Literally the function of the cells is changed from their original function in the tissue to a function of holding emotions.

The important thing to **understand** is that an improved quality of life is a way the body can restore the information flow to all its parts. The sizes of tumors, in actual documented studies, have been reduced dramatically within a **few hours** of holistically balancing a person. When the patients finally did let go of negative beliefs and attitudes that had kept the feeling(s) repressed to that part of the body, the tumor first **softened** and then disappeared, presumably by apoptosis.

**Apoptosis** is the mechanism used by medical science to explain how even patients with advanced tumors (both cancerous and non-cancerous) may recover miraculously,

if they radically **improve their quality** of life. Apoptosis is currently the object of intense research worldwide.

Along with your **healthcare provider**, after learning about different approaches that have helped to **prevent or heal** other people's tumors, listen to your higher self and follow your own **guidance/intuition** above all else.

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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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