

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 67th Newsletter, I want to talk to you about **Neurology and Neurological Diseases** and their 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

THE IMPACT OF NEUROLOGICAL DISEASES ON YOUR BRAIN LEAVES YOUR WHOLE BODY AT RISK

Neurological diseases are categorized as **diseases of the brain**. They may originate there or settle there as a cause of something else. In this newsletter, I would like to **discuss the effects** of neurological diseases, highlighting the physical, mental, emotional and spiritual results for your health and well-being.

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

Neurological diseases affect the parts of your brain you need to function, most commonly the **nervous system** and the portion that affects memory and senses. The **central nervous system** is com-

prised of your brain and spinal cord. It coordinates your movements and sends signals to other **parts of your body**. Damage to this can affect many different aspects of your health.

There are currently over **600 recognized neurological diseases**. They range from anything as simple as insomnia to more complex disorders such as muscular dystrophy or **Tourette Syndrome**. Some may be genetic while others can result from accident or injury. Neurological disorders may also stem from **degenerative aging**, where nerves cells are damaged or die. Disorders can also crop up as a result of cancer, infections, blood vessel diseases, and improper nervous system development.

Symptoms where a neurological disease occurs can vary greatly from **one disease to the next**. Some possible symptoms include paralysis, **confusion, memory loss**, loss of coordination, pain, seizures, muscle weakness, and loss of sensation or feeling. The only way to know for sure if you or someone you know has a neurological disease is to visit a doctor, or more **specifically, a neurologist**.

Of the 600 possible neurological diseases, the vast majority are **relatively rare**. The most well-known and common types of neurological diseases include Huntington's diseases, muscular dystrophy, Alzheimer's, Parkinson's, spine bifida, **stroke, epilepsy**, brain tumors, and meningitis.

Very few serious neurological diseases can be cured; however, dis-



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seases such as insomnia or phobias may be helped through therapy. **Neurological diseases** are most commonly treated with medication, but other treatments such as physical therapy may help certain types.

In many neurological disorders, **vitamins can play a big part** in how and why they develop. Research shows that vitamin B is a key ingredient to the brains growth and function, and several neurological conditions such as Alzheimer's and ADHD. A lack of this **vitamin in the brain** may improve chances of developing a degenerative disease later in life. There are several types of B vitamins, and they are most commonly found in foods such as turkey, tuna, yeast, beans, and potatoes. Vegans may be more at risk than others as **vitamin B is not plant-based**.

There is little that can prevent neurologi (Cont on next page)



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THE IMPACT OF NEUROLOGICAL DISEASES' ON YOUR BRAIN LEAVES YOUR WHOLE BODY AT RISK (Cont)

cal disorders, but they can be lived with in a reasonable manner! It may be **difficult when you or a loved** one comes down with a neurological disease, as it may affect your lifestyle and habits. It may be important to remember that others may have a hard time as well getting used to it and **learning to work with you**.

In my own health journey, I dealt a neurological disorder called **Chronic Fatigue Syndrome (CFS)**. CFS is caused by a chemical imbalance of the neurotransmitters in the brain. The impact on my whole body was nearly **fatal for me**. It rendered me incapable of **functioning normally**

and took intense work on my part and the part of my many healthcare providers (both Western doctors and a series of Alternative doctors/healers) to bring health back to my brain and begin to balance my neurotransmitters back out again. I also listened to my body, **learned to eat foods** that fueled proper brain function and worked with exercise and various other practices to heal my chemical imbalance. I now completely cherish my body for its imperfections and respect the intricacies of my whole **neurological system**.

Neurological diseases come in many different shapes and sizes. Often,

there **may be no way** to counteract them early on, and the only option is to live with them. In those cases, remembering patience and acceptance can be a great tool to help you manage.

Neurological disorders have been around as long as humans have been, and more are being discovered as time goes by. It is important to **listen to your body keenly** and if you experience anything off get in action, consult a healthcare provider, get appropriate tests done and allow yourself the gift of cherishing yourself because of your imperfections!

NEUROLOGICAL DISEASES AND DISORDERS CAN DESTROY YOUR PHYSICAL HEALTH!!!!

Due to the many different types of neurological diseases, physical **impacts and symptoms** can vary greatly. Some common symptoms may include dizziness and headaches, **tiredness**, uncontrollable shaking in the body. Each disease has a different set of physical reactions and it can be difficult to generalize.

For instance, the affects of Alzheimer's may be vastly different than **that of a sleep disorder**. Alzheimer patients may experience memory loss which can affect how they behave and comport themselves. It puts a physical **strain on their bodies** as they struggle to remember even basic functions such as brushing their teeth or combing their hair.

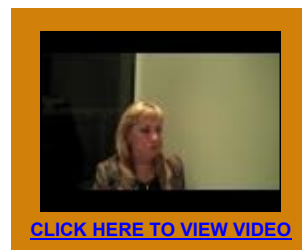
On the other hand, sleep disorders **may cause irritability** and affect the body adversely as sleep is needed for your brain and body to function properly. Lack of sleep may add to the chance of getting headaches which, when they become **chronic** or develop into migraines, can affect your body's function.

Degenerative diseases such as Alzheimer's, Huntington's, Parkin-

son's, and several others can worsen your bodies condition and ability to **perform simple activities**, such as balance, movement, talking, breathing, and heat condition. The majority of these diseases are genetic; therefore, it may be a good idea to check your family history to see what you may be **predisposed to**. Other conditions such as alcoholism or tumors may also add to the risk of contracting a disease.

Aside from genetic causes of neurological diseases, there are also **viral brain diseases** like Meningitis that can cause long-term damage to your physical health. Symptoms of Meningitis include sudden fever, **severe headaches**, and stiff necks. It is recommended to see a doctor immediately if any of this occurs as Meningitis spreads quickly and can lead to strokes or other brain damage.

Other neurological diseases can include **epilepsy**, a condition in which nerve cells in the brain send out the wrong message and causes them **to have seizures**. This can be extremely taxing on your body as the only cure is medication that may help control the (Cont on Next Page)



Your brain controls the ultimate functioning of your whole body. When you develop a **neurological disease or disorder** the physical, mental, emotional and even spiritual effects are so far reaching it is hard to even comprehend. Some effects are very rapidly seen while others **develop over time as the disorder** or disease begins to damage and shut down more and more other systems in the body.

I dealt with several neurological disorders including **Acute Chronic Fatigue Syndrome**. Each stage of the chemical imbalances I experienced created and left damage that doctors insisted would never be repaired. I now have 97% of my health back but it was a result of very **intense care, treatments and miracles**. I applied a highly trained skills of listening to my body and then **cherished my body**, for all of it's imperfections hour by hour and day by day to heal myself. Ultimately a healthy neurological system equals a healthy body and more well-being emotionally, mentally and spiritually **I honor you** and request you honor **both** your brain and your body!

NEUROLOGICAL DISEASES AND DISORDERS CAN DESTROY YOUR PHYSICAL HEALTH! (Cont)

nerves since the cause is generally unknown. **Seizures may leave you** with strange behavior or give you muscle spasms and possibly leave you unconscious. They can be unpredictable and **unforeseen dangers** may come with seizures such as knocking your head against something or otherwise injuring yourself.

Cancer of the brain, or tumors, can

also **cause uncomfortable** physical deficiencies such as headaches, nausea, problems with talking and memory, muscle twitching, and possibility of **numbness or tingling** in your arms and legs. The cause of brain cancer may be difficult to pinpoint, but it can affect every part of your body.

The majority of **neurological diseases** have little to no medical cure.

Some may be controlled with medication or surgery, but the physical affects **may never go away**. It is important to understand your body and how a disorder can affect it in order to continue living a balanced, healthy lifestyle. Neurological disorders can be very taxing on the body, but staying **aware may help you deal** with the consequences as they come.

MASTERFUL BUSINESS & PERSONAL COACHING

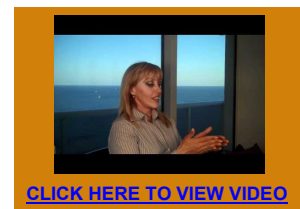
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 **FULLFILLING ADVENTURE!!**

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NEUROLOGICAL ISSUES WRECK HAVOC MENTALLY, EMOTIONALLY AND SPIRITUALITY!!!

The strain of a neurological disorder or disease on your mental, emotional and spiritual health can be very taxing, even if you are not the one with such a disease! Emotionally, neurological diseases can **cause stress, worry, and major anxiety** which, of course, makes the disorder or disease worse.

Diseases such as **Alzheimer's** can make us feel as if we're losing control, and emotional frustration may become prevalent. On the other hand, knowing someone with Alzheimer's may make us feel the same way as we have little way to **control the disease**, and it can feel as if people are slipping away from us. Anger may arise from having so little control over the diseases that may affect your life and the lives of people around you.

Fear may also affect your emotional state of being. You may fear the disease or disorder worsening, or if you have a disease like epilepsy, you may fear having

seizures. Constant fear takes a huge toll on our emotions and can lead to other **stress-related disconnects** in our bodies.

Fear and worrying together can add to the stress we may feel when dealing with neurological diseases. Accepting and **acknowledging your fears** may help you to feel better. It is important to acknowledge your fears instead of pushing them away.

The mental impact of neurological disorders and diseases vary with the disorder or disease but all of them have tremendous **mental impact**. Lack of focus, inability to connect coherent thoughts, form sentences, make voluntary movements, making involuntary movements, etc. Since the neurological system runs the **whole brain, nervous system and spine** every neurological disorder or disease distorts and/or damages mental processes.

The impact spiritually is also tremendous. It is difficult to hear the quiet voice of your soul when your body, mind and **emotions are damaged**. If you cannot even hear that voice then your chance of connecting with your higher self is nearly impossible. A very daunting problem during times when a connection with your **higher self** is so desired.

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