

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 110th Newsletter, I want to talk to you about **nutritional deficiencies** and their 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](#).

### NUTRITIONAL DEFICIENCIES CAN CREATE LIFE THREATENING CONDITIONS!!!

**Nutritional deficiencies** can manifest themselves in many different ways physically, emotionally, spiritually, and intellectually. Most people spend their life deficient in some of the **imperative** vitamins and minerals that your body needs to thrive. Some of the common deficiencies and their symptoms include;

**Iodine:** Iodine is a trace mineral with big implications for your health, especially the thyroid. Your thyroid regulates all of the **metabolic** processes in your body. Iodine is a crucial ingredient for thyroid hormone so without it the thyroid is not able to function efficiently. Symptoms of **thyroid malfunction** are marked by weight gain, inability to lose weight, hair loss, intolerance to cold, infertility, and more. Often-

times in the case of a severe deficiency, the thyroid gland will enlarge to overcompensate creating a goiter or **visible** lump on neck. Iodine deficiency during pregnancy can even result in birth defects.

**Magnesium:** Magnesium regulates the absorption of calcium, relaxes muscles in the body, is a pre-cursor to important sleep **regulating** hormones, aids in the contractility of the heart muscle, helps to pump blood efficiently, and more. More than 1/2 of the US population is **thought to be** deficient in magnesium. Low intakes have been linked to osteoporosis, type 2 diabetes, metabolic syndrome, heart disease, asthma, and colon cancer. **Symptoms** of magnesium deficiency include; insulin resistance, constipation, migraines, restless leg syndrome, cramping, fibromyalgia, and hypertension.

**Vitamin K2:** K2 is a vitamin that very few know about so it shouldn't be surprising that many are deficient in it! It is absolutely crucial **for regulating** where calcium goes in the body and has been linked to the prevention of Alzheimer's, heart disease, and osteoporosis. **Signs of deficiency** in Vitamin K2 include; osteoporosis, arterial calcification which can lead to heart disease, and tartar buildup on teeth.

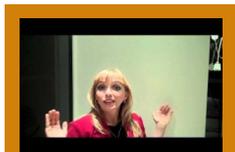
**Vitamin B12:** Vitamin B12 deficiency is very common, even amongst meat eaters. Vitamin B12 helps keep the body's **nerve and blood cells** healthy and helps our body make DNA. It also



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helps people to prevent anemia which makes them tired and weak. **Symptoms** of Vitamin B12 deficiency include lethargy, unwanted weight loss, dementia and Alzheimer's like symptoms, anxiety, depress, and autism spectrum disorder.

**Vitamin D:** Vitamin D is a very easy vitamin to obtain because it comes directly from the sun. Many people spend extended time periods in-doors and miss out on this **crucial vitamin**. It is produced by your skin in response to exposure to ultraviolet light. The type of light needed to generate vitamin D **cannot penetrate** glass so it is imperative to spend at least 20-30 minutes 2-3 days per week with direct light on your arms, legs, back, or face. Vitamin D prevents osteoporosis, depression, cancer, diabetes, and more. People with too little vitamin D may develop soft, thin, and **brittle** bones. (Cont. on next page)



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## NUTRITIONAL DEFICIENCIES CAN CREATE LIFE THREATENING CONDITIONS!!! (Cont.)

There are many more **nutritional deficiencies** that contribute to disease and disorder. It is important to pay attention to **your body** and look for any signs of imbalance. Some general symptoms of vitamin deficiencies include the above as well as dry and brittle nails, headaches, fatigue, nausea, **difficulty waking up** in the morning or falling asleep, anxiety, depression, confusion, mood fluctuations, bad breath, canker sores, constipation, diarrhea, dermatitis, acne,

eczema, bleeding gums, easily bruising, muscle cramps, and **more**.

Through my deep **personal** health journey I have discovered that those of us that think we eat "balanced" are **mostly very** mistaken. When you actually hire a health coach and follow their **PROFESSIONALLY BALANCED NUTRITIONAL PLAN**, you end up discovering how much well being, energy, deeper rest and so much more that you were **missing** that

you did not even know that you were missing. Do me and do yourself a favor and **try it once**, you will see what I am talking about. Until you actually try it for yourself you will **never totally** see it. This is like riding a bicycle - you can't learn through watching and reading, you got to do it, **YOUR-SELF!!**

## BALANCED NUTRITION PREVENTS NUTRITIONAL DEFICIENCIES!!!

The best way to **avoid** nutritional deficiencies is by eating a balanced and diverse, whole-food, plant-based diet. It is very easy to consume the same **types of foods** day in and day out, but by eating a wide variety of food, you can ensure that all your nutritional needs are being met.

One common reason for **nutritional deficiencies** is that the soil that our food is grown in isn't as nutrient dense as it once was. Factory farming has used and abused farmland for **production purposes** and stripped the soils of many essential nutrients. Buying organic food ensures a smaller scale practice, and proper **rotating** of the crop fields so the soil has a chance to aerate and **replenish** nutrients. Also, organic farming does not use pesticides, antibiotics, or chemicals which can either reduce the nutrients in the food and/or inhibit the absorption of nutrients by **your body**.

Another reason that nutrients could not be **absorbing properly** in your body is a compromised digestive system. Antibiotics, processed foods, sugar, alcohol, and coffee all can upset the balance of your digestive system. Leafy green vegetables and other

plant-based foods, coupled with **fermented** vegetables can help to restore balance of your digestive system and detoxify your system.

For the most **common** nutritional deficiencies mentioned above, certain foods can be eaten to ensure that they are never an issue. Iodine can be found in seaweed, specifically kelp and hijiki. About 150 mcg a day should be the bare minimum for iodine requirement, however **healthy** Japanese populations eat an average of 1-3 milligrams a day. You'll also want to make sure you are consuming a selenium rich food **every day** to ensure the proper utilization of iodine. This can be achieved as easily as eating two Brazil nuts a day as well as crimini or shitake mushrooms.

Magnesium, Vitamin D, and Vitamin K2 are all **essential for bone health** amongst many other things. Magnesium can be found in dark chocolate (at least 70% cacao), leafy greens – especially Swiss chard and spinach, blackstrap molasses, nuts, and seeds - **specifically** chia seeds. Vitamin K2 is a difficult vitamin to get which are why there are so many **deficiencies**. It can be found in the fermented soy product known as (Cont. on next page)



Being **nutritionally balanced** is more than just eating things from different food groups. It is unique for each person. Even though the **recommendations** in this newsletter will provide you with an incredible general balance that is better than **anything** you may currently have, in order to really balance any of your nutritional deficiencies it takes the **knowledge** and expertise of a nutritional coach who can test **your body** in a multitude of ways, that are not obvious, to help you find your own **unique balance**.

Cherish your body with all of its imperfections. **NOT DISPISE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and find the appropriate healthcare providers, nutritionists and **health coaches** to guide you to take on the optimal nutritional balancing for your body in order to honor **your body**. I honor you and request you honor your whole body as it is all a part of your precious-**SELF!**

## BALANCED NUTRITION PREVENTS NUTRITIONAL DEFICIENCIES!!! (Cont.)

natto. Vitamin D can be found in some foods, but like mentioned above the best source of vitamin D is (Cont on next page) from the sun. Most foods that are fortified with Vitamin D are fortified with D2 and oftentimes too much of it. Vita-

min D3 is actually the most crucial vitamin for our bodies.

Vitamin B12 is oftentimes a very common deficiency. Nutritional Yeast is a great fortified plant-

based food option. Although supplementation isn't always necessary, consuming a sublingual Vitamin B12 supplement is a great option to ensure proper assimilation.

## 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 UN

PRECEDENTED transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included managers, supervisors and leaders. This coaching/consulting was mostly on business performance and production.

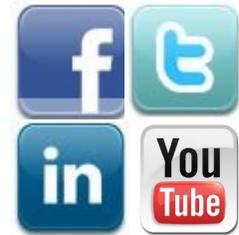
Thus, after 20 years of outstandingly successful practice, and after coaching hundreds of thousands of people and consistently exceeding their expectations 94% of the time, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have YOUR SUCCESS in ANY ARENA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

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## NUTRITIONAL DEFICIENCIES LEAD TO EMOTIONAL, INTELLECTUAL AND SPIRITUAL IMBALANCE!!!!

Nutrition is the building block of every metabolic process in the body including your brain function and hormones which can greatly affect your emotional, intellectual, and spiritual balance. Nutritional deficiencies also affect more than just the physical body. Lack of certain vitamins and minerals can manifest themselves as anxiety, depression, lethargy, lack of mental clarity or focus, and various mood disorders. If experiencing any of these symptoms or extreme mood fluctuations that seem out of characteristic, missing links in your nutrition may be the first place to look.

Stress is an emotion that has a huge impact on the rate nutrients are absorbed and assimilated in your body. When you are stressed, the sympathetic nervous system is activated. It releases detrimental stress hormones in your body like adrenalin and cortisol as well as shutting down your digestion. In fact, when eating in a stressed out state, your

body absorbs approximately 60% less nutrients than it would if you are eating in a relaxed state. When relaxed, the parasympathetic nervous system is activated and your digestive system is also working at full force.

Breathing exercises are an easy way to relax the body and activate the parasympathetic nervous system. My simply inhaling for a count of four, holding your breath for a count of one, exhaling for a count of four, and repeating this four times before each meal, you can put your body into parasympathetic dominance and ensure that the nutrients you are consuming are getting absorbed properly.

Even when not eating, stress and emotions can still greatly impact the functioning of your body and assimilation of nutrients. It is important to manage stress in ways that work for you. Leisure activities, time with loved

ones, hobbies, or any activity that brings you joy is a great way to reduce the stress response in the body. Maintaining a consistent spiritual practice can also be very beneficial. Things like yoga, tai chi, gratitude, and meditation practices are all relaxing ways to reconnect with that quiet voice of your soul and bring peace throughout the day.

It's important to listen to your body, thoughts, and emotions, as they can all be the windows into what is happening with your health!

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That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate

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