

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 74th Newsletter, I want to talk to you about **Eye Health** 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 all of the articles in full [HERE](#).

### YOUR PRECIOUS EYES NEED YOU TO KEEP YOU EYE ON THEM!

Every year, over **2.5 million eye injuries** occur in which 50,000 people lose part or all of their vision! Wearing protective eye-wear could prevent about **ninety percent** of these injuries. In this newsletter, I would like to discuss the importance of eye health, highlighting its use for your physical and emotional well-being.

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

Eye health begins at a very young age and is constantly developing, encouraged by the world around us to see colors

and objects and to understand their shapes and meanings. Many people in the world have **simple eye problems** such as nearsightedness, which require them to **wear glasses** or contacts, but most of those people live perfectly comfortable lives despite that.

In order to develop good eyesight, a few simple things can be done. In children, development is imperative to their eye health, so starting early is always a good idea. Giving very young children **toys that encourage color** recognition or different shapes can help them develop. Another very simple development practice is to **talk to them as you move** around the room so that child will follow you with their eyes.

Eating well is also an important tool to developing and maintaining good eye health. Foods such as **fruits, vegetables and nuts**, contain essential nutrients crucial to developing healthy eyes. These nutrients include vitamin C, vitamin E, zinc, omega-3 fatty acids, and **lutein**. Avoid seafood that may contain high levels of mercury such as shark, swordfish, mackerel, or tilefish. **Ground flax** is a great option.

**Carrots** are a common food people recommend for improving eye health. While it won't cure blindness, carrots are a good source of **beta-carotene**, which is converted into **vitamin A** in the body and does promote good overall eye health.. Sweet potatoes are

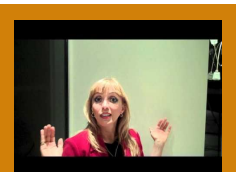


CAROLINA ARAMBURO

also a great source of vitamin A. **Dark leaf veggies** are excellent sources of vision-boosting antioxidants. Some of the best are: beet greens, Brussels sprouts, kale, **spinach**, collard greens and turnip greens

Other ways to improve your vision and possibly reduce the chances of developing eye problems later in life can include changing the angle of your computer screen, and turning down the heat. **Staring at a computer screen or book**, or any other stationary place for too long can strain your eyes, but by adjusting your **screen to be less bright** and by bringing it down below eye level may help to reduce the strain.

Going for **regular walks** may also help to improve eyesight. (Cont. on next page)



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## YOUR PRECIOUS EYES NEED YOU TO KEEP YOU EYE ON THEM!!! (Cont.)

Some studies suggest that taking a brisk walk **four times a week** may reduce the intraocular pressure in **glaucoma patients**. It may also work to prevent developing glaucoma in some people.

Turning down the heat is another way to prevent eye problems. **Dry eye is a common** condition amongst people and happens to most people on occasion. Heated or very dry rooms can cause your eyes to dry out faster, which could cause eye problems down

the road.

In my own health journey, I have always tried to maintain my eye health through **great nutrition** and exercise (both with my body and my eyes)! I eat lots of foods rich in vitamin A like carrots and **sweet potatoes**. I also eat tons of blueberries, which have antioxidants and might help to prevent blindness in old age. I love to experiment with new and different foods to make delicious and nutritious meals that will

keep my eyesight sharp! I also practice eye exercises that strengthen my vision. I can proudly say that I currently have **20/20 vision in both eyes**.

Caring for your eyes begins simply with **protecting them** from injury, eating right and cherishing them for any of their imperfections. **Our eyes** are very important part of how we function in the world. Keeping them healthy can be a key to our overall health and a part of honoring ourselves.

## YOUR EYE HEALTH CAN BE BOTH CAUSED BY AND AN INDICATOR OF OTHER HEALTH RELATED PROBLEMS!!!!

The physical health of your eyes is very important to maintaining your **overall health** as the eyes can sometimes be indicators for many other diseases a person may have. Good eye health can range in solutions from simple things such as **eating properly** to avoiding infections from others. Eye infections may be easily spread from person to person as they are generally a topical disease.

Some eye problems may not be able to be helped, as they may stem from genetics. Vision problems such as astigmatism, **nearsightedness**, farsightedness, and color blindness may be passed down from family member to family member. In these conditions, symptoms may include **blurry vision**, inability to see things far away, mistaking one color for another. Color blindness results from an absence or malfunction of certain color - **sensitive cells in the retina**, which results in the inability to tell colors apart rather than seeing things in black and white. This may affect a person's ability to learn and read, as well as preventing them from doing certain things such as driving or working specific careers. Color **blindness may also develop** over time with age, eye injuries, or other eye problems such as cataracts.

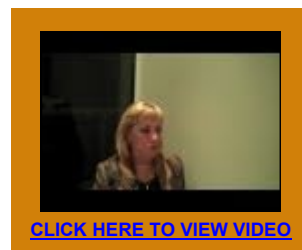
Eye conditions include things such as: Allergies, **Blepharitis** (inflammation of the eyelids), Chalazion (swollen bumps in the eyelids), Floaters/Flashes/Spots, Nystagmus (**uncontrollable eye movement**), Photophobia (sensitivity

to light) and Styes. Other more detrimental conditions may include: Corneal Ulcers, Detached Retinas and Eye Occlusions (strokes). Some develop with aging such as **cataracts**. Conditions that can make life difficult may include problems such as lazy eye. Lazy eye is a condition in which one eye is stronger than another, and the weaker eye appears to stare off into space rather than moving normally. Wearing an eye patch over the strong eye may help to strengthen the weak eye. **Lazy eye** may be caused by nearsightedness or astigmatism.

Some eye conditions can be tricky to diagnose. For example, true dyslexia is a **neurological dysfunction** marked by the inability of the brain's language centers to efficiently decode print or phonetically make the connection between written symbols and their appropriate sounds. Not all children who struggle to read, however, suffer from phonological processing problems. Although the symptoms are similar, the culprit for many **may be vision**, not a language-based deficit.

Actual eye diseases include: CMV Retinitis, **Conjunctivitis** (Pink Eye), Diabetic Retinopathy, Eye Herpes, Glaucoma, Macular Degeneration and Retinitis Pigmentosa. Several of these such as Retinitis and Conjunctivitis are highly **contagious** and all should be dealt with by a healthcare professional.

Eye health may be determined by eye (Cont. on next page)



**Our eyes** are vastly important in our lives and we have a say in how healthy they are. I personally took on creating 20/20 vision for myself after I had had laser surgery that **caused dry eye**, a lot of complications and ended up in my vision worsening. As a public speaker I needed to be able to see my audience from the front row to the very back row—I had laser surgery thinking that would be the solution. When the surgery made matters worse I started working with a series of **eye exercises** to strengthen my vision. I also paid very close attention to the foods I ate making sure that I was giving my eyes the nutrition they needed. The result was **20/20 vision within 6 months** and it has remained at that level for the last 8 years.

**Cherish your eyes** with all of their imperfections. Treat them with care, maintain them and keep them as healthy as possible throughout your life. **Listen to your body** to guide you to take care of your eyes for the best performance. **Honor you** and request you honor your eyes as you do your whole body!

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exams usually given to children before they enter school, to determine strength of vision and **normality of movements**. Eye exams may also be administered at age six months, three years, and every two years after they enter school. In order to encourage good eye health in children, activities such as playing with building blocks, **hanging a mobile** above the bed, encouraging children to

develop their hand-eye coordination, and reducing the probability of a child sustaining an eye injury through sharp objects.

Good eye health starts early, and parents should aim to monitor their children's **eyes and seek medical attention** if there seem to be any problems

such as clouded irises or cross-eyes. **Eye protection** is an important preventative action in children and adults such as wearing UV protected sunglasses in bright light and wearing proper athletic gear to prevent injuries.

Physically, eye health is a good indicator of **overall health** and must be taken care of.

## 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!!**

## STRESS AND SOCIAL ANXIETY GO HAND IN HAND WITH EYE CONDITIONS, PROBLEMS AND DISEASES!!

Your eyes are your windows to the world and taking care of them can have great benefits to your mental, emotional and spiritual health. Healthy eyesight can give you a **healthier outlook** on life.

Some emotional and mental problems can include stress and social anxiety in some cases where a person is affected eye problems. Conditions such as pink eye can be stressful, and as it is very **contagious**, and could cause anxiety and bring on more stressful situations. Vision loss is also closely associated with **depression**, particularly noted with people as they age. Many people, because of their age will avoid things such as **cataract surgery** because they are resigned about their sight but studies have show an immediate emotional boost for those who allow the surgery.

**Social anxiety** may be high in younger children as well, as occasionally; they

may be teased for wearing glasses. Teasing can lead to **self-esteem** issues, which can lead to other, more severe emotional and mental problems if unchecked. Generally, though, many people with **poor eyesight** manage their lives fine, and glasses may always be replaced by contacts, and as people age, the teasing may generally stop.

Anytime we have a physical disease, condition or **problem that impacts** our physical body, then followed by decreasing emotional impact, our ability to hear the quiet voice of our soul is impacted. With your eyes, unless other diseases are involved that cause the **decrease of eyesight**, remember that you do not need perfect eyesight to connect to your higher self. Use your spiritual practices and the guidance of your higher self to help you strengthen your vision. Many people have created **perfect vision** for themselves by working on their sight

from many different levels.

Eyes do many things for our bodies and our lives, and **taking care of them** can be one of our greatest assets. As always, however, cherish your body for its imperfections and allow yourself to listen to your body to tell you how to take **care of your vision** just as you do other physical parts of your body.

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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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