

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 199th Newsletter, I want to talk to you about Kidney Health.

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.

NEGLECTING THE HEALTH OF YOUR KIDNEYS MAY HAVE DISASTROUS IMPACTS ON YOUR HEALTH!!!

Kidney failure is a very serious problem. In this newsletter, I want to focus on the ways you can improve your kidney health. I also want to highlight the signs of kidney problems so you can be aware of them.

This week, we have included articles on our Fan Page that will offer you information on your kidneys and the effects that they can have on your health and well-being.

Our kidneys are one of our main organs. One of the kidneys' major functions is to remove waste products and excess fluid from the body through urination. Each kidney is approximately the size of a fist, located on either side of the spine at the lowest level of the rib cage. Each kidney contains about one million functioning units called nephrons. The kidneys perform the critical regulation of the body's salt, potassium and acid content as well as produce hormones and vitamins that af-

fect the function of other organs. Developing any type of issue with your kidneys can drastically affect your health.

There are multiple types of kidney diseases and they usually affect both of your kidneys. If the kidneys lose their ability to remove and regulate water and chemicals due to the disease, a person can build up waste products and excess fluid. This can cause severe swelling and symptoms of uremia, also known as kidney failure.

Some types of kidney diseases can include hereditary disorders, acquired kidney disease, kidney stones, and diabetes. Most of us are familiar with diabetes and kidney stones, but other diseases may not be as noticeable. Hereditary disorders can be transmitted to both males and females and produce clinical symptoms from teenage years to adulthood. The most prevalent hereditary condition is polycystic kidney disease. While hereditary disorders are transmitted through your heritage, acquired kidney disease may not be. These diseases are numerous, but the general term used is nephritis. Nephritis, which means the inflammation of the kidney, can be most commonly seen as glomerulonephritis.

The cause of many kidney diseases is still unknown, but that does not mean you cannot notice the symptoms of them. Many forms of kidney disease do not produce symptoms until late in the course of the disease, but nevertheless, there are warning signs that may indicate kidney disease. Some of the signs and symptoms include:



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- Burning or difficulty during urination
- An increase in the frequency of urination
- Passage of blood in the urine
- Puffiness around the eyes
- Swelling of hands and feet
- Pain in the small of the back, just below the ribs
- High blood pressure

The physical effects that kidney conditions can have on our bodies, if not taken care of, can be much larger than we may think. Having issues with one or both of your kidneys can be physically damaging in many ways.

(Cont. on next page) Primarily, it can affect your metabolic state. It can also affect a whole array of things, such as the testosterone secretion leading to testicular atrophy in males and the ceasing of ovulation or menstruation in females. The



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NEGLECTING THE HEALTH OF YOUR KIDNEYS MAY HAVE DISASTROUS IMPACTS ON YOUR HEALTH!!! (Cont.)

chemical changes from kidney problems that occur in your body can put your whole body in a weakened state of health and directly impact your hormones, circulation, nerve function and energy level.

Some kidney diseases can progress to advanced kidney failure. In this stage, it may be necessary to perform dialysis and/or a kidney transplant. Chronic inflammation of the glomerulus (glomerulonephritis), the most common kidney disease, has a slow progression to kidney failure. However, kidney infections, kidney stones and your overall kidney health can be successfully treated holistically. In addition there are ways to prevent kidney conditions from ever arising

For a large portion of my life, I have had issues with my kidneys due to an accident that occurred when I was 18. In 2010, my kidneys began to fail me when I had a near death illness. This was complicated by the medications that were used to treat my illness, which in turn, took the toxins in my body over the limit and caused my kidneys to begin shutting down. With my kidneys not functioning well, there was nothing monitoring my body fluids, electrolytes, potassium or sodium. My cells and other organs then began to stop functioning properly. I experienced nausea, vomiting, pain, fatigue, and shortness of breath and extreme levels of acid in my body because of my kidney issues. I was also much less able to focus and concentrate.

My holistic doctors rushed to work to balance my body and treated me with acupuncture and proper nutrition to have my kidneys begin to function favorably again, but never 100%. So doctors gave me as a permanent solution a antibiotic pill to take every day of the rest of my life.

But, on and off my kidneys always were weak over the last 20 years and I became 'use to' dealing with kidney health issues, at least 3

times a year. During my near death illness few years ago, my kidneys got seriously impacted and I confronted kidneys failure, which was horrible, all the way to seizures, etc. The only plan that SAVED MY KIDNEYS and MY LIFE has been a Raw Vegan Diet, which has restored my kidneys to their OPTIMUM Health and allowed me to let go of the daily antibiotic, which is something my conventional doctors said was impossible.

I have had no kidney issues at all, over the last couple of years and my kidneys are back to Wellness thanks to the miracle of a Raw Vegan Diet!!!

Now, I obviously continue the diet that saved my life and I feel my Wellness is at the highest level it has been in my entire adult life. I wish everyone in the World would have the chance to experience REAL Wellness like I do, thanks to this lifestyle (it is more than a Nutritional Plan). I am sure people would never go back to feeling "it as good as it can be at the moment" as most people settle for.

I have included, in the next article, many nutritional suggestions to support you in having healthy kidneys. These suggestions will support your overall Wellness and the well being of your kidneys. I invite you to join me in giving your body and your kidneys everything you can to have UTMOST WELLNESS. After all, what accomplishment could be most IMPORTANT IN LIFE, than feeling soooooo good, that everything else becomes viable??!!

Remember with regular Wellness you can only have a regular life... and I wish the utmost for you, question is: will you dare, GET IT, for yourSELF?



To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

YOU CAN TOTALLY TAKE CARE OF YOUR KIDNEYS WITH PROPER NUTRITION!!!

Animal protein also causes calcium to be **leached from the bones** and excreted into the urine, which also overworks the kidneys. For this reason, Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine, recommends a **vegan diet** to prevent and treat kidney disease.

However, the **Hippocrates Health Institute**, the World's Number 1 Holistic Clinic in healing terminal and extreme illnesses, has successfully, for **decades** and decades, recommends NEVER just taking on a VEGAN Diet, because it can be as bad as a NON VEGAN Diet (for your **overall health** but also for your kidneys health). They recommend the ABSOLUTE best Diet for kidney Wellness (and overall Wellness) is a **Raw Food Plant Based Diet** to better prevent and heal more of kidney advance and beginning diseases.

According to DaVita, a company who provides dialysis services for those diagnosed with chronic kidney failure, there are a set of **superfoods** that promote overall health and kidney health. People with kidney disease experience more **inflammation** and have a higher risk of cardiovascular disease than those without kidney problems. Here's are a list of the top **kidney-friendly** super foods to include in your balanced diet that will also help your heart and your overall health:

- **Red bell peppers** – Has Vitamins A, C, B6, folic acid and fiber and is low in potassium so they are kidney friendly.
- **Cabbage** – Has phytochemicals which break apart free radicals. Vitamins K and C, fiber, vitamin B6 and folic acid – low in potassium.
- **Cauliflower** – Has Vitamin C,
- **Garlic** - Reduces inflammation and has antioxidant and anti-clotting properties.
- **Onions** – Filled with Flavonoids, particularly quercetin. Flavonoids are natural chemicals that prevent the deposit of fatty material in blood vessels. Quercetin is a powerful antioxidant that has anti-inflammatory properties. Low in potassium, onions are not only kidney-friendly; they also contain chromium, a mineral that assists your body with the metabolism of fats, proteins and carbohydrates.
- **Apples** – Applies are high in fiber and anti-inflammatory properties.
- **Cranberries** - Prevent urinary tract infections, because they make urine more acidic and help keep bacteria from attaching to the inside of the bladder.
- **Blueberries** – Have antioxidant compounds called anthocyanidins. They reduce inflammation and lots of vitamin C and fiber. They also contain manganese, which contributes to healthy kidneys.
- **Raspberries** - Has Ellagic acid, which helps neutralize free radicals. Antioxidants called anthocyanins, fiber, vitamin C, manganese and folate.
- **Strawberries** - Rich in two types of antioxidants plus vitamin C, manganese, fiber and anti-inflammatory properties.
- **Cherries** – Has antioxidants and phytochemicals and reduce inflammation.
- **Red and Purple Grapes** - Has flavonoids that prevent oxidation and inflammation.
- **Extra Virgin Olive oil** - Olive oil has oleic acid, an anti-inflammatory fatty acid which protects against oxidation and polyphenols and antioxidant compounds that prevent inflammation and oxidation.
- **Flaxseed and walnuts** – Has omega-3 fatty acids which helps prevent or alleviate inflammation in your urinary tract.
- **Lemon water** – Helps alkalize your body to prevent kidney stones from forming.
- **Aloe vera juice** - Can be useful in preventing stone formation and in reducing the size of a stone during an attack.

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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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YOUR KIDNEYS AND YOUR EMOTIONAL, MENTAL & SPIRITUAL BALANCE GO HAND IN HAND !!!

Attempting to cope with kidney failure isn't just about managing the physical symptoms. It is a **major life change that can cause a great deal of stress** and can host a range of emotional reactions. Some **emotional effects** due to the failure of one or both of your kidneys could include: feeling tired, anxiety, frustration, anger, fear, feeling down and denial. In addition your kidneys **process a person's thoughts and emotions and can easily get overloaded** and damaged when /your emotions are excessive.

Mentally kidney failure can create a marked decrease in alertness (delirium, orcoma, confusion and drowsiness) and **even seizures** as complications associated with the buildup of toxins in the blood stream. In one study it was found that in women whose urine tests indicated the very beginnings of kidney dysfunction, their **cognitive abilities** — higher-order brain functions like memory and verbal fluency — declined *two to seven times* faster than normal. **Damage**

to one of these functions, episodic **memory**, which retrieves memory of time, place, associated emotions and other contextual knowledge, is often the earliest sign of **Alzheimer's disease**.

The kidneys are, in many eastern traditions, is considered the **reservoir of life** energy. As the organs that clean our blood they are key in keeping our bodies at an optimal level for any spiritual **practices**. When your body is not being cleaned properly it makes it much more **difficult** to be able to connect with our Higher Self.

Your **emotional, mental and spiritual** WELLNESS has an effect on your kidneys. Thus, when you are "**extremely** worried, sad, mentally exhausted or Spiritually out of alignment", YOU CAN BET your **kidneys' Health** gets IMPACTED. But, at the same time if your KIDNEYS ARE NOT WELL then emotionally, mentally and **Spiritually** you will suffer the consequences!.

Finding a way to **Heal** and create Wellness and Balance for your self, and your kidneys, so you can support your Mental, Emotional and Spiritual WELLNESS, can include things such as **meditation** (which is one of my MOST IMPORTANT recommendations), yoga, QiQong or other ways to keep your mind, heart and body **peacefully aligned** to support your kidneys' and over all Health. (Obviously, besides a wise Whole Food Plant Based Diet.).

I invite you to give yourself the GIFT of kidney and Absolute Wellness. You deserve it. But, it won't just "happen to you", you

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MASTERFUL BUSINESS & PERSONAL COACHING

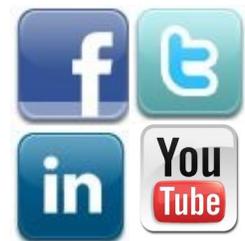
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 weeks 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 **FULFILLING ADVENTURE!!**

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