

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 219th Newsletter, I want to give us a chance to look at bone and joint health, the effect it can have on our physical, mental, emotional and spiritual well-being, and the NATURAL ways we can enhance our bone 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, go back and watch them. This week we have also included articles on bone and joint health that you can read in full [HERE](#).

Because the subject of bone and joint is so **vast** and well researched, we are going to go **beyond the obvious** and explore the topic of bone and joint health, including how the condition of our bones and joints impact overall wellness and holistic practices so you can, if you wish, introduce these into your wellness and diet practices to **achieve** and maintain optimal physical well-being, emotional, mental and spiritual balance and vibrant energy and spiritual clarity and vibrant energy.

BONE AND JOINT HEALTH IS PIVOTAL TO YOUR WELLNESS!!!

Because the bones and joints are literally the **foundation** of our body, it is critical that we take on practices that provides optimal bone and joint health. The developed world is filled with information about bone and joint health. The **exciting** news is that with a combination of diet

and lifestyle choices, we can all bring strength, durability, and healing to our bones and joints, and even **reverse** the symptoms of many afflictions of bones and joints.

MOST of the 'NATURAL WAYS' that people think they are fortifying their Bone and Joint Health are total **myths**, and these practices actually DAMAGE our Bones and Joints. For example, people believe that to improve their Bones and prevent Bone WEAKNESS they need to consume **more** "Natural Calcium," like the kind found in eggs, milk, and other animal based sources of calcium. This is especially promoted to Women over 35 years old, growing children and athletes. Professor T. Colin Campbell, a biochemistry professor at Cornell University and author of the best-selling book "The China Study," concluded that "the association between the intake of animal protein and fracture rates appears to be as **strong** as the association between cigarette smoking and lung cancer."

The body also does not consume calcium in equal amounts. **Bioavailability** is the degree that the body can absorb vitamins and minerals from our food, and it varies. The foods with the **highest** calcium bioavailability are PLANTS: Brussels sprouts, kale, mustard greens, broccoli, bok choy, and cauliflower, and the body **absorbs** between 40-65% of the available calcium in these foods. Dairy products are also one of the leading causes of **food allergies**, and over 60% of the planet is lactose intolerant to some degree or another.

Given that no other species on the Planet consumes milk after infancy, and that we are the **only** creatures that consume the milk of another species, it's LITERALLY QUITE THE **OPPOSITE** than what most people assume and are told about

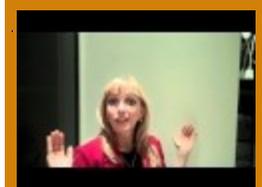


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bone health and calcium in the 'deceiving media.' People's Bones and Joints are better off when we completely **avoid** even touching those products EVER – in any way - and not even TRYING TO ADD any calcium to their diet UNLESS IS PLANT BASED!!

According to Dr. Amy Lanou, nutrition director for the Physicians Committee for Responsible Medicine, "The countries with the **highest rates** of osteoporosis are the ones where people drink the most milk, and have the **most calcium** in their diets. [...] the connection between dairy consumption and bone health is almost non-existent." [Emphasis added] Research has proven that high-fat dairy products are a major cause of atherosclerosis, heart attacks, and strokes, and that lower-fat dairy products promote osteoporosis, kidney (Cont. on next page) problems, and some forms of cancer.

The same is true for SUPPLEMENTS. People take tons of **supplements** for Bone and Joint sup-



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BONE AND JOINT HEALTH IS PIVOTAL TO YOUR WELLNESS!! (Cont.)

port, and 80% of all Supplements DO MORE **HARM** THAN GOOD to our Wellness and Health. Here are some recent studies about calcium supplements:

- **2008** - The British Medical Journal (BMJ) reported an increased risk of heart attacks, stroke, and sudden cardiac death in postmenopausal women taking calcium supplements compared to women taking a placebo.
- **2011** - BMJ explored more data regarding calcium supplementation, finding that "Calcium supplements with or without vitamin D modestly increase the risk of cardiovascular events, especially myocardial infarction [heart attacks] ... A reassessment of the role of calcium supplements in osteoporosis management is warranted."
- **2013** - The Journal of the American Medical Association (JAMA) Internal Medicine found that calcium supplementation (> 1,000 mg/day) in men significantly elevated the risk of cardiovascular death, including heart attacks and stroke. This study also observed that previous data shows calcium supplementation increases calcifications that can lead to blood clots, heart attacks and strokes.

This alone would have us NOT CONSUME most vitamins, given that there only a few Supplements that actually DO CONTRIBUTE to our Health and Wellness.

Putting that aside, 80% of supplements specifically for Bones and Joints cause real harm to Bones and Joints, because in order for the body to attempt to process them and absorb them, those supplements end up COSTING us OUR NATURAL CALCIUM from Bones.

So if we could get the ABSURDITY of taking a Calcium SUPPLEMENT "because my Bones are weak and I need to help them become stronger..." when in reality "The CALCIUM Supplement I take

ROBS CALCIUM from my Bones" is completely RIDICULOUS BUT TRUE !!

For example, calcium supplements are almost always inorganic matter (calcium from rocks), and are thus acidic. When we overwhelm our body with acidic substances, it begins leaching calcium from the body to alkalize our pH, and one of the biggest ways the body does this is taking calcium from our bones.

THUS we are better off 1) NOT TAKING any Bone and Joint Supplement unless you are SUPER SURE it doesn't do harm at all, 2) EATING Plants that actually CONTRIBUTE to Bone and Joint Wellness, and 3) LIFTING WEIGHTS at least 30 minutes a day to actually provoke the Bones to become stronger naturally.

Some of the most common issues affecting bone and joints are:

- **Arthritis** - Any affliction that ends in "-itis" is inflammation related, and joint issues are almost always caused by some kind of inflammation. Some common misconceptions about arthritis are that it is caused by aging, wear and tear, and injury or attack from the immune system. Our joints experience a constant low level of damage as we use them in our daily lives. Our bodies repair this damage in the course of our normal wellness, and we usually do not even notice this is happening. While these causes do explain how cells become damaged and die, they do not explain why cells do not repair or heal themselves.
- **Osteoporosis** - There is a huge misconception in the western world about osteoporosis. We are often told that we need dairy and milk for bone health, and it is a misconception, as in the best case scenario, with raw milk from pastured cows (and not the conventional milk) the body cannot absorb more than 30% of the calcium available in dairy products. Further the cultures of

Asia report the lowest (Cont. on next page) amounts of osteoporosis, and they consume almost no dairy products, while some of the highest reports of osteoporosis are in the United States, where milk is promoted as a powerful elixir for bone health. Part of the problem is that conventional dairy is filled with hormones, antibiotics. It is homogenized and pasteurized, and cannot be absorbed into our bones as calcium.



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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!

BONE AND JOINT HEALTH IS PIVOTAL TO YOUR WELLNESS!! (Cont.)

- **Osteoarthritis** - This most common form of arthritis affects tens of millions of people, and happens when there is damage in or **around** a joint that the body cannot repair. The inflammation happens in the joint or bone, and damages the **cartilage** that allows the joint to move smoothly, leading to painful rubbing of bone on bone in the joints.
 - **Rheumatoid Arthritis** - When the immune system sends out antibodies to attack pathogens, damaged cells, irritants, heavy metals and toxins which have **settled** on the membrane that covers our joints (synovium), it causes inflammation that also can damage cells that make up bones, cartilage, tendons and ligaments. These **chemicals** gradually cause the joint to lose its shape and alignment, and can destroy the joint completely over time.
 - **Bursitis** - The inflammation of one or more of the small sacs (bursae) that **lubricate** our joints, (called the synovial fluid). Healthy bursae create a **smooth**, almost frictionless surface that makes normal movement painless. When bursitis occurs, movement that uses the **inflamed** bursa becomes difficult and painful. Movement of tendons and muscles over the inflamed bursa exacerbates the issue, and the muscles can become stiffened.
 - **Myelodysplastic Syndrome** - This family of blood cancers affect the bone marrow. MDS often progresses very slowly, and the symptoms include **fatigue**, unusual bleeding, bruises, paleness, and in some cases can suddenly morph into severe leukemia. The cause of MDS has been linked to **smoking**, cancer medication, and long term exposure to industrial chemicals.
 - **Skeletal Fluorosis** - A buildup of fluoride in the bones makes them weak and brittle. **Fluoridation** of water is used in the United States, United Kingdom, Ireland, Canada, and Australia. Fluoride is in many **toothpastes**, and is sometimes a major ingredient in pesticides. Iceberg lettuce, citrus fruits, potatoes, grapes and raisins can have high levels, and thus buying only organic produce can significantly reduce your exposure.
 - **Gout** - a form of arthritis that is caused by an abnormally high level of uric acid in the blood (*hyperuricaemia*). Uric acid is a waste product made in the body daily. Gout affects the **joint** between the foot and the big toe, other joints of the foot and leg, and sometimes the arms and hands. Gout can cause permanent joint **damage** and kidney stones. Diet is the biggest factor in the cause of gout.
- There are many **factors** that can cause bone and joint issues, and many of them are based on lifestyle choices and the environment in which we live. These include:
- **Refined sugar** - Americans consume an average of approximately 150 pounds of refined sugar annually. This increases the **glucose** in our cells, but does not increase the oxygen required to process this glucose. This leads to formation of **acids** in the body that can leach **calcium** from our bones, as well as reducing the amount of magnesium in the body. **Alternatives** include stevia, minimal amounts of raw organic maple syrup, and sugar from raw organic fruit.
 - **Salt** - Americans also consume huge amounts of salt, consuming 8,000 to 10,000 mg of sodium per day, as compared to the approximately 700 mg per day our **ancestors** did. For every 2,000 mg of sodium consumed, there is a loss of 23 mg of calcium in the urine. An intake of 5,000 mg of sodium per day can cause a loss of 2.5% of your skeleton every year, which calculates to 25% lost in 10 years. Alternatives include **sea salt**, Celtic sea salt, Himalayan pink salt and Bragg's amino acids spray.
 - **Medication** - Bone loss and low bone density are known side effects of many medications. Many **steroids** that are used for arthritis can also accelerate bone loss and osteoporosis. In two recent studies, it was shown that serotonin reuptake inhibitors, a class of **antidepressants** that includes Prozac, Paxil and Zoloft, can cause increased bone loss. Chemicals that lower cholesterol in the blood such as 'Statins' have been known to cause unfathomable aches and pains in the joints.
 - **Smoking** - Some of the numerous effects of smoking include slowing the production of cells that grow bones, decreasing the body's ability to **absorb** calcium, and increasing the deterioration of estrogen in the body. Older smokers are 30% more likely to break their **hips** than nonsmokers, and according to a 2003 British (Cont. on next page) study, are more likely to experience back, neck, and limb pain.
 - **Dehydration** - A lack of water in the body causes the bursa between bones shrink and harden. In cases of **severe** arthritis or joint pain, only water or fresh should be drank at least until the pain subsides.
 - **Sleep** - A recent study at the Medical College of Wisconsin demonstrated that chronic sleep loss can reduce bone **regeneration**. People with sleep apnea are 2.7 times more likely to develop osteoporosis. An erratic sleep pattern can also contribute to sleep issues such as sleep apnea.
 - **Acid/Alkaline Balance** - When the blood is too acidic, it seeks something alkalizing to balance itself, and the calcium in our

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bones can reduce the acid levels of the blood. **Processed** foods have a particularly acidic effect on the body, including white flour, sugar, coffee, and sodas.

- **Lack of Exercise** - A sedentary lifestyle increases the rate of both urinary and fecal calcium losses. A three-year study of older women at the University of Wisconsin showed that a control group of **sedentary** women lost 3% of bone density while the exercise group gained 2%.

There are several **minerals** in the environment that are known as "heavy metals." We are exposed to these metals through primarily **environmental** sources, including pollution and food. Here are three of the biggest culprits:

- **Lead** - Inhibits the body's use of vitamin D and lowers the absorption of calcium. Lead can be stored in the bones, **displacing** calcium and released as bones begin to break down after menopause. There is some research indicating that lead also interferes with

progesterone levels, preventing that hormone's beneficial effects on bone **health**. Lead is used in batteries, pipes, and some roofing materials, and is most commonly absorbed as dust in the air.

- **Cadmium** - Damages the kidneys and changes how the body processes calcium and zinc, and replaces them in bones. Smokers inhale 1 mcg of cadmium in every **cigarette**. Industrial pollution also contains high levels of cadmium. Found in metal plating, batteries, and plastics. Exposure is most commonly through the **air**, and higher concentrations are found near fossil fuel plants, and zinc, copper, or lead smelting facilities.
- **Aluminum** - Lowers the body's absorption of calcium, interferes with bone mineralization, and modifies collagen production in bones. The body **absorbs** it from alum (a baking powder), using aluminum cookware, some OTC medication, deodorants, anti-perspirants and potentially from **chemical** trails from air traffic.

When we provide our body with the **nutrition** and wellness it requires, we give it the chance to heal itself naturally. A Balanced Raw Vegan Living Foods Diet can support the body in **achieving** and maintaining OPTIMAL Bone and Joint Wellness!!

WE CAN CREATE HEALTHY BONES AND JOINTS!!!

The foundation of healthy joints starts with **nutrition**, as the food we eat and nutrients we absorb can massively impact how our bones grow and **regenerate**. Some of the most important ingredients for healthy bones are:

- **Calcium** - This mineral is the foundation of bone health. Given that many cultures that consume almost no dairy have some of the **lowest** osteoporosis rates in the world, there are many things that benefit calcium levels in the body far more effectively than milk. Some of the **richest** foods for providing calcium that body can effectively absorb include broccoli, brussel sprouts, kale, collard greens, butternut squash, great northern beans, navy beans, soybeans, tofu, and dried figs.
- **Magnesium** - Necessary for

numerous bone-related reactions including the conversion of vitamin D, which is **necessary** for calcium absorption. Found in dark leafy greens (spinach and kale), pumpkin seeds, sesame seeds, brazil nuts, almonds, beans and lentils, quinoa, and avocados.

- **Boron** - This mineral balances calcium levels in the body. Boron is responsible for the structure and **maintenance** of strong bones. A deficiency of boron can create an imbalance of calcium, magnesium and phosphorus in the body. Boron is only needed in **trace** amounts, so as long as we consume it in the course of our diet, we have all that we need. **Natural** sources of boron include almonds, apples, bananas, broccoli, carrots, chickpeas, onions, oranges, potatoes, parsnips, and walnuts.

- **Manganese** - Required for bone mineralization and processing calcium. A study reported in Science News found that osteoporotic women had **significantly** lower levels of manganese from normal healthy adults. Can be found in hazelnuts, (Cont. on next page) pecans, walnuts, pumpkin seeds, sesame seeds, flaxseed, tofu,

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beans, spinach, and kale.

- **Copper** - Produces collagen, a key fiber in building connective tissues, bones and joints. While all mushrooms are a good source of copper, shiitakes have the highest levels. Other copper **rich** foods include kale, sesame seeds, cashews, chickpeas, soybeans, and avocados.
- **Zinc** - Stimulates production of osteoblasts that build new bone, and slows down cells that break down old bone. Protein assists in the **absorption** of zinc, so foods rich in both protein and zinc are advisable. Tofu, garbanzo beans, pinto beans, kidney beans, almonds, walnuts, peanuts, peas, cashews, and oatmeal are great choices.
- **Selenium** - Deficiencies have been linked to osteoarthritis, a disease of the bones and joints. This trace **mineral** is lacking in most soils in the United States, so it is important to check on the amounts of selenium in the foods we buy. Good **sources** of selenium include brazil nuts, sunflower seeds, chia seeds, shiitake and portobello mushrooms, brown rice, and pearl barley.

While it is absolutely true that we can obtain **minerals** from food, supplementation can be beneficial. If you are going to take mineral supplements, ionic (liquid) supplements are advised, especially in stages of **healing**.

Two of the most important vitamins for bone health are:

- **Vitamin D** - The main regulator of intestinal calcium absorption. Vitamin D must be converted to its bioactive form and this requires both magnesium and boron. As little as 10-15 minutes per day of **exposure** to the midday sun can give the body all of the Vitamin D it needs. In colder months, vitamin D can be obtained from mushrooms, aloe, hemp seeds, and rose hips.
- **Vitamin K2** - Vitamin K2 aids in bone formation and repair, and in particular it makes sure calci-

um is deposited in bones. It is also necessary for the **synthesis** of osteocalcin, the protein in bone tissue on which calcium crystallizes. This vitamin reduces the **accumulation** of iron in the joints, which is thought to be a primary cause of rheumatoid arthritis, and reduces pain and inflammation. Found in asparagus, broccoli, spinach and mustard and turnip greens.

Osteoporosis is now being considered a disease created by modern diets and **lifestyles**, and prevention and healing from osteoporosis require reducing calcium losses. The best way to accomplish this is to eat a plant-based diet consisting of a variety of fresh, **unprocessed**, organic vegetables, whole grains and beans.

The key to **reversing** arthritis is reducing inflammation in the body, and this includes cutting out processed foods, sugar and gluten from our diets. Our bodies absorb the most **calcium** from green leafy vegetables (especially when combined with vitamin C or citrus), and a holistic raw or high raw diet (80% raw / 20% cooked food) coupled with daily green juice and chlorophyll is one of the **fastest** and most beneficial ways to reduce inflammation in the body.

There are also many superfoods for bone and joint health. These include:

- **Miso** - This fermented soybean product supplies calcium, magnesium, manganese, and selenium to the body, and is an **alkaline** food, promoting pH balance. Miso contains a substance called genistein, which has proven more **effective** for building bones than prescription osteoporosis drugs in recent studies.
- **Green Tea** - This has been used for centuries for relief of arthritis, due to its excellent anti-inflammatory properties. Recent **studies** have proven that it is a powerful remedy for Rheumatic Arthritis.
- **Turmeric** - This curry spice

contains the powerful anti-inflammatory ingredient curcumin which, can improve arthritic conditions. Two long term studies have demonstrated turmeric's effectiveness as a pain **reliever**. Another shows how curcumin can inhibit molecular activities linked to onset of arthritis in the joints. Unlike most medications, which can be **harmful** to the liver, curcumin has been found to be helpful for the liver.

- **Cayenne Pepper** - The capsaicin in cayenne is a highly potent pain reliever and reduces pain associated with osteoarthritis. Cayenne pepper is also proven to be effective in **easing** some symptoms of arthritis, such as loss of joint function, stiffness, swelling, pain and inflammation. Cayenne also reduces the **concentration** of a substance which the nerve cells use for the transmission of pain signals.
- **Raw Garlic** - This is one of the most amazing natural remedies for arthritis, as garlic improves blood circulation and is rich in selenium.
- **Dandelion** - Dandelions contain anti-inflammatory properties that are effective in dealing with (Cont. on next page) arthritis, rheumatism and other **chronic** joint pain conditions, as this herb is capable of flushing toxins that causes joints inflammation. Also, it plays a vital role in reducing the level of uric acid in the body, which reduces **pain** and stiffness in the joints and increases joint mobility.
- **Flaxseeds** - Flaxseeds are

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WE CAN CREATE HEALTHY BONES AND JOINTS!!! (Cont.)

rich in alpha-linolenic acid (ALA), a type of omega-3 fatty acid that is useful in treating arthritis and other inflammatory diseases. Flaxseeds help in **stimulating** the body to produce adequate level of prostaglandin, which are hormones considered as controllers for anti-inflammatory responses.

- **Fennel** - Is one of the richest foods in a compound called anethole, which can significantly reduce inflammation in the body. Numerous studies in the last few years have demonstrated the **powerful** relief fennel provides for both osteoarthritis and rheumatoid arthritis.
- **Ginger** - This root can provide considerable reduction in knee pain and inflammation, osteoarthritis and rheumatoid arthritis after 3 months of **continued** use with no side effects. Ginger can be taken as a tea, in soups and with meals, or applied as a compress.
- **Hempseeds** - This superfood has anti-inflammatory properties and healthy oils that **lubricate** the joints and relieve the pain and inflammation of arthritis and rheumatism when consumed daily.
- **Nettle** - Another herb that has been used for centuries as a home treatment for arthritis, gout, joint pain, and dozens of other afflictions. Scientists believe that nettles actually **interfere** in the transmission of pain signals, and one study revealed that the use of nettle extract inhibits the growth of cells that play major roles in the development of rheumatoid arthritis.
- **Boswellia** - This herb is good for strong pain relief, and is known as an anti-arthritis herb. This herb is commonly found in any health food section.
- **Raw Juice Therapy** - Juicing alleviates symptoms of arthritis and other bone and joint disorders in a variety of ways. Some of the best foods to **juice** for arthritis relief include spinach, collard greens, kale, ginger, bok choy, cauliflower, and gar-

lic.

- **Red berries** - Particularly sour cherries, ease rheumatoid arthritis.
- **Essential Fatty Acids** - These oils significantly reduce inflammation, and help moisturize joints. Flaxseed oil, Pumpkin oil, primrose oil, coconut oil, and sesame oil are common EFAs.

Drinking between 2 and 3 liters of bottled **mineral water** daily helps the kidneys to flush uric acid out of the body. Water dilutes uric acid levels in the blood, and stimulates the kidneys to pass on waste products to the **bladder**. A good rule of thumb is to divide your body weight by two, to determine the number of ounces appropriate for daily intake.

Exercise, especially weight bearing exercise such as weight lifting, increases bone mass and reverse bone loss. Weight lifting is a sure-fire way to prevent osteoporosis, and is particularly **important** for slender/petite body types. Doctor Brian Clement of the Hippocrates Health Institute has seen particularly **compelling** results in using weightlifting to remove symptoms of osteoporosis in older women.

Loren Fishman, M.D., an assistant clinical professor at the Columbia College of Physicians and Surgeons, conducted a study on the effectiveness of yoga in building bone. Dr. Fishman taught 11 of his subjects a **sequence** of 10 yoga poses, and had them do them for about 10 minutes a day. The other 7 subjects did no yoga. After two years, the control group either maintained or lost bone, while 85% of the yoga practitioners **gained** bone in both their spine and hip.

Because Yoga is a weight-bearing exercise, it causes us to hold the **weight** of our body against gravity. When we resist gravity, we put stress on bones, stimulating growth. Unlike walking or jogging, yoga is **gentle** on the joints.

Tim Rhudy, a licensed acupuncturist in the department of pain management at the Cleveland Clinic in Ohio, explains that acupuncture **diminish-**

es pain by “untying muscular strait-jackets – releasing tight, spasmed, shortened muscles to their resting state.” It also helps regulate the nervous system, which can **stimulate** the release of natural pain-fighting endorphins. Acupuncture tells the body where to focus its healing. Just like when you cut your hand, the body sends help to the injury, when a **needle** is inserted into an acupuncture point, the body emits healing factors, says Rhudy. Acupuncture also alters the **perception** of pain, he says. “Brain magnetic resonance imaging shows that deep needling of acupuncture points deactivates the part of the brain that deals with our perception of pain.”

The “H-wave” machine has had success with the management of pain and **restoration** of function in arthritis. H-waves are electrical waves that stimulate joints with micro electric currents, and are a non-invasive and drug-free **treatment** for joint pain. Over 84% of patients increase function and/or decrease medication intake within the first 30 days of home H-Wave use.

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SIMPLE SPIRITUALITY AND SUSTAINIBILITY

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 community (and our world) in their/our spiritual growth.

- 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"**.
- 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.
- To make it all **simple and synergistic**.

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ALIGN YOUR BONE AND JOINT HEALTH TO HELP ALIGN YOURSELF MENTALLY, EMOTIONALLY AND SPIRITUALLY!!!

In holistic healing, the body is an **energetic** system. When we have illness or dis-ease, it is because something is draining the body's energy and thus taxing the immune system. The outer world of our bodies is literally impacted by the **inner** world of our emotional, mental, and spiritual selves.

All of our thoughts, words and feelings are **transmitted** across our body by the same nervous system that controls our movements. When these are not aligned with our values and Major Life Purpose, it can manifest itself in our bodies and cause physical or chemical **imbalances**. Spiritually speaking, arthritis can be the results of being torn about which direction to take.

Research has found a clear connection between stress and Rheumatoid Arthritis, and the connection appears to be cyclical. For example, **stress** causes muscle tension, which elevates the pain of RA, thus causing more stress. Job Stress, particularly for people who feel they have little control at work, appears to be a **factor** in RA, according to a Swedish study. Meditation is hugely beneficial for stress reduction.

Louise Hay, in her book "You can Heal Your Life," says "ARTHRITIS is a dis-ease that comes from a constant pattern of criticism. First of all, criticism of the self, and then

criticism of other people. Arthritic people often attract a lot of criticism because it is their pattern to criticize." Learning to cultivate **compassion** for oneself is a powerful way to heal, and there are many methods of journaling and meditation that can support this process.

Inna Segal's book "The Secret Language of Your Body" states that arthritis is "holding onto anger and **resentment** from the past. Carrying guilt, remorse and shame. Difficulty in forgiving self and others. Complaining about life. Worrying, but not wanting to make changes. Feeling stuck and limited." Practices of **forgiveness**, letting go of resentments and consciously creating new futures for ourselves can have a huge impact on our minds, spirits, and bodies. This is one of the arenas where coaching can have the biggest impact on all **aspects** of a person's self: physical, mental, emotional, and spiritual.

As Deb Shapiro said in "Your Body Speaks Your Mind," "The joints give us free and graceful movement, so arthritis is connected to our innermost **feelings** about the movement we are taking... or the direction we are going in... This state also indicates self-criticism (stiff-ness), lack of self-worth, fear, anger (inflammation) and bitterness (pain). There can be a sense of being tied down, **restricted**, restrained and con-

finied; also a developing inability to bend, to be mentally flexible or to be able to surrender. This can reflect a lack of self-trust as well as a hardening attitude towards life..."

According to Louise Hay, the bones represent the structure of the universe, and our bone marrow represents how we feel about ourselves. Thus cultivating a healthy relationship with ourselves and finding peace and acceptance with life and the world around us can actually enhance our bone health.

Our bones and joints are essential for living a **healthy** life, and the most important factor in keeping them healthy is our ongoing choices in our lifestyle. A Balanced Raw Vegan Living Foods diet and practices that include meditation and prayer, yoga, QiQong, exercise, connecting to nature, journaling, and time alone to **nurture** and love your self will give YOU the BIGGEST chance to CREATE not only OPTIMAL bone and joint health, but also add Holistic balance to your life such that your WHOLE SELF can thrive as it was DESIGNED to do.