

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 65th Newsletter, I want to give us a chance to consider the impact that **Influenza** can have on people's physical, mental, emotional and spiritual 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](#).

FLU VIRUSES WON'T GO AWAY BUT YOU CAN PREVENT THEM FROM GETTING YOU!!!

Influenza, or the common flu, is a **respiratory disease** that can be very contagious if not properly taken care of. In this newsletter, I would like to discuss the effects of influenza, highlighting its physical, mental, emotional and spiritual effects for your health and well-being.

This week, we have included articles on our Fan Page that will offer you **information on influenza**, and the effects that it can have on your health and well-being.

The flu is generally caused by any number of **influenza viruses** that infect the nose, throat, and lungs. Though the flu is usually a **seasonal virus**,

occurring mainly in the fall and winter, it is also unpredictable and may occur at any time of the year in various conditions.

People most susceptible to catching the flu are **children and the elderly**, although certain types of influenza strains such as the H1N1 targeted mostly young adults. For the most part, influenza is not a serious disease and deaths are generally few with common, known flus, but it is important to know the symptoms as well as the **cures and prevention**.

Those who come down with the flu may feel tired and achy especially in their legs and arms. They may also experience **chills or a fever**. These symptoms typically last only a few days, however, if they do go on longer, consulting a healthcare provider is recommended.

One of the most **common flu prevention methods** in recent years has been flu shots, but these may not always be the best choice! As the flu virus changes yearly, scientists may be only guessing on which strain will be coming the next year. Flu shots **may also cause an allergic reaction** in some people. They are also not always in availability depending on the virus going around and the demand.

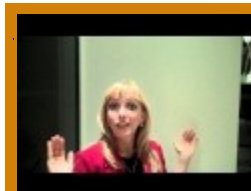
Basic prevention of the flu can



CAROLINA ARAMBURO

help keep it at bay as well! If you are around someone is sick, be sure to **practice good hygiene** and wash your hands frequently. Other methods of prevention include avoiding close contact to infected people, **staying at home while you are sick** in order to stop the spread of the virus, cover your mouth when sneezing or coughing, avoid touching your eyes, nose, or mouth, and also practicing good health when not sick may significantly reduce your chances of getting sick. **Eating right and getting plenty of rest** will help maintain your health and reduce your risk of becoming infected.

Researchers believe that **fre-quently coughing and sa-liva** contact and (Cont. on next page)



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FLU VIRUSES WON'T GO AWAY BUT YOU CAN PREVENT THEM FROM GETTING YOU! (Cont.)

less frequently by touching infected surfaces such as door-knobs or desktops and then touching your face easily spread the flu. The **risk of infection** can last from before you start showing symptoms to a week after becoming sick! So take be sure to take care of you before and after getting sick to prevent spreading it any further. Children, on the other hand, **may be contagious for longer period** of time (up to two weeks after getting sick!), so even more care should be taken.

In my own health journey, in the beginning, I came down with the

flu more times than I can count when my **immune system** was lowered by various other physical conditions!! I quickly learned to take as many precautions as necessary and **learned to take care of myself at the onset of any symptoms**. The result is that I have gotten sick less and less. Whenever I now feel any hint of flu like tiredness, achiness or fever, but I've begin immediately **drinking lots of tea and water** to help counter the effects of dehydration and clean out my system. I also increase my rest and sleep as I know that rest and sleep are miracle healers and immune strengtheners.

Unfortunately for most of us, the flu season **comes around every year** no matter how hard we try to keep it away, so in the meantime, keep yourself healthy by eating right and exercising and listening to your body, and you may be able to prevent yourself from becoming sick! Influenza has been affecting the human population for **thousands of years**, but thankfully, medical advancements and scientific discoveries have changed it from a **devastating killer disease to a mild nuisance** for most of us most of the time!

THE COMPLICATIONS OF INFLUENZA IS VERY HIGH RISK, PARTICULARILY FOR CHILDREN AND OLDER PEOPLE!!!!

Influenza is a common seasonal affliction for many people, and many people are familiar with the signs and symptoms, but there may be other **unforeseen difficulties** when it comes to the flu. Physically, flu symptoms can include:

- Fever
- Aching muscles, most especially in the backs, arms, and legs
- Chills and sweats
- Headaches
- Dry coughs
- Tiredness and weakness
- Nasal congestion

You may not get every **symptom every time**, and many people may mistake the flu for a cold as a runny nose and sore throat can be one of the symptoms. However, colds generally develop over time whereas the flu comes on suddenly and leaves you feeling much worse. It is important to know the difference as the flu can cause **many different problems** if allowed to get out of hand and not kept a close watch on.

The flu can **leave you bed-ridden** for several days as you try to fight off the symptoms, leaving you tired and lethargic. Other complication may arise from the flu, however, that you should

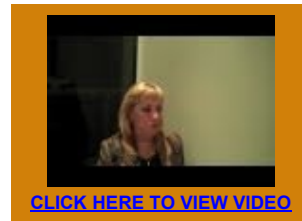
be aware of.

People at risk for complications can include the **elderly, the young, people** with weakened immune systems such as HIV positive people and cancer patients, as well as people with chronic illnesses such as **asthma, diabetes, or heart problems**, and pregnant woman are more likely to develop complications due to influenza.

People with weakened immune systems may include people who smoke and drink excessively or **who take medication such as prednisone** that suppresses their immune system. Treating you body right is the first step to preventing further complications.

The **complications** could include pneumonia, bronchitis, sinus infections and ear infections. Pneumonia is the most common complication, and as its symptoms are most similar to that of the flu, it may not be **caught early on**. It is important to see a doctor if any of your symptoms persist longer than a few days or if you have a fever of over 102 or higher combined with chills and sweats.

Generally, in Western Medicine, **over the counter drugs may be prescribed** to counter flu symptoms, such as Advil (Cont on Next Page)



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Influenza viruses are here to stay.

Since not even with all of the advances of modern science/medicine we still cannot predict the next new variation; then the best way to deal with this is to keep your **immune system as strong a healthy as possible at all times**. At those times when we are vulnerable, or in the case of **children or elderly adults** who have weakened immune systems, be prepared to take care of yourself if you do get the flu. Rest, hydration and nature immune builders can be added to your life at any time—add them in order to prevent and/or heal.

I have made sure that, along my health journey, I **paid close attention** to my immune system as a proactive insurance against any added infections, germs, bacteria and stress on my body. **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.

THE COMPLICATIONS OF INFLUENZA IS VERY HIGH RISK, PARTICULARILY FOR CHILDREN AND OLDER PEOPLE!!!! (Cont.)

or Tylenol to bring the fever down and relieve pain in your body. It should be noted that giving Aspirin to children under the age of twenty might bring about **Reye's syndrome**, a rare but sometimes fatal disease. Doctors may also prescribe antiviral medications, but look closely at the side affects, as they may be worse than your other symptoms. You may want to **decide for yourself** if it is worth it.

Natural remedies include getting **plenty of rest** as your body works to combat the infected cells. Drinking plenty of fluids such as organic fruit **juices, water, and even drinking fresh** organic soup can help prevent dehydration due to the fever. Vitamin C may also be a helpful tool to boost your immune system. There are many natural treatments that you can try for yourself such as a **tea made from green basil leaves with ginger**, garlic

and **garlic juice as an antiseptic** or turmeric powder in warm milk (which not only prevents complications from the flu but also activates the liver which will become sluggish during a flu attack).

Physically, the flu can leave you feeling drained and it's important to keep your **immune system** healthy so that in case you do get infected with the flu, your body will be ready to fight it off and keep you feeling great!

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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HAVING THE FLU STRESSES AND SLOWS US DOWN MENTALLY, EMOTIONALLY AND SPIRITUALLY!!!

When you get the flu, your whole body may feel like it's **shutting down**, which in turn can affect your mental, emotional and spiritual well-being. You might feel **sluggish and tired** which can make you stressed about other things in your life.

If you are sick, take the **time to recuperate** as the longer you stay sick the more you become impacted mentally, emotionally and spiritually.

One of the largest emotional impacts of influenza is when there is a **breakout in your particular community** – when influenza spreads entire companies, communities and families can be impacted which leads to **assded stress and fear**. In the case of **pandemic epidemics** such as the swine flu in 2009 stress and fear lowered people's immune system and then actually contributed to the spread.

Worrying about your condition may also add to the stress you may feel. In certain cases, the flu may have unfore-

seen consequences but worrying about them in advance will only hurt you. Many studies have been done with older persons who are always concerned for their health – the worry, once again leads to a **decreased immune system** and a greater change of acquiring the flu.

The emotional toll of the flu can also include **anger, both at yourself** for getting sick and for the person who may have infected you. Try to remember that it is no one's fault as influenza spreads easily from **person to person** and many people may be carrying the virus aside from the person that you know is sick.

The flu can come around at any time, though it seems that when people are working harder and their **bodies are working harder** to keep up with them is when it hits the worst, so always be sure to monitor your health to help lower your chances of getting sick.

As always, when your body is sick it becomes more difficult for you to hear the **quiet voice of your soul**. This is complicated when you add mental or emotional impact as each then further limits your ability to hear and then connect. Keeping ourselves healthy and **nurturing ourselves** when we are sick so that we heal quickly is a gift we give to ourselves.

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

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