

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 111th Newsletter, I want to talk to you about **inflammation** 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](#).

INFLAMMATION COULD BE LITERALLY KILLING YOU!!!

Persistent inflammation underlies nearly all major medical conditions and chronic health concerns ranging from autoimmune disorders, dementia, cancer, digestive disorders, to **heart disease**. There are ways to heal and prevent these conditions through simple dietary and lifestyle changes that manage inflammation in the body and **prevent disease**.

Inflammation is your body's response to stress, whether it's diet, environment, lifestyle, or injury. **Inflammation** can be classified in two ways: acute and chronic. When something **irritating or harmful** affects our body, our body goes to work to heal **itself**. Inflammation is a part of the body's immune response that brings more nourishment and immune activity to the site of **infection or injury**. Inflammation around an injury for example, to some degree, is helpful. This is known as acute inflam-

mation. It is the body's initial **response** by the body to harmful stimuli that is marked by a cascade of biochemical events **involving** the vascular system, immune system, and cells in the injured site. It can usually be characterized by heat, redness, pain, and **swelling**.

If the inflammation worked as it should, healed the injury or infection, and then **dissipated accordingly** there would be very little issue. The problem lies when the inflammation **persists**, or is present in our body for no apparent reason. This chronic inflammation **destroys the balance** in your body and leads to a whole host of illness like the ones I mentioned above. Many illnesses have been qualified and **unrelated** when in fact inflammation is root of all of them. Chronic inflammation actually **shifts the structure** of the cells in your body. A good way to look at it is as if your body's immune system is on overdrive.

Signs of chronic inflammation **include**:

- Body aches and pains
- Congestion
- Frequent infections
- Diarrhea
- Dry eyes
- Indigestion
- Shortness of breath
- Skin outbreaks
- Swelling
- Stiffness
- Bloating
- Digestive upset

Chronic inflammation can also lead to weight gain. Fat cells, for example, generate inflammatory



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chemical messengers called cytokines, and those **chemicals** can trigger a reaction for cells to stop listening to two useful chemicals that affect one's weight: insulin and leptin. When dealing with **insulin resistance**, the body can't utilize glucose properly, and the excess **glucose** can lead to fat storage and harmful conditions like metabolic syndrome and diabetes. In the case of leptin resistance, the body has a hard time **deciphering** how much to eat. Leptin is the chemical that tells the body and brain when **we are full**. If your leptin receptors are damaged by inflammation in your brain, you're likely to **overeate**.

Lastly, inflammation makes it very hard for your body to **naturally detoxify**. Oftentimes toxins are stored as fat. If fat cells are chronically inflamed it will be more **difficult** to diminish them.

Some of the primary causes (Cont. on next page)



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INFAMMATION COULD LITERALLY BE KILLING YOU!!! (Cont.)

of **inflammation** include an imbalanced immune system, stress, poor diet, lack of vitamins and minerals, smoking, alcohol, food intolerances and allergies, **imbalanced gut** and digestive tract, not drinking enough clean water, lack of sleep, lack of sunlight exposure, toxic buildup, medicine, pollutants, and **lack of exercise**.

I think that most of us (include myself) who are **very committed** to our health and that exercise regularly and eat as healthy as we can, have **not educated** ourselves enough about inflammation in our

bodies and thus we are at the effect of it **dealing** with it, mostly inappropriately. For example, if I get dry eyes frequently I will go find drops, that are as natural as possible, that will **help me** "fix" the symptom = fix my dry eyes and mostly never deal with "what is the root / cause" of my frequent dry eyes. By continuing to fix the **symptoms** and never dealing powerfully with the cause I can make the condition **underneath** it worse and worse until it reaches a chronic level. Thus, I get myself sick and completely missed the opportunity to heal the condition

early enough, when it was not **chronic** at all and it could have been simple to heal. I, unfortunately, made that huge mistake. The cost of it was spending **months in clinics** and years dealing with illnesses that, if I was going to catch at the level of initial **inflammation**, I would have been able to save myself from those **months and years** of suffering. Give yourself the gift of learning about inflammation and learn to **naturally and powerfully** deal with the cause of it as early as possible!

INFLAMMATION CAN BE HEALED THROUGH NUTRITION AND EXERCISE!!!

Even though **inflammation** can cause some serious illnesses, there are very easy ways to control it through healthy lifestyle changes, diet, and exercise. The average **American diet** and lifestyle is full of food and factors that create an inflammatory response.

Some of the main foods that **cause inflammation** are;

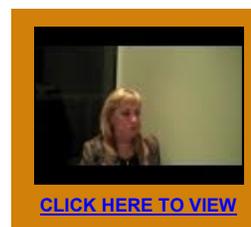
- Sugar
- Vegetable and Cooking Oils
- Processed or Packaged Foods (anything with artificial food additives)
- Refined Grains and Carbohydrates (Whites, bread, flour)
- Wheat/Gluten
- Dairy
- Corn
- Fatty, Processed, or Factory Farmed Meats (most meat is inflammatory in general but the fattier, more processed, or more miserable the animals are when they are being slaughtered, the worse it is for you)

One of the easiest and **most efficient** ways to control inflammation is through a whole-foods plant-based diet. By eating a diverse plant-based diet, your body will naturally become **less in-**

flamed and detoxify itself. Some of the most anti-inflammatory foods **include**;

- Dark Leafy Green Vegetables
- Vegetables, specifically cucumber and celery
- Antioxidant rich fruits, specifically berries
- Root vegetables, specifically beets
- Indian flavored spices such as turmeric, cumin, ginger, and curry
- Gluten-free whole grains, specifically quinoa and brown rice
- Omega 3 Fatty Acids that can be found in hemp seed, flax seed, and chia seed

Another **important factor** in inflammation is rebalancing the immune system. This can be done by **ensuring** your gut and digestive tract is properly balanced with good bacteria. **Good bacteria** help to break down food, and absorb nutrients that are essential for fighting **inflammation**. The more efficient this process is, the less inflammation you will experience. Healthy bacteria is known as probiotics and can be taken in **supplement** form, however it is best to obtain them through raw (Cont on next page)



Inflammation is truly a **very hidden** cause of a multitude of illnesses and diseases. When you are balanced **physically**, intellectually, emotionally and spiritually inflammation is a natural **response** to unwanted stimuli, but with any imbalances inflammation becomes the source of an increased **imbalance that leads** to complete chaos in our bodies. Taking on a whole food plant based diet will keep inflammation present only for what it is designed to do vs. becoming a **chronic** issue.

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 find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on eliminating **inflammation** in your body in order to honor your body. I honor you and request you honor your whole body as it is all a part of your **precious SELF!!**

INFLAMMATION CAN BE HEALED THROUGH NUTRITION AND EXERCISE!!! (Cont.)

fermented vegetables.

Exercise is another key factor in fighting inflammation but it is a **tricky subject**. Acute intense exercise can actually cause inflammation due to your body's **immune** response activity to the stress and

breakdown of tissue. If you are dealing with a **health concern**, it may be best to focus on regular physical activity rather than extremely **intense** exercise.

Another option is rotating the intensity of your activity, making sure

that you give your body lighter days in between the heavier ones. The **effects of inactivity** are absolutely detrimental so be sure to move for at least 30 minutes each day. This will help your body with circulation, health, and **detoxification**.

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**.

EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE CAN CAUSE INFLAMMATION!!!

Your emotional, spiritual, and intellectual **balance** can profoundly affect your body's immune response and inflammation. A **prime example** of this is the pro-inflammatory response created by the body due to stress. Stress wreaks havoc on the body. In a recent study, it was found that **levels of a protein** that rise in a response to inflammation, called C-reactive proteins, **increase** when a person is asked to think negative thoughts or about a **stressful event**.

Other large research studies are starting to prove that the effects of **psychological stress** on the body's ability to regulate inflammation promote the **progression** and development of disease. This is due to the fact that inflammation is primarily regulated by the hormone cortisol. **Cortisol** is produced during the body's response to stress. When cortisol is being used **during your body's** response to stress rather than controlling inflammation, **inflammation** can get out of control. Prolonged stress actually de-

creases the **tissues sensitivity** to cortisol, thus reducing the controlling effect that cortisol has on **inflammation**.

Repressing stress or other emotions can manifest **themselves** in a number of ways in the body partly due to the fact that chronic inflammation can lead to so many different **health concerns**. It is important to find ways to keep stress level at a minimum. Some ways to do this that also promote **balance** in the body are yoga, meditation, tai chi, dance, and being in nature. It's **important** to find what works for you!

Sleep is also crucial for stress relief and fighting inflammation. Sleep is a time for your body to **reset**, detoxify, rest, and restore. Chronic stress on the body produced by **lack of sleep** can cause inflammation and lead to other very serious **concerns**.

One thing to be **aware** of is also the

fact that certain health concerns and the discomfort of **inflammation** can also upset your emotional, intellectual and **spiritual balance**. When experiencing pain or discomfort, it can be difficult to stay grounded and connected. By practicing the above activities and **possibly** adding energy work, to balance the energy in your **body**, such as acupuncture, structural integration, or Reiki it can help to **release stress** or other blockages and balance your body out so inflammation can **dissipate**.

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