

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 76th Newsletter, I want to talk to you about **Bone, Joint and Muscle 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

**YOUR BONES, JOINTS AND MUSCLES NEED YOUR SUPPORT TO SUPPORT YOU!!!**

Your bones, joints and muscles are what hold your body together and allow you to **move and be active!** In this newsletter, I want to focus on ways to keep your bones, muscles, and joints in **top condition** and how to recognize any problems before they happen!

This week on our Fan Page, we have provided links and information about **bones joints and muscles** that will help encourage a healthy lifestyle. These articles will provide information on how your bones and muscles may affect your health, physical, and spiritual well-being.

Your bones, muscles, and joints are very important to the **inner workings** of your body, and if they become injured, there can be painful consequences. Practicing a healthy lifestyle and **practicing basic care** of your body can avoid some of

these injuries!

Good bone health starts even before birth with **expectant mothers** eating a healthy, balanced diet that enables the fetus to grow and develop properly. As children, **calcium** can be one of the greatest aids to developing healthy and strong bones. Calcium intake should increase, as you get older, **rather than decrease**, or else you may run the risk of your bones breaking down over time and becoming frail in old age. Bones are constantly re-growing and adding calcium helps them remain strong. **Magnesium, Vitamin D**, Vitamin C, Antioxidants and Essential Fatty Acids are also important for bones, muscles and joints.

Some things that can affect the strength of your bones can include **cancer and bone diseases**. Cancer may often be categorized as simply a pain and surgery is often a cure used in bone cancer. Bone diseases can cause your bones to become weaker, and therefore more prone to **breakages or fractures**. After age twenty, you may begin to lose your bone mass faster than your body can grow new tissue.

Problems that can affect the bones, muscles, and joints include: **arthritis** which is the inflammation of a joint, and people who have it experience swelling, warmth, pain, and often have trouble moving. **Osteoporosis** is where bone tissue becomes brittle, thin, and spongy. Bones break easily, and the spine sometimes begins to crumble and collapse. It may develop as you get older, or if you have **low bone density**, a family history of osteoporosis, or be more if you are white or Asian decent. It may often be hard to detect until you break a bone. **Osgood-Schlatter** disease is an inflammation (pain and



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swelling) of the bone, cartilage, and/or tendon at the **top of the shin-bone**, where the tendon from the kneecap attaches. Osteomyelitis is a bone infection often caused by *Staphylococcus aureus* bacteria, though other types of bacteria can cause it, too. Every person's spine curves a little bit; a certain amount of **curvature is necessary** for people to move and walk properly. 3-5 people out of 1,000 have scoliosis, which causes the spine to curve too much.

Muscles are also very important to your overall health. Building up **healthy muscles** comes from eating right and exercising regularly. Some common muscle ailments may include muscular dystrophy, chronic back pain, sprains, tendinitis, or neuromuscular disorders.

Back pain can be caused by strain on the muscles or **even stress** in your everyday life. Rest, massage and physical therapy may help i (Cont. on next page)



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## YOUR BONES, JOINTS AND MUSCLES NEED YOUR SUPPORT TO SUPPORT YOU!!!

pain, however, if it continues or worsens, you may want to visit a health care professional such as acupuncturist.

**Muscular dystrophy** is a general term for many diseases that can cause your muscles to weaken, or for you to lose muscle mass. Muscular dystrophy can occur in all age groups and **will only worsen with age**. Many people with the disease may eventually lose the ability to walk and the muscles will only get weaker.

Keeping your joints healthy comes from keeping the **muscles and the bones** healthy as well. Joints allow us to move and reach for things, so keeping the muscles and tendons that hold them together healthy will allow you to live a healthy life.

In my own health journey, I have had my

### PROPER NUTRIENTS, MINERALS AND ENZYMES ARE THE KEY TO HAVING HEALTHY BONES, JOINTS AND MUSCLES!!!!

Bones, joints, and muscles all work together to help us move and enjoy life by enabling us to do different physical activities, so when problems develop, they can be **very painful**. Proper nutrients, supplements, minerals, enzyme-rich food, and **enzyme supplementation** are all helpful in reducing inflammation and increasing circulation and lubrication.

The human skeleton has **206 bones**, which begin to develop before birth. **Bone-building continues** throughout life, as a body constantly renews and reshapes the bones' living tissue. Bone contains three types of cells: osteoblasts, which **make new bone** and help repair damage; osteocytes, which carry **nutrients and waste products** to and from blood vessels in the bone; and osteoclasts, which break down bone and help to sculpt and shape it. The amounts of certain vitamins and minerals that you eat, especially vitamin D and calcium, directly affects how much calcium is stored in the bones. One way to build strong bones, from the beginning, is to get a **minimum daily intake** of calcium. Calcium-rich foods may include soy beverages with calcium added, tofu, **broccoli, almonds**, tortillas, spinach, and soybeans. These all have lots of calcium, but it's also important to remember that you may need more calcium, as you get older. Building **strong bones starts young**, though, so it is important to give you children enough calcium when they're young.

The **soft bone marrow** inside many of the bones is where most of the blood

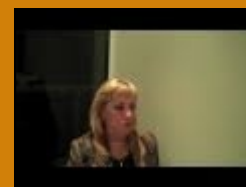
share of **muscle pains**. Often, when things get stressful, you can feel the strain in your muscles! Your neck or your back can become sore and that may be your body's way of telling you that you need to slow down and take some time to rest and recover! When **my muscles are tired** and sore, I let myself rest for a little while. I don't try to strain myself to keep doing everything. We need to listen to our bodies! I eat **non-dairy sources** of the vitamins, minerals and nutrients that keep my bones, muscles and joints strong such as:

- **Calcium** - spinach, rhubarb, sweet potatoes and dried beans
- **Magnesium** - green leafy vegetables, unrefined grains and nuts.
- **Vitamin C** - citrus fruits, berries, tomatoes, cauliflower, potatoes, green leafy

vegetables and peppers.

- **Folic acid** - cereals, beans, and green leafy vegetables, orange and orange juice.
- **Antioxidants** (vitamins A, C, E and the mineral selenium) - fruits and vegetables, the highest quantities are found in the most deeply and brightly coloured.
- **Essential fatty acids** - seeds.

Your bones, joints, and muscles are some of the most important parts of your body. Without them, we wouldn't be able to move or do anything! When your body tells you it hurts or is tired **listen to it!** Don't push past your limits and don't take too many steps before you're ready! Keeping your bones healthy and your **muscles strong**, you will be able to live the lifestyle you want without fear!



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cells are made. The bone marrow contains **stem cells**, which produce the body's red blood cells and platelets, and some types of white blood cells. Red blood cells carry oxygen to the body's tissues, and platelets help with blood clotting when someone has a cut or wound. **White blood cells** help the body fight infection.

**Physical exercise** can also be a good addition to building stronger bones, as well as increasing your muscle tone and the health of your muscles by using them frequently and **building up their strength**.

The human body has more than **650 muscles**, which make up half of a person's body weight. They are connected to bones by tough, cord-like tissues called **tendons**, which allow the muscles to pull on bones. Keeping up your muscles health will allow you to stay active in your life. Getting enough rest and exercising regularly can help improve muscle health. For problems such as cramps, using a **heating pad** may help to soothe the muscles. Injuries that occur to the muscles like sprains or strain caused to the muscles can be soothed through rest. By avoiding **putting pressure** on injured muscles, you may allow the muscle to heal itself over time. Physical therapy can also be helpful in more extreme cases by stretching and smoothing the muscles.

**Muscle atrophy** can sometimes occur when muscles are not used for a prolonged period of time, such as when an arm or leg (Cont. on next page)

Your **skeletal and muscular system** are dependant on you to keep your whole body framed perfectly to support you. The body's structure relies on vitamins and minerals to ensure muscle tone (including the heart), healthy functioning of nerves; correct **composition of body fluids**; and the formation of healthy blood and bones. I did the research and worked with my healthcare providers to discover exactly what I needed to be eating in my vegan diet to provide myself with foods that completely fulfill everything I need for my bones, joints and muscles. I load my body with **spinach, nuts, oranges and seeds**. I am clear after being on my own intense health journey that every system in the body can be cared for naturally.

**Cherish your skeletal and muscular system** 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 bones, joints and muscles for the best performance. **I honor you** and request you honor them as you do your whole body!

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is in a cast. The **muscles gets smaller** and regular exercise and use can be an easy way to bring the muscle back to its full strength.

Joints occur where two bones meet. They make the **skeleton flexible** — without them, movement would be impossible. The physical aspects of joint pain can be realized in **inflamed muscles** around the bone or joints. Rest and heating/cooling pads may help ease the pain.

In order to prevent injuries to your muscles, joints and bones always be sure to warm up and **cool down before any physical** or strenuous activity. This will give the muscles a chance to stretch. Don't push yourself too hard during sports or exercise routines and don't try to push yourself through any pain. That may only make things worse.

**Eating proteins** may help to increase your muscle strength, as well as always staying hydrated. Avoid stressful situations as

stress can sometimes trigger muscles to stiffen and cause pain in your neck or back. A **chiropractor or acupuncturist** may be helpful for people with chronic muscle pains, or those that have had **physical trauma to their muscles**.

Keeping your bones and muscles healthy is crucial to keeping yourself in good shape, so **start early** and keep at it! Listen to your body and cherish it for any of your imperfections and it will support you!

## MASTERFUL BUSINESS & PERSONAL COACHING

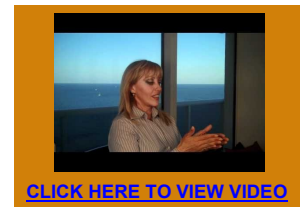
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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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## STRESS HAS AN BIGER IMPACT ON YOUR SKELETAL STURCTURE THAT YOU IMAGINE!!!!

Our bodies are built to take a lot of stress, but sometimes, the stress of our bodies can take a **toll on our minds** and visa versa! Often, when our muscles feel strained and tired, it can be draining on your emotionally and mentally and cause unnecessary strain on our bodies. On the flip side; constant stress promotes an **unhealthy hormone shift** increasing cortisol and reducing serotonin levels. Higher cortisol levels increase total body inflammation decreasing calcium absorption and increased calcium excretion. Osteoblasts (bone-building cells) are reduced in number impairing the bones ability to renew, which is essential to maintaining **normal bone density**.

Depression, with it's biochemical changes, also works both ways on our skeletal system. The depressed brain sends **different signals** to your internal organs and bones than a healthy brain. The brain uses the sympathetic nervous

system to increase the secretion of a chemical compound called noradrenalin within the bone. **Noradrenalin** literally has a depressive effect on the osteoblasts (bone break-down cells). Stress causes less bone to be created and more bone to be destroyed resulting in osteoporosis.

Other mental and emotional such as anoxeria directly impact our skeletal system. **Nearly 90% of women** with anorexia experience ostenopenia, or loss of bone calcium, while 40% develop osteoporosis, an advanced and even more serious loss of bone density.

It is important when feeling pain from bone, joint or muscle problems to find ways to **focus elsewhere**. Meditation or yoga can be great ways to clear your mind and release the discomfort you may feel from **joint or muscle pains**. Studies have shown that, when in pain,

spiritual practices provide an emotional, mental and physical outlet. Since, when your **body is affected** by disease or other physical damage, it becomes harder to hear the quiet voice of your soul it will take some rigor on your part to make that connection. It becomes even more difficult when mental then emotional impact sets in. So the earlier in your **diagnoses you turn** to your own connection the better.

If you would, please go to this link and give us/me your feedback:

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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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