

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 40th Newsletter, I want to talk to you about the physical, emotional, mental and spiritual changes in aging.

In order to put the rest of the news-letter 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.

### YOU CAN DEFINITELY DECELERATE THE AGING PROCESS: LOOK AND FEEL YOUNGER AND HEALTHIER

The aging process brings physical, mental, emotional and perhaps, spiritual, changes to all our lives. In this article, I want to talk to you about the changes that the aging process can have on our health.

Many people consider the aging process later in life to be a very difficult time. In addition to the physical changes that occur in their body, they might also face the loss of friends, family and their material possessions. By taking care of our health, we can decelerate the aging process, age more gracefully, and enjoy the positive benefits that aging may provide us, such as maturity and growth.

It has been scientifically proven that we can decelerate the aging process based on the lifestyle we engage in. Over my lifetime I have experienced this decelerating proc-

ess with my own body. I have successfully, for most of my life, decelerated my aging process by eating proper healthy foods, exercising, and practicing mental, spiritual and emotional stimulation all my life.

These practices have not only helped me remain youthful on the inside, but it has helped me to take care of and maintain my physical appearance.

Although I followed a health plan all my life, I became very sick several years ago and it created a direct impact on my physical, mental and emotional well-being. While I was sick, I realized that the my illness was having my body show signs of aging.

During the most difficult times of my illness, the chemical imbalances in my body and brain, along with the stress and effects of Acute Chronic Fatigue Syndrome and Acute Post Traumatic Stress Syndrome, literally shut down some of my major organs, including my kidneys and liver. During those times, the signs of aging appeared. It included pain, inability to focus and remember things, and visual impacts like a lifelessness of my skin and an impact on my eyes.

Along my health journey, I learned to cherish my body because of its imperfections and this helped me attend to my illnesses. I also listened to my body for everything like what to eat, what supplements to take, and how much to exercise. I now exercise and meditate daily and I try to keep stress down at all costs. I also live on a completely vegan diet. As my body heals, and I have begun to reverse the signs of aging on my body, I laugh when people once again, guess my age to be 10+ years younger than what I actually



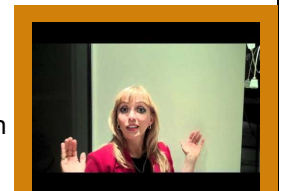
CAROLINA ARAMBURO

am. It is particularly shocking to me after being so sick for so long and experiencing and seeing the results of my illness on my body show up as an exaggerated aging process.

I suggest that, as well as listening to your body and cherishing its imperfections, it's also very important that you have great health care providers and physical examinations and appropriate testing at least once a year to detect any health issues and to assist you in living a healthy life. Such annual examinations may help you detect any common conditions such as:

- Hypertension
- Diabetes
- Elevated serum cholesterol
- Anemia
- Liver or kidney problems

(Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## YOU CAN DEFINITELY DECELERATE THE AGING PROCESS: LOOK AND FEEL YOUNGER AND HEALTHIER (Cont.)

The sooner you detect any of these conditions the better it is, because you can then **start treating** it at the start or at a very early stage of any condition. It can also be **very helpful** to keep a personal medical journal that includes a record of past illnesses, injuries, treatments, tests and screenings, hospitalizations, current medications, and family history. Based on this data it's much easier for doctors to detect or identify the **categories of age-related disease** you are most at risk of.

A healthy diet plan can be a funda-

mental part of **slowing down the aging process**. You can create such a diet using a whole range of delicious foods such as:

- **Avocados** - to improve cholesterol
- **Green leafy vegetables** - to help with high blood pressure
- **Beans** - to improve the health of your heart and arteries
- **Walnuts** - have Omega 3
- **Dark Chocolate** - has healthy chemicals that the body needs
- **Berries** - have the chemicals that the body uses to repair and

prevent aging

- **Water** - for hydration
- **Green Tea** - for a healthier heart
- **Red wine** - to fight age-related illnesses

You can totally grow older gracefully and with optimal health!

## DO YOU DARE DECELERATE THE PHYSICAL EFFECTS OF AGING???

The aging process leads to many physical changes in us. With time, aging may cause our hair to thin and turn gray. Our skin may thin, becomes less elastic, and sag, and our body organs may function slower. Although the aging process is something we **can't stop or skip**, there are several ways we can decelerate it.

The National Institute on Aging investigates ways to support healthy aging and prevent or delay the onset of diseases that disproportionately affect us as we age. These studies may not only help us increase longevity, but may also help us promote what is known as "active life expectancy"—the time of advancing years free of disability.

Researches have shown that the aging process can be strongly **affected by exercise** levels and other lifestyle characteristics. It has been proven that people who live in areas with especially long life expectancy have the following characteristics, apart from hereditary or genetic influences:

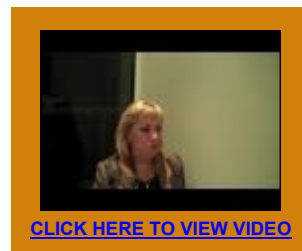
- Moderate consumption of alcohol
- Physical activity throughout life
- Sexual activity continued in later years
- Social involvement
- Physical environment

Overall the aging process may be **significantly decelerated** by regular physical activity, a **balanced diet**, social involvement, **moderate or no drinking, and no smoking**.

Studies have indicated that people age at different rates and in different ways. Normal aging brings about the following **changes**:

- **Arteries** stiffen with age
- **Bladder**—increased frequency in urination
- **Body Fat** increases until middle age, stabilizes until later in life, then decreases
- **Bones**—somewhere around age 35, bones lose minerals faster than they are replaced
- **Brain** loses some of the structures that connect nerve cells, and the function of the cells themselves becomes diminished
- **Heart** muscle thickens with age
- **Kidneys** shrink and become less efficient
- **Lung** tissue begins to lose its elasticity, and rib cage muscles shrink progressively
- **Muscle** mass declines, especially with lack of exercise
- **Skin** is more dry and wrinkled. It also heals more slowly
- **Nails** grow more slowly

(Cont. on next page)



The **Second Health Proposal** is about listening to your body. In this proposal, I suggest that you can connect to, and become aware of, what your body wants and needs. By listening to your body and responding accordingly, I propose that you can help keep your body at optimal health and decelerate the aging process!

By **listening to my body**, I experienced **incredible changes** to all aspects of my well-being. I was able to learn what it needs, allowing me to supply it with the nutrition, exercise, sleep and other things it needs. By learning to listen to your body, and by giving your body what it needs, you may find yourself promoting your health and decelerating your aging process! I invite you to **join me** in this **incredible** health and well-being **journey**!!!!

## DO YOU DARE DECELERATE THE PHYSICAL EFFECTS OF AGING??? (Cont.)

While the thought of menopause can be concerning to women, there are **positive aspects** to the changes in your body. According to the American College of Gynecology, as many as 85 percent of women experience one or more PMS symptoms each month. After menopause, you can expect no more cramping, mood swings and irritability related to your period.

Most people believe that older people tend to suffer from sexual disabilities.

That may not be true. During the aging process, the testosterone levels decline very slowly in men (one percent a year, beginning at age 30). Estrogen levels also drop in women after menopause. But **drops in hormone levels** do not reduce a person's ability to derive sexual pleasure. The common misconceptions about sex and aging often cause anxiety about these changes. This anxiety may be a cause of sexual problems.

The aging process brings about many changes. By having a healthier lifestyle, you may successfully decelerate the aging process and reduce the negative changes in your body!!

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

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 empower

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**.

## AGING MAY IMPACT YOUR MENTAL, EMOTIONAL, AND SPIRITUAL LIFE!!!

In this article, I will very briefly mention how aging may relate to our mental, emotional and spiritual life.

Advancements in medicine have taught us a lot about the mental effects of aging. For example, it is commonly believed that seniors tend to suffer from short-term or remote memory loss. This is not generally the case. The aging process may actually affect recent memory (such as forgetting a name or where one set one's keys). This happens because the body starts to produce **fewer of the chemicals the brain cells need to function**.

In many cultures, elders in the community are admired. They

may be considered wiser or further along their spiritual path than those younger than them. For example, for the aging Hindu, the negative characteristics of getting old are actually considered special status symbols. The signs of old age aren't looked upon as a decline in physical or mental states, but as a sign of **entering a new stage of life**, a higher life stage.

Emotionally, we tend to **gain self confidence** and self-assurance in our middle age. During this aging period, many men and women realize they are still young enough to go after another degree, another job, or to positively impact their way of living.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



There are several mental, spiritual and emotional changes that can occur as we age. By taking great care of our health, we can decelerate many of the negative changes that would occur and enjoy the positive changes!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

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 your contribution. Thank you so much for the opportunity to learn together.

© Carolina Aramburo, 2011  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)