

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 60th Newsletter, I want to give us a chance to consider the impact that **Asthma** can have on people's physical, mental, and emotional well-being.

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, go back and watch them. You can also read all of the articles in full [HERE](#).

BREATHING, FOR SOME, IS NOT ONE OF LIFE'S SIMPLE PLEASURES!!!

Developing a constant cough, continuously wheezing and **tightening of your chest** are all symptoms that may seem like small matters, but in fact, they are very serious. Each one of these symptoms could possibly be a **determinant of having asthma**. Asthma affects your respiratory system and your bronchial tubes. **Constricting your airways**, asthma can be extremely devastating to your health if it is not watched closely. In this newsletter, I would like to focus on the impacts that asthma 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 asthma can **have an effect on you** and your health. These articles that we have posted will cover the physical, mental, emotional and spiritual

effects that asthma can have on your body and ultimately, your well-being.

Developing asthma can be an **extremely terrifying thing**. Most of the time, it is developed at an early age and can be hereditary. In other cases, it can be brought about for many different reasons. Even going into adulthood, some people have discovered that they have developed asthma! There are no **definite known causes** for **asthma** and because of this, it has become incurable. There are four different classifications of asthma known as mild intermittent, mild persistent, moderate persistent and severe persistent, and each one has its **own physical effects** on the body. Mild intermittent and mild persistent asthma both have experiences of wheezing, coughing or shortness of breath. Mild intermittent **occurs briefly** and no more than twice a week while mild persistent occurs more than twice a week, but less than once a day! People with moderate persistent asthma have daily symptoms and **require daily medication**. Their nighttime symptoms occur more than once a week, while flare-ups occur more than twice a week and last several days. Yikes! If you think that's bad, severe persistent asthma have continuous symptoms. **Frequent flare-ups** that may require emergency treatment and even hospitalizations! With moderate and severe persistent asthma patients can only be engaged in limited physical activity.

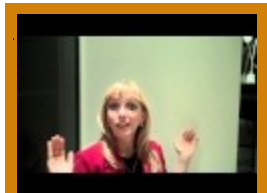
The **psychological impacts** from having asthma can be very detrimental to those who have it! Making some asthmatics depressed or



CAROLINA ARAMBURO

stressed, asthma has the ability to influence peoples' **mental state** more than you knows. Since some people who develop asthma have a tendency to also develop many **anxiety disorders and panic attacks**, as well, shows that the effect over people psychologically, can be intense! The lack of oxygen that asthmatics are receiving, hence the wheezing and tightness in their chest, can cause problems with their brain's health as well! Having asthma can give **asthmatics dizziness**, lightheadedness and decreases their strength in addition to their mental capacity. Both of the above are correlated with how the human brain functions!

Emotionally, having asthma can take a **toll on you** just as much as any other condition! The unpredictable attacks can cause a **strain on** a person with asthma and (Cont. on next page)



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a large sense of fear as well. Having an asthma attack can be extremely **scary no matter** if it is your first asthma attack or if you are accustomed to having asthma. The emotional impacts do not stop there though! A few effects of having asthma on your emotional state can include: sadness, **discomfort, embarrassment,** fear, uncertainty, anger, frustration and irritation.

During my intense health journey these last several years there were periods of time at the beginning where I experienced asthmatic symptoms. **Shortness of breath** and the experience of my airways being constricted would come along with **panic attacks**. The harder it was for me to breathe the scarier it

was and that would increase the both the asthmatic attacks and panic attacks. It was a **vicious cycle**. In addition to all of the other health issues I had accumulated, the newly developed asthma served to magnify everything else. I learned **breathing techniques** to help the flow of air and adjusted my eating and other natural supplements while working on keeping myself calmer! Taking care of your body is extremely important and should be your primary priority! If you feel as if there may be something **wrong with your breathing** pattern, go to your doctor! Don't wait until you have to be hospitalized to realize that something is wrong!

Constant negative thoughts, stress and **emotional ups and downs** in

your life can be a source of asthma. Spiritual practices, such as meditation, are a great way to reduce asthmatic reactions! In turn breathing is a **life-giving act**. Bringing air into your body to oxygenate your body also brings air to your spiritual self. If you are unable to provide a balance between your **mind and body**, then bringing yourself to a spiritual balance will be even more difficult! Developing asthma is something that is very hard to deal with, but many people have ended its effects and a lifetime of taking drugs when they have made up their minds to **deal with it on a physical, mental and spiritual level**. Cherish your body because of its imperfections and listen to it. Your **breathing can be altered** with just those simple steps.

FROM DISCOMFORT TO DEATH — ASTHMATIC REACTIONS AFFECT MILLIONS OF PEOPLE!!!!

There are many known effects that asthma can have on people physically. **Asthma is a chronic condition** with four different classifications. Each classification, which can be known as mild intermittent, mild persistent, moderate persistent and severe persistent, is made based upon the frequency and severity of the condition. **Causing the bronchial tubes** to become blocked, asthma constricts your airways. For people with asthma, it is very important to take close care of your condition no matter which classification you have.

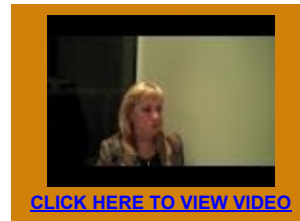
Asthma is a lung condition that causes **difficulty breathing**. It is mostly common among kids and teens, but can also be seen in adults. Unlike persons who have a regular breathing pattern that goes in through the nose or mouth, through the trachea and bronchial tubes and into the lungs, people who have asthma have **inflamed airways**. Due to these inflamed airways, mass amounts of thick mucus are produced. **Oversensitivity to certain things** like exercise, dust or cigarette smoke is developed as well. This will then cause the smooth muscle that surrounds the airways to tighten up. The airway inflammation combined with the tightening of muscle, **narrows the airways** and makes it difficult for air to

move through.

With over **23 million people** in the United States alone having asthma, it's no wonder why it has become the primary reason for kids to chronically miss school. **Asthma is with you all the time**, but will only be brought out when you are exposed to something. In most cases, the causes of asthma are unknown and incurable. Asthma can produce repeated episodes of: **wheezing, breathlessness, chest tightness,** nighttime coughing, early morning coughing, and pressure in your chest

Although the exact cause of asthma is unknown, research has discovered that **some people are born** with the tendency to have asthma. The environment you live in and the way you live partially determine whether or not you can have **asthma attacks** as well. Some triggers of asthma could include: exposure to tobacco or wood smoke, breathing polluted air, inhaling perfumes or cleaning products, exposure to airway irritants at the workplace, breathing in molds, dust or animal dander, upper respiratory infection, and exposure to cold, dry weather.

Asthma can be controlled by **knowing the warning signs of an attack**. In addition to knowing the signs, keeping (Cont. on next page)



To someone with asthma breathing is a much **appreciated gift**. During different periods during my health journey I experience long bouts of **shortness of breath**. There was the physical discomfort then a whole series of mental and emotional triggers would occur. As my brain experienced a **lack of oxygen** I would lose my focus and the emotional side was very scary. When we impact our oxygen levels we quickly start impacting ourselves physically, mentally, emotionally and even spirituality.

Asthma, like many health issues, can be caught in early stages by **listening to your body**. At the first signs of any breathing irregularity you can find a healthcare provider who can assist you in learning ways to get it under control. There are multitudes of **nature ways to treat asthma**. Practices such as meditation and breathing exercises can train you to calm yourself and keep shortness of breath from becoming a full blown asthma attack. **Cherish your body** for its imperfections and listen closely to it. 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.

FROM DISCOMFORT TO DEATH — ASTHMATIC REACTIONS AFFECT MILLIONS OF PEOPLE !!!!

your distance from the things that trigger an attack will help as well. Your symptoms such as wheezing and coughing will decrease. **Better sleep**, less time off from work and school and fewer visits to the hospital are often seen if you take the precautions. Although rarely seen, having an attack **can cause death too**. To prevent any negative happenings due to asthma, an action plan needs to be worked out in advance with your health-care provider. This plan should include what to do when an attack occurs and when to call your physician.

When to go to a hospital/emergency room should be included as well. For others, a physician may **indicate that an inhaler will suffice**. Whether you need to go to a hospital or take a few puffs from your inhaler, medical attention should be sought after.

There are **natural remedies** that work for many asthmatics. You might find that between carefully designed breathing exercises and some natural remedies asthma can be reduced significantly. Here are some **natural sug-**

gestions to try for asthma: coffee, onions, orange Juice, chili peppers, salmon, yogurt, and peppermint. There are also **herbs that are known** to ease breathing such as Blue Violet Leaf, Coltsfoot, Elecampane, Lobelia, Lungwort and Osha Root. Watching your salt intake makes a difference and you might want to consider a very high quality organic, vegan diet. As always, consult with your health care provider. If you decide to go the natural route be **cautious and do your research**.

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**.

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BEING MENTALLY, EMOTIONALLY & SPIRITUALITY WELL WHILE NOT BREATHING!!!

Difficult to control by most, asthma can have a very **drastic disempowering** impact emotionally, psychologically and even spiritually on those that have it.

The **emotional impact** of having asthma can be as detrimental to you as the asthma itself. Affecting adults and children, asthma can cause serious emotional damage that impacts both their **social and personal life**. It can cause a sense of embarrassment and fear in many people who suffer from asthma. People who have this condition may become **embarrassed** because it is an uncomfortable feeling of being different from others around you. In social situations, people with asthma may feel self-conscious about using an inhaler or having to be careful of not triggering their asthma. **Fear comes into play** because having an asthma attack can often send a person to the hospital and can even cause death if not handled correctly.

The psychological toll that asthma can

have is immense. While living with asthma can bring about many **psychological problems**. Mental stressors, depression and panic disorder are a few problems that can be developed. Agoraphobia, which is an anxiety disorder that focuses on having a panic attack, can also be developed in **adults who are affected by asthma**.

Asthma can affect your spiritual connection as well. With the **constant fighting for breath**, the lack of oxygen in their body and the fears that it brings on, it is easy for one's body to not be able to hear the soft voice of their soul so that they can connect. 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**.

On the flip side of this one of the things that could calm asthmatics and ease

their asthma would be spiritual practices such as **meditation and deep breathing** but it requires a very deep commitment to practice when you are not suffering from asthma and then it becomes easier to bring those practices to the moments when asthma begins to take over.

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