

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 91st Newsletter, I want to talk to you about the **Circulatory System the Heart** 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](#).

YOUR CIRCULATORY SYSTEM FEEDS AND FUELS YOUR WHOLE BODY!!!

Your heart is the main muscle of your body, and in this newsletter, I want to focus on ways to keep your **blood circulation** well and your heart healthy through simple adjustments to your lifestyle and by recognizing warning signs before danger strikes!

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

Your heart and **blood vessels** make up your overall blood circulatory system. Your blood circulatory system is made up of four subsystems: 1) **Arterial** Circulation (arteries carrying blood away from your heart). 2) **Venous** Circulation (veins carrying blood to your heart). 3) **Capillary** Circulation (oxygen, nutrients, and waste pass between your blood and parts of your body and connect the arterial and venous circulatory subsystems). 4) **Pulmonary** Circulation (movement of

blood from the heart to the lungs and back to the heart again and includes both arterial and venous circulation).

Your heart's **electrical system** controls all the events that occur when your heart pumps blood. A heartbeat is a complex series of events. Each heartbeat has two basic parts: diastole (heart filling with blood) and systole (heart emptying blood). Your **Blood Pressure** (BP) depends on a combination of two factors: 1) How forcefully the heart pumps blood around the body. 2) How narrowed or relaxed your arteries are. BP is measured using two numbers. The first number is the **systolic BP** – the maximum pressure in the arteries when the heart contracts (beats) and pushes blood out into the body. The second number is the **diastolic BP** - minimum pressure in the arteries between beats when the heart relaxes to fill with blood. **120/80** is considered a normal BP reading. In general terms, people with a systolic BP consistently above 140 and/or a diastolic pressure over 85 you need **treatment** to lower their BP. If BP drops below 90/60 it is generally referred to as low BP. Each person is unique so this is not a hard and fast rule (i.e. someone with an ideal weight and who works out regularly tends to have a lower BP).

Low BP (**hypotension**) can cause heart, neurological and endocrine system disorders. Symptoms of low BP include light-headedness, giddiness, blurred vision, palpitations, fatigue, increased thirst, pale skin, fainting, shortness of breath, irregular heartbeat, light-headedness and seizures. Some of the common causes for low BP include **medications, heart problems, pregnancy**, nutritional deficiencies, endocrine problems, dehydration, blood loss, severe infection and allergic reactions.

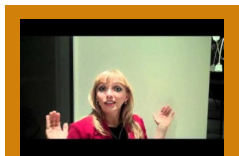
High BP (**Hypertension**) can cause complications such as atherosclerosis (narrowing of the arteries), strokes (hemorrhage or blood clot in the brain), aneurysm (dangerous expansion of the main artery either in the chest or the abdomen, which becomes weakened and may rupture), **heart attacks**, heart failure, reduced pumping ability, kidney



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failure and eye damage. Symptoms of high BP include **headaches, sleepiness, confusion and coma**. Some of the main causes for hypertension include chronic kidney diseases, diseases in the arteries supplying the kidneys, chronic alcohol abuse, hormonal disturbances and tumors. Certain factors can seriously aggravate hypertension and increase the risk of **complications** such as a tendency in the family to suffer hypertension, obesity, smoking, diabetes Type 1 or Type 2, high alcohol intake, excessive salt intake, lack of exercise and certain medicines, such as steroids.

Bad circulation means there is restriction in the flow of blood to the arms, legs, heart, a particular organ, or any of the rest of your body. A variety of conditions can be brought on by **poor circulation** such as high BP, hypertension, stroke, varicose veins, peripheral artery disease, heart disease, kidney damage, liver damage, brain damage, aneurysms, arteriosclerosis, Raynaud's disease and phlebitis. Symptoms include **pain in the legs, numbness in limbs**, water retention, coldness in limbs, leg skin discoloration or ulcers, tingling and numbness in the limbs, extremities become cold, cramps in calf muscles, and veins become prominent and (Cont. on next page)



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YOUR CIRCULATORY SYSTEM FEEDS AND FUELS YOUR WHOLE BODY!!! (Cont.)

tortuous (**varicose veins**), chest pain in case of coronary artery blockage, difficulty in breathing, headache, high BP, dizziness, vision loss, non healing ulcers especially in lower limbs, edema of feet, loss of memory, paralysis due to bad circulation of blood in the brain, **gangrene** in finger and toes.

The commonest causes of bad circulation is arterial insufficiency/hardening of the arteries (**Artherosclerosis**), high levels of cholesterol for a long duration, cold temperature where the vessels constrict and limit the blood flow, pregnancy, smoking, complications from flying, anxiety, diabetes, poor diet, **high cholesterol**, thyroid disease, weight gain, high BP, obesity, heart disorders, circulatory disorders, blood vessel disorders, artery and vein disorders, intermittent claudication, thrombophlebitis, nerve disorders, anemia, asthma, bronchitis,

pneumonia, blocked blood vessels, emphysema, eating disorders, food allergies, living a sedentary life, smoking, alcohol, excessive consumption of tea and coffee, obesity and **eating junk food**.

Solutions to circulation and BP conditions include a healthy diet, proper exercise and **balancing** yourself physically, emotionally, intellectually and spiritually. A plant based vegan diet and supplementing our diets with proper minerals, vitamins and herbs will always do us good if we know how to use them. There are **herbs** that can help strengthen blood vessel walls and open up arteries. Vitamins and minerals that give our liver, heart and kidneys the nutritional support they need to help manage circulation and high BP are available that cleanse us of pollutants and wastes. There are excellent therapies like **massage**, reflexology, and

acupuncture. Above all learning to relax deeper and more often, to manage your **stress**, is a key in preventing and healing these conditions.

My **mom, all my aunts** and my grandmother had circulatory and BP problems - some extreme low but most extreme high. I have, my entire life, been exposed to those condition and all its downsides with very few benefits. I have found that my family members that treated this with medication and **conventional** medicine battle the condition until they finally died from it.

I have also found that those that take on a **Vegan** / Whole food plant based diet, plus exercise, accu-pressure, lots of water and deep breathing exercises, along with various kinds of **natural** approaches, as a solution to their conditions are alive and vital and have the condition "under control".

GOOD CIRCULATION DEPENDS ON PROPER FOOD AND EXERCISE!!!!

Eating right and **exercising** properly has a profound effect upon the circulatory system. Bottom line is that eating unhealthy foods inhibits blood circulation and healthy foods can improve it. Here are some foods, herbs and supplements that can have a healthy impact on your circulation:

- **Fruits and vegetables** of any kind are good for your health. Some of the foods to include for your circulation are fiber, nuts, garlic, onions, foods rich in 'healthy' fats, foods high in Vitamin B (such as beans, chili peppers, lentils, potatoes and molasses), pumpkin seeds, colored vegetables (red, green and yellow), whole grains, legumes, celery, oranges (for its bioflavonoid content) and watermelon (for its lycopene content).
- **Water is essential.** 6-8 eight ounce glasses per day. You can add lemon if you want (for its citrate content).
- **Traditional herbs** like "butcher's broom", Ginkgo biloba, Yucca, Ephedra, Cilantro, Alfalfa, Dandelion, Celery Seed, Elderflower, Prickly Ash, Stinging Nettle, Cayenne Pepper, Hawthorn (White thorn, Highberry), Ginger, Yucca, Ephedra, Cilantro, Alfalfa, Dandelion, Celery Seed, Elderflower, Prickly Ash, Stinging Nettle, Yarrow, Motherswort, Cat's Claw, Chamomile, Linden, Valerian, Kudzu and Chinese moss are commonly used for enhancing blood circulation.
- A number of **supplements** have been found to be effective in restoring and boosting blood circulation. These include Vitamin B Complex, Vitamin B3 (opens blood vessels on the surface of the skin), Vitamin B6, Vitamin C, Vitamin E, Vitamin, and Niacinamide (helps to open the blood vessels deep in the body), L-Arginine, Alpha-

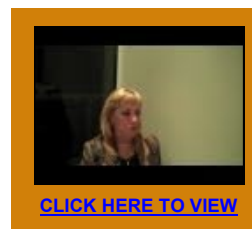
Lipoic acid, Magnesium, Zinc and Potassium.

- **Green tea** extracts and Ginseng (Siberian, Korean, Panax) teas are known to improve the functioning of the cells lining the blood capillaries. This helps in the constriction and dilation of the vessels that enhance the flow of blood.
- The **spices** marjoram, nutmeg, sage, tarragon, thyme, cloves, curry, dill, fennel horseradish, basil, black pepper, parsley, cinnamon, chili powder, saffron, cayenne, fennel, saffron, and oregano all have qualities that act either as antioxidants, to improve circulation or to directly decrease blood pressure.
- Studies have shown that **vegans** have lower blood pressure than the general population. A vegan diet lowers both systolic and diastolic pressures.

Foods & substances to **avoid** for good circulation are saturated and trans fats (meats and meat by-products), fast foods, **processed** foods, refined foods, foods high in sugar, foods high in salt, potatoes, pasta, white bread, rice, white flour, carbonated 'soft' drinks, caffeine based drinks (eg. tea and coffee) and alcohol.

Uniquely for low blood pressure:

- Since blood pressure often drops sharply after meals, those with low blood pressure issues should eat more **small meals** during the day and avoid foods high in carbohydrates, such as potatoes, pasta and bread.
- **Salt** is a known commodity that raises blood pressure and can be used successfully to increase blood pressure in those with low readings but be careful and increase salt with a healthcare (Cont. on next page)



Circulatory conditions can be prevented, kept **under control** and healed naturally with the proper attention. Because of the history of circulatory conditions and high and low blood pressure in my family, I have always been **aware** of how my diet, exercise regime and full physical, intellectual, emotional and spiritual balance impacts my heart and blood circulation. Currently, my **vegan diet** and the right exercises, at the right times, keeps my blood flowing perfectly. The one thing I have consistently worked with is various practices to keep stress as low as possible. Various **meditation** practices and breathing exercises have a profound impact on your heart and circulation.

Cherish your body with all of its imperfections, **NOT DISPISE 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 **skin** 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!!**

GOOD CIRCULATION DEPENDS ON PROPER FOOD AND EXERCISE!!!! (Cont.)

providers' consultation.

- Foods that have a high content of protein, **vitamin B complex**, and Vitamin C should be included in the diet. Nuts, spinach, kale, and citrus fruits are good options.

Regular physical activity is a great way to help improve circulation as it: 1) keeps blood vessels and arteries **flexible and open**, 2) improves **cholesterol**, fat levels, and weight loss, 3) reduces **inflammation**

in the arteries, 4) **lowers blood pressure**.

If you are not already active, consult with your healthcare provider first before starting any new program. **Walking**, swimming, biking and movement in general are all good to get the blood pumping. One can also control chronic hypotension by practicing **yoga**, which calms the mind, improves blood circulation, and balances the autonomous nervous system. Consult a yoga practitioner and enroll yourself in a good yoga program.

For high blood pressure, lose weight if you are more than **five pounds** above your ideal weight. Aerobic exercise is the key. While numerous studies have shown the beneficial effects of aerobic exercise on high blood pressure, the **primary advice** for hypertensives is to proceed with caution. **Be careful** with isometric exercises such as weight lifting if you have high BP as it might have your BP skyrocket.

Above all listen to your body for the instructions you need to be healthy!

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!!**

REMOVE STRESS TO FREE UP YOUR CIRCULATORY SYSTEM!!!

It has been affirmed, in studies, that: a) The heart contains its own nervous system and nerve ganglia that process information and send it to the **neocortex**. b) The heart is a **hormonal gland** producing its own neurotransmitters, dopamine, epinephrine and norepinephrine which affect the kidneys, the adrenal gland, the circulatory system and the neocortex, c) The heart generates from **45 to 60 times** more amplitude electrically than what we call the brain, plus all emotions alter the heart's electrical field, d) **Electricity** emanating from the heart of person can be detected and measured in the brain waves of persons near or touching person, e) **Cellular memory** resides in the heart cells, as can be seen from transplant cases, f) **DNA can be altered** by practicing head/heart "entrainment," or what we know as meditation or yoga.

Thoughts and emotions influence the function of various organs via pulse and blood pressure, which are controlled by the heart. Long-term memory, thinking, emotions, intimacy, cognition, intelligence, and ideas are all **dominated** by the function of the

heart.

Stress has a major negative impact on the circulatory system. Practices such as meditation and yoga can be good alternatives to "traditional" health remedies because they relax the body and mind, improve circulation and respiration and reduce tension. A **yogic breathing** practice, Relaxation Breath, is a powerful tool for stress management and is done as follows:

- Sit up, with your back straight in any position.
- Place your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout the exercise.
- **Exhale** completely through your mouth.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, to a count of eight.
- **Repeat** this cycle three more times for a total of four breaths.

- Try to do this breathing exercise at least twice a day. You can repeat the whole sequence as often as you wish, but don't do it more than four breaths at one time for the first month of practice. This exercise is fairly **intense** and has a profound effect on the nervous system.

Listen to the **quiet voice of your soul**. It has all of the information you need to create your perfect circulatory flow.

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