

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 224th Newsletter, I want to give us a chance to consider the world of soaking nuts, and the effects it has on people's physical, mental, emotional and even a little of our 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 soaking nuts that you can read in full [HERE](#).

We are going to go beyond the obvious INSIDE of EXPLORING the topic of SOAKING NUTS. Inside of this topic, as in ALL TOPICS We will INCLUDE how soaking nuts affects overall WELLNESS, plus the MENTAL, Emotional and even a touch of SPIRITUAL benefits of eating live foods so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain optimal physical well-being, emotional, mental and spiritual balance and vibrant energy.

SOAKING NUTS seems UNIMPORTANT...but is one of the MOST CRUCIAL CHANGES in your Diet, that will take MINIMUM EFFORT and make the MAXIMUM POSITIVE IMPACT!!!

Eating SOAKED nuts instead of not soaked nuts, and INSTEAD of no nuts, is one of the BEST

CHANGES you can make to your diet. It seems like a very very small change, and it is one of the most OVERLOOKED and UNDERRATED changes you can make in your diet that is one of the MOST IMPORTANT ones you can make. It's one of the NON-OBVIOUS health tips that can make a tremendous difference in your OVERALL WELLNESS. There is nothing that I can tell you in this Newsletter that will be ENOUGH, so that you can get the importance of how this SMALL LITTLE DETAIL can make a tremendous contribution for your wellness and your well-being.

In my PERSONAL JOURNEY, soaking all the nuts that I eat, and EATING WAY MORE nuts than I ever did before - ALWAYS SOAKED - has made a tremendous difference in my ENERGY, in the amount of MUSCLE, in LOWERING my cholesterol, in MAXIMIZING my energy, in making my energy stable, in helping me feel full WITHOUT CRAVING FOODS that are not good for me, and in taking care of even the SMALLEST, even though not unimportant details like SMOOTH SKIN, like MENTAL ALERTNESS, like SLEEPING BETTER.

There's not enough pages in this newsletter to tell you all the benefits I have received from the simple detail of adding WAY MORE NUTS to my diet and making sure that all the nuts that I eat are soaked. I highly highly recommend giving yourself the GIFT of trying this practice by

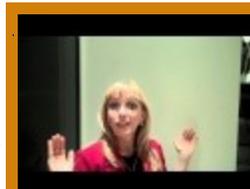


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adding it to your diet for the next 30 to 60 days, and seeing for yourself the CASCADE of positive benefits that you can receive from this simple practice.

A nut is a seed inside of a hard shell, and they are one of the foundations of the entire ecosystem of our Planet. Since they contain the life energy of new plants, they are excellent sources of nutrition. Soaking our nuts neutralizes anti-nutrients and hard-to-digest proteins contained in these seeds, and activates enzymes, minerals and other beneficial nutrients locked inside these nuts.

Soaking nuts is a practice that spans at least hundreds (Cont. on next page)of years, and our ancestors who were farmers used soaking and fermentation on nuts, grains and beans as part of their food preparation process. In the



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last 50 years, however, The Western Diet has radically **altered** what we eat, and how it is prepared. Instead of eating food in its **natural**, live and whole state, such raw, soaked, and fermented foods, the majority of food in the Western Diet consists of processed foods, and nuts and grains have been **replaced** with breads, cereals, nut butters, etc. This diet the relies heavily on processed foods has been **proven** over and over again in numerous studies to cause digestive issues, autoimmune disorders, and many other nutritionally related diseases.

When it comes to creating any healthy balanced diet and particularly a **Balanced Raw Living Foods Diet**, it involves more than just eliminating certain foods from our plates. Some of the many **practices** that support nutritional wellness include juicing, fermenting, sprouting, and soaking nuts, grains, and legumes.

Nuts can be important in any diet and are key to a **Balanced Raw Living Food Diet**, providing high quality protein, fiber, minerals, and vitamins to our bodies. They contain beneficial **phytochemicals**, which are the chemicals and compounds in plants like antioxidants, flavonoids, etc. Some of the oils in nuts **reverse** free radical damage. Tree nuts such as almonds, walnuts and pecans contain no cholesterol. While most of the calories in nuts come from mainly unsaturated fats, these perform some of the body's **essential** functions.

Grains, beans and nuts contain what are known as **anti-**

nutrients, and these protect them from insects, predators, bacteria, viruses and fungi. When nuts are not soaked to remove these anti-nutrients, they can cause severe **distress** to our digestive systems. Further, when nuts are not soaked or fermented, we miss out on a large amount of the nutritional content inside them.

Many of these anti-nutrients are **removed** from the outer coating when there is enough moisture, warmth and acidity after it enters the ground to **germinate**. This is why soaking has been an important process in food preparation for so long – it copies the natural germination process that takes place in nature, **triggering** the removal of anti-nutrients and activation of enzymes and nutrients.

The main **anti-nutrients** in seeds are:

Phytic Acid is a chemical that protects plant seeds / nuts from premature germination (when a seed begins to sprout). When the food we eat has phytic acid intact, it **binds** with minerals in our bodies like calcium, zinc, magnesium, iron and copper and prevents the full **absorption** of these minerals in our body. It can also affect our ability to absorb protein.

Phytic acid can become a **factor** in the development of serious mineral deficiencies, and can cause health problems that include digestive **irritability**, impaired immune function, allergies, skin irritations, bone loss, **anemia**, hormone disruption, and affect (Cont. on next page) physiological development in infants and children.

Phytic can also **stunt** enzymes that we need for digestion, including pepsin, which is needed for the **breakdown** of proteins in the stomach, and amylase, needed for the breakdown of starch into sugar. **Trypsin**, which helps in protein digestion in the small intestine, is also inhibited by phytates.



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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

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Enzyme Inhibitors protect nuts and seeds until they have what they need to germinate and sprout. In nature, when the proper **conditions** are met, i.e. sufficient rain and sun, the inhibitors and toxic substances in these nuts are removed and the seed germinates, beginning the **sprouting** and growth process. Soaking nuts removes these toxic enzyme inhibitors AND **releases** the life and vitality contained within the nuts!

These enzyme **inhibitors** also repel predators by blocking enzyme functions, particularly trypsin, which is an enzyme that is responsible for protein digestion. **Research** has shown that consuming too many foods containing trypsin inhibitors can lead to an overproduction of pancreatic enzymes, an enlarged **pancreas** and benign tumors. This also depletes the body of resources needed for other bodily functions, and creates conditions that cause chronic inflammation, **insulin resistance**, impaired digestion, immune suppression, increased allergies, severe intestinal issues and declined mental function.

The **phytates** and enzyme inhibitors that cause nuts and seeds to be difficult to digest can be easily neutralized by soaking in water and low temperature **dehydrating**. The combination of minerals and heat works to break down irritating compounds, while preserving the beneficial fats and proteins. Many **traditional** cultures intuitively practiced these preparation methods using seawater and the sun, and passed this knowledge down through generations.

Lectins can be found in almost all foods, but they are highly concentrated in grains (especially wheat), beans (especially soy),

and nuts. They act as very powerful natural **insecticides**. When consumed in large quantities, they stick to the **lining** of the small intestine and damage the villi responsible for transporting nutrients into the bloodstream. Lectins can eventually cause **leaky gut** syndrome, meaning the lining of the small intestine is so damaged that particles of undigested food, proteins, toxins and other pathogens "leak" into the bloodstream and bind to tissues and organs throughout the body. This increases **inflammation** in the body. Lectins are also connected to autoimmune disorders like Irritable Bowel Syndrome, Crohn's Disease, colitis, thyroiditis, fibromyalgia, and arthritis.

Tree nuts such as walnuts, pistachios, pecans, cashews, almonds, and Brazil nuts are common food allergens, meaning they contain **compounds** that can interact with our immune systems in detrimental ways. While most people experience no health problems with nut consumption, some people can experience **sensitivity** symptoms when consuming nuts.

Roasted nuts are considered good sources of protein however, the kinds we buy in the stores are often not roasted, they are actually **fried**. For manufacturers, this is advantageous since it allows them to use lower quality nuts and oils. If the roasted nuts you buy have **oil** in the ingredients, they are actually fried. Even when nuts are listed as "dry roasted" and have no oil on the ingredients, there is no guarantee they are **fresh**.

There is a huge difference and improvement in increasing nutrition and removing anti-nutrients

between roasted almonds in **canola** or vegetable oil, and almonds that are raw and soaked. Soaking nuts can improve the **nutritional** content as much as threefold! Soaking nuts is an essential part of a Balanced Raw Living Foods Diet, and can support you in **creating** and maintaining OPTIMAL Wellness!!

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... **DON'T** make the **MISTAKE OF NEVER** eating **SOAKED NUTS** for a while, you will **NEVER KNOWING** the tons of **BENEFITS** that **YOU WOULD BE MISSING** if you **NEVER TRY IT!!!**

There are many **benefits** to soaking nuts, including:

- Enzyme inhibitors get **neutralized**.
- An increased **absorption** of vitamins
- Maximizes **digestion**.
- Phytic acid is **reduced**.
- Eliminate or reduce lectins, tannins, goitrogens, and other **anti-nutrients** that are hard for the body to break down.
- Encourages the production of beneficial **enzymes**.
- Increases **nutrient** content, especially vitamin B.
- Increase **bioavailability** of proteins.
- Prevent mineral **deficiencies** and bone loss.
- **Reduce** hypersecretion of pancreatic enzymes

Soaking the nuts not only helps with digestion, it also **enhances** the flavor significantly. Soaked nuts, particularly walnuts and almonds, have a much more appealing - fresh **taste** after they are soaked and rinsed.

After a couple of hours of soaking, a lot of the dust, **residue** and tannins from the nut skins are released into the water and the nut emerges with a **smoother**, more palatable flavor. For example, soaked walnuts lose the astringent, mouth-puckering taste because the **tannins** are rinsed away, leaving behind a softer, more buttery nut.

Soaking increases **enzyme** activity in the nut, causing a greater absorption of the nutrients by the body and increased digestibility. When soaked, nuts and seeds begin the **sprouting** process, which elevates their nutrient profile considerably. Nuts

should be soaked after they are removed from their **shells**. Nuts without skins, such as macadamias, cashews or Brazil nuts have much less of the murky water residue, but soaking is still recommended for **nutritional** purposes.

Soaking is a **simple process**, and can be done with great ease.

- Make sure the nuts you buy are **fresh** and in season, because rancid oils from nuts can actually increase free radicals and are considered toxic.
- For people **transitioning** to plant based diet, soaked nuts are not only filling and a great source of protein, they also **resemble** some of the cooked foods of the standard American diet, providing a convenient replacement during the beginning stages of adopting a **Balanced** Raw Living Foods diet.
- Soaking nuts literally helps them **revert** back to their sprouting stage, thus raising the **vibrational** frequency of the food.
- Soaked nuts require less energy to **digest**, and thus are easier to consume for people with digestive issues.
- Soaking increases **bioavailability**, meaning we absorb much more of the nutrients, which are even more important when a person is facing a health challenge of any sort.

Sea salt is used for soaking nuts, as it helps activate the enzymes that de-activate the enzyme inhibitors. This **method** is the way the native people of Central America treated their

nuts and seeds.

How to Soak nuts:

- Soak the nuts in **salt water**. The salt is necessary to help neutralize the enzymes. I highly recommend using pink Himalayan salt.
- **Harder** nuts take longer to soften.
- Put the nuts in a container of **filtered** water, and make sure the water level completely covers the nuts. A **glass** container with an airtight lid is recommended, as plastic can leach into the water and into your food.
- Soak your nuts and seeds anywhere from 2 to 3 hours - to **overnight** in the refrigerator. The last thing before going (Cont. on next page) to bed, I put the soaking nuts in the refrigerator and in the **morning** they are ready to go. It makes soaking simple and convenient.
- The soak water from nuts and seeds should always be **discarded** and never used

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as water in a recipe, as it is filled with anti-nutrients.

- Fully dry the nuts or they can become **moldy**. Dry in temperatures lower than 150 degrees.
- You can **dehydrate** the nuts after soaking, which provides great taste - keep in mind that is it important to stay hydrated, as dehydrated foods have a **tendency** take some of the water out of our body to rehydrate.

As a general rule, The following **proportions** can work for soaking:

- **Nuts** - 4 cups
- **Sea salt** - approx 1 tbsp.
- **Filtered water** - generously cover nuts

Activated nuts are nuts that have been soaked, and then dehydrated at a very low temperature oven or dehydrator to activate 'enzymes' that help you digest the nuts. High **temperatures** will kill off these digestive enzymes. I highly recommend dehydrating soaked nuts, as it makes the flavor as robust as the nutritional value!!

- **Almonds** – These are the most **nutritious** nuts available. When activated, they are plump and have a roasted taste.
- **Walnuts** – A source of antioxidants, Omega 3 oils, and protein.
- **Brazil nuts** – A great source of protein, Omega 3 and 6 as well as Vitamin E, thiamine, copper, manganese, magne-

sium, calcium, phosphorous and zinc.

- **Pecans** – Good source of antioxidants, vitamin E, and help control hunger and contribute to weight loss.
- **Macadamia nuts** - High in protein, calcium, potassium, manganese and thiamin
- **Hazelnuts** - A good source of fibre, calcium, thiamine, niacin and protein and contain a many minerals.

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 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** transforma-

tional 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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Your Soul, HEART, Body and your MENTAL ALERTNESS totally will SHOW YOU the difference between eating SOAKED NUTs and the alternatives...!!!

Soaked nuts are a living food, and when we eat them, we are consuming the essence of the life force of the plant, as well as the highest possible nutritional value. As part of a diet rich in live foods, soaked nuts can have benefits on our emotional health, too.

Soaking nuts is a form of cleansing – a way to detoxify our bodies. Karyn Calabrese, in her book “Soak Your Nuts,” outlines a 28 day process that includes raw foods, and especially soaked nuts. Her three guidelines for detoxification include “making yourself number one,” as in nurturing the spirit, letting go of judgment for others, and keeping the detox to yourself until it is complete.

This process involves a complete spiritual and physical cleanse, involving a Balanced Raw Living Foods diet, journaling, and other practices to detoxify the mind and spirit along with the body.

In the May 2009 issue of “Preventive Medicine,” a 3 year study among children 13 to 15 years old found that those who ate the Western diet of refined foods, sugary foods and red meats had a higher percentage of negative behavior patterns involving depression, aggression and delinquency. In other words, the children who ate the healthy diet displayed better mental health outcomes.

Our relationship to food is a mirror for our relationship to ourselves. When we mindfully choose foods that nourish our bodies, we are also choosing to nourish our minds and our spirits. While it is easy to think of our bodies as machines, they are actually intricate systems that interact and respond to our thoughts, feelings, and words.

Learning to listen to our bodies, mindful eating practices, and creating eating as a sacred act can all evolve our relationship to what we eat, our bodies, and our emotional well being.

Many people who have adopted a diet rich in living foods express a greater connection to the Planet, and a heightened awareness of the world around them. Raising your vibrational frequency through eating high vibrational foods provides us with a sense of peace, calm and purpose.

Soaking nuts, and giving ourselves the gift of maximum nutrition with a diet that is mostly Balanced Raw Vegan Living Foods, along with practices such as journaling, meditation, and prayer, along provides a foundation for overall wellness. That, combined with other practices such as 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!!

I invite you to take on this deeply healthy, nourishing, and truly spiritual gift for yourself. Take it on with me ... and let's gift ourselves the greatest gift we can give ourselves: a temple for our souls to live in that is as healthy as can be and as alert, as connected, and as thriving as it can be!!

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