

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 102nd Newsletter, I want to talk to you about **blood sugar and carbohydrates** and it's impact on lives 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](#).

BLOOD SUGAR IS DIRECTLY IMPACTED BY CARBOHYDRATES!!!

Blood sugar, or **blood glucose**, refers to the sugar that is digested from carbohydrates and transported through our blood stream to supply our body with energy. At any given time we have about **5 liters** of blood circulating through our body. A normal blood sugar range is anywhere from about 80 milligrams per liter, to 110 milligrams per liter. After a meal one's blood sugar typically rises to about **140 milligrams per liter**.

The human body strives to regulate our blood glucose level to maintain **homeostasis** and optimal health of the body, mainly through the use of insulin. Most people have normal regulation functioning of blood sugar in the body however; **poor diet, stress**, and lack of physical activity can lead to life threatening blood sugar complications such as diabetes, hypoglycemia, insulin resistance, and obesity. Many of these health complications stem from the body's inability to properly manage and utilize **insulin**.

Diabetes is one of the most common diseases associated with insulin regulation and it affects nearly **26 million**

people, or 8.3% of the United States population. Diabetes is a group of metabolic diseases in which the person has high blood glucose either because the body's cells do not produce enough insulin to **regulate** it, or because the body's cells do not respond properly to insulin, or both.

Insulin is very important because it is a storage **hormone** responsible for keeping the blood sugar balanced. Our bodies break down the carbohydrates from food into various sugar molecules, such as glucose, which is the body's principle **source of energy**. As we eat something, and glucose enters the blood stream, insulin is released to transport and store that glucose to our body's cells for energy.

When our blood sugar level rises from eating, the **pancreas** automatically releases insulin so the glucose from our food can be taken to our cells, and as these cells receive glucose the blood sugar returns to normal again. Excess glucose is stored as glycogen in the **liver muscles**, and it can also be stored as fat.

This seems like a simple enough process, and it would be if everyone ate a nice **balanced diet**, but unfortunately the average American consumes excessive amounts of sugar on a daily basis. This taxes the pancreas and liver. When there are high amounts of blood sugar in the **blood stream**, this usually means that there is a high amount of insulin excreted by the body to regulate it.

Some risks associated with elevated insulin in the blood stream can include;

- **Weight gain**, since insulin promotes the storage of fat
- Lower cellular levels of **magnesium**, a mineral that keeps your blood vessels relaxed and your blood circulation efficient
- Possibly a higher risk for **cancer**
- An increase in **sodium** retention, which can lead to high blood pressure



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- Increased amounts of **inflammatory** compounds in your blood and body
- An increase in **cholesterol** and triglycerides, all of which increase your risk for heart disease

When insulin is overproduced as the body tries to push glucose into cells, sometimes the glucose in the blood can drop **below normal** level. In this case, excess glucose is stored in the liver or as body fat. When blood sugar levels dip below about 60 milligrams per deciliter, this is called hypoglycemia. The body responds by releasing **epinephrine** into the blood stream and this reaction can cause headaches, tremors, elevated heart rate, irritability, confusion, and even loss of consciousness.

Conversely, when the glucose in the blood is extremely high, one is said to have **hyperglycemia**. This occurs because the pancreas does not produce enough insulin to help transport glucose into the cells. Additionally, hyperglycemia can occur as a result of the cells simply lacking enough **receptors** to receive normal amounts insulin. In this case one may feel starved because they are not getting the glucose they need in order to (Cont. On next page)


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BLOOD SUGAR ID DIRECTLY IMPACTED BY CARBOHYDRATES!!! (Cont.)

function. Other **symptoms** include swelling in the limbs, loss of visual acuity, weakened immune system, depression and confusion. Symptoms of hyperglycemia typically do not occur until the blood glucose level is elevated to the point of about 200 milligrams per deciliter.

Blood sugar disorders can be caused by a variety of things. Though heredity plays a big part in those who develop Type 1 diabetes, Type 2 diabetes, hyperglycemia, hypoglycemia, and insulin resistance are more closely related to an unhealthy lifestyle. Poor food choices, stress, unhealthy lifestyle habits like smoking, lack of exercise, and **obesity** are all the main contributing factors to blood sugar disorders. In some cases of diabetes, insulin is mandatory to prevent and treat symptoms. However, nearly all diabetes and

blood sugar disorders can be reversed with a proper diet and healthy lifestyle adjustments.

I think the blood sugar, and the impact of **carbohydrates** on it, is a very important aspect of our health that is mostly very misunderstood. I, as a ballerina, learned this importance in the wrong way. I erroneously learned to eat the least amount of carbs given that supposedly they make you fat. So I learned the bad habit of **avoiding carbs** and compensate with other things. I unbalanced my body soooooo much making this mistake, that when I started a serious nutritional coaching plan to restore my health (as a 22 year old) it took a long time to recover my body to the health required to **process** carbs the healthy way. Needless to say I

learned a lot through that breakdown/breakthrough.

Literally by eating the wrong kind of **carbs at the wrong times**, mixed with the wrong food can have you end up with many health conditions and illnesses, gain pure fat weight, unbalance your mood severely, diminish your **intellectual** capacity and kill off your energy levels. Eating the right kinds of carbs, at the right times, mixed with the right combination of other kinds of food, can enhance your **energy**, over all health, support you in keeping a healthy weight, enhance your mental clarity and support your emotional balance. Of course not eating enough of the right carbs produces almost exactly the same effect or worse than eating the wrong kinds of carbs. Carbohydrates are a key to an optimally balanced body.

EATING THE RIGHT CARBOHYDRATES AT THE RIGHT TIMES IS KEY!!!

Nutrition plays an imperative role in regulating blood sugar. With or without an actual disease or disorder of your **blood sugar**, your blood sugar greatly affects your energy levels, mental clarity, stamina, and waistline. The nutrients that impacts blood sugar the most are **carbohydrates**. The stigma that carbohydrates are bad for your body or will cause weight gain actually came from the effect they have on blood sugar. It is not true that carbohydrates are bad for you, as mentioned above; the sugar from carbohydrates is digested into glucose and used as **energy** in our body. We need that energy. It is true that you must eat the right carbohydrates for them to be good for you and for your body to use them instead of **store them** as fat or cause blood sugar disorders.

Carbohydrates can either be slow-burning or **fast-burning** depending on their complexity and nutrient value. Fast-burning carbohydrates take little to no time for your body to digest and process into glucose. In this case the blood glucose levels rise extremely fast and a surge of insulin is brought in to lower it and **transport** the glucose where it needs to go. The excess glucose that is mostly produced by fast-burning carbohydrates tends to be stored as body fat. If the blood glu-

cose quickly rises, it typically quickly falls. Here you will experience energy lulls and **cravings** throughout the day because your body is asking you for more energy. The average American rides this blood sugar roller coaster all day long with fast burning carbohydrates like white rice, white pasta, white bread, sugar, candy, desserts, fruit juices, soda, white potatoes, and other **processed food** products.

Conversely, slow-burning carbohydrates take longer for your body to break down due to their complexity, **fiber content**, and nutritional value. In this case, the glucose is released into the blood sugar at a slow and steady pace, avoiding blood glucose spikes, insulin spikes, or a rise and fall in blood glucose. With steady blood sugar supported by slow-burning **carbohydrates**, one will experiences balanced energy and increased mental clarity. Slow-burning carbohydrates include; whole grains, **root vegetables**, most fruits, and all vegetables. The slowest burning carbohydrates are fibrous vegetables and these are great to balance blood sugar.

Eating foods paired with a moderate amount of **healthy fat** and/or fibrous vegetables also slows the release of glucose into the blood. Now this (Cont. on next page)



After I went through my own personal breakdown/breakthrough with **carbohydrates**, and the impact of those on my blood sugar, I learned so much about this, that I recommend people learn about carbohydrates and blood sugar sooner **rather than later**. Learning and then consistently eating the right kind of carbohydrates at the right times make a world of a difference. Give yourself the **gift** of learning and following what you learn about this super important aspect of your health and nutrition and you will forever give yourself the **rewards** of it.

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 to your healthcare providers, to guide you to take care of your **blood sugar and carbohydrate balance** just as you would all of the important nutrients and then chemicals that run all of the systems in your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

EATING THE RIGHT CARBOHYDRATES AT THE RIGHT TIMES IS KEY!!! (Cont.)

does not mean that you can eat broccoli with your cake and be healthy, but it does mean that you should include as much fiber into your diet as possible through **plant-based whole** foods to ensure balanced blood sugar, stable energy, and to ward off cravings. Herbs and spices can also help to balance blood sugar. These include **cinnamon** bark, glucomannan, gymnema syl-

vestre, prickly pear Cactus, Turmeric, stevia, holy basil leaf or tulsia, fenugreek seed, and bitter melon.

Additionally, **exercise** plays a key role in balancing blood sugar. Since glucose is your body's main source of fuel, exercise actually has an insulin like effect on the body because it takes the glucose to the **muscles** and uses it to produce

energy. One with any type of blood sugar disorder or disease must carefully **monitor** blood sugar while exercising and watch for symptoms of hypoglycemia. It is a good idea to eat a **slow burning** carbohydrate about an hour to an hour and a half before exercising to ensure that your body has enough lasting fuel for your workout.

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!!**

AN IMBALANCE IN CARBOHYDRATES LEADS TO EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE!!

Though blood sugar is a largely physical response in the body due to nutrition, your intellectual, spiritual, and emotional state can greatly affect it. **Stress** has one of the greatest effects on blood sugar. During a stressful situation your body's fight or flight response is activated. In this case, your body prepares itself by ensuring that enough **energy** is readily available for anything that comes your way. In this instance, insulin levels fall, glucagon and epinephrine (adrenaline) levels rise, and more glucose is released from the liver. Additionally, growth hormone levels and cortisol rise, which cause your body's tissue to be less **sensitive** to insulin and glucose. As a result more glucose is available in the blood stream and as mentioned above, long-term high glucose levels in the blood stream can create blood sugar disorders and **diseases**.

It is absolutely imperative one learns to manage stressful situations, especially if experiencing a health complication like diabetes. Find a way to manage stress that works for you. Very simple **breathing** exercises, for example, are a way to manage stress throughout your day and take

very little time. Taking time for you and for **self-care** such as reading, a long bath, time with people who nurture you or building in brief moments of slowing down and relaxing throughout the day can work miracles in your **stress level** and with balancing your blood sugar.

High levels of stress and emotional upset requires a lot of **energy**. This disrupted flow of energy can create health complications such as blood sugar imbalances. Working with a qualified healthcare provider or **healer** like a Reiki Master, Acupuncturist, or Massage Therapist to released block energy and return your body into alignment can help greatly to ward off disease and health complications.

Just like stress affects one's blood glucose and body, experiencing highs and lows with your blood sugar can negatively impact your emotional, spiritual, and intellectual **balance**. When dealing with any illness or imbalance it can be difficult to connect with your higher self because of the **distraction** of what is happening physically in your body. As a preventative measure, and a measure for treatment

look to balance your spiritual self by finding a spiritual practice that **resonates** with you. Yoga, meditation, and prayer are all great way to clear the intellectual chatter you have in your head and tap into the quiet voice of your soul. Above all else, finding what works for you and **listening to your body** throughout the process is the most important step to any healing journey! Stay educated and learn about natural **resources** for healing like the one found in this newsletter!

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