

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 215th Newsletter, I want to give us a chance to consider the effects that food allergies 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. This week we have also included articles on food allergies that you can read in full **HERE**.

We are going to go **beyond the obvious** and explore the topic of FOOD ALLERGIES and how food allergies can impact your wellness, so you can, if you wish, both prevent and heal from food allergies and achieve and maintain **optimal** physical well-being, emotional, mental and spiritual balance and vibrant energy.

FOOD ALLERGIES May Be IMPACTING Your WELLNESS Without YOU Even KNOWING It!!

Inside the world of food allergies, in my own **personal** health journey I have had tons of experience (more than I would have wished I had). One thing I think is important for people to know is that when we hear food **allergies**, most of us (at least I did) think, "this is for other people, this does not apply to me." That is how I used to relate to people with **chronic** food allergies.

I thought it was either chronic problems or nothing at all; that it was as simple as people eating **shellfish** end up in an emergency room, and people eat peanuts and all of a sudden their face is **swollen** - those are people that have

food allergies. I didn't ever relate to myself like I have food allergies.

Therefore, I related to me like I don't have them. Sadly, I discovered that I did have many, and that **many issues** that I thought were not related to food are related to food. I literally have had an allergy since I was 14 years old (for the last 30 years), and never related to it like a food allergy. I had many doctors and **specialists** to do all kinds of tests to figure out where it came from, and they decided it was just the way that it was. They said there was no explanation for it, because it was just an allergic **reaction** in my skin itself and there was no way around it. And after five years of tests and studies, they decided I had to take **steroids** for life.

There are a lot of other ones, thus I suggest to everyone that they **investigate** for themselves. Some allergies are so light that we don't notice. I never knew I was allergic to gluten, because other people's **symptoms** seemed much worse than mine, so they seemed like they had it and I did not. One day, a friend asked me, "Aren't you really allergic to **gluten**?" Don't you have these certain effects when you eat this and this?" And when I did the **series** of tests, it ended up I am allergic to gluten. With food allergies, I got used to living with the symptoms so much that I convinced myself I didn't have any allergies.

Assuming we don't have them is the **biggest** mistake. I have, in the past, literally intoxicated my body with over the counter medications that I **never** needed if I had related to my food allergies as just that, and literally had taken the **precaution** of not eating the things that provoke it, I could have saved my body all of that toxicity. Consider getting tested for allergies and food **sensitivities** if you experience symptoms that are hard to ex-

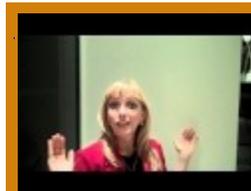


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plain and difficult to pinpoint the cause of. You might be surprised at what you discover.

There is an **amazingly** easy way out. Once I became aware of the world of food allergies, I realized that my diet was costing me my health. For example, the simple tiredness that one feels in the afternoon **after lunch** isn't just what happens to all of us after we eat, it can often be related to food allergies. When we stop relating to these things like they are **normal**, and that optimal wellness is how we are supposed to feel, we CAN FEEL amazing 24/7. And if we don't, then it maybe has to do with food allergies.

Out of doing the RADICAL RAW VEGAN Whole food Detox diet, I **healed** the allergies that I dealt with for life, including the allergies and many conditions that weren't labeled as such. I am now able to live without food allergies, and know the ones I have and manage them **mindfully** when I do "cheating." Cheating, for me, means a dinner in which I do not do my usual **85% raw**. (Cont. on next page)



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FOOD ALLERGIES May Be IMPACTING Your WELLNESS Without YOU Even KNOWING It!! (Cont.)

living-foods vegan and 15% cooked or steamed whole foods vegan diet. Instead what I do is 60%/40% for 1 meal or let myself have coconut sugar in that meal. For example, one of my allergies has to do with **processed sugar**, and since I don't eat any processed sugar at all, the allergy is completely gone. If I were to eat even a little bit of processed sugar, it would bring the allergy back, but I now would know how to naturally heal it without medication. My recommendation is give yourself the gift of **assuming** you have allergies, getting really informed, and find holistic natural ways to heal them all, and to choose the path of Optimum Wellness, not just "better health."

To describe the various allergic effects that result from eating **particular** foods, physicians use such words as "sensitivities," "toxicities," "intolerances," "false food allergies," "pharmacological reactions" and "metabolic reactions." The bottom line is that certain foods make people sick, because their immune system **confuses** a particular substance with the harmful ones it is designed to attack (such as bacteria, viruses or cancer cells). This **triggers** a chain reaction that begins with the production of antibodies called immunoglobulin E, or IgE, and ends with the release of histamines and other **chemicals** that produce allergy symptoms.

A food does not produce the same symptoms in all people who are allergic to it. While some people **experience** mild itching for a particular food, others can experience something as extreme as cardiovascular collapse. Further, a person might not react to every exposure to a food, depending on the amount of the food consumed, how often it is eaten, how it is prepared, **age** of the person, metabolic factors, coincidental exposure to other triggers like pollen and any health conditions the person may have.

Allergies and Adrenals connection:

During an allergic response, the

body goes into high alert state - **histamine** and other pro-inflammatory substances are released. Cortisol is a steroid hormone made by the adrenal glands, it controls inflammation by suppressing the **immune** system. Cortisol also increases blood sugar and is known as the "stress hormone".

Cortisol therapy, whether pumped out by the adrenals or given in the form of hydrocortisone, treats the symptoms and **exhausts** the body. Because cortisol is so effective at muting the immune response and controlling inflammation, it is often given as a therapy to treat autoimmune **inflammation** and allergies. During an anaphylactic allergic response, the use of pharmaceutical cortisol can be lifesaving. Long-term use of steroid **hormones** (prednisone, cortisone, etc) for inflammation will tax the immune system and endocrine system.

PH balance and allergies:

The right balance of acid and alkaline foods **restores** the body to a state of health. Acid-forming foods will create a state of metabolic stress and induce an inflammatory response, they also weaken the **adrenal** glands because of the cortisol release in response to inflammation. Acid-forming foods also create permeability in the lining of the gut, which increases inflammation and **autoimmune** reactions.

Stress has also been shown to disrupt the balance of good bacteria in the gastrointestinal tract. Leaky gut syndrome, irritable bowel syndrome, and a variety of **digestive** disorders are often causes of food allergies. As gut permeability allows for undigested proteins to run rampant in the body, the inflammatory **response** is turned on, while the body is attacking these proteins, as if they were foreign invaders.

Vigorous **exercise**, if done shortly after eating a particular food, can cause an allergic reaction. As exercise causes body temperature to raise, people have reported symptoms such as itchiness, light-headedness, hives or even **anaphylaxis**.

Among **traditionally** trained allergists, there is controversy regarding how to

categorize the various reactions to foods and how to diagnose them. Thus, **holistic** wellness, like the work done at Hippocrates Health Institute, and many of the other top holistic treatment centers in the world, is **critical** in dealing with issues of food allergies and intolerances.

Numerous clinical studies have concluded that regardless of test results, people can still have allergic **reactions** to food. There are several tests used to determine if people have food allergies:

- **Skin test** – Small amounts of foods are scratched into the skin of the (Cont. on next page)



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.

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back. If the patient develops any redness or swelling around the test-scratches, this may indicate an allergy. Tests have shown that approximately **20%** of skin tests indicate an allergic reaction could occur after the food was eaten.

- **Radioallergosorbent** Test (RAST) – This costly test is not any more reliable than the skin test.
- **Elimination diet** - This is the most reliable test for food allergies. In this test, any suspect foods are removed from the diet for 2 weeks to see which symptoms and conditions **disappear**. A food journal is kept to monitor symptoms. The foods are then reintroduced one at a time, until the **culprits** are found.
- Two tests that have been found to be completely unreliable are **cytotoxic** tests (mixing potential allergens with white blood cells and examining them under a microscope), and **sublingual** provocative (placing extracts of foods under a patient's tongue). The American College of Allergy and Immunology and the American Academy of Allergy and Immunology have **concluded** that these methods are useless in diagnosing food allergies.
- **Double-Blind** Placebo-Controlled food challenge (DBPCFC) – This test is for those experiencing **severe** reactions to foods (such as anaphylactic shock). The patient logs all symptoms for two weeks, and is then subjected to a **radical** elimination diet for two weeks, logging the progression of each symptom. These tests exclude **psychological** reactions associated with food allergies, and eliminate doctor and patient bias. This is regarded as the "**gold standard**" in the confirmation of food allergy or food intolerance.

Because allergic reactions can be severe, only a specialist should carry out any test involving provocation, as reactions cannot be predicted.

A **typical** reaction to a food allergy occurs between a few minutes and a few hours after the food has been consumed. There can sometimes be a **delay** up to eight hours, but food sensitivities can occur for up to 5 days after the food is consumed. It is important to keep in mind that inflammation can

persist for up to 6 months after the food antigen or allergen was consumed.

Symptoms Include:

- Nausea and vomiting
- Abdominal **pain** and cramps
- Diarrhea
- Urticaria (Hives and rashes)
- Angioedema (swelling of the face, hands, feet or genitalia)
- **Migraines**
- Rhinitis (runny and swelled nose)
- Itchy skin
- Asthma and **wheezing**
- Throat swelling
- Dizziness and light headedness (from a drop in blood pressure)
- Eczema and Psoriasis

More **extreme** symptoms can include:

- Anaphylactic shock
- Infantile colic
- Rheumatoid arthritis or osteoarthritis
- **Larynx** Oedema (fluid buildup in the larynx that can cause asphyxiation)
- Oral allergy syndrome
- IBS, Crohn's Disease
- Fibromyalgia

While everyone's body is different, some of the foods that commonly **cause** allergic reactions are:

- **Peanuts** (the main cause of allergies in children)
- Tree nuts (walnuts, pecans and cashews)
- Peas
- Shellfish (the main cause of anaphylaxis in adults)
- **Fish**
- Milk / casein / lactose
- Eggs
- Gluten
- Soy
- Chocolate
- Alcoholic beverages
- Mustard
- Corn
- **Wheat**
- Tomatoes
- Citrus fruit
- Coffee
- Mushrooms
- Yeast

Many **artificial** preservatives and food additives trigger allergic reactions, including:

- Preservatives (sulfites, benzoates, benzoic acid and sorbic acid)
- Red (carmines) and yellow (annatto) food coloring
- **Nitrates**
- Artificial flavorings (such as aspartame and MSG)
- Antioxidants (butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT))
- **Emulsifiers**
- Artificial Sweeteners
- Artificial colors

Children are particularly susceptible to food allergies. Amy Branum, co-author of a CDC report on allergies published in 2011, reported a **67%** increase in the number of children with food allergies (based on parental reporting) from 1997. This survey showed **2.7 million** MORE children were allergic to food in just 14 years. Over the last 18 years, genetically modified food has become quite common in the United States, and there is speculation that the increase in **GMO** foods is directly correlated to increases in food allergies among children, although no clinical tests have been conducted yet.

In several well-conducted English studies, **78 of 88** children with migraines and other ailments recovered completely when placed on diets free of potential **trigger foods**. When 40 of the children were tested again using double-blind tests, 35 became ill after eating the foods.

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MINDFUL EATING Is A POWERFUL Solution to FOOD ALLERGIES!!!

When it comes to **healing** from food allergies, it is very important to educate oneself on what we are putting into our bodies. Because so many hidden ingredients can cause food allergies and sensitivities, it is **important** to find out how your body reacts to certain foods. This can be done with Double blind tests, although the costs can be **prohibitive**, or conducting an elimination diet for several weeks.

Managing food allergies requires carefully checking ingredients and making sure no hidden triggers are in food. While for most people **trace** amounts of triggers produce minor reactions, for some severe allergies (such as peanuts), even the smallest amounts can cause severe anaphylactic shock. This does require more than **superficial** preparation, as there are many hidden ingredients in processed foods and prepared meals at restaurants.

There are **lifestyle** changes that can assist in managing and reducing food allergies and sensitivities. They include:

- **Mindful** eating - eat while sitting down, slowly, not in a rush or on the run
- Include **fermented** foods in your diet (sauerkraut, kimchi, miso, fermented vegetables, coconut kefir)
- **Acupuncture** is often effective in allergy relief
- Homeopathy has been consistently **effective** in allergy treatment
- If you know you have a **sensitivity** to a specific food eating it every 4 days can help clear the sensitivity.
- Remember to chew food well - allowing for easier digestion and **less strain** on the gut.
- Get your lymph moving- jump on a trampoline, get a lymphatic massage, or drink hot **water** in small sips throughout the day.

There are certain natural supplements that can aid in managing food allergies. These products can help to

reduce sensitivity when used in conjunction with an elimination diet:

- **Probiotics** - populates the digestive tract with good bacteria, soothe intestinal irritation and support gut lining. They can also support the immune system to reduce the inflammation that triggers allergies. They can be found in pickled vegetables, miso, and kombucha.
- **Digestive enzymes** - allergies are triggered by partially undigested protein. Enzymes can reduce allergy symptoms by further breaking down undigested protein to sizes that are too small to cause an allergic reaction. Some foods with high enzyme levels are papayas, pineapples, sprouts, and any raw fruits or vegetables.
- **EFA's** - essential fatty acids of the omega-3 family, and gamma linolenic acid of the omega-6 family have potent anti-inflammatory properties, and support immune system. EFA's are found in walnuts, flax seeds, sunflower seeds, and pecans.
- **Bioflavonoids** - specifically quercetin (reduces gut inflammation). Found in Blueberries, citrus, dark chocolate (unprocessed), and black tea.
- **Glutamine** - assists in healing the lining of the gut. Cabbage, beets, beans, spinach, and fresh vegetable juices are good sources of glutamine.
- **Milk thistle** - This silymarin in this herb protects and restores liver function. It is readily available at most health food stores and pharmacies.
- **Inulin** - promotes the growth of good bacteria in the gut. This carbohydrate is present in more than 36,000 species of plants, including bananas, garlic, onions, and dandelions.

Dr. John E. Postley, a professor at the College of Physicians & Surgeons at Columbia University, describes his precise **elimination** diet in his book "The Allergy Discovery Diet." People

start by keeping a detailed food diary to help pinpoint likely causes of allergies. They then exclude any **suspicious** foods and foods that commonly cause allergies until all symptoms disappear. For the following weeks, small amounts of these foods are **reintroduced** into the diet one at a time. The most unlikely foods as triggers are eaten every four days, and symptoms are monitored. In this diet, it is **critical** to keep a daily log of everything eaten. This method allows people to determine for them what foods trigger allergies in their bodies, such as how I learned about my allergy to processed sugar.

A great way to approach targeting food allergies is **adopting** a mindfully balanced raw vegan diet, because it greatly assists in reducing **inflammation** in the body, thus removing the source, or the culprit of many food allergies, even some that you didn't know you had!

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MASTERFUL BUSINESS & PERSONAL COACHING

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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.

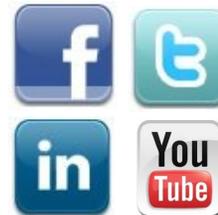
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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Food Allergies Are Less Likely with OPTIMAL Emotional, Mental & Spiritual Wellness

There is a connection between the spirit, mind, and body that is beyond the obvious. Since our body is the **vessel** we inhabit, any affliction that affects it has an effect on our mental, emotional, and spiritual wellness. Any time we are not operating at **optimum** health, it can have a profound impact on our ability to participate in activities, bring our utmost to our relationships, and even affect our ability to fulfill our Life's Purpose.

Each of our bodies is different, and thus we all **react** to food differently. Even the sugars and pollens in various fruits and vegetables can affect each of us differently. Educating ourselves about all of the different potential allergens for our bodies is a critical step in **creating** a new kind of wellness with food.

Allergies are a metaphysical expression of excess emotional "heat." Anger, frustration, resistance, and emotional **contraction** all expend a lot of energy in the body. In Traditional Chinese medicine (TCM), there is a direct connection between the liver and anger. Having stagnation in the **liver**, and the body's inability to detoxify is a big contributing factor to allergies. Anger adds to liver stagnation. Looking into the lack of forgiveness, not being OK with what IS, and exploring who or what we need to forgive and **release** allows us to "cool down" emotionally.

Louise Hay in her book "Heal Your Life," says, "Allergies relate to the fact that we deny our own **power!**" Who are you allergic to? Are you in a situation/ relationship/ job that is not aligned with your purpose? Are you giving up "parts of yourself" and your power to remain in this situation? Working with a Holistic therapist, or a coach can help you identify the **underlying** issues possibly causing physical manifestation can greatly assist in the healing process.

Behavioral symptoms such as sudden anger, aggression, tantrums, mood swings, depression and reduced concentration can all be triggered by food allergies, according to the "Textbook of Functional Medicine." Some behavioral issues are related more to physical discomfort and the child's inability to verbally **express** himself, but some artificial chemicals directly alter the levels of hormones and neurotransmitters in the brain. **Histamine** release and toxicity can cause inflammation in the brain, which also leads to behavioral and cognitive changes. Not all bad behavior in children is caused by food allergies, but allergies may mimic the symptoms of attention deficit hyperactive disorder or related psychiatric conditions.

Food allergies that trigger bad behavior in children usually also cause physical symptoms related to histamine release. If you notice that your child starts behaving **badly** shortly after eating certain foods and ALSO has a runny nose, skin rash,

swollen face or bloated abdomen, make an appointment with a doctor specializing in childhood allergies. Some children are **misdiagnosed** due to their bad behavior and put on psychotropic medication, when the real problem is a food allergy.

Even the language of allergies - Hives (eruptions, explosions-something that makes your skin crawl), points to how they affect us in **non-physical** ways. Some people with allergies can develop real allergic reactions by merely revisiting a place where they once had an allergic reaction.

Beyond even a comprehensive elimination test of what we eat, developing mindful **habits** around food is a powerful way to eliminate the effects of food allergies. Pure energetic food allows us to remain physically, mentally, and emotionally at our OPTIMAL level of WELLNESS, thus our **connection** to our Major Life's Purpose and Spiritual Journey is **amplified**. A Balanced Raw Vegan Living Foods diet and other practices such as meditation and prayer, yoga, QiQong, exercise, **connecting** to nature, time alone to nurture and love your- self and a mindful management of STRESS in your life will give YOU the BIGGEST chance to CREATE the Holistic balance to your life such that your WHOLE SELF can **thrive** as it was DESIGNED to do so.