

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 395th Newsletter, I want to talk to you about **inflammation** and its impact on lives and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

INFLAMMATION could be LITERALLY Destroying your Health & Wellness and you may not even KNOW IT!!!

Inflammation may seem like something that does not apply to you. However it applies to us all, please read our newsletter and rethink that. Inflammation is a natural response of our bodies but between the foods we eat, the **environment** we live in, the stress in our lives, etc. there are very few people who do not have an above normal level of inflammation in their bodies. This newsletter could save your life or the life of someone you love! There are ways to **prevent**, heal excessive inflammation and maintain a MINIMUM of healthiest level of inflammation through simple dietary and lifestyle changes, therefore giving ourselves the HIGHEST CHANCES of Healing and **Preventing Disease**.

Inflammation underlies health issues all the way from the smallest body aches and pains like light sinusitis and tendonitis to the **most** chronic inflammation of the lining in the brain (meningitis).

In addition, **persistent** inflammation underlies nearly all major medical conditions and chronic health concerns ranging from impotency, **autoimmune disorders**, dementia, asthma, cancer, digestive disorders, arthritis (including all inflammatory forms of

arthritis such as: juvenile rheumatoid arthritis, rheumatoid arthritis, psoriatic arthritis, lupus, and ankylosing spondylitis), **fibromyalgia**, chronic fatigue syndrome, sepsis (widespread infection of the blood), obesity, irritable bowel syndrome, Cohn's disease, diabetes and depression to **heart disease**. Inflammation is apparent in any condition that ends in "itis" (meaning "inflammation of...") with the suffixes of these diseases often named for the organ or site in which they occur (i.e. colitis (colon), gastritis (stomach), encephalitis (brain), and neuritis (nerves)).

Cardiovascular disease, accountable for 1 out of 3 deaths in latest statistics, has been redefined as an inflammatory disease of the blood vessels. The clinical marker of inflammation is now deemed to be an even more **accurate** early indicator of the risk of heart disease than cholesterol or triglyceride levels.

Inflammaging, (the combination of "inflammation" and "aging") has been used to refer to continual stress on our immune system in which the body is less able to adapt to over time. The result of this long-term stress is **low-grade** inflammation into our aging years, which can further **accelerate** aging. It's a vicious cycle

Inflammation is your body's response to stress, whether it's diet, environment, lifestyle, or injury. **Inflammation** can be classified in two ways: acute and chronic. When something **irritating or harmful** affects our body, our body goes to work to heal **itself**. Inflammation is a part of the body's immune response that brings more nourishment and immune activity to the site of **infection or injury**. Inflammation around an injury for example, to some degree, is helpful. This is known as acute inflammation. It is the body's initial **response** by the body to harmful stimuli that is marked by a cascade of biochemical events **involving** the vascular system, immune system, and



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cells in the injured site. It can usually be characterized by heat, redness, pain, and **swelling**.

If the inflammation worked as it should, healed the injury or infection, and then **dissipated accordingly** there would be very little issue. The problem lies when the inflammation **persists**, or is present in our body for no apparent reason. This chronic inflammation **destroys the balance** in your body and leads to a whole host of illnesses like the ones I mentioned above. Many illnesses have been qualified as **unrelated** when in fact inflammation is root of all of them. Chronic inflammation actually **shifts the structure** of the cells in your body. A good way to look at it is as if your body's immune system is on overdrive.

Signs of chronic inflammation **include**:

- Body aches and pains
- Congestion
- Frequent infections
- Diarrhea
- Dry eyes
- Indigestion
- Shortness of breath

(Cont. on next page)



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INFLAMMATION could be LITERALLY Destroying your Health & Wellness and you may not even KNOW IT!!! (Cont.)

- Skin outbreaks
- Swelling
- Stiffness
- Bloating
- Digestive upset

Chronic inflammation can also lead to weight gain. Fat cells, for example, generate inflammatory chemical messengers called cytokines, and those **chemicals** can trigger a reaction for cells to stop listening to two useful chemicals that affect one's weight: insulin and leptin. When dealing with **insulin resistance**, the body can't utilize glucose properly, and the excess **glucose** can lead to fat storage and harmful conditions like metabolic syndrome and diabetes. In the case of leptin resistance, the body has a hard time **deciphering** how much to eat. Leptin is the chemical that tells the body and brain when **we are full**. If your leptin receptors are damaged by inflammation in your brain, you're likely to **overeate**.

Lastly, inflammation makes it very hard for your body to **naturally detoxify**. Oftentimes toxins are stored as fat. If fat cells are chronically inflamed it will be more **difficult** to diminish them.

To make matters worse, many of the conventional anti-inflammatory drug **treatments** available can make you feel worse and damage your body further. Anti-inflammatory drugs like Advil, steroids, immune suppressants like methotrexate, and the new TNF-alpha blockers like Enbrel or Remicade can lead to intestinal bleeding, **kidney failure**, depression, psychosis, osteoporosis, muscle loss, diabetes, infection and cancer. There **ARE completely natural** ways to prevent and heal inflammation in our bodies without causing excess damage to our wellness.

Some of the primary causes of **inflammation** include an imbalanced immune system, stress, poor diet, lack of vitamins and minerals, smoking, alcohol, food intolerances and allergies, **imbalanced gut** and digestive tract, not drinking enough chemical free pure water, lack of sleep, lack of sunlight exposure, toxic buildup, medicine, pollutants, chemical toxins and

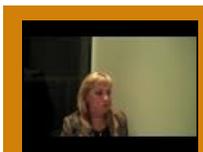
lack of exercise.

I think that most of us (include myself) who are **very committed** to our health and that exercise regularly and eat as healthy as we can, have **not educated** ourselves enough about inflammation in our bodies and thus we are at the effect of it and **dealing** with it, mostly inappropriately. For example, if I get dry eyes frequently I will go find drops, that are as natural as possible, that will **help me** "fix" the symptom = fix my dry eyes and mostly never deal with "what is the root / cause" of my frequent dry eyes. By continuing to fix the **symptoms** and never dealing powerfully with the cause I can make the condition **underneath** it worse and worse until it reaches a chronic level. Thus, I get myself sick and completely missed the opportunity to heal the condition early enough, when it was not **chronic** at all and it could have been simple to heal. I, unfortunately, made that huge mistake. The cost of it was spending **months in clinics** and years dealing with illnesses that, if I was going to catch it at the level of initial **inflammation**, I would have been able to save myself from those **months and years** of suffering. Give yourself the gift of learning about inflammation and learn to **naturally and powerfully** deal with the cause of it as early as possible!

Inflammation is truly a **very hidden** cause of a multitude of illnesses and diseases. When you are balanced **physically**, intellectually, emotionally and spiritually inflammation is a natural **response** to unwanted stimuli, but with any imbalances inflammation becomes the source of an increased **imbalance that leads** to complete chaos in our bodies. Taking on a Raw VEGAN Living Foods DIET will keep inflammation present only for what it is designed to do vs. becoming a **chronic** issue.

A Raw VEGAN Living Foods DIET, with plenty of **Leafy GREENs** tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for

youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and feel better that you EVER did your ENTIRE LIFE!!!



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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!**

INFLAMMATION CAN be HEALED through NUTRITION, LIFESTYLE AND EXERCISE!!!

Even though **inflammation** can cause some serious illnesses, there are very easy ways to control it through healthy lifestyle changes, diet, and exercise. The average **American diet** and lifestyle is full of food and factors that create an inflammatory response.

Some of the main foods that **cause inflammation** are:

- Sugar - One of biggest causes of chronic inflammation
- Salt
- Alcohol
- Processed or Packaged Foods (anything with artificial food additives)
- Refined Grains and Carbohydrates (Whites, bread, flour)
- Wheat/Gluten
- Dairy Products
- Eggs
- Coffee
- Corn
- Citrus Fruits
- Potatoes
- Tomatoes
- Meat (Meats including chicken contain arachidonic acid (an Omega 6 fatty acid), which, in your body, is converted to prostaglandin E2, a compound that sparks inflammation and while meat is inflammatory in general the fatter, more processed, or more miserable the animals are when they are being slaughtered, the worse it is for you)
- Vegetable and Cooking Oils (corn, sunflower, safflower and cottonseed oils can produce prostaglandin E2)

One of the easiest and **most efficient** ways to control inflammation is through a balanced whole-foods plant-based Vegan diet. If you are willing to go one step further and take on a balanced RAW VEGAN Living Foods DIET then inflammation will be almost completely eliminated. By eating a diverse plant-based diet, your body will naturally become **less inflamed** and detoxify itself.

Some of the most anti-inflammatory foods **include**:

- **Wheat Grass** Juice
- **Moringa** Juice
- Green **Sprouted** **juices** contain

HIGH quantities of Phyto-Nutrients and enzymes with immeasurable properties of life force energy and reduce inflammation. In juices it has the highest anti-inflammatory abilities. However when you use it you have to make sure that it is organic, if it is not organic it is better if you eat it.

- **Blue-green algae** contain the highest concentration of phycocyanin, which is the active agent in reducing the COX-2 inhibitor enzyme, often the main cause of inflammation and all of its array of problematic affects.
- **Dark Leafy Green Vegetables** such as bokchoy, green leaf lettuce, red leaf lettuce, romaine, spinach, swiss chard and kale.
- **Dark Green Vegetables**, specifically cucumber, zucchini and celery.
- **Antioxidant rich fruits**, specifically berries with blueberries at top of the Superfood list.
- **Blue-red and violet foods** contain Phenols which block enzymes that cause inflammation
- **Root vegetables**, specifically beets and sweet potatoes.
- **Coconut/Coconut Oil** - The medium chain triglycerides found in coconut and coconut oil are what gives this super food its anti-inflammatory powers. Caprylic and lauric acid (both medium chain triglycerides) are anti-microbial and help reduce inflammation.
- **Apples, papayas and Pineapples** - Pineapples contain bromelain. This is an enzyme that works to reduce inflammation in the body as well as helping the body to digest food more efficiently. Apple skins contain a compound known as quercetin, which is a natural **antihistamine**. This compound will work in your body to fight off environmental allergies, helping reduce any inflammation that may be caused as a result. Similar to pineapple, papaya contains an enzyme called papain that helps reduce inflammation in the body, especially in the digestive tract.
- **Indian flavored spices** such as turmeric, cumin, ginger, and curry. **Curcumin**, a polyphenol in the Indian spice turmeric with elaborate anti-inflammatory mechanisms was recently found to be as effective as Prozac in treatment of depression as a result of inflammation.

- **Gluten-free whole grains**, specifically quinoa and sprouted brown rice.
- **Omega 3 Fatty Acids** that can be found in hemp seed, flax seed, walnuts, pumpkin seeds and chia seed.
- A second natural fatty acid, **gamma-linolenic acid** (GLA), is found in evening primrose, borage, black currant, and hemp oils.
- **Ginseng** due to natural compounds called ginsenosides.
- **Garlic** contains sulfur compounds that boost the immune system, help lower blood sugar and provide powerful antioxidants to keep inflammation low.
- **Fenugreek** is soothing to mucous membranes which also is cleansing and nourishing to the digestive system and reduces inflammation.
- **Nutmeg** contains a wide array of phyto-nutrients that are directly linked to improving urinary flow and to the reduction of bladder inflammation.
- Other herbs including: Cayenne, Basil, White Willow bark and Oregon.

Another **important factor** in inflammation is rebalancing the immune system. By **ensuring** your gut and digestive tract is properly balanced with good bacteria this can be done. **Good bacteria** help to break down food, and absorb nutrients that are essential for fighting **inflammation**. The more efficient this process is, the less inflammation you will experience. Healthy bacteria are known as probiotics and can be taken in **supplement** form, however it is best to obtain them through raw **fermented vegetables**.

Adequate Sleep: Getting between 7 -9 hours of sleep per night is crucial ! (Cont. on next page)

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INFLAMMATION CAN be HEALED through NUTRITION, LIFESTYLE AND EXERCISE!!! (Cont.)

if you want to avoid long-term inflammation. Not getting enough sleep can result in chronic inflammation. (For more information about sleep please read our newsletter about "THE Right Sleep".) Inflammatory cytokines are produced at a much higher rate in those who suffer from insomnia than in those that do not. Your body does the bulk of its healing work while you are asleep.

Adequate Hydration: Your body needs water to thrive as well as to survive. It is common to live in a constant state of mild dehydration, and this can lead to a multitude of issues, inflam-

mation being one of them. Aim for at least 1-2 liters of filtered LIVING water every day, lemon water is extra alkalizing for the body. If you are active, nursing or pregnant you will need more. Drinking a liter of filtered LIVING water with fresh lemon in it, first thing in the morning is one of the very best things you can do for your body overall, especially where inflammation is concerned as it alkalizes your body.

Exercise is another key factor in fighting inflammation but it is a tricky subject. Acute intense exercise can actually cause inflammation due to your body's immune response activity

to the stress and breakdown of tissue. If you are dealing with a health concern, it may be best to focus on regular physical activity rather than extremely intense exercise.

Another option is rotating the intensity of your activity, making sure that you give your body lighter days in between the heavier ones. The effects of inactivity are absolutely detrimental so be sure to move for at least 30 minutes each day. This will help your body with circulation, health, and detoxification.

EXCESSIVE INFLAMMATION can IMPACT your whole EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!!

Your emotional, spiritual, and intellectual balance can profoundly affect your body's immune response and inflammation. A prime example of this is the pro-inflammatory response created by the body due to stress. Stress wreaks havoc on the body. In a recent study, it was found that levels of a protein that rise in a response to inflammation, called C-reactive proteins, increase when a person is asked to think negative thoughts or about a stressful event.

Other large research studies are starting to prove that the effects of psychological stress on the body's ability to regulate inflammation promote the progression and development of disease. This is due to the fact that inflammation is primarily regulated by the hormone cortisol. Cortisol is produced during the body's response to stress. When cortisol is being used during your body's response to stress rather than controlling inflammation, inflammation can get out of control. Prolonged stress actually decreases the tissues sensitivity to cortisol, thus reducing the controlling effect that cortisol has on inflammation. Releasing stress or other emotions can manifest themselves in a number of ways in the body partly due to the fact that chronic inflammation can lead to so many different health concerns.

The interconnectedness of your gut, brain, and immune, systems is impossible to separate. Our immune systems are largely housed in the gut, the interplay between the gut and the

brain is a complex and profoundly important relationship to understand. The communication between our guts and brains appears to rely, in part, on the vagus nerve, and is bidirectional in nature as reported in several studies that looked at relationships between gut problems like irritable bowel disease, anxiety, and depression. So the brain can communicate various emotional and mental states to the gut and the gut can also communicate its state of calm or alarm to the nervous system. Likewise inflammation of the gut or the brain affects one another.

In the brain, inflammation serves to push the use of tryptophan toward production of anxiety-provoking chemicals like quinolate, instead of toward serotonin and melatonin. They produce a replicable collection of symptoms called "sickness syndrome", noted for its overlap with "depressive" symptoms: lethargy, sleep disturbance, decreased social activity, mobility, libido, learning, anorexia, and anhedonia.

Depression symptoms are the manifestation of many downstream effects on hormones and neurotransmitters, but if we go to the source, we will find a whole series of inflammatory markers. Studies have proven that when inflammation is reduced in the body many patients heal from depression.

From an eastern medicine perspective, inflammation connects to an imbalance in the fire element. What are

we doing to ignite our fire and keep it blazing out of control to the point it leaves us completely burnt out? What are we inflamed or angry about?

From a solar plexus chakra perspective, the fire element is the catalyst of transformation. Are we feeling overwhelmed in our ability to transform the massive influx of inputs in our daily lives? If we are trying to increase our fire of transformation, yet only able to assimilate a limited amount, we may find ourselves feeling frustrated and volatile with no time to express and process how we feel.

"One solution to reducing inflammation could mean living in a way that is harmonious with our inherent natures, consistent with our body type, stress type, sense of purpose, and need for activity and interaction with others", says nutritionist and author Deanna Minich.

How do we reduce stress and the emotional and mental causes of inflammation? Some ways to do this that also promote balance in the body are yoga, deep breathing, meditation, tai chi, dance, and being in nature. And obviously it is crucial to listen to your body above all. (Please read my first health proposal)

Meditation promotes relaxation of the nervous system – the system that (Cont. on next page)

EXCESSIVE INFLAMMATION can IMPACT your whole EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE!!! (Cont.)

allows us to "rest and digest" – and is an effective means of easing symptoms and restoring an anti-inflammatory state. You can start with something as simple as listening to a guided meditation for several minutes a day and working up to 20 minutes twice a day for a therapeutic effect.

Deep Breathing is one of the fastest and easiest ways to help reduce inflammation in the body. When you breathe deeply (also known as belly breathing) you activate your vagus nerve, which stimulates the release of acetylcholine. This neuro-transmitter works to turn off inflammatory processes in the body.

Yoga is a powerful way to help reduce inflammation. A study done at Ohio State University produced results with blood samples showing that a regular practice of yoga resulted in 41% lower levels of pro-inflammatory cytokine IL-6 (which increases inflammation in the body). Since deep breathing is a part of traditional spiritual yoga you will affect the positive chemical reactions mentioned above. You will also be gently mobilizing stored toxins in your tissues, helping to release them into the bloodstream where they can be safely excreted from your body.

Sleep is also crucial for stress relief and fighting inflammation. Sleep is the main tool your body has to re-set, detoxify, rest, and restore. Sleep is often compromised in states of stress, and sleep difficulties can also bring about stress. The inflammatory effects of insufficient sleep were quantified in a study that deprived participants of sleep (just under six hours) for one week resulting in expression of genes associated with oxidative stress and inflammation.

Emotional regulation is key for reducing inflammation. When it comes to inflammation anger, resentment, guilt and bitterness are like acid and carry a similar energy to heat and pain. There are some studies that would suggest a link between anger or hostility and inflammatory markers as well as cardiovascular risk. Journaling and deep spiritual work are some ways you can release anger and other emotions. Working with a highly trained therapist or coach to help you through the emotions may be also helpful in allowing your feelings to be expressed in ways that feel safe.

Steve Cole at the University of California, Los Angeles, and Barbara L. Fredrickson at the University of North Carolina at Chapel Hill found in a

study that people who are happy because they live a life of purpose or meaning had low levels of the cellular inflammation associated with many diseases, including cancer. The study was very distinct as their results showed that people who were happy because they lived the "good life" (sometimes also known as "hedonic happiness") had high inflammation levels but that, on the other hand, people who were happy because they lived a life of purpose or meaning (sometimes also known as "eudaimonic happiness") had low inflammation levels. They defined a life of meaning and purpose as one focused less on satisfying oneself and more on others and a life rich in compassion, altruism, and greater meaning.

One thing to be aware of is also the fact that certain health concerns and the discomfort of inflammation can also upset your emotional, intellectual and spiritual balance. When experiencing pain or discomfort, it can be difficult to stay grounded and connected. By practicing the above activities and possibly adding energy work, to balance the energy in your body, such as acupuncture, structural integration, or Reiki can help to release stress or other blockages and balance your body out so inflammation can dissipate.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1.1. 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.....

2. To create a space where my friends and I can enrich each other's spiritual growth and we can all together em-

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

3. 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".

4. 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.

5. To make it all simple and synergistic.

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