

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 207th Newsletter, I want to give us a chance to consider the impact that **Diabetes** can have on people's physical, mental, and emotional well-being.

In order to put the rest of the **news-letter 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 [HERE](#).

DIABETES CAN EASILY BE PREVENTED, DETECTED AND REVERSED TODAY!!!

In the Hippocrates Holistic Institute they **heal all illnesses** with a Raw Vegan Diet and diabetes is one of the diseases they heal the easiest. In this newsletter, I want to focus on ways to prevent and **reverse diabetes**.

This week on our Fan Page, we have included articles that will offer you information on how **diabetes** can have an effect on you and your health plus ALL of OUR HOLISTIC Natural SUGGESTIONS to HEAL and PREVENT this illnesses Organically and as Naturally as **possible**.

Diabetes has been cited as the most **challenging** health problem in the 21st century. Over 25 million people in the United States have diabetes. Excess

weight promotes **insulin** resistance and is the chief risk factor for type 2 diabetes. Currently **68.8%** of adults are overweight or obese. The number of people with this disease has been increasing steadily, largely due to the increasing numbers of **over-weight** people. According to the U.S. Centers for Disease Control and Prevention (CDC), the **prevalence** of type 2 diabetes has more than tripled in the past 30 years, and if current trends continue unabated, one-fifth to one-third of all Americans will have diabetes by the year 2050. **The great news is that diabetes is both preventable and reversible!!!**

There are **three** different types of diabetes and each are different in their own ways. Type one is usually **diagnosed** in childhood whereas type two may develop over time, and the third type occurs in pregnant women. It's important to recognize the **signs of diabetes** in order to diagnose it quickly!

Physical symptoms can include:

- Blurry vision
- Fatigue
- Excessive thirst
- Weight loss
- Hunger
- Frequent urination
- Numbness or tingling in your legs/feet
- Dry skin and mouth
- Headaches
- Rapid heartbeat



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- Shaking
- Sweating
- Weakness

Insulin is a hormone produced by the pancreas to control blood glucose (a type of sugar). Too little insulin, resistance to insulin, or both can cause diabetes. The result is high blood glucose, which is at the root of diabetes. Throughout my own health journey, I've found that managing **sugar intake is crucial** to staying healthy. Sugar is in more foods than most people realize. It is added to just about every processed food sold. Sugar is also produced in your body by different processes. For example, **carbohydrates** turn into sugar. Your **blood sugar level** can be affected by illness and stress as well as your body's ability to (Cont. on next page)



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DIABETES CAN EASILY BE PREVENTED, DETECTED AND REVERSED TODAY!!! (Cont.)

process insulin.

During my near death experience and consecutive FABULOUS Complete EVOLUTION Wellness Journey I focused on my overall **optimal** WELLNESS. Thanks to that focus, I currently have a completely balanced, NUTRIENT RICH, Whole Food, Plant-Based, **Raw Vegan** diet which only contains the natural sugar found in vegetables and fruit. This kind of diet has been proven in study after study to prevent, eliminate the **symptoms** of diabetes and heal hundreds of patients with all types of chronic diabetes. In our second article we will provide you with NUTRITIONAL and EXERCISE solutions to have a healthy body that can PREVENT diabetes. A **truly healthy** body heals itself CONTINUOUSLY as it is designed to do. Case after case of people who are disease **free** prove that we do not need to suffer from diseases like diabetes.

To understand diabetes, it is important to first understand the normal process by which **food is broken down** and used by the body for energy. Several things happen when food is digested:

- A **sugar called glucose** enters the bloodstream. Glucose is a source of fuel for the body.
- An organ called the **pancreas makes insulin**. The role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel.

People with diabetes have high

blood sugar. This is because:

- Their pancreas does not make **enough insulin**
- Their **muscle, fat, and liver cells** do not respond to insulin normally
- Both of the above.

The three major types of diabetes are:

- **Type 1 diabetes** is usually diagnosed in childhood, but many adult patients are diagnosed. In this disease, the body makes little or no insulin. **Daily injections of insulin** are needed. The exact cause is unknown. Genetics, viruses, and autoimmune problems may play a role.
- **Type 2 diabetes** is far more common than type 1. It usually occurs in adulthood, but young people are increasingly being diagnosed with this disease. The pancreas does not make enough insulin to keep blood **glucose** levels normal, often because your fat, liver and muscle cells do not respond well to insulin. Many people with type 2 diabetes do not know they have it, although it is a serious **condition**. Type 2 diabetes is becoming more common due to increasing obesity and failure to exercise.
- **Gestational diabetes** is high blood glucose that develops at any time during pregnancy in a woman who does not have diabetes. Women who have gestational diabetes are at high risk of type 2 diabetes and **cardiovascular disease** later in life.

There are many so called risk factors for type 2 diabetes, including:

- Age over 45 years old

- A parent, brother, or sister with diabetes
 - Gestational diabetes or delivering a baby weighing more than 9 pounds
 - **Heart disease**
 - High blood cholesterol level
- (Cont. on next page)



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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!**

DIABETES CAN EASILY BE PREVENTED, DETECTED AND REVERSED TODAY!!! (Cont.)

- **Obesity**
- Not getting enough exercise
- Polycystic ovary disease (in women)
- Previous impaired glucose tolerance. Some ethnic groups (particularly African Americans, Native Americans, Asians, Pacific Islanders, and Hispanic Americans)

The **complications** of diabetes, when not reversed, may also include such problems as developing **eye problems**, pain or itching in your feet, possible nerve damage, and the possibility of **kidney damage**.

DIET AND EXERCISE ARE THE ANSWERS TO LOWERING YOUR BLOOD SUGAR LEVELS!!!

When you have diabetes, your body may be unable to produce enough **insulin naturally** to process sugars so eating right and regular exercise is key to staying healthy. There are lots of natural ways to keep your blood sugar levels down in order for you to live a **normal** and healthy life and even reverse the symptoms of diabetes!!

Eating right can be a **crucial step to preventing** and reversing diabetes. Some of the nutrients that you might consider looking for in foods include:

- Calcium
- Fiber
- Potassium
- Vitamins A, C, and E
- Magnesium

Each of these nutrients may be able to help **maintain a healthy** diet and therefore keep your pancreas healthy and insulin production balanced. Foods that contain these nutrients, and may be good to incorporate into your diet, in-

It is important, if you start to experience **symptoms**, to get diagnosed quickly as odds of preventing further complications and reversing diabetes are much better once you know what you're up against. Luckily, doctors can **diagnose diabetes** fairly easily with a few tests, but sometimes, especially in type 1 diabetes, **symptoms can develop** really quickly and you might be very sick by the time you go in. Alternately, in type 2 diabetes, symptoms may stay hidden for a long time so it's important to be vigilant!

Diabetes, said to be incurable,

can be **completely** prevented and **reversed** through nutrition, exercise and a balanced lifestyle. As Joel Fuhrman, M.D., author of *The Eat to Live Plan to Prevent and Reverse Diabetes* said, "Don't live with your diabetes, don't simply **control** your diabetes — get rid of it." I invite you to PREVENT, if necessary HEAL DIABETES with a Plant Based Diet, starting TODAY, this **illnesses** is almost ABSOLUTELY PREVENTABLE with a Raw Vegan Balanced Diet + Mindful Living, you **deserve** your utmost WELLNESS, please give yourself the GIFT of CLAIMING IT, in ACTION, starting now!!

clude **beans, leafy greens** that are low in calories, fruits such as berries, tomatoes, and citrus fruits, as well as whole grains and nuts. Each of these foods **contains the beneficial nutrients** that may help control diabetes.

Neal Barnard, MD, is an adjunct associate professor of medicine at George Washington University School of Medicine and author of several books, including Dr. Neal Barnard's *Program for Reversing Diabetes* (Rodale, 2007), which presents a low-fat, vegan diet as a unique and **groundbreaking** solution to the problem of diabetes. In fact, a 22-week scientific study published in the medical journal *Diabetes Care* compared a low-fat, vegan diet with the American Diabetic Association (ADA) diet. People eating the low-fat, vegan diet reduced their diabetes medication by **43 percent**, compared to 26 percent on the ADA diet. The meatless eaters also lost twice as much weight—14.3 pounds compared to 6.8—and low-

ered their LDL cholesterol by **21 percent**, compared to 11 percent for the ADA dieters.

Barnard's diet has no animal products (meat, poultry, fish, dairy, or eggs). It contains a healthy fat from high-fat, vegan foods such as avocados, nuts, and seeds. And it has no carbohydrates high on the **glycemic index** (GI), a scale of 1 to 100 that measures how fast a certain food releases sugar into the bloodstream (100 being fastest). That means no (Cont. on next page)

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sugar, white bread, or other products with white flour; no cold cereals (except for bran cereals); and no white potatoes.

The whole-grain group. Whole grains are filling but have very little fat and no cholesterol. Reach for whole-grain pasta, brown rice, bran cereal, oatmeal, quinoa, couscous, bulgur wheat, millet, and barley.

The legume group. Legumes are hearty, high-protein foods low on the GI scale and rich in calcium, iron, cholesterol-lowering soluble fiber, and even traces of “good” fats’ omega-3 fatty acids. This food group includes beans (black, pinto, or kidney beans; chickpeas, etc.), as well as peas, split peas and lentils.

The vegetable group. “Each member of the vegetable group is loaded with vitamins and minerals, is very low in fat, and has no cholesterol,” says Barnard. Opt for sweet potatoes, broccoli, cauliflower, spinach, kale, collards, squash, green beans, bok choy, and artichokes.

The fruit group. Like veggies, fruits are loaded with vitamins and have no fat or cholesterol. “Many people with diabetes imagine that because fruits are sweet, they will raise blood sugar,” says Barnard. The fact is, though, nearly all fruits - apples, bananas, blueberries, cherries, clementines, oranges, peaches, pears, and most others—are low on the GI scale. The exceptions are watermelon and cantaloupe, so eat those sparingly.

Addressing **genetic diabetes**, it has been proven that your genes do not have to control your destiny. Certain disease, such as diabetes, may be genetic but

more important is if you are eating the same foods and living a similar **lifestyle** out of conditioning. Diabetes is described, by many holistic and natural doctors, as a lifestyle disease – meaning it can be totally prevented and reversed through a healthy balanced lifestyle including nutrition, exercise and balanced mental, emotional and spiritual wellness.

Here are some **key factors** for having your body be able to heal itself consistently so that diabetes never occurs for you or so that if you already have diabetes you can reverse it:

Alkalinity is possibly the most important indicator of long-term health and vitality. All life on the planet is bound by a certain pH range. The pH scale: 0 is completely acidic and 14 is completely alkaline. Now, almost all diseases appear, grow, and thrive in acidic environments and therefore cannot thrive in an alkaline environment. Foods such as leafy greens, veggies, and fruit have an alkalizing effect on the body where as dairy, meat, sugar, soda, and alcohol have an acidic effect.

Insulin sensitivity stems from meal timing and poor food combining. What this issue really boils down to is **fat** and not **sugar**. Fats such as unhealthy oils and animal fats clog the cells that sugar is supposed to go into, so the sugars end up flowing freely. If you remove the fat, fruit sugar goes where it is supposed to and can never cause blood sugar spikes that lead to diabetes and insulin sensitivity issues.

Raw food is also a part of a healing program. Raw guru

David Wolfe cited a study where if fifty percent or more of your meals were cooked your immune system would click on and attack it. Raw foods are considered any food not heated above 120° F. Raw foods also contain phytonutrients, enzymes, and probiotics, a lot of which are lost in the cooking process. Raw foods are living foods. Living foods are healing foods.

Last, but not least is living in a **non-stressed state**. We all have stress and there is no way to completely avoid it. Everything we do or do not do puts some kind of stress on our system. There are many different types of stress and some can be beneficial, such as exercise. Brendan Brazier, author of the book *Thrive*, claims up to forty percent of a person’s overall stress is nutritional, and I agree. Certain foods that are hard to digest and **assimilate**, such as processed, poorly combined, high sugar, high fat, refined, animal foods, put a ton of strain on the body and its mechanisms.

Along with eating right, exercise can be a contributing factor to controlling diabetes. **Regular exercise** may help you lose weight and help your body to pro (Cont. on next page)

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DIET AND EXERCISE ARE THE ANSWERS TO LOWERING YOUR BLOOD SUGAR LEVELS!!! (Cont.)

duce insulin at a higher rate. Type 2 diabetes may be preventable by exercising a healthy life style even if you are predisposed to it.

Regular exercise is especially important for people with diabetes. It helps with blood sugar control, weight loss, and high blood pressure. **People with diabetes** who exercise are less

likely to experience a heart attack or stroke than those who do not exercise regularly.

Here are some exercise considerations:

- Ask your healthcare provider if you have the right **footwear**.
- Choose an enjoyable physical activity that is appropriate for your current fitness level.

- **Exercise every day**, and at the same time of day, if possible.
- Monitor **blood glucose levels** before and after exercise.
- Carry food that contains a fast-acting carbohydrate in case you become hypoglycemic during or after exercise.
- Drink extra fluids that do not contain sugar before, during, and after exercise.

MENTAL, EMOTIONAL AND SPIRITUAL IMBALANCES CAN BE THE SOURCE OF DIABETES!!!

As humans we are composed of various aspects that work in **harmony** to have our whole life work. For this article let's say we have these four aspects (these are not the only ones but for this conversation let's say we have these four): physical (body), mental, emotional and spiritual. If one of these four elements is **out of balance** with the other three, then, your entire being will be out of balance. In addition, discord or an imbalance in your mental, emotional and spiritual aspects also usually leads to **illogical** behaviors and rationalizations about how you treat yourself such that you don't prevent and heal disease.

When you're stressed, your blood sugar levels rise. **Stress hormones** like epinephrine and cortisol kick in since one of their major functions is to raise blood sugar to help boost energy when it's needed most. **Physical**, mental and emotional stress can prompt an increase in these hormones, resulting in an increase in blood sugars. It's generally **longer-term** stressors that tax your system and have much more effect on blood sugar levels. Since the 17th century, it has been suggested that emotional and mental stress plays

a role in the etiology of type 2 diabetes mellitus.

In numerous studies it has been shown that most of the time people who develop diabetes have had some **triggering** event in their lives at the onset. The event is usually deeply emotional and made them feel like "All the sweetness in life has been taken away." While the dietary **indiscretions** of excessive alcohol consumption and sweets overloads and obesity are well-known causes of diabetes, these are actually behaviors that are symptoms of the deep **distress** of the person. Getting to the core of the issue will allow for healing the problem. Disease, and the circumstances of your life cannot be simply explained away by just telling yourself you'll love and honor yourself more. The crux of the problem is **discovering** what prevents you from loving yourself first that needs to be explored. Once uncovered then you can take your old beliefs and replace them with beliefs that **support** you.

Preparation for life's **challenges** goes beyond the physical and well into the mental, emotional,

and spiritual. It is recommended to develop good coping skills now, before you need them. If you are already have diabetes, it's not too late. With **proper care** and assistance, you can reverse *most* medical conditions (short of losing a part of the body of course). Conventional doctors call such things '**unexplained remission**' of the disease, while traditional doctors call it the 'how the body is supposed to work'.

Here are some suggestions to keep **yourSELF** balanced emotionally, mentally and spiritually:

- Honor who you **really are** - not what your patterns, addictions or cravings tell you that you are. Your body is **precious** (Cont. on next page)

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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- 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.....
- To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our com-

munity (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"**.

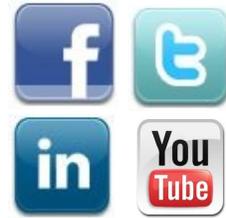
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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MENTAL, EMOTIONAL AND SPIRITUAL IMBALANCES CAN BE THE SOURCE OF DIABETES!!! (Cont.)

and to be cherished. Let go of any unhealthy cravings and habits that do not give your body the UTMOST balance. Replace those with the food, exercise, lifestyle and MINDFUL practices that take care of you.

- **Forgive** others, but, more importantly forgive yourself.
- Let go of any **anger**, jealousy, hopelessness, and envy in your life. These negative emotions trigger the release of stress hormones and **weaken** the immune system, making you more susceptible to disease.
- **Love yourSELF** – Loving yourself includes caring for the vessel that is your body. Your "SELF" came here for a **higher purpose**. It is hard to focus on helping others and yourself if you are struggling every day just to feel "well" Loving yourself would include eating well, exercising, meditation; **all of the things** to bring balance to you. For some people "loving yourself" many mean being a couch potato or **indulging** in unhealthy habits to the extreme, but Real

SELF LOVE evolves **un-healthy practices** to practices that heal and balance you physically, emotionally, mentally and spiritually.

- Listen to your **HIGHER self**, your true self: Get in touch with your true feelings, your calling, your **purpose in life**, your real passion – it's not about your momentary ego-driven "wants"; it's about following your higher path and aligning with your higher purpose. Use **every-thing** you've learned throughout your life to serve your soul and drive your true passion.
- Participate in activities that reduce **stress and bring peace-fulness** and openness to your life such as: meditation, yoga, Tai Chi and QiQong

I INVITE YOU to kindly **listen** to your body, starting NOW ... and by listening to your body I mean, quiet your mind with deep breathing and then examine the various parts of your body to sense pains, sensations, etc. ... and holistically become MINDFUL of

balancing yourself to keep your entire physical, mental, emotional and spiritual SELF healthy, or to HEAL it. Then it can, in turn, **serve you** and you can remain physically, mentally, and emotionally at your TOP level of WELLNESS so your **connection** to and practice of your Spiritual Journey is Graceful. You DE-SERVE the utmost WELLNESS... question is: will you be **loving enough** with YOU to GIVE to that to yourSELF?

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