

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 59th Newsletter, I want to talk to you about **Anemia** and its impact on our bodies 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**.

ANEMIA IS A SILENT VAMPIRE THREATING TO SUCK AWAY YOUR PRECIOUS RED BLOOD CELLS!!!!

Anemia, a condition that is developed in people in which the **number of red bloods cells** is low, is extremely serious. One of the biggest impacts of anemia is that it diminishes the amount of oxygen delivered, through the blood, to not only the respiratory system, but the entire body. Oxygen is necessary for human function. Despite the fact that it is **easier developed in women** opposed to men, the impacts that it has on either gender can be enormous. In this newsletter, I would like to focus on the impacts that anemia can have over you, your health and your well-being.

This week on our Fan Page, we have included articles that will offer you information on how anemia can have an **effect on you and your health and well-being**. These arti-

cles that we have posted will cover the **physical, mental, emotional and spiritual effects** that anemia can have on your body and ultimately, your well-being.

When anemia is developed, it is **difficult to be recognized**. If there are no direct signs like bleeding, cases of anemia will easily go undiscovered. Most cases of anemia are mild, but even those cases can **reduce oxygen transport in the blood**. This reduction can cause fatigue and diminish your physical capacity! Anemia that is brought about due to **iron-deficiency** is also known to drastically reduce endurance. For pregnant women, anemia can bring many negative impacts to their pregnancy and their unborn babies. Becoming more at risk for **poor pregnancy outcomes**, particularly if they are anemic throughout their first trimester, women who are pregnant need to especially carsful! In addition to these physical impacts caused by anemia, other impacts could include:

- Rapid heartbeat
- Headache
- Ringing in the ears
- Pale skin
- Dizziness
- Inflammation of the mouth and tongue

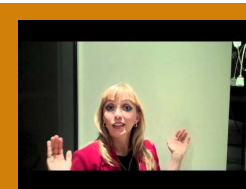
My experiences with anemia have been a **consistent battle** throughout my health journey! Each day that I went without it being diagnosed, the complications grew and they both covered up symptoms of other illnesses I had and mimicked symptoms of other illnesses I had. There were points where my healthcare providers were doing everything they could with my other



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issues but the **headaches, dizziness and increased heart rate** that I was experiencing was still out of control. That was when we discovered the anemia. Since I had so many other systems in my body that were unbalanced and since anemia is not easily detected I had gone a sufficient amount of time **without knowing that I was anemic**. Once it was diagnosed and I began to work on getting sufficient iron in my body, through organic foods, the symptoms began to subside. I am a strict vegan so I to loaded up my diet with foods such as spinach, quinoa and potatoes. Ensuring that you take care of yourself so that you will not become anemic is the **first precautionary step**. It is actually easy to watch your diet and make sure you keep your red blood cells healthy.

Psychological effects of anemia can be great as well! The deficiency in (Cont. on next page)



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ANEMIA IS A SILENT VAMPIRE THREATING TO SUCK AWAY YOUR PRECIOUS RED BLOOD CELLS!!!!(Cont.)

hemoglobin that is related to being anemic makes it easier for women to contract the condition. During the time of the normal menstrual cycle, women already lose a **large amount of blood**, but if they are on the verge of anemia or anemic, it automatically increases the blood loss. With a larger amount of blood being lost, this can cause **problems with your brain's health**. The low count of red blood cells bringing less and less oxygen to your brain will quickly begin to **deteriorate your mental capacity too!** Your lack of strength and physical capacity has a direct correlation with how your brain functions and vice versa! Causing **difficulty in focusing and more seriously, brain tumors**, developing anemia should not be taken lightly!

The emotional impacts of anemia are many. You may erupt into stress due to the **unpredictable bouts of pain** that you will go through. Being anemic can bring about many devastating symptoms. Many of those suffering from anemia are **unknowledgeable on the effects and seriousness** of being anemic. Besides initial stages of uncertainty, anemia can bring about emotional responses of **sadness, fear and anger**. With the decreasing of endurance and increasing of fatigue, the mental and emotional symptoms will have people experience themselves as unbalanced and worried about their seemingly deteriorating mental states.

For many individuals, your body-to-soul

connection can be diminished by the development of anemia. The **blocking of your oxygen** and the imbalance of your mind, body and emotions will make it difficult for your body to **listen to and connect with your soul**. When your body's systems begins to tear down due to lack of endurance and the weakness from anemia, your clarity will diminish also. The quiet, beautiful voice of your soul is always there but when your body, emotions and mind are sick, connecting to it becomes an **incredible challenge**. Listen to your body, pay attention to what it needs and give it to you. If you experience any anemic symptoms let your healthcare professionals know and have yourself checked. **Start loving and nurturing your red blood cells today!**

YOUR RED BLOOD CELLS RULE MORE THAN YOU THINK!!!!

Anemia is described as the condition in which the number of red blood cells in the **blood is low**. Due to this reason, physicians will sometimes describe someone who has anemia as having a low blood count. Anywhere from **2% to 10% of Americans** have been diagnosed with anemia, but other countries have been said to have even higher rates. **Young women** are twice as likely to have anemia as young men due to their regular menstrual bleeding. Anemia is seen in the young and old, but it is more likely to cause symptoms in the **elderly** because they have other medical problems present.

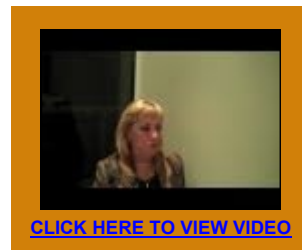
They physical effects of anemia are far from few. Due to a low red blood cell count that **decreases oxygen delivery to every tissue** in the body, anemia can cause a variety of symptoms and signs in the persons it affects. Being anemic can also **magnify any other underlying medical condition** and make it worse than it originally was. If mild, anemia may not cause any symptoms, but if it happens to be chronic (slowly ongoing), the body can potentially adapt and compensate for the change. Symptoms to anemia may not become prevalent until it becomes **more severe**.

Some symptoms may include:

- Fatigue
- Decreased energy
- Weakness
- Shortness of breath
- Lightheadedness
- Palpitations

In chronic stages the physical effects of anemia can be a little more serious than an initial case of anemia. Severe anemia may include symptoms such as **chest pain, angina or heart attack, dizziness, fainting, passing out and/or a rapid heart rate**.

Anemia can be seen in three different forms. Each type is classified according to the **size of the red blood cells**. If the red blood cells are smaller than normal, it can be classified as microcytic anemia. Causes of this type of anemia can be due to iron deficiency and thalassemia (inherited disorders of hemoglobin). When the red blood cell size is normal in size, but low in number; it is referred to as normocytic anemia. This classification of anemia will usually accompany **chronic disease** or be related to kidney disease. Lastly, if red blood cells are larger than normal, it can (Cont on next page)



Few of us realize the absolutely critical links between all of our various systems. We live lives where we are **suddenly sick** and by then it becomes a maze of sorting through what the source of our illness is! One of the **miracles of our body is the flow of blood** which transports an amazing amount of chemicals such as nutrients and **life giving oxygen** to our entire body. When we impact our blood we quickly start impacting ourselves physically, mentally, emotionally and even spirituality.

Our blood is a liquid flow of life force and letting **anemia attack** that very life force can be avoided. Caused by a multitude of things such as **iron deficiency, liver disease and poor nutrition**, anemia will tear down your body at a cellular level until an array of symptoms begin to take over your well-being. **Cherish your body** for it's imperfections and listen closely to it. Give it all it needs and it will take care of you.. A healthy body will allow you to **connect with and hear the voice of your soul** so that you can fulfill on your purpose here on this planet. **I honor you!**

YOUR RED BLOOD CELLS RULE MORE THAN YOU THINK!!! (Cont.)

be referred to as macrocytic anemia. Major causes of this could be pernicious anemia (caused when the body does not make enough red blood cells due to lack of vitamin B12) and anemia that is related to alcoholism.

Medical conditions such as **iron deficiency, chronic disease, kidney disease, poor nutrition and pregnancy** can also bring about anemia. Less common causes of anemia include thyroid

problems, cancers, liver disease, autoimmune diseases (lupus), lead poisoning, AIDS, malaria, viral hepatitis, bleeding disorders and insecticide exposure.

The physical symptoms of anemia should **never be ignored**. It is a very important that you acquire immediate attention when you begin to notice any of the symptoms of anemia. Most of the time, anemia is a **clue to another underlying disease**, so making sure you address

the problem when you notice the signs is critical. Unless significant bleeding is clearly evident; **at home diagnosis** will prove to be difficult. Proper testing and evaluation will need to be done by a physician to determine the cause of anemia's development. Discovering your symptoms and the cause of your symptoms in relation to anemia is extremely important for the state of your health and well-being. The sooner you find out, the **better it is for you!**

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**

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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YOUR BLOOD CELLS: THE ANSWER TO SOME MENTAL, EMOTIONAL AND SPIRITUAL MYSTERIES!!!

Anemia, like many other conditions or diseases, can have a great impact on your health. Having a **radical effect** on your psychological, emotional and spiritual state, anemia can hinder you in many different ways. Development of anemia can be **detrimental to your health** in ways that would not be obvious.

Anemia can cause a big problem in your mental health's state. Since anemia is related to having a **deficiency in hemoglobin**, which helps red blood cells carry oxygen; it is easy for women to contract anemia due to their menstrual cycles. Anemia, according to a board-certified physician who specializes in general psychology and addiction named Nzinga Harrison, can have symptoms similar to some mental health disorders. Some psychological symptoms of anemia could include **difficulty thinking, concentrating and depression**.

While having **many effects on you mentally**, anemia also has emotional impacts as well. Dependant on which type of anemia you are affected by (iron deficiency, chronic disease, kidney disease, sickle cell etc.), you will experience the different symptoms. For example, **sickle cell anemia** can bring about many emotional impacts. Sickle cell anemia is known to be a large stressor to the person carrying it as well as the people around the person who is afflicted with it. Emotionally, anemia brings about a strain from the **unpredictable bouts of pain, fear of death and lost time**.

For many individuals, your spiritual connection between your body and your soul can be affected by the development of anemia. The **blocking of your oxygen** in your blood begins to constrict first your body, then your emotions then your mind – it is a process that, as it advances, may limit your connection to

your soul more with each constriction. With the necessary precautions taken and consultations with your physician, **detecting anemia** and resolving the physical, emotional and mental unbalancing that has been caused by it will once again begin to **open your body to be able to connect** with the quiet beautiful voice of your soul! Listen to your body and have yourself checked!

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

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

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.

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