

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 67th Newsletter, I want to give us a chance to consider the impact that **Parkinson's Disease** 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

### OVER 5 MILLION PEOPLE HAVE BEEN DIAGNOSED WITH PARKINSON'S DISEASE!!

Parkinson's disease is a disease of the brain, a **neurological deficiency** cause by a lack of dopamine chemical produced in the brain. In this newsletter, I would like to discuss the effects of Parkinson's, **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 Parkinson's disease, and the effects that it can have on your health and well-being.

Every year, between **fifty thousand and sixty thousand** new cases of Parkinson's disease are diagnosed in addition to the million people already affects in the United States. Around **five million**

**people in the world** have been diagnosed with Parkinson's disease.

Parkinson's is a neurological disorder, caused by a **lack of production of dopamine** in the brain. Dopamine is the chemical that helps to control movements in your body, and when the dopamine cells are damaged, Parkinson's may develop. Other factors such as environment may be a contributing factor to developing Parkinson's, including **exposure to dangerous chemicals** such as herbicides and pesticides

Those affected by Parkinson's may generally be **aged fifty and above**, though younger cases have also been seen. The younger cases may be caused by a genetic defect rather than aging. **Men are also more likely** than women to develop the disease. Parkinson's is a **degenerative disease**, which means it may worsen with age, with the symptoms growing worse or more noticeable.

The most common symptoms of Parkinson's are **tremors in your arms and legs**, a loss of nerves in your face, causing a lack of expression, and difficulty moving. Your speech may also be affected in time, becoming mumbled and soft, difficult to understand.

The symptoms may come on gradually **as you age**, and diagnosis for Parkinson's is sometimes difficult in the beginning stages. For this reason there are many people walking around with **"light" cases of Parkinson's disease** and not even know it. If you feel you have any of the signs, you

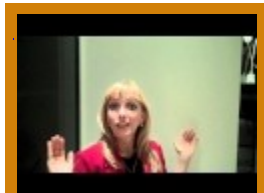


CAROLINA ARAMBURO

may want to visit your doctor to be checked as soon as possible..

Unfortunately, there is **no cure** for Parkinson's, and in general, all who have it must live it with. There are, however, treatments that **make the symptoms easier** to control. Those treatments range from medications prescribed by doctors and alternative treatments like **acupuncture and natural remedies**. As each person is different they will react to different treatments differently.

In some cases, some **lifestyle changes** may help to ease the symptoms and act as treatments. Activities such as changing your diet in the case that chewing or swallowing becomes difficult and choosing foods that are easier to eat. **Exercising** may help, although adjusting the type and strenuousness should be (Cont on next page)



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## OVER 5 MILLION PEOPLE HAVE BEEN DIAGNOSED WITH PARKINSON'S DISEASE!! (Cont)

based on the specific needs of the person. People with Parkinson's might enjoy regular rest periods as well as **avoiding stress**. Some therapy may also help ease the symptoms, such as physical, speech, and occupational therapy.

Making changes in the home can also make life easier for those affected, such as adding in **banisters or railings along the walls** to prevent the likelihood of falling, and making adjustments to places like bathrooms and bedrooms may help. Certain special tools may be used such as **bed lifts, wheelchairs, shower chairs**, and the like may help ease the difficulties of living with Parkinson's.

In some cases, **surgery might be**

**recommended** for Parkinson's patients, but the surgery cannot cure the disease, only help to relieve some of the symptoms and possibly slow the onset.

Some of the **complications that may arise** from Parkinson's can include contracting **illnesses such as pneumonia** from breathing in saliva, injuries from falls, disability, and difficulties performing daily tasks. The strain may also be intense on those taking care of Parkinson's patients as it may take a lot of time and effort to care for them.

I do not have any **personal experience** with Parkinson's. I have had, however, experience with people who have someone in their family with Parkinson's disease. Dealing with it

can be as emotionally difficult on the family as it is on the person affected. I do know that **every life is special**, and though you may not be able to prevent or cure a disease like Parkinson's, it is possible **to live with it a reasonable and empowering way**, and still be happy with your life! It is important for those who have a loved one with Parkinson's to know this too.

Parkinson's is **one of the many neurological disorders** in the world that may be difficult to control but knowing the options may help you understand how **to work with it** instead of against it. Do the research it takes and then **cherish your body** for it's imperfections and listen to your body as it will guide you in the best way to handle the symptoms for your unique situation.

## PARKINSON'S DISEASE IS AN INCURABLE DEGENERATIVE NEUROLOGICAL DISEASE THAT TAKES OVER THE BODY!!!

As a neurological disease, Parkinson's disease affects the brain, which in turn affects many different parts of the body. **Muscle movement** is most commonly affected by Parkinson's and can cause many difficulties in your physical functioning.

The majority of Parkinson's cases occur in people **over fifty years** of age, although they have been known to occur at younger ages as well, and there are many symptoms related to the disease. These symptoms can include:

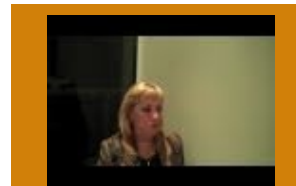
- Tremors in the arms and legs
- Difficulty moving
- Difficulty with coordination
- Body stiffness

With each of these symptoms, specific impacts may go along with them. **The tremors**, for example, may only occur when you are at rest and disappear when you move. They may often begin in the arms and legs first but may later spread to the head, lips, tongue, and feet. The tremors may worsen when you are particularly **tired, excited, or stressed**. Movement problems may include difficulty beginning movement, as in trying to stand up from a chair or starting to walk. It may be difficult to continue the movement as well. Slowed move-

ments may also be a problem related to Parkinson's – it may take longer for you to **complete movements** and could make even the simplest tasks difficult and frustrating. You may lose the ability of some fine motor skills such as writing; it may become small and difficult to read. Parkinson's may also affect your ability to **read and eat**.

Other, less noticeable symptoms may occur, however, before you are aware of the problem. These can include anything from **blinking, constipation**, difficulty swallowing, drooling, balance and walking problems, loss of facial expression (deadened nerves), muscle aches, stiff muscles, usually in the legs, slowed speech, stooped position, low blood pressure, lack of body control, memory loss, **dementia, hallucinations**, and fainting. Many people with "light" cases of Parkinson's are not even aware they have it until it has become very serious.

Parkinson's may be diagnosed by a doctor's exam in which they might test a patient's ability to stop and start movements. Symptoms they may uncover may include **jerky movements**, muscular atrophy, shaking, and changes in heart rate. It may be difficult to diagnose Parkinson's at first as there are many other **neurological diseases** with similar symptoms, but as the symptoms get (Cont on next page)



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**Parkinson's Disease may be incurable** but it doesn't have to be a reason to stop creating as amazing of a life as possible. **The psychological and emotional** impacts of Parkinson's disease can create a vicious cycle that actually speeds up the degenerative process. So, creating ways to better control symptoms and continuing to create an empowering view, is just as important as treating the physical symptoms. Many of the **symptoms** of Parkinson's disease can be controlled to some degree by medication and a reported array of natural **remedies, diets and alternative** treatments such as acupuncture. Being able to be responsible for the symptoms and working to control them to **some degree** gives those with Parkinson's the experience of having more of a say over the impact of their disease.

**As with any disease - cherish your body** for its imperfections and listen closely to it. This will allow you to manage better and give you more ability to **connect with and hear the voice of your soul** so that you can fulfill on your purpose here on this planet even in the face of this disease..

## PARKINSON'S DISEASE IS AN INCURABLE DEGENERATIVE NEUROLOGICAL DISEASE THAT TAKES OVER THE BODY!!! (Cont.)

worse, diagnosis becomes much easier. There is no cure for Parkinson's disease, and the most common treatments are treatments that help control the symptoms. There are some reported **natural, alternative treatments** such as Vitamin E, Vitamin C, Coenzyme Q10, NADH and ginkgo bilboa that proven in studies to work on the symptoms. Many people seek natural remedies, as conventional treatments do not work as well as expected or they may

develop **side effects from conventional** medical treatments. As with anything you want to consult with your healthcare providers and make sure that everyone knows what you are taking.

The **physical effects** of Parkinson's disease can be greatly varied and may not show up immediately in some patients. Many of the physical symptoms may also be reminiscent of other neu-

rological diseases, so it is important to see a doctor if you suspect you may have the disease. Sometimes, Parkinson's **may be able to be controlled with medication**, but it is not guaranteed, and there is no cure so treatment is the only option. Physical therapy may help to offset some of the symptoms of the disease, and **acupuncture** has been proven to help not only with controlling symptoms but also the complications of the disease such as depression and insomnia!

### 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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### PARKINSON'S DISEASE HAS OFTEN OVERLOOKED MENTAL, EMOTIONAL AND SPIRITUAL IMPACTS!!!!

Parkinson's disease is mostly thought of as a physical disease but **mental and emotional consequences** also stem from development of the symptoms. Patients with Parkinson's disease are known to exhibit slowed movements and tremors, but one aspect of their condition is often overlooked: **cognitive impairment**.

Unlike with Alzheimer's and other dementias, patients with Parkinson's don't lose their memory. Instead, they may develop trouble with **planning, making decisions** and controlling their emotions, and often exhibit changes in personality as a result. About one-third to one-half of Parkinson's sufferers exhibit some signs of cognitive impairment at the time they are diagnosed, but over time virtually all patients will **experience substantial cognitive decline**.

It is clear that the **psychological effects** that Parkinson's disease can have on a person are intertwined with the **somatic effects**. Just as the debilitating motor impairment caused by the disease can lead to negative thoughts and adverse psychological effects, so too can the adverse psychological effects of Parkin-

son's lead to an **increase in the bodily symptoms**. This can result in a negative cycle that greatly reduces the quality of life for victims of this disease. This cycle can be reversed through appropriate and compassionate treatment of the adverse psychological effects. With adequate treatment, a patient can **gain confidence**, resulting in relaxation. This confidence and relaxation can bring about a reduction of motor symptoms, which results in further alleviation of the psychological effects of the disease.

The psychological effects noted in Parkinson's patients are:

- Psychosis
- Anxiety
- Depression

Calming exercises may help to alleviate the frustration and keep a balanced feeling. Activities such as **meditation or physical therapy** may help you control the diseases and feel more at ease in your own skin. Emotional affliction of Parkinson's may vary greatly from person to person as do the physical symptoms of the disease.

As with anything that effects a person physical, mentally and emotionally, Parkinson's disease, **as it progresses**, makes it more and more difficult for the person to hear the quiet voice of their soul and connect with their higher self. The same activities that will reduce stress, such as meditation will provide more calmness and peacefulness and give the person more ability to hear and **therefore connect** with their higher self.

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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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