

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 121st Newsletter, I want to talk to you about xenoestrogens and food addtivities and their 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

### XENOESTROGENS AND FOOD ADDITIVES CAN BE DEADLY!!!

Xenoestrogens and food additives can be very detrimental to your health. Xeno itself means foreign or strange, and when absorbed by your body xenoestrogens mimic the effects of natural estrogens despite being very different in structure. The problem with this is the estrogen mimics bind to the same receptors that natural estrogen would typically bind to and it blocks the effects of natural estrogen which disrupts your body's natural hormonal balance and can greatly damage your health.

The uterus, vagina, and breast tissue all contain receptors for estrogen. When estrogen bindsto the receptors in this tissue, it can cause fibrocystic breast syndrome, breast cancer, endometriosis or fibroid tumors. In men, xenoestrogens are said to lead to decreased sperm counts, breast development, and increased risk of prostate and testicular cancer.

Xenoestrogens are everywhere. Many cosmetics such as skin cream, hair products, deodorant, and sunscreen and even cleaning agents use para-

bens that act as xenoestrogens in the body. Fragrances like perfume contain a chemical called phthalates that evoke a very similar response in the body. To avoid this, use organic cosmetic and household cleaning agents.

Plastic containers are another common source because they contain BPA that has estrogen-like properties. When your food is heated even to the slightest degree in a container or water bottle that contains BPA is can seep into your food. Pesticides in food that you eat are also a common source of xenoestrogen exposure. DDT for example was just recently banned, but it was used on our food for years. There are still many pesticides that are very dangerous to the body due to their estrogen like activity that promotes cancer and tumors. Children are especially sensitive to these.

Xenoestrogens are not the only problem in the food that you consume, but many additives included in processed foods compromise the body's structure, function, and your health. Studies have linked food additives to the development of skin problems, heart issues, mental illness, sleep disorders, migraines, behavioral changes, mood swings, and cravings. Below are common food additives and the complications they cause:

Butylated hydroxytoluene (BHT) and butylated hydroxyanisole (BHA) are very common preservatives that are now being investigated for their damaging effects to genetic material leading to cancer; Sulfites: A common preservative, is linked to asthma, inflammatory skin conditions, and other adverse reactions; Artificial Colorings: Coloring agents are used because foods exhibit color loss when it has been exposed to high heat. Phytonutrients are responsible for foods coloring, so if the natural coloring has faded or been stripped away due to heat and processing, the food is less

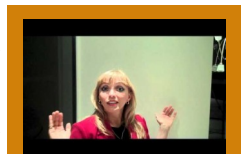


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nutritious. Consumption of these is linked to ADHD, ADD, depression, anxiety, inflammatory skin conditions, and asthma; Artificial Sweeteners: are used in place of sugar and can wreak havoc on the body. Aspartame, a very common sweetener, has been linked to nausea, digestive issues, migraines, seizures, and blindness. Sucralose (splenda), is processed using chlorine and has similar effects on the body but also promotes over-eating, cravings, hair loss, skin problems, and behavioral/mood disorders.

From my perspective xenoestrogens are something we all need to learn about given that we live in these modern days where it is almost impossible to avoid them 100%. One way or another we all are exposed to the quite horrible side effects of xenoestrogens. Even if we avoid processed foods 100% we are exposed to them through the other sources mentioned above. This is especially true living in the United States, no matter how much our lifestyle is as healthy as possible.

What I highly recommend is:  
1) Get informed.  
It is really, really  
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## XENOESTROGENS AND FOOD ADDITIVES CAN BE DEADLY!!! (Cont.)

easy for us to get **overwhelmed** and to think; "It's too much. There's no way we can get **around it**". But, there are many ways that we can reduce our risk by getting **educated** and getting informed vs. resigned. 2) Make mindful choices of all the **things** that we come in contact with. Now there are things that are **unavoidable** like that air that we breathe, right? But there are things that are **avoidable**. For example, you can make the mindful choice to **always** know where the water that you're **drinking** comes from and make sure that you don't drink tap water. Even though tap water is **supposed** to be drinkable, it contains lots of things that it shouldn't contain and that should not go **in your body**. No matter what peo-

ple say especially in the main media about tap water, you are putting yourself **at risk**. So taking the extra step of drinking the purest water you can drink makes a huge **difference**.

One of big ways to prevent all the **possible** horrible side effects of the xenoestrogens is to watch your diet. One thing that we can **definitely** do is not only just make sure that we are not eating foods that could contain **xenoestrogens**, but also make sure that we are eating foods that **reinforce** our natural defenses in our body. That way, even **though** we are exposed to xenoestrogens in ways that are **almost** unavoidable, that our body is **equipped** and that you give your body

as much as you can **possibly** give it so that it can defend itself. So, I would say it **URGENT** to give yourself the gift of the benefits of a whole food **plant based diet**. In that diet you are going to avoid, as much as possible, **processed foods**. Also, through eating a whole food plant based diet, the plants that **you eat** will fortify your body's immune system and your body's **response** so all the cells in your body that need to be **strong and protect** your body from all the possible **damage** of all the xenoestrogens that you will be in contact with from the **rest** of your life that had nothing to do with your **choices of foods**.

## NUTRITION TO PROTECT AGAINST AND AVOID XENOESTROGENS!!!

The key to **avoiding** xenoestrogens and **food additives** starts with what you put in your body. As you can tell, these can have a very **damaging effect** on your health and well-being. Eating organic produce completely avoids the xenoestrogens that are caused by **pesticides**. If possible, you'll want to avoid fungicides and **herbicides** as well. If affording organic produce is an **issue**, you'll want to make sure you are buying **natural products**.

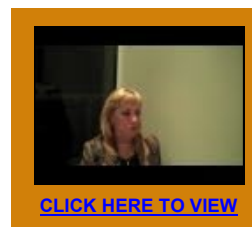
Watch out for the term "natural" though, **because** it is not regulated like "certified organic" is. In fact, something can be masked as a "**natural ingredient**" but can still contain harmful contaminants. A good rule of thumb to go off of is **reading** the label of the ingredients, and if something **looks foreign** or hard to pronounce then it is most likely **synthetic**. Also, consume foods that have **5 ingredients** or less on the labeling. Many protein bars and things like that are touted as **healthy** when they are really packed with chemicals and artificial ingredients to **save calories**. If something is more naturally based it usually doesn't have a long list of ingredients on the **packaging**.

The best way to avoid this **di-**

**lemma** is to stay away from packaged foods all **together!** Shopping the parameter of the grocery store will tend to keep you around the **fresher items**. Buying things like grains, beans, and so forth may be on the **isles** but know what you're going for and don't get **distracted** by the marketing gimmicks. If you notice, fruits and **vegetables** don't tend to have marketing campaigns. Foods that do are usually are packed with **preservatives**, chemicals, and **artificial ingredients**. Your body will thank you when you begin avoiding these!

Avoiding meat and **dairy** is also a crucial part of this process. These have added **hormones** and chemical **preservatives**, which can also mimic the response of **estrogen** in your body. Eating a diversified **plant-based diet**, full of unprocessed foods and **organic produce** safe guards you from these harmful chemicals. If you have been eating **processed** foods it will be beneficial to detox your body with plant-based **foods**. This will help heal your body and get you **functioning optimally**.

Foods that are great for detox include greens such as **leafy greens** (kale, chard, collard greens, spinach), cucumber, broccoli, aspara (Cont. on next page)



**Your body** is the only house you have to live in inside of this **lifetime** and whether it's a **long**, medium or short lifespan, I would want those years to be years that you live **feeling great**, being healthy, having energy and **YOU** have **everything** to do with that. Being mindful about **your choices** of food, water, containers and many other choices are all yours. You have a huge amount of **chances** to create that **for yourself**. I would say it's over 90% your choice AND it's **100% your right**.

**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** ways, for you, to create beauty from the inside out for you and your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## NUTRITION TO PROTECT AGAINST AND AVOID XENOESTROGENS!!! (Cont.)

gus, sprouts, and celery. Green juice, greens supplements, and liquid chlorophyll can also speed up the **detoxification** process. If you want to take it a step further you could **introduce** super-foods like chlorella and spirulina. Lemons are also great for **detoxification** and

also bring alkalinity to the body like the **greens** do. Ginger, onions, leeks, burdock root, beets, and seaweed also should be added. Spices for detoxification include: turmeric, cinnamon, cayenne, and cumin. Your body will love you for this! Optimal **health and wellness** is possi-

ble by eliminating processed and chemical laden foods and replacing them with whole, plant-based, **nutritious ones!**

## MASTERFUL BUSINESS & PERSONAL COACHING

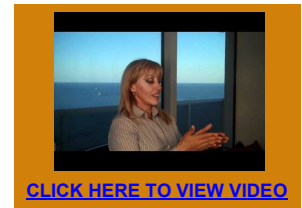
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 **UN**

**PRECEDENTED** 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!!**

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## XENOESTROGENS AND FOOD ADDITIVES EFFECT MORE THAN JUST YOUR PHYSICAL HEALTH !!!

There is a **large correlation** between consuming and absorbing chemicals, and our emotional, spiritual, and intellectual balance. For example, estrogens play an **important role** in neuronal development. There is significant evidence that **estrogen-disrupting** chemicals negatively affect the adrenal system, thyroid, and hormonal balance in your body as well as **impact memory**, concentration, and behavioral-mood disorders. When experience **complications** in areas like these, energetically we are said to be **insecure and fearful**. Commonly people will become socially **withdrawn** and have problems fully expressing themselves.

During times like this it is important to step outside of your **comfort zone**. Make social engagements and be sure to interact with others. The connection with your **higher self** may be greatly inhibited by the fog

caused by processed **foods and chemicals** so it is important to maintain spiritual balance through times when you are consuming them or your body is going **through changes** while you are eliminating them. Acts of **self-expression** like dance, painting, sculpting, journaling, and acting can all help. **Meditation**, yoga, tai chi, qui gong, and walks in nature will help you **maintain balance** with your higher self even if your **bodily systems** are disrupting this.

Your emotional and **intellectual balances** can become greatly influenced by **fluctuations** and changes in these bodily systems **as well**. People experiencing **hormonal changes** can become very stressed, anxious, or **depressed**. Mood swings are often a very common **expression** of this. Adrenal problems lead to the inability to properly

**manage stress**, which can be extremely harmful on the body. Thyroid problems can lead to **exhaustion**, trouble managing stress, and mood **fluctuations** as well. Using the techniques mentioned about to **balance the body** would help during these times. Also seeking guidance outside yourself through a coach, **acupuncturist**, or Reiki Master will also be very beneficial to balance you **energetically**.

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