

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 112th Newsletter, I want to give us a chance to consider the impact that **organic and conventional foods** can have on people's physical, mental, emotional and spiritual 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

EATING ORGANIC CAN SAVE YOUR LIFE AND THE ENVIRONMENT!!!

Organic produce is starting to **greatly expand**. Currently, about 70% of the population purchases organic food occasionally and about 25% of the population purchases **organic** produce weekly. Organic foods are better for your body and better for the environment.

Organic food can be produced with certain synthetic ingredients but it must **adhere** to strict standards set for by the United States Department of Agriculture (USDA). The crops on **organic farms** are grown without chemical laden fertilizers, synthetic pesticides, or irradiation, and also aren't **genetically** modified. Animals that are raised on organic farms are not confined 100% of the time like they are oftentimes in conventional **farming situations**, and they are raised without growth hormones and **antibiotics**.

Organic foods still contain a slight amount of chemicals, but they are natural **chemicals** that the plants produce for protection and are nothing **compared** to the chemical pesticides used in conventional farming. Organic foods also have strict rules - concerning the amount of **natural contaminants** allowed for safe consumption. It has also been found that these foods only contain **small levels** of these contaminants.

Nearly 400 different types of chemicals are used in **conventional** farming. Pesticides used in conventional farming can be VERY damaging to your health. A pesticide is a chemical that **kills or controls** various types of pests. The Environmental Protection Agency (EPA) as well as the Food and Drug Administration (FDA) **regulate and monitor** pesticides use and residues in conventional foods. **However**, the real issue for many people who consume conventional foods is that these small doses, over **years and decades**, can add up to an increased health risk down the line. Pesticides and hormones in food have been **linked** to cancer, disease, illness, headaches, hormonal imbalances, adrenal fatigue, and premature menstruation in **young women**. It is estimated that about 70% of the antibiotics produced in the US aren't used to treat humans, but rather the **food supply**. With conventional farming, those antibiotics, hormones, and pesticides are landing right **on your plate** and in your body. Infants and developing children are especially sensitive to even low-level pesticide **exposure**.

Not only are the chemicals and pesticides **bad** for your health, but they can be very detrimental to the environment. **Conventional farming** is



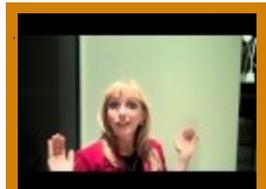
CAROLINA ARAMBURO

linked to water contamination, greenhouse gas emission, animal abuse, nitrogen pollution, dead zones in the ocean, degraded soil, resistant pests, and very **costly clean up**.

To **ensure** the food you're buying is organic, familiarize yourself with labeling. The National Organic Program ensures that the production, processing and certification of **organic foods** follow rigorous guidelines. It is important to be educated about **labeling** because certain labels are not regulated. Some of the labeling terms are **listed below**:

- **"100% organic"**: No synthetic ingredients are allowed
- **"Organic"**: At least 95% of ingredients are organically produced.
- **"Made with organic ingredients"**:

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EATING ORGANIC CAN SAVE YOUR LIFE AND THE ENVIRONMENT!!! (Cont.)

At least 70% of ingredients are organic; the other 30% are from a list approved by the USDA.

- **"Natural" or "All Natural":** Doesn't mean organic. There is actually no standard definition, except for the fact that meat or poultry products, which are not allowed to contain any **artificial flavoring**, chemical preservatives, coloring, or synthetic ingredients. Claims on these labels are not checked.

Through my **own health journey** I have learned that the difference between Organic and Conventional food is huuuuuge. I use to think that the **difference** was not as enormous as it is and that maybe people advocating for "organic"

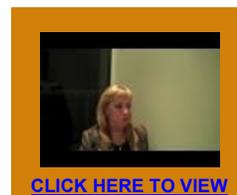
where **exaggerating a little bit** (I am not proud to admit it, but I did make that mistake).

Unfortunately, I am **living proof** that the chemicals that are missing in organic food, are soooooo many and in such huuuuuge **quantities** that the difference is one of life or death for someone dealing with a **serious illness**.

When I went through my 3 years dealing with deathly **illnesses** I lived through the difference between doing a whole plant based diet **conventionally** and doing it **organically**. The actual results, seen and experienced by me and proven by tests, of **decreasing** levels of my illnesses when I consumed organic food vs. conventional food, where **dramati-**

cally different. The weeks that I would eat only organic I would keep **improving** and weeks that I would go back to conventional food I would **get worse** in most cases and in the luckiest cases I would just plateau and **not improve**.

Bad/good news: organic or not organic **absolutely matters!!!!** Honor yourself by giving yourself a full chance by eating organic versus the opposite alternative, I hiiiiighly **recommend it!!!**



NUTRITIONAL VALUE OF ORGANIC VS CONVENTIONAL!!!

Research shows that organic food's nutritional value is 25% higher than that conventional food for multiple reasons. In the absence of fertilizers and **pesticides**, plants boost their production of the phytochemicals to protect themselves from bugs and weeds. More phytochemical **equates** to more vitamins, minerals, and antioxidants.

The soil that organic produce is grown in is also more **nutrient dense**. In conventional farming, they typically practice monocropping. This is predominantly used in the large **corporate agri-business** that own large plots of land and specialize in a few cash crops. They **grow these crops** season after season on the same piece of land causing the soil to be stripped of prime nutrients. Most organic farms rotate their crop **fields** giving the soil time to rejuvenate and replenish with nutrients.

The US and UK **governments** have found a 70% decrease in the soil quality and amount of nutrients in the soil since 1940. This is due largely to **mono-cropping** and large corporate agri-business.

Pesticides, hormones, chemicals, and antibiotics **decrease the nutrients** in conventional foods and decrease the level of absorption of nutrients during digestions. It is very **important** to eat a balanced, plant-based diet full of nutrients so you don't develop any deficiencies. When eating a diet full of **conventional and processed** foods it is easy to develop nutritional deficiencies that can **lead** to illness, disease, cancer, mood disorders, and decreased mental functioning. Nutritional deficiencies also cause the body to have **more cravings** because when lacking something, your body will do anything it can to replenish the store and **maintain balance**.

Buying **organic foods** can be up to 20% more costly than non-organic, but it can actually **save you money** in the long run by avoiding illness and **keeping** your body strong and healthy. If short term cost is an issue and you cannot buy **all organic**, there are some specific foods that should be **purchased** organic because of their high pesticide and chemical contamination when produced **conventionally**.

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It is so easy, particularly give the cost of **organic food** vs. convention food, to believe those that say that there is little difference between organic and conventional food. There is actually so much proof that there is a difference. It takes being willing to actually look at the **research** conducted by independent studies (not affiliated with the chemical companies, etc. who fund & support conventional food and food growth) to see it very clearly. Think of the price of organic food as your insurance of a **longer healthier life** and it becomes obvious that it is so worth it. Ultimately your body will confirm it if you are willing to make the switch.

Cherish your body with all of its imperfections. **NOT DISPITE 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 an optimal **organic diet** 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!!**

NUTRITIONAL VALUE OF ORGANIC VS CONVENTIONAL!!! (Cont.)

The Dirty Dozen – these are the 12 most contaminated fruits and veggies and are best to buy organic whenever possible:

Apples, Celery, Sweet Bell Peppers, Peaches, Strawberries, Nectarines, Grapes, **Spinach**, Lettuce, Cucumbers, Blueberries, Potatoes, Green Beans, Kale

The Clean 15 : These are the fruits and veggies with the least contamination, and if you must choose conventional produce, these are the safest to consume conventionally:

Onions, Sweet Corn, Pineapples, **Avocado**, Cabbage, Sweet Peas, Asparagus, Mangoes, Eggplant, Kiwi, Canta-

loupe, Sweet Potatoes, Grapefruit, Watermelon, Mushrooms

It is always a **better choice** to choose non-processed, organic foods when possible. Your body and the **environment** will thank you!

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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.

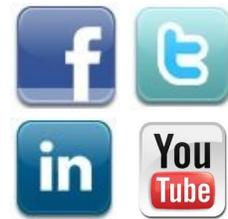
3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

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**.



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EMOTIONAL, INTELLECTUAL AND SPIRITUAL IS IMPACTED BY CHOOSING ORGANIC!!!

Eating organically grown produce impacts more than just **your physical body**. When consuming foods that are grown in accordance with nature, in a **natural fashion**, it aligns with the energy of the universe.

The more nutritious the foods that you eat are, the more **balanced** your body will be. By ensuring proper nutrition, you're likely to **avoid emotional** and intellectual complications associated with nutritional deficiencies. Pesticides, hormones, chemicals, and antibiotics **associated** with conventional farming can create decreased mental functioning, mood disorders, and **mental disorders**.

Food can be measured in many ways--not only for its **nutrition**, but for the experience it gives to you and the **energy** it creates in your body. You've heard it said "**you are what you eat**." It is true that food makes up the cells in your body, but it can also impact your energetic **balance and life**. Organic food is a step in the **right direc-**

tion, but the most profound change in health and energy balance can be seen when eating locally grown produce from organic **local farmers**. Our bodies were designed to eat in accordance with the seasons. Food was not meant to be shipped half way around the **world**, polluting the environment, before it reaches our **plates**.

Supporting local farmers and organic agriculture is imperative since they do not receive the **government support** and subsidies like large **corporate** agribusinesses do. Eating from **your own** garden or buying your produce from the local farmers' market, will leave you **feeling more connected** to your home or local community. When you eat seasonal, locally grown produce, from a farm with sound moral **practices** and care for the environment and universe, the body is more able to maintain **balance from the inside out**.

Eating foods in **accordance** with the seasons that are packed with nutrition

puts **less stress on the body** because your body is prepared and ready to eat foods that it is **designed** to eat at certain times of the year. Eating foods without chemicals and toxins also greatly **reduces** the stress in your body because your body does not have to **work** so hard to eliminate them. By reducing the work that your body has to do, the **more stable** your emotional, spiritual, and intellectual balance **will be**.

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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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