

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 91st Newsletter, I want to talk to you about **Strokes** 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](#).

STROKES ARE THE THIRD LEADING CAUSE OF DEATHS IN THE USA!!!

Strokes can often cause permanent **brain damage** to a person if they are not caught and treated quickly! In this newsletter, I want to focus on ways to keep your body 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 **strokes** that will help encourage a healthy lifestyle. These articles will provide information on how strokes may affect you physical, intellectual, **emotional** and spiritual well-being.

Strokes are the third leading cause of death in the United States today, affecting approximately **800,000** people in one year. Although, strokes can occur at any age, stroke risk normally increases as we age. After about the **age of 55**, the chance of a stroke more than **doubles** with each decade after that, with about ¾ of all strokes happening in people who are over the age of 65. A stroke, or cerebrovascular

accident (**CVA**), is the rapid loss of brain function due to disturbance in the **blood supply** to the brain causing brain cells to die. 87% of strokes are **ischemia** (lack of blood flow) and caused by blockage (thrombosis, arterial embolism). The rest are hemorrhagic (rupture of a blood vessel or an **abnormal vascular** structure).

When a stroke occurs and oxygen is cut off to the brain, damage can occur to the **brain cells**. The damage may vary depending on the severity of the stroke and the time it takes to treat it. Strokes can cause a loss of functions such as **speech, memory**, or physical abilities. Recovery from strokes can depend on the amount of damage done and the recovery process. Some people may recover completely while others may never recover. Once a person has a stroke, though, they may be more likely to have another.

When brain cells are deprived of oxygen, they cease to perform their usual tasks. The **symptoms** that follow a stroke depend on the area of the brain that has been affected and the amount of brain tissue damage. Small strokes may not cause any symptoms, but can still damage **brain tissue**. These strokes that do not cause symptoms are referred to as silent strokes. According to The U.S. National Institute of Neurological Disorders and Stroke (NINDS), these are the five major signs of stroke:

1. Sudden **numbness** or weakness of the face, arm or leg, especially on one side of the body. The loss of voluntary movement and/or sensation may be complete or partial. There may an associated tingling sensation in the affected area.
2. Sudden **confusion** or trouble speaking or understanding. Sometimes weakness in the muscles of the face can cause drooling.
3. Sudden **trouble seeing** in one or both eyes
4. Sudden trouble **walking**, dizziness, loss of balance or coordination

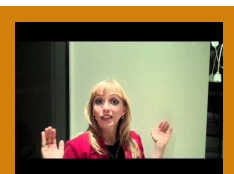


CAROLINA ARAMBURO

5. Sudden, severe **headache** with no known cause

Other symptoms of strokes can include a number of things such as a sudden headache that may occur while lying down or be strong enough to wake you, changes in **alertness**, hearing, taste, touch, and the abilities to feel temperatures or pain, clumsiness, memory loss, difficulty **swallowing** or writing or reading, lack of bladder control, loss of balance or coordination, numbness or **tingling** on one side of the body, a lack of muscle control on one side of the body or face, mood changes, eye problems, and trouble speaking or walking. Any of these may indicate that a stroke is happening. For ischemic strokes, a medication called tissue plasminogen activator, or **TPA**, thins the blood and can open blocked blood **vessels** and help restore blood flow to the brain. The classic mantra of stroke researchers: "'Time is brain' still holds true," Maarten Lansberg, MD, PhD, assistant professor of neurology and neurological sciences at Stanford said.

Risk factors for narrowed blood vessels in the (Cont. on the next page)



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STROKES ARE THE THIRD LEADING CAUSE OF DEATH IN THE USA!!! (Cont.)

brain are the same as those that cause narrowing blood vessels in the heart and heart attack (myocardial infarction). These **risk factors** include : being over age 55, being male, being African American, Hispanic or Asian/Pacific Islander, a family history of stroke, high blood pressure, high cholesterol, smoking cigarettes, diabetes, obesity and overweight, cardiovascular disease, a previous stroke or **transient** ischemic attack (TIA), high levels of homocysteine (an amino acid in blood), birth control use or other hormone therapy, cocaine use, heavy use of alcohol, in the oldest age groups, women's risk is higher, and since women live longer than men, women actually have an increased lifetime risk for stroke.

A transient **ischemic** attack (TIA, mini-

stroke) is a short-lived stroke that gets better and resolves. Many people refer to a TIA as a "mini-stroke." Although most TIAs often last only a few minutes, all TIAs should be **evaluated** with the same urgency as a stroke in an effort to prevent recurrences and/or strokes. TIAs can occur once, multiple times, or precede a permanent stroke. A transient ischemic attack should be considered an emergency because there is no guarantee that the situation will resolve and function will return.

My perspective about **strokes**, given the number of people in my family that have had them (too many), is that the ones that had them and "healed better" than the others were definitely the ones that had a **Whole Food Plant** based diet and

exercise. The ones that battled with them, had repeated strokes and even finally died from them were the ones that had diets filled with animal products, **processed foods** and were sedentary or did not exercise much.

A stroke can affect a person's entire life. In the few weeks and months after the first stroke, the risk is highest for another to **occur**. Some people recover completely while others lose functions in their brain and life becomes much harder. Eating a Whole Food Planet based diet, keeping **stress down** and exercising properly is both the best preventative steps and the steps that will allow you to heal and keep from having repeated strokes.

NATURALLY PREVENT STROKES WITH DIET AND EXERCISE!!!

There may be many different risk factors that go into a stroke and several ways that you may be able to reduce your risk of having a stroke. You can prevent a stroke **naturally** by following these guidelines:

Decrease or Eliminate Your Intake of Saturated Fats

Saturated fats are the main source of dietary cholesterol. These fats are almost solely found in animal products, like meat, eggs and all dairy. As for plants, they are only found in coconut, coconut oil, **palm oil**, palm kernel oil, and cocoa butter (the base of all commercial chocolate).

Eliminate Your Intake of Trans or Hydrogenated Fat

Trans fats are found naturally in small amounts in most animal products . Other than that they are only found in most processed and fast food.

Adopt a Plant-Based Diet

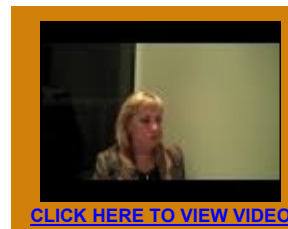
Plant-based diets are low or can even be entirely devoid of **bad fats** (saturated and trans). They are also high in fiber, which helps decrease the risk of all heart disease and high in many valuable vitamins, minerals and phytochemicals, which have been proven to be very beneficial for not only cardiovascular health, but promote optimal health in general. Add hemp-seed oil, garlic, oranges and other citrus fruits to your diet. Eating **vegan**, dark, organic chocolate may help lower blood pressure, boost normal responses to insulin to keep blood sugar levels down, and improve blood vessel function in patients with high blood pressure, accord-

ing to new research findings.

Add the Following Supplements and Herbs

- **Vitamins B9** (folate), B6, and B12, which are known to reduce blood levels of homocysteine -- an amino acid linked to heart disease).
- **Magnesium**
- **Ginkgo biloba** improves circulation and thins the blood.
- **Taurine** is a naturally occurring organic acid. It has been used to regulate hypertension, hypoglycemia, and diabetes, which may often be issues and risk factors among people who are in recovery from stroke.
- **Rutin** is a bioflavonoid readily found in buckwheat, which can assist in the body's absorption of vitamin C. It also acts as an antioxidant to prevent free radical damage, and may reduce the risk of hypertension.
- **Vinpocetine** is a derivative of periwinkle, which acts as an anti-vasoconstrictor, and as -increases mental agility, memory, stamina, and awareness.
- **Bromelain** is a digestive enzyme that breaks up blood clots in your body.
- Phosphatidylserine works as a brain cell stimulator stimulating and protecting brain cells.
- DMAE, helps to strengthen the function and chemistry of the brain.

Taking the following supplements can help decrease your chances of having another stroke: Vitamin E - 400 to 600 ius a day, **Omega-3** fatty acids - 1 tablespoon of flaxseed oil a day, Coenzyme Q10 - 30 to 100 mgs a day, and vitamin



The risk of strokes can be dramatically **reduced** with a whole food, plant based diet, appropriate exercise and taking on practices to remove as much stress from your life as possible. I have personally watched people I know who had all of the **hereditary** risk factors be stroke free and people who had strokes completely heal and never have another stroke by adhering to this.

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 train your children to listen to theirs and follow the healthcare providers that naturally guide you to take care of your physical, emotional, intellectual and spiritual balance. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

NATURALLY PREVENT STROKES WITH DIET AND EXERCISE!!! (Cont.)

C - 3000 mgs a day. There are a number of other natural remedies that will help one recover from a stroke, like mind-body healing through medical hypnosis and positive thinking.

Reduce Your Intake of Salt Salt contains about 40% sodium. High sodium intake throws off our sodium-potassium balance, whose main effect is increased blood pressure.

Maintain a Healthy Weight

Being overweight or obese usually goes hand in hand with high blood pressure as more stress is put on the heart and blood vessels.

Exercise

Exercise in moderate amounts has many beneficial effects on our heart and blood vessels. Its main effects are that it strengthens the heart muscle, increases your oxygen intake, keeps blood flowing

smoothly, lowers blood pressure and helps maintain a healthy weight.

Uncontrollable risks such as gender or race they can vary significantly but the above **recommendations** will certainly even reduce the chance of strokes even with those that have uncontrollable risks. Above all listen to your body and allow it to guide you—it will always point you in the right direction.

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!!**

REMAINING STRESS FREE IS A BIG KEY TO BEING STROKE FREE!!!!

It has been proven, in scientific studies, that **negative** thoughts are toxic to our system. People who hold anger, guilt, frustration, fears and who are typically found complaining regularly are actually in a constant state of **stress** where their body is concerned. A study found that people who had strokes were more likely to have experienced anger or negative emotions in the two hours prior to the stroke than at the same time the day before the stroke. We know today, more than ever, of the need for a **balance** of our physical, emotional, intellectual and spiritual selves.

After a **stroke**, depending on what part of your brain has been impacted, some emotional and intel-

lectual changes that may occur may include:

- Anxiety:
- Depression:
- Emotional lability (limited control over your feelings and reactions):
- Loss of inhibition
- Mood swings
- Self-centeredness
- Aphasia
- Motor speech disorders

Meditation and/or Spiritual practices have proven in studies to reduce stress levels. Simply incorporating at least 10 minutes of **meditation** or deep breathing exercise into your daily routine and learning how to let go of your

thoughts, reduce your stress levels and get back in touch with who you really are may make the difference in you being **stroke-free**.

Often the **impact** of a stroke will render it difficult for you to listen to the quiet voice of your soul so listen now.

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

[CLICK HERE OR SEE http://carolinaarambom](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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