

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 83rd Newsletter, I want to talk to you about your **Lungs** 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 LUNGS KEEP YOU ALIVE WITH OVER TWENTY THOUSAND BREATHS A DAY!!!

Your lungs are the part of your body that **processes oxygen** and allows us to breathe and function! Without the oxygen in our blood, we would literally die! In this newsletter, I want to focus on ways to keep your lungs 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 your lungs that will help encourage a **healthy lifestyle**. These articles will provide information on how your lungs may affect your physical, intellectual, emotional, and spiritual well-being.

Your lungs take about **twenty thousand breaths** per day, working to keep your body functioning properly, your blood pumping, and your brain cells working. Your lungs are complex organs, but what they do, at a

basic level, is take a gas that your body needs to get rid of (**carbon dioxide**) and exchange it for a gas that your body can use (**oxygen**). By keeping your lungs healthy, you are also keeping the rest of your body healthy, so it's very important to care for your lungs properly and avoid damaging them.

By the time you reach 20, you stop **growing lung tissue** and your lung capacity is stabilized. This lasts for about 10 years. Then, around 30, your lungs start to decline. The alveoli that deliver oxygen to your blood begin to die off. Slowly, most people limit their daily activities so their lungs can keep up. Unless you prevent it, you **lose 20 percent** of your vital lung capacity by about age 35. By 50, you've lost 40 percent of your breathing capacity and the decline continues for life. If you get the flu at age **35 or 40**, you can shrug it off. That's because you have the extra lung capacity you need to sustain yourself—even if the flu or pneumonia takes some of your lung volume out of commission with fluid. But if you're **65 or 70** and you get a bout of flu or pneumonia, you won't have the reserve lung capacity to sustain you. That is why the death rate is so much higher for seniors who contract these respiratory diseases. They simply don't have the lung capacity to get them over the hump.

You don't have to think about breathing because your body's **autonomic nervous system** controls it, as it does many other functions in your body. If you try to hold your breath, your body will override your action and force you to let out that breath and start breathing again. The respiratory centers that control your rate of breathing are in the brainstem or **medulla**. The nerve cells that live within these centers



CAROLINA ARAMBURO

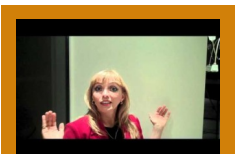
automatically send signals to the **diaphragm** and intercostal muscles to contract and relax at regular intervals. However, the activity of the respiratory centers can be influenced by these factors:

- **Oxygen**
- **Carbon dioxide**
- **Hydrogen ion (pH)**
- **Stretch**
- **Signals from higher brain centers**
- **Chemical irritants**

There are many- common conditions that can affect your lungs. We will describe some of the ones you hear about most often. **Diseases** or conditions of the lung fall mainly into two classes -- those that make breathing harder and those that damage the lungs' ability to exchange carbon dioxide for oxygen.

Diseases or conditions that **influence the mechanics of breathing:**

(Cont. on next page)



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YOUR LUNGS KEEP YOU ALIVE WITH OVER TWENTY THOUSAND BREATHS A DAY!!! (Cont.)

- **Asthma**
- **Emphysema**
- **Bronchitis**
- **Pneumothorax**
- **Apnea**

Diseases or conditions that **minimize or prevent gas exchange**:

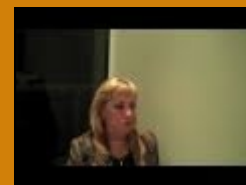
- **Pulmonary edema**
- **Smoke inhalation**
- **Carbon monoxide poisoning**

The lungs are delicate parts of the body, **easily affected** by the outside world. They can be affected in different ways than the rest of the body and

develop problems that can be difficult to cure. These can include lung cancer, emphysema, **tuberculosis**, lung disease, **chronic bronchitis**, or asthma.

In my own health journey, I have always worked hard to keep my lungs healthy and to their best capacity. I consider them not only **critical but sacred**. I do breathing exercises daily. I train myself constantly to breathe better and better, as very few of us breathe as we should. I also avoid **places with smoke** as much as I would avoid poison in my food. For me it is a big deal that I not only do not smoke but that I am never even near it. In addition I eat a diet that provides

nutrition for my lungs such as **carotenes** and make sure I get outside to process vitamin D and I exercise regularly to strengthen my pulmonary functions and while I do that I attend to my breath and do specific breathing exercises. Keeping your lungs healthy can be a **lifelong** activity and it's important to start early and keep going. Let your lungs guide you to practices that honor them just as I do.



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BRING NUTRITION, EXERCISE AND QUALITY AIR TO YOUR LUNGS TO INFUSE YOUR WHOLE BODY WITH HEALTH!!!!

Keeping your lungs healthy are one of the most important things you can focus on in your body. There are several different ways to **improve** your lung health naturally and healthily. A proper diet will help your lungs, as with everything, but certain foods and nutritional elements can be better than others.

Here are some things to make sure you **add to your diet** to protect and strengthen your lungs:

- **Water**
- **Garlic, Onions and Ginger**
- **Rosemary**
- **Alkaline Foods**
- **Green Tea**
- **15,000 IU of mixed carotenoids, including beta-carotene**
- **Vitamin C**
- **Coenzyme Q10 (CoQ10)**
- **Cordyceps, reishi & Zhu ling (*Polyporus umbellatus*) mushrooms**
- **B vitamins**
- **Vitamin D**
- **Mullein**
- **Fruits, Nuts & Vegetables** – Foods full of antioxidants such as berries (blueberries, acai berries, grapes, cranberries, and strawberries) and beans (black, kidney and pinto). Some other lung healthy foods can include walnuts, broccoli, cauliflower, kale, bok choy, apricots, and apples.

Avoid these foods:

- **Dairy foods**
- **Corn Wheat & Soy**
- **Processed food**
- **Meat**

Signs that the lungs may be **taxed** and would benefit from rejuvenation include:

- **Chronic cough**
- **Frequent colds and flu**
- **Excess mucous**
- **Thick tongue coating**

By changing a few daily habits, you can also reduce your chances of developing lung problems in the **future**. If you are a smoker, for example, quitting smoking may be the only way to reduce your chances of **lung cancer**, or emphysema or chronic bronchitis.

By paying attention to **air quality**, you can also reduce your risk of damaging your lungs. The air can often be filled with pollutants that can cause harmful damage to your lungs. Working towards cleaner air and **clean air laws**, you can help improve the air quality for the lungs and health of future generations.

Regular exercise is also a great way for keeping your lungs healthy and working their best, in particular exercises like running, that allows your heart to pump blood and **clear out the passageways** in your body, may be helpful to keeping (Cont. on next page)

During my intense health journey I dealt with a lot of moments when I had respiratory issues. Since my immune system was **completely compromised** I had a series of colds, coughs and episodes of congestion in my chest. The struggle to breathe was always **unsettling** and would impact me emotionally. It also would impact me **intellectually** as a lack of oxygen was getting to my blood and then my brain. I completely understood how people with on-going lung issues would experience the fear that comes when breathing seems **out of their control**. Fortunately my lung issues were not chronic or long term. My **vegan diet**, with an abundance of fruits and vegetables, the breathing and physical exercises I do and the **practices** I use to keep myself balanced and peaceful (such as breathing meditation) that have **strengthened** my lungs throughout my life also helped them during my illness. I intend to keep listening to my body and to have my sacred lungs that serve me for a lifetime.

Cherish your body with all of its imperfections, **NOT DISPIE THEM** BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and to your healthcare providers, to guide you to take care of your **lungs** just as you would all of the other organs and systems in your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

BRING NUTRITION, EXERCISE AND QUALITY AIR TO YOUR LUNGS TO INFUSE YOUR WHOLE BODY WITH HEALTH!!!! (Cont.)

your lungs at their top condition. In cases such as **Chronic Lung Disease**, exercise can be a great way to fortify your lungs and help them work best.

Some of our daily activities and jobs can be **hazardous to our lung** health as well. Professions such as hairdressers that deal with chemicals frequently can be more at risk for lung problems down the line. Other dangerous professions for lung health can

include manufacturing, health care, textiles, bartending, baking, the automotive industry, transportation, firefighting, and mining. Each of these professions exposes the worker to **harmful chemicals** or irritants to the lungs.

Another way to keep your lungs healthy is to protect yourself from **infections** such as the flu. Washing your hands frequently and avoiding contact with sick people can help

reduce your risk of being infected. Avoid crowds and get plenty of rest as well.

Using safe products in the home such as **non-toxic chemicals** and lead-free paints can also help keep your lungs healthy and working properly. The best way to fight lung problems is to start early with **preventative measures** and keep it up as you get older to keep your lungs healthy and strong!

MASTERFUL BUSINESS & PERSONAL COACHING

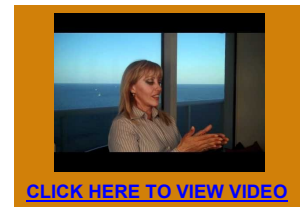
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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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LUNGS ARE A LIFE FORCE THAT SPARK YOU EMOTIONALLY, INTELLECTUALLY & SPIRITUALLY!!!!

Our lungs are what allow us to **breathe** and feel as if we can function properly. When problems arise in our lungs, we can feel **suffocated**, both literally and figuratively.

According to Neil Gumenick, (Acupuncture-Today.com), in Chinese medicine the lungs are considered a key organ, that receives **life-giving qi** that we breathe and are also considered a Metal element. Grief is the emotion of the Metal element. In this ancient tradition, **Grief cleanses us** of what is no longer needed in our lives. When the energy of Metal is blocked or imbalanced within us, our expression of grief likewise becomes imbalanced and inappropriate. It may be excessive and ongoing. Or, in the other **extreme**, it may be absent, as in those who cannot express their grief. The deep grief of the metal imbalance is, at its core, a perceived **loss of one's essence** - a void, which can only be filled by our connection to our soul/ higher self. It makes perfect sense that when someone is experiencing lung problems that the ability to hear the **quiet voice of our soul** is limited and we may feel lost, cut off, purposeless and

uninspired.

Also according to Chinese medicine, intellectually, when the lungs are **unable to receive**, then new ideas, emotions and experiences cannot penetrate or stimulate the brain. Rather, a person with lung issues may appear **lifeless and dull**. Lacking the essential spark that comes from the lungs, the mind will be incapable of enthusiasm and excitement; it will be like cold metal - **brittle and emotionless**.

According to author Louise Hay and scientist Bruce Lipton, physical symptoms are merely **tangible evidence** of what is going on in your unconscious mind and how you are really feeling deep inside. Scientists are now able to measure the physiological effects of **emotional states**. Studies are proving that your body actually becomes weaker or stronger depending on your mental state and the opposite is also true. Louise Hay, a metaphysical teacher and healer, in her book, **Heal Your Body** labeled the lungs as the organ that represents the emotional ability to take in life.

She points towards lung problems as a **physical outcome** of not feeling worthy of living life fully and cites grief and depression associated with the lungs.

Attending to your breath and doing breathing **exercises** can be incorporated into your daily physical routines to have you be more **present and balanced**. Create your own sacred relationship to your lungs and impact your whole life today!

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

[\(CLICK HERE OR SEE http://carolinaarambom\)](#)

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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