

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 228th Newsletter, I want to give us a chance to consider the world of **hypoglycemia**, and the effects it has on people's physical, mental, emotional and even our spiritual well being. If you wish you can follow our wellness suggestions. 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 hypoglycemia that you can read in full **HERE**.

We are going to go **beyond the obvious** as we EXPLORE the topic of HYPOGLYCEMIA and how hypoglycemia can affect **overall WELLNESS**, including your MENTAL, Emotional and even SPIRITUAL wellness. Then you can, if you wish, **introduce** our recommendations into your wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional, mental and spiritual balance and vibrant energy.

HYPOGLYCEMIA can be EASILY MANAGED and even HEALED with SIMPLE DIETARY and LIFESTYLE WELLNESS CHOICES!!!

Even though you may think you have no **sugar level** problems and are not hypoglycemic please read this entire newsletter and check the **symptoms** because most people have hypoglycemia at a very low level and they only deal with it when it is already too late. When you give

yourself the gift of detecting it earlier, like any health condition, it is way **easier to heal**.

Glucose is a kind of sugar that fuels our bodies, and is required for energy. It is one of the most important ingredients for brain function, too. We tend to suffer faster from **lack of sugar** in the blood than from an overabundance of it.

Some studies have shown that as many as **50 million** Americans may have some level of low blood sugar / hypoglycemia, and it is five to ten times more frequent than diabetes in the United States. Hypoglycemia is the body's **inability** to properly handle the large amounts of sugar that the average American consumes today. In pre-industrial times we consumed approximately 7 pounds of sugar annually, and the average American now eats around **120 pounds** of sugar per year and this is being followed now very closely around the world.

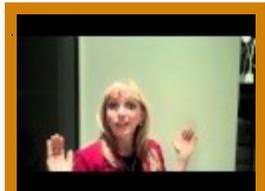
Glucose levels determine the **energetic** nature of the body, and are directly connected to what we eat - and when. The **carbohydrates** we eat are converted by the body into glucose, and a combination of chemicals from the liver, pancreas, and adrenal glands **regulate** how our cells absorb that glucose-sugar. These chemicals include insulin, glucagon, adrenaline, and norepinephrine. The combination of these **chemicals** during and after digestion is never the same, because the amount of carbohydrates that we eat are never identical. Any **imbalance** in any of these regulators can affect the body's ability to absorb glucose.

In my personal health journey I



CAROLINA ARAMBURO

went through suffering from liver failure, hypoglycemia and chronic adrenal fatigue which is a **deadly combination**. This was not caused by an excess of process sugar at all. As a matter fact, my diet had a **minimum** amount of processed sugar. The illness was caused by lack of sleep and unmanaged **stress**, thus I highly recommend not writing off the possibility of any of those conditions **BEGINNING TO DEVELOP** in your **BODY** simply because you limit the consumptions of **processed sugars** to the minimum, but also for lack of proper **SLEEP** and proper **Stress Management**, since in my case, and in the case of many others, these things seem to be totally connected. Given your ability to process everything (**INCLUDING minimal SUGAR**) is limited when (Cont. on next page) you don't **SLEEP APPROPRIATELY**. The beautiful thing now is that I am completely **healed** of those 3 conditions with a raw vegan living foods diet and a **mindfully** healthy life-



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HYPOGLYCEMIA can be EASILY MANAGED and even HEALED with SIMPLE DIETARY and WELLNESS LIFESTYLE CHOICES!!! (Cont.)

style.

The biggest **cause** of hypoglycemia in the United States and much of the developed world is the **Western Diet** or Standard American Diet (SAD). Western diets are filled with refined carbohydrates, particularly simple carbohydrates such as **sweeteners**, and these are more easily converted to glucose. There is also a MASSIVE amount of sweeteners in the Western Diet, particularly High Fructose Corn Syrup. In some cases, the body can also develop **Insulin resistance**, a condition where insulin is overproduced, and thus blood sugar levels drop too low, causing a constant and rapid **bounce** in blood sugar levels that becomes difficult to regulate.

In less industrialized parts of the world, the typical diet still contains higher levels of complex carbohydrates, grains, **vegetables**, and fruits, and much less dairy products and meat. Portions tend to be **smaller**, and physical activity levels are much higher. Not surprisingly hypoglycemia is not as prevalent in those countries but as they shift their diets then hypoglycemia rises.

Hypoglycemia can go largely **undiagnosed** for years, and many times stays that way, because many of the symptoms are the same as mental or emotional disorders. Misdiagnosis of hypoglycemia include:

- Asthma
- Neurosis
- Hypochondria
- Epilepsy
- Psychosis
- Arthritis
- Hypertension
- Menopause
- Diabetes
- Meniere's syndrome

The main **types** of Hypoglycemia are:

- **Diabetic Hypoglycemia** - Since Diabetes is a disease that affects the body's ability to produce insulin, insulin dependent diabetics have a higher **risk** of hypoglycemia, especially if they use too much insulin, miss a meal, exercise too much, or consume alcohol.
- **Fasting hypoglycemia** - Some of the main causes are medication, alcohol consumption, **deficiencies** of hormones (cortisol, human growth hormone, glucagon, or epinephrine), and tumors in the liver, kidney or pancreas.
- **Reactive hypoglycemia** - This non diabetic issue usually happens within four hours of eating. It can also be caused by stomach **surgery**, pre-diabetes (where the body is beginning to have trouble manufacturing insulin), and some rare **enzyme** deficiencies. People with reactive hypoglycemia may have symptoms that include anxiety, fast heartbeat, irritability, **shaking**, sweating, hunger, dizziness, blurred vision, difficulty in thinking, and faintness.

Symptoms of low blood sugar can occur suddenly. They include:

- Blurry vision
- Rapid heartbeat
- Sudden mood changes
- Nervousness
- Unexplained fatigue
- Headache
- Hunger and craving for sweets,
- Depression

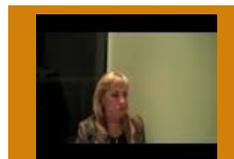
Proteins are one of the most consistent sources of energy for the body, and more effective than sugar or fat, since they are absorbed **less rapidly**. Since proteins take longer to digest, the amount of glucose entering the bloodstream becomes lower, and stretches out over time.

Some **factors** that influence hypoglycemia are:

- **Processed foods** - These turn immediately into sugar, and

cause immediate reaction in the body.

- **Highly refined carbohydrate** foods - These are often sweeteners like table sugar, agave, fructose, and artificial sweeteners.
- **Alcohol** - Drinking can block your liver from releasing stored glucose into your bloodstream.
- **Intense exercise** - Physical activity can lower glucose levels in the blood, as it has muscles con-



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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

HYPOGLYCEMIA can be EASILY MANAGED and even HEALED with SIMPLE DIETARY and WELLNESS LIFESTYLE CHOICES!!! (Cont.)

sume more glucose for fuel.

- **Stress** - Severe emotional stress affects metabolism, which can lead to chronic low blood sugar.
- **Gluten** - Can cause metabolic irregularities. People who suffer from severe digestive distress often develop low blood sugar.
- **Poor diet** - Refined sugar and flour can cause blood sugar to jump up and down. Over time, the body loses its ability to regulate insulin levels.
- **Tobacco** - Heavy smoking exhausts the sugar supply of the liver. After white sugar, nicotine is the worst offender of normal blood sugar levels.
- **Caffeine** - Affect the kidney's elimination process, which can result in hypoglycemia.
- **Medicines** - Aspirin, some antibiotics, pentamidine (for serious pneumonia), quinine (malaria) all can cause or trigger hypoglycemia.
- **Diabetes** - Diabetes medication interferes with the body's ability to break down stored glucose when needed.
- **Adrenal fatigue** - This can cause the blood sugar levels to drop very quickly after meals.

- **Endocrine or Thyroid disorders** - Can result in a deficiency of key hormones that regulate glucose production.
- **Liver disorders** - Hepatitis, cirrhosis, and fatty liver disease can all impact the body's ability to process glucose.
- **Obesity** - According to a medical research, 9 out of 10 overweight people have reactive hypoglycemia. This may be the connection between weight and cravings for food and sweets.
- **Dairy** - Has a disproportionately high insulin index, according to a study published in 2005 in the "British Journal of Nutrition."

Concentrated sugars are rapidly absorbed into the blood, and produce a sudden increase in blood sugar followed by a sharp decline. Concentrated sugars are the most important food content to be **avoided** with hypoglycemia. One must try to completely eliminate consumption of concentrated, processed **white sugar**. If it cannot be eliminated totally, it should not be eaten alone. In any case, the amount of sugars should not exceed 5 g per serving.

There is also a connection between **allergies** and hypoglycemia. The way food is processed in the Western Diet, and food allergies associated with these processed foods are a contributor to inflammation and allergic reactions.

In the case of hypoglycemia, it can be totally healed and managed by **honoring** oneself with a Balanced Raw Living Foods Vegan Diet, we can create MASSIVE wellness **benefits**, including vibrant energy, and give you the greatest chance for OPTIMUM WELLNESS.

Removing the CAUSES and reestablishing normal Balance to YOUR BODY allows your body to HEAL itself from HYPOGLYCEMIA!!

Managing hypoglycemia starts by **removing** certain factors from our diets. These include:

- **All sources of sweeteners** - Including white or brown sugar, honey, molasses, maple syrup, agave and all artificial sweeteners.
- **Soft drinks and alcohol** - This includes all beer, wines, hard liquor such as brandy and whiskey, and all mixed drinks like mojitos, daiquiris, and martinis.
- Bread, rice, or pasta.
- Vegetables with a **high sugar** content such as carrots, potatoes, beets, and onions.
- Fruits with a high sugar **content** such as pineapples, cherries, and mangos.

It can be difficult to **transition** to a

balanced diet with hypoglycemia because many fruits and vegetables may need to be avoided.

Hypoglycemia may require other **changes** in eating habits, such as:

- **Six small meals** per day - This helps regulate blood sugar levels over time.
- Eating at **fixed times** - By not skipping meals or fasting, the body has the best chance of balancing energy absorption and glucose through the day.

Hydration is also critical, as it flushes out toxic radicals from the body. Some symptoms of dehydration and hypoglycemia are the same. Drinking water also helps in

cleaning bowel movements by dissolving surplus intake of dietary fibers.

When your blood glucose levels are too high, the body **releases** the glucose through urine. Drinking water helps the body excrete more glucose through urine. Increasing water intake has the added benefit of **decreasing** the amount of glucose you get from food. According to Dr. Richard Holt, people who don't drink enough water tend to consume up (Cont. on next page)

to 30 percent more calories than those who drink sufficient

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amounts of water, potentially leading to dangerous **spikes** in blood sugar.

Exercise triggers the release of adrenalin and other hormones that help regulate blood sugar levels. For a hypoglycemic, **moderate** exercise like walking, swimming and hiking are recommended three to four times a week. Generally speaking, **endurance** training is preferable to strength training, as this burns fat instead of glucose. It is also important to check blood sugar levels and carry a healthy snack.

There are many **foods** that are beneficial for hypoglycemia, which include:

- **Apples** - Rich in chromium and magnesium, both of which are known to regulate blood sugar levels.
- **Raw Nuts** such as almonds, brazil nuts, pistachios, cashews - Slow the absorption of glucose in the blood. Nuts are also high in protein, fats and fiber, which increase the time needed to break down and **absorb** glucose. The highest nutritional content is in RAW nuts. I recommend soaking nuts in order to get the most nutritional value as possible from them.
- **Garlic** - Can suppress insulin production, which can be important in balancing blood sugar.
- **Molasses** - A natural cure for low blood sugar, extract of molasses provides ample glucose during exercise. A little molasses added to a **glass** of warm water twice a day can help balance blood sugar levels.
- **Parsley** - Improves liver and pancreas function, and is a very effective natural remedy for low blood sugar. Juicing parsley can also rejuvenate liver and pancreas.
- **Eggplant** - Contains phenols, a nutrient that helps the body use sugar more efficiently. Phenols help with high blood pressure, and provide **antioxidant** protection as well. However, eggplants

and other nightshade plants can be difficult to digest for people with digestive conditions.

- **Sunflower seeds** - A rich source of phenols, particularly chlorogenic acid, which is hugely beneficial in regulating sugar levels in the blood.
- **Pumpkin seeds** - A rich source of many micronutrients including iron, magnesium and manganese. Known to prevent calcium oxalate deposits in the kidney and helps **regulate** kidney functions, thus making it effective in treating hypoglycemia.
- **Chia and Hemp seeds** - Can provide a boost of energy, and are full of omega 3 oils that are highly beneficial, as well as fiber and protein.
- **Dietary fiber** - Allow sugars to be absorbed more slowly, which regulates blood glucose levels. Almonds, pumpkin seeds, lentils, pinto beans, and apricots are great sources of fiber.
- **Essential Fatty Acids** are excellent blood sugar stabilizers, and plants are the best source of EFAs. Some EFA rich foods include flax, hemp, pumpkin seeds and walnuts.

Some **herbs** that are healing for hypoglycemia include:

- **Gentian root** - Boosts sugar levels in the body.
- **Ginseng** - Triggers the pituitary gland to release more hormones that regulate blood sugar, and increase the body's energy levels.
- **Dandelion root** - Contains large amounts of calcium, which helps the pancreas and liver function and balance blood sugar levels.
- **Licorice root** - Increases blood sugar levels in the body without stimulating insulin production. Relieves **stress** related to low blood sugar levels, and nourishes adrenal glands, helping to prevent adrenal exhaustion.
- **Milk thistle** - Stimulates and detoxifies the liver, ensuring liver function is optimal for

maintaining blood sugar levels.

- **Wild yam** - Controls insulin levels in the body, thus increasing blood sugar levels. The dried powdered root can be made into a paste, and added to a glass of warm water.
- **Spirulina** - Blue green Algae (spirulina) is rich in protein and nutrients. It can help control blood sugar levels.
- **Chlorella** - Has the highest quantity of chlorophyll in any known plant, and chlorophyll normalizes blood sugar. Unlike synthetically produced supplements, the **vitamins** and minerals found in chlorella are all present in a form that the human body was designed to digest and absorb easily and completely. Also a great source of protein.

Critical **minerals** for stable blood sugar are:

- **Chromium** - Regulates Glucose Tolerance Factor (GTF), which is responsible for a balanced glucose **metabolism**, and stable blood sugar levels. Found in brewer's yeast, potatoes, and peas.
- **Magnesium** - Prevents falling of blood sugar levels for people with hypoglycemia. Foods rich in magnesium include artichoke, banana, dry figs, prune juice, **almonds**, brazil nut, cashews, beans, broccoli,

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pumpkin seeds, soybean, spinach, sweet potatoes and potatoes.

- **B vitamins** - Vitamin B3 has been found beneficial in regulating level of blood sugar in hypoglycemic people. Food rich in Vitamin B3 include crimini mushrooms and asparagus.
- **Other Vitamins** - Vitamins C, E and B complex help normalize blood sugar level in the body, thus making it a very effective natural cure for low blood sugar.

Traditional Chinese medicine (TCM) takes a whole body approach to wellness. According to TCM, the spleen is responsible for pulling nutrients from food and converting it into the basis for Qi (also known as Chi or "life force") and Blood. TCM also says that each organ system has a flavor

associated with it. A small amount of this flavor will increase the available energy (tonify) in the organ, but if eaten in excess, the same flavor will weaken the function of that organ. Sweet is the flavor associated with the spleen. So for example, the sweet flavor of brown rice, an apple, or of root vegetables will tonify the spleen. The sweetness of sugar and refined carbohydrates, though, is too concentrated, and these foods will weaken the spleen's function, undermining the health of the entire system.

Yoga can have beneficial effects on blood sugar levels too. As a stress reliever, it impacts how our digestive and metabolic systems function. Several recent studies have shown that yoga can also have an effect on the body's ability to manufacture and process insulin.

Acupuncture can also be used to strengthen the spleen and stomach meridians in cases of hypoglycemia, and auricular (ear) acupuncture can help with addictive behaviors, which can control food cravings and unhealthy eating habits.

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 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 FULL-FILLING ADVENTURE!!

The CAUSES of HYPOGLYCEMIA will throw off your entire HOLISTIC BALANCE including your EMOTIONAL, MENTAL and SPIRITUAL Balance!!!

Hypoglycemia goes largely undiagnosed, and is often mistaken for, or misdiagnosed as, a range of mental or emotional disorders

such as bipolar disorder, ADD, and generalized anxiety disorder. (Cont. on next page)

Joe Solowieczyk, a certified dia-

betes educator and a manager of

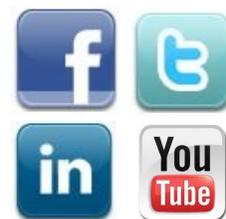
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diabetes counseling and training at the Johnson & Johnson Diabetes Institute in Milpitas, Calif, said "the brain operates **totally** on glucose. When you don't have enough glucose, things start breaking down and your cognitive function doesn't work that well. This is a **physiological**, not an emotional, response."

Since the brain has significantly lower glucose levels than blood does, it is very sensitive to **drops** in glucose. These drops can cause feelings of anxiety and confusion. Hypoglycemia can also make it hard to complete **routine** tasks and can lead to abnormal behavior and cognitive impairment. If you exhibit **irritability**, fainting, anxiety, or depression around mealtimes, getting tested for hypoglycemia is important.

Even people who are generally pleasant and peaceful can experience dramatic changes of character and **behavior** as a result of hypoglycemia. It is somewhat common for people suffering from severely low blood sugar to become **violent**, and display what is known as a "Dr. Jekyll and Mr. Hyde" type behavior.

Since there is a strong **connection** between the mind and body, and our emotions this works in both directions. Especially strong and **continuous** emotions, can cause distress to the adrenal glands, which can affect the body's ability to process glucose. Emotions cause the **adrenals** to secrete adrenalin, which releases stored sugar. When the sugar reserve of the liver and the muscles are exhausted, proper blood sugar levels cannot be maintained. **Journaling** can be a powerful way to release our stored up emotions, and relieve the stress on the organs and glands we need to process our body's main fuel: glucose.

While Hypoglycemia is in **no way**

the source of all emotional and mental conditions it is something that can **definitely** impact our mental, emotional and spiritual balance and is important to be knowledgeable about Hypoglycemia if any of these **emotional** symptoms appear and particularly if they appear rapidly or in bursts:

- Difficulty controlling emotions
- Easily losing temper
- **Neglecting** cleanliness and appearance
- Impatience
- Difficulty getting along with others
- Depression
- Loss of interest in work
- Loss of direction
- Unexplained **anxiety**
- Crying spells
- Bitterness and resentment

Stress and anxiety can be managed through such practices as meditation and Tai chi, and even if our sugar levels are off we can still bring **calmness** to the body. A simple long, warm bath can also help ease irritability.

In his book Goodbye Allergies, Tom R. Blaine says that **marital** difficulties originating from seeming laziness, lack of love, unfaithfulness, irritability, violence and other "personality changes" may be low blood sugar symptoms. Some divorces might be avoided and relationships **saved** through the mindful care of our nutrition, and what we put into our bodies.

In cases of severe **trauma**, the memories are stored by the emotional (limbic) brain in parts of the body. For example, if the memory is stored in **pancreatic** cells, then that memory will lodge there and may stay hidden for years. Eventually, you may develop hypoglycemia or a pain in your left side, which is the Pancreas' way of telling us we have **unresolved** emotional issues to deal with. If we don't listen to our bodies, and we keep ignoring taking the appropri-

ate action, hypoglycemia can develop into **diabetes** or the pain gets more severe. Mindfulness meditation and other practices can help.

Louise Hay says that hypoglycemia is an expression of being **overwhelmed** by the burdens in life. Creating a life that aligns with our values, and having someone who champions us - like a coach - can support us in powerfully managing our **responsibilities**, and turn them into labors of love.

Glucose is the fuel of our body, and is **essential** for living a vibrant life. We can maintain this through a Balanced Raw Vegan Living Foods diet, and **practices** that include managing our stress, meditation and prayer, yoga, QiQong, exercise, connecting to nature, journaling, and time alone to **nurture** and love your self. These practices will give YOU the BIGGEST chance to CREATE not only OPTIMAL blood sugar, but also add **Holistic balance** to your life such that your WHOLE SELF can **thrive** as it was DESIGNED to do!!

I am **inviting** you to take on these practices with me, and I am inviting you to give yourself the gift of thriving and **absolute** wellness the way that our body as the temple of our minds, souls, and hearts was designed to have, if we gift ourselves the right **ingredients** and the right conditions for this robust wellness that most of us don't let ourselves experience.