

CAROLINA ARAMBURO

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CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 217th Newsletter, I want to give us a chance to consider the benefits that juicing 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 juicing that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of JUICING, including how juicing impacts overall wellness and the mental, emotional and spiritual benefits of juicing so you can, if you wish, introduce this into your into your wellness practices and diet to achieve and maintain optimal physical well-being, emotional, mental and spiritual balance and vibrant energy.

JUICE THERAPY IS A GIFT TO YOUR WELLNESS!!!

When we talk about juice, we are talking about the combination of water, enzymes, vitamins, minerals nutrients, flavors and pigments. Juicing, when done properly, can give your body all of the elements that promote healing, energy, and protection from disease. More than this, raw organic plant based juicing contains the energy of life, the pure nu-

tritional and energetic force from LIVE FOOD.

In my own Wellness Journey, I have had many conditions that were supposedly incurable, or that doctors told me required medication, including issues with my liver and thyroid. By making juice therapy a regular part of my nutrition and adopting a Balanced Raw Living Foods Diet, I have reversed and removed the effects of these supposedly IN-CURABLE health issues.

Juice therapy can be used to: maintain wellness, treat medical conditions, or produce a certain outcome, such as strengthening the immune system or losing weight. There is a massive difference between the juice one makes at home with fresh raw organic fruits and vegetables and the bottled juices available in stores. Fresh made, organic juice is not processed in any way, and thus is the pure undiluted nutrition from plants. Store bought juices are pasteurized. Because the pasteurization process involves heating the juice, the nutrients and live enzymes in the plants are degraded, and many of the store bought juices have had most of the nutritional value removed. Most store bought juices are also filled with preservatives, artificial sweeteners and/or other

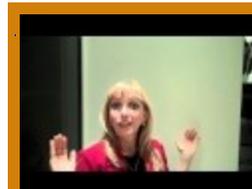


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chemical additives, all of which are damaging to the body.

The world we live in presents a constant stream of seemingly unavoidable toxins into our body from food, air pollution, chemicals from soaps, shampoos and makeup, household cleaning and building materials, and even the side effects of medications. The processed food that is sold to us is often acidic, mucus forming, energy-robbing and protein-toxic products. Even the so-called "healthy alternatives" are sometimes (Cont. on next page)

filled with



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JUICE THERAPY IS A GIFT TO YOUR WELLNESS!!! (Cont.)

GMOs. These toxins build up over time, and store themselves in all tissues of our bodies, particularly in the sinuses, **lungs**, liver, the skin, the kidneys and the thyroid. One of the main sources of disease is these toxins. The more toxins in our bodies, the greater the **strain** on our immune system. For example, excessive mercury can lead to Alzheimer's disease.

Free radical activity in the body has been **linked** to premature aging, heart disease, arthritis, cataracts, chronic fatigue syndrome, and dozens of other **afflictions**. This excess of free radicals can be caused by smoking, alcohol, sunbathing, saturated fats and fried foods, infections, stress, radiation, pesticides and polluted environments. Juicing is a powerful way to **detoxify** the body from all of this damage.

Juice is **concentrated** nutrition, and is one of the most potent natural ways to bring wellness into our bodies. Unfortunately, much of the produce that is offered to us today is non-organic.

Every year, approximately five billion pounds of various biocides are being used worldwide. While these toxins are contained primarily in the **fibers** of the plants (which are not the main part of the juice), juicing non-organic produce can cause these biocides to end up in our juices.

There is a direct **connection** between pesticides and disease, including birth defects, Parkinson's, cancer and diabetes. A Harvard **study** found that even trace and permitted amounts of common pesticides can have dramatic effects on brain chemistry, and that children are twice as likely to have ADHD if exposed.

The toxicity of non-organic plants has become so **severe** that some plants contain up to 67 pesticides per serving.

Most **common** fruits and vegetables that we eat daily are not 'pure natural organic vegetables/fruits.' They contain a huge variety of toxicity that is poisonous to our bodies. So even though I ABSOLUTELY recommend JUICING, I recommend JUICING ONLY WITH ORGANIC, really organic PRODUCE, given that with JUICING you are consuming either a CONCENTRATED maximum strength WELLNESS Source, or concentrated toxins from GMO's and other toxic chemicals used in produce.

I juice every day, mostly green juices from **organic** green vegetables and sprouts, and this not only provides me the greatest health and vitality I have ever had, but is a major factor in the **disappearance** of my thyroid condition and other wellness issues that were supposedly "incurable." Juicing is highly recommended by top nutritional experts at HHI, most holistic wellness professionals, and is even **recommended** by traditional Western medical

doctors. Using **organic** vegetables for juices is one of the most effective ways to maximize the nutritional value we can absorb from fruits and vegetables, and is a POWERFUL way to bring OPTIMAL Wellness to our bodies.



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.

JUICING IS A RADICALLY EFFECTIVE WAY TO ABSORB NUTRIENTS!!!

Juicing is an **unfiltered** way to get nutrition into the body, as the nutrients are absorbed straight into the bloodstream. When we eat produce, our body must **digest** the fiber before it can digest the nutrients, which is far less effective. However, all **organic** raw foods are high vibrational, meaning that since they are completely **alive** when consumed, they provide the **maximum** nutrition and energy possible for the body.

Unfiltered and **pure** organic juice strengthens and heals cells, increases oxygen levels, adds electron activity through **enzymes**, and saturates the body with nutrients. Juice is a food that is easy to digest no matter how diseased or **impaired** someone's body may be.

In a very **general** sense, fruit juices enhance the process that eliminates toxins and acids from the body, while vegetable juices work in a much more gentle way. Fruits and vegetables are the main sources of **antioxidants**. Since different antioxidants affect different parts of the body, it is important to consume a wide **range** of antioxidants. This means juicing fruit and vegetables of different types and different colors. The general **rule** of juicing is to not use more than ONE SERVING of fruit in any juice blend.

Here are some **conditions** and the fruits and vegetables that improve them (in alphabetical order):

- **Acne:** Grapes, pear, plum, tomato, cucumber, carrot, potato and spinach.
- **Allergies:** Apricot, grapes, carrot, beet and spinach.
- **Anemia:** Apricot, prune, strawberry, red grape, beetroot, celery, carrot and spinach.
- **Arthritis:** Sour cherry, pineapple, sour apple, lemon, grapefruit, cucumber, beet, carrot, lettuce and spinach.
- **Asthma:** Apricot, lemon, pineapple, peach, carrot, radish and celery.
- **Colds:** Lemon, orange, grapefruit, pineapple, carrot, onion, celery and spinach.
- **Constipation:** Apple, pear, grapes, lemon, carrot, beet, spinach and watercress.
- **Diabetes:** Citrus fruits, carrot, celery, lettuce and spinach.
- **Diarrhea:** Papaya, lemon, pineapple, carrot and celery.
- **Eczema:** Red grapes, carrot, spinach, cucumber and beetroot.
- **Eye Disorders:** Apricot, berries, tomato, carrot, celery, parsley and spinach.
- **Hemorrhoids:** Lemon, orange, papaya, pineapple, carrot, spinach, turnip and watercress.
- **Headache:** Grapes, lemon, carrot, lettuce and spinach.
- **Heart Disease:** Red grapes, lemon, cucumber, carrot, beet and spinach.
- **High Blood Pressure:** Grapes, orange, cucumber, carrot and beetroot.
- **Insomnia:** Apple, carrot, celery, tart cherry, grapes, lemon, lettuce and tomato
- **Jaundice:** Lemon, papaya, pear, grapes, carrot, cranberry, spinach, tomato, beetroot and cucumber.
- **Kidney Disorders:** Apple, orange, lemon, cucumber, carrot, celery, parsley and beetroot.
- **Liver Ailments:** Lemon, papaya, pear, grapes, carrot, cranberry, spinach, tomato, beetroot and cucumber.
- **Menstrual Disorders:** Grapes, prunes, cherry, spinach, lettuce, turnips and beetroot.
- **Menopausal Symptoms:** Apricot, lemon, papaya, prune, strawberry, red grape, beetroot, celery, carrot, tomato and spinach.
- **Prostate Issues:** Apple, apricot, lemon, carrot, celery, cranberry, cucumber, parsley, watercress, asparagus, lettuce and spinach.
- **Sore Throat:** Apricot, grapes, lemon, pineapple, prune, tomato, carrot and parsley.
- **Varicose Veins:** Grapes, orange, plum, tomato, beetroot carrot and watercress.

Here are some of the top **benefits** of juicing, and great reasons to include fresh **green** organic juices in your daily diet: (Cont. on next page)

- **Immediate absorption of nutrients** - When we eat food, the body digests it, but with juices, the machine separates the liquid nutrients from the fiber. This is

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JUICING IS A RADICALLY EFFECTIVE WAY TO ABSORB NUTRIENTS!!! (Cont.)

why juicing is so **valuable** for those who are extremely ill, athletes, and for a fast boost that lasts without the crash.

- **Improved Skin** - Flaky skin, dry, brittle nails and even thinning hair can all be improved through juicing
- **Antioxidants** - The high amounts found in fruit and vegetable juices **protect** body from stress and illnesses
- **Alkaline nutrients** - The pH balance of the human is body is meant to slightly alkaline, but most people's bodies are the **opposite** and are very acidic. Green juices are pure liquid alkaline nutrition, and **regular** consumption of green juices brings the body back in balance.
- **Enzymes** - Enzymes help digest food, and support the metabolism in **cleansing** and detoxifying at the cellular level. One of the biggest **benefits** of a Balanced Raw Living Food Diet is the high enzyme count in uncooked food. Pasteurized juices (store bought) have had the enzymes **removed** through the heat of the pasteurization process.
- **Energy** - A green juice provides significantly more energy than the caffeine in coffee or a sugar rush, and without the crash.
- **Stress Reduction** - Enzymes and amino acids in fresh juice boosts the immune system and improves hemoglobin levels, antibodies and neurotransmitters. It can also help in **lowering** cholesterol levels, which is highly encouraging to people with heart problems.

- **Trace Minerals** – A lack of essential minerals means that our bodies are not equipped with the necessary resources to fight disease and feel our **best**. Green juice provides all of the vital minerals for vibrant health.
- **Protein** - Once again, greens vegetables are one of the best sources of protein.
- **Eat More Greens** – Juicing also allows us to consume a wide variety of greens all at once. While kale, cucumber, celery and parsley might not sound like the best breakfast, it makes a **perfect** breakfast juice.
- **Chlorophyll** - It increases the flow of oxygen to all parts of the body, which means we release more carbon dioxide, toxins and stress. Plenty of **oxygen** means that our bodies become an aerobic environment where disease cannot thrive.

For juicing, I cannot stress enough the importance of **washing** your plants before juicing them! If you do not buy an organic, chemical-free commercial vegetable wash, you can make one by mixing 1/4 cup white vinegar, 3 tablespoons fine sea salt, and 1-3 tablespoons baking soda. In my newsletter about Food Borne illnesses, I provided a **thorough** list of how to clean fruits and vegetables before eating.

The process of **preparing** a fresh juice is:

1. Scrub and **clean** produce thoroughly with a vegetable brush before juicing.

2. Some produce is sealed in wax. **Peel** off the wax coating.
3. **Remove** all seeds and pits. Make sure to peel citrus fruits.
4. **Cut** into small-enough pieces to fit easily through your juicer.
5. **Include** any stems or greens that are still attached to the fruit or vegetable in your juice
6. Some fruits like bananas and avocados contain very little water, and must be processed in a **blender** before being added to your juice.

Drink juice **immediately**. The nutritional content diminishes rapidly once juice is refrigerated. (Cont. on next page) When starting to add juicing to your diet, here are some important things to keep in mind:

- **Mindfully consume** - Juice is a super concentrated food, and one glass contains several pounds of produce. Instead of **gulping** it down as we would water, sip your juice slowly and let your body process the taste and the effects.
- **Juice Cleanse** - It is in style

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these days to do juice cleanses. BEFORE you start a juice cleanse, it is advised that you **consult** a holistic wellness professional or coach. In Ayurvedic medicine **tradition**, it is known that there are several different **factors** that affect our bodies when we fast (and a juice cleanse is a type of fasting), and thus we each react to juice cleanses differently based on our bodies, eating habits, **lifestyle**, and even the time of year. Raw juices start eliminating toxins from the system immediately, and this can be accompanied by many **symptoms** such as headache, weakness and sleeplessness. Juice cleanses are a RADICAL tool for wellness, and should always be done **responsibly**, and under the supervision of a knowledgeable health professional.

- Juicing does not **replace** eating whole fruits and vegetables, especially since fiber is **lost** in the juicing process.
- If your juices contain a lot of fruit, it can **spike** your blood sugar. This is also something to be mindful of if you have issues with diabetes. Adding more **leafy greens**, sprouts and green vegetables is optimal for juicing.
- If you have **thyroid** issues (like I used to), you may want to stay away from "cruciferous vegetables" - broccoli, cauliflower, chard, kale and collards, and instead juice lettuce, romaine, arugula, cel-

ery, and a variety of sprouts.

- When I talk about juicing, I do mean **primarily** green juices, which taste absolutely **divine**. It is an acquired taste, though, and I recommend adding a half of a green apple or carrot to **acclimate** your palette to the taste.

Rotating your vegetables is critical, because all raw leafy greens carry a small amount of toxins that **protect** plants from being entirely consumed by other animals - and wiping out the plant species. If we consume these **toxins** for long periods of time, they can cause "alkaloid buildup," which harms our thyroid. Throughout the week, use a **variety** of leafy greens in your juices: kale, spinach, romaine, chard, collards, arugula, watercress and other green leafy veggies. This gives us access to the variety of **nutrients** that each raw green has to offer, and prevents alkaloid build-up.

There are two main **methods** of juicing:

1. **Centrifugal Juicers** - The most widely available and traditionally used juicer in the home (and many juice bars). These appliances **extract** juice with a fast-spinning metal blade that spins against a mesh filter. As the blade (Cont. on next page) inside this juicer spins, it generates heat that **destroys** enzymes and micro-nutrients, and creates oxidation (which is what ages us), rendering the nutrients that do make it into the juice **less** potent. In order to receive the real benefit from this type of juice, you need to drink it within **20 minutes** of it being made.
2. **Cold-pressed** - This method gently and slowly grinds the pro-

duce into a fine **pulp** (called "slurry"), placed in cloth press bags/cloths. Once the slurry is ready, the filled press **bags** are placed in the press. Two stainless-steel blades are pressed together, placing thousands of pounds of **pressure** on the pulp to extract every last drop of juice. This little-to-no-heat method results in a juice that's not only superior in flavor, but also in nutritional value, containing up to **five times** the amount of vitamins, trace minerals and enzymes as a typical centrifugally-produced juice. Cold-pressed juice may be bottled and kept fresh for 72 hours.

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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 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 **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.

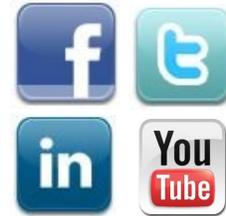
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in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

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JUICE IS A LIVING FOOD AND NURTURES OUR MIND, EMOTIONS AND SPIRIT!!!

Dr Andrew McCulloch of the Mental Health Foundation has been quoted saying "we are only just **beginning** to understand how the brain as an organ is influenced by the nutrients it derives from the foods we eat and how diets have an **impact** on our mental health." [Emphasis added] While this may seem obvious, there are massive **positive** effects from the burst of nutrition we receive from adding juices to our diet, with or without a juice cleanse.

Recent studies have demonstrated that fresh fruits and vegetables contain powerful **mood** elevators, and that they enhance mental and emotional health **without** the side effects of medication.

The **natural** sugars in fresh juice that maintain blood sugar also promote a steady stream of energy through the day. This energy "plateau" allows for enhanced mental **clarity**, alertness, and the ability to focus and stay

present for long periods of time.

Further, since approximately 60% of the brain's weight is made of **fat**, and about 20% of that fat is the essential fatty acids omega-3 and omega-6, The essential fatty acids in fresh juice may play a role in alleviating **depression**.

Because juice is a pure and living food, it enhances the **life** force within us. As we expel the toxins from our physical bodies, this life force **flows** through us more easily, providing not only elevated physical wellness, but a clarity that provides a more profound **connection** to our Major Life's Purpose. We are holistic creatures, and the more we honor our bodies, and nurture it with the foods that literally become us, the more we **honor** our spiritual selves, and increase our opportunity to make the kind of difference we want in the world, and to elevate our **quality** of life. And if all of that isn't de-

licious enough, juice fasts and juicing in general provide a profound enhancement in **creativity**, intuition, and even elevated levels of joy and gratitude.

Incorporating Veggie Juicing practices into a diet that is mostly Balanced Raw Vegan Living Foods provides a foundation for total wellness. Juice therapy, along with other practices such as meditation and prayer, yoga, QiQong, exercise, connecting to nature, and time alone to nurture and love your self will provide YOU a HUGE opportunity to CREATE not only OPTIMAL wellness, but also the Holistic balance to your life such that your WHOLE SELF can thrive as it was DESIGNED to do.