

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 75th Newsletter, I want to talk to you about Heart Health and it's 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.

TREATING YOUR HEART WITH CARE WILL KEEP YOU FROM SUDDEN DEATH!!

Heart disease is one of the leading causes of death among men and women, causing over 25% of all deaths in the United States. Coronary heart disease is the most common of all heart problems. In this newsletter, I would like to discuss the importance of heart health, highlighting its use for your physical, mental and emotional well-being.

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

Your heart is the most important muscle in your body, regulating blood flow to your brain and other important appendages. When it doesn't function properly, many different complications can

arise, such as heart attacks, heart diseases and obviously death. Keeping your heart healthy can help you live a longer, more fulfilled life.

Heart attacks are a common occurrence, accounting for many of the deaths in the world. Someone has a heart attack in the US every 34 seconds and someone dies every minute from a heart attack. Knowing the signs can help to prevent death being the result. Heart attacks can be categorized by pain or unfamiliar feelings in the chest that may spread to the shoulder and arm, shortness of breath, sweating, fast or irregular heart-beat, and lightheadedness.

The risk of heart attacks and other heart diseases may be increased by certain activities or conditions. These can include high cholesterol, high blood pressure, diabetes, smoking cigarettes, obesity or being overweight, poor diet, physical activity, or alcohol use. Some of these factors can be easily changed or modified, such as quitting smoking and reducing alcohol use. Diet and exercise can also drastically reduce a person's chances of having a heart attack or developing a heart disease.

Things such as stress may also lead to the development of heart diseases. In addition chronic mental stress characterized by depression, lack of social support, or hostility has all been tied to an increased rate of heart disease. To take care of your heart, you should consider taking some time to yourself and de-stressing and removing yourself from stressful situations.



CAROLINA ARAMBURO

A healthy heart may be easy to maintain with a little work, however! Eating a balanced diet that includes foods with omega-3s in them can reduce the risk of developing a heart condition. Omega-3s are found in foods like flax seeds. Eliminating the red meat you consume may also reduce your risk. A diet rich in fruits, vegetables, and low in saturated and total fat will go a long way to keep your heart healthy.

Exercising to keep your body healthy may be recommended to maintain a healthy heart also. There are many fun and interesting sports you can do that won't seem like a huge workout. The key is making it fun. I know that sometimes exercise, like going to the gym everyday, can seem daunting but it doesn't have to be work. It can be as fun as playing tennis with a friend once a week or taking a walk along (Cont. on next page)



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## TREATING YOUR HEART WITH CARE WILL KEEP YOU FROM SUDDEN DEATH!!

the beach!

One consequence of an unhealthy heart can be a **stroke**. A stroke is caused when a **blood vessel blocks blood from the brain**. This can dramatically affect people in the long run, especially if not recognized and treated immediately. Symptoms of a stroke can include a **sudden numbness** in the face or more particularly, one side of the body, sudden confusion or trouble understanding, sudden trouble seeing, sudden loss of coordination or **dizziness**, or a sudden headache

with no known cause.

In my own health journey, I encountered troubles with my heart. I had always had **low blood pressure** but there came a point where, because of the impact of all my other illnesses and medications I was put on, my blood pressure shot up to the point of being on the verge of a **heart attack**. With the immediate help of my healthcare providers I pulled through the danger. My heart is now completely healthy again, but I am always very careful to keep myself on a clean

**healthy vegan diet** and get a lot of regular exercise! If you practice a healthy lifestyle, there's not reason you can't have a healthy heart too.

Overall, heart health can be easily **maintained** through preventative measures. It is important to know the symptoms of heart diseases, as many of them require immediate medical attention. If you or someone you know shows signs of heart **attack or stroke** call an emergency number at once and follow their instructions. It may just save their lives!

## ELIMINATING RED MEAT FROM YOUR DIET MAY BE THE SINGLE BEST THING YOU COULD DO FOR YOUR HEART!!!

The physical health of your heart can have a big impact on how you live **your entire life**. Physically, your heart plays a key important role in your general and overall health.

Your heart controls blood flow to many different parts of the body, and a **defect such as an arrhythmia** may prevent the heart from pumping enough blood to places such as the brain which could then cause a stroke or damage to other parts of the body such as other **vital organs** and your heart.

Some heart problems are not caused by outside effects, but are **present at birth** and may be a lifelong affliction for some people. Conditions such as **congenital heart failure** happen before the individual is born and the cause is unknown. There may be no symptoms of congenital heart failure but if there are, they may include shortness of breath and limited ability to exercise. Often, heart failure may be diagnosed at any time, **before or after birth** and definitely much later in life.

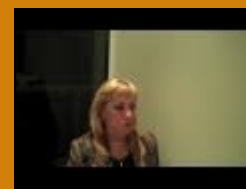
In children, it may be easier to diagnose heart problems. For ex-

ample, in heart failure, symptoms may include a bluish tint to the skin, **fingernails, and lips**, fast breathing, poor eating, frequent lung infections, and inability to exercise. Heart failure may affect a person's ability to function normally and **participate in strenuous** activities such as playing sports.

There are many types of heart problems but many may have similar symptoms. These symptoms can include **shortness of breath, heart palpitations**, weakness or dizziness, nausea, sweating, or discomfort in the chest. These could be an indication of many different **heart problems**, and you should take yourself to healthcare provider if you experience any of the symptoms. This fits the "better safe than sorry" rule.

Keeping up your own general physical health may be one way to **prevent heart problems** in the long run. Doing cardio exercises such as running, biking, cross-country skiing, swimming, rowing, kick-boxing, walking, and jumping rope may help prevent build-up of **fat in your arteries** and prevent heart disease from developing.

(Cont. on next page)



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We all think we know to take care of our hearts. There are a lot of **obvious things** that we hear constantly about heart health. Since I had always taken care of my body I was shocked, during my intense health journey, to find that I had **developed heart problems**. It was never on my radar as I had always had a very strong heart. But, as I dealt with a multitude of illnesses and with the complications of chronic fatigue syndrome and chronic post traumatic syndrome the other organs in my **body suffered more** and more stress and my heart suddenly and abruptly became dangerously impacted. Fortunately it was discovered before I ended up in a complete stroke and/or heart attack. My **heart is now completely restored** but it was very scary. During that time I developed a whole new appreciation for my heart during that time.

**Cherish your body** with all of its imperfections. **Listen to your body** to guide you to take care of your heart for the best performance as possible. **I honor you** and request you honor your body and all of it's beautifully designed systems!

## ELIMINATING RED MEAT FROM YOUR DIET MAY BE THE SINGLE BEST THING YOU COULD DO FOR YOUR HEART!!!

Eating right can also help prevent heart problems while keeping the rest of your body healthy as well. Some foods that may improve heart health may include herbs, which can be substituted for salt, anything with antioxidants, black beans, red wine, flax seeds/oil, low omega-6 oils like olive, avocado, peanut, or canola oil, walnuts to help lower cholesterol, tofu as a substitute for red

meat, sweet potatoes that contain less sugars and starch than white potatoes, oranges, carrots, oatmeal, cherries, and blueberries. Vegetarians already have about a 24% lower risk of heart disease. A large study conducted by a group of doctors from the Harvard School of Public Health, who worked under the guidance of Doctor of Medicine An Pan, revealed that fears of vegetarians are

absolutely justified. Consumption of red meat is clearly correlated with a higher risk of death from cardiovascular disease.

Heart health is an important part of our lives, and we should remember to take care of our bodies and listen to what they're telling us. Your heart is designed to serve you for a long life!

## 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 FULFILLING ADVENTURE!!

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## YOUR MIND, EMOTIONS AND SPIRITUALITY CAN BE YOUR BIGGEST ALLY WITH HEART DISEASES!!!!

Caring for your heart can be a full-time job if you have heart disease, one that can be emotionally draining and leave people fearful, depressed, lonely, angry, tired, lethargic, stressed, emotionally repressed and unwilling to participate in life.

Heart disease has also proven in studies to leave many people depressed. About 50% of hospitalized heart patients have some depressive symptoms, and up to 20% develop major depression. And depression, then in turn, affects heart health: Patients who are depressed at the time of hospitalization for heart conditions are two to five times more likely than average to die or to suffer further cardiovascular events such as heart attack, stroke, or severe chest pain in the following year.

Like depression, emotional repression and stress definitely show up as both causes and effects of improper heart health. Stress can create high blood pressure, which in turn can negatively affect the heart, and therefore stress may increase. On the other

hand, an individual can change the functioning of their heart; either slowing or accelerating their heart beat through visualization exercises in their minds. If an individual becomes frightened his or her heart-beat accelerates. If they meditate their heartbeat slows down. Certain automatic body functions can be adjusted by the mind.

Traditional medicine treats the body as if the mind and emotions do not have any effect on bodily functions. For example, when arteries get clogged treatments are prescribed to unblock narrowed passages. Changes are recommended regarding the type of food to be eaten. But the emotions, which were part of the cause of this illness, are ignored. Until recently, traditional medicine separated the treatment of the body, mind and emotions as if they did not affect each other. The medical profession is just beginning to look at the relationship of body, mind and emotions and their effect on health.

When the body is sick and diseased and

then mental and emotional impacts begin to set in it is more and more difficult to hear the quiet voice of your soul rendering it harder and harder to connect with your higher self at the very time when it might serve you the most. Keeping your connection to your higher self (your own form of spirituality) has proven in many studies to help in the prevention of heart problems and makes a difference in maintaining a healthy heart.

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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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