

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 99th Newsletter, I want to talk to you about **Mental Disorders** and it's impact on lives 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](#).

MENTAL DISORDERS ARE ON THE UPRISE AND WE CAN PREVENT THAT FROM CONTINUING!!!!

Just as physical health is imperative, so is good **mental health**. Currently, approximately 1 in 4 adult Americans have been diagnosed with a mental disorder, which translates into about 58 **million** affected people. Though the incidence of mental disorders is higher in America than in other countries, a World Health Organization study of 14 countries reported a worldwide prevalence of mental disorders between 4.3 percent and 26.4 percent. In addition, mental disorders are among the leading causes for **disability** in the US as well as other countries. Common mental health disorders include mood disorders, anxiety disorders such as post-traumatic stress disorder (PTSD), panic disorders, eating disorders, attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD), and autism. However, the four most common mental disorders that cause disabilities are major **depression**, bipolar disorder, schizophrenia, and obsessive-compulsive disorder. Millions of Americans suffer with various types of mental disorders that **shouldn't have to**. Mental disorders disrupt a person's

thoughts, feelings, emotions, behavior, relations with others, and greatly diminish one's capacity to cope with daily life.

Some of the varying incidence rates from **26 percent** in America to 4 percent in China may be attributable to the manner in which individual healthcare providers **diagnose** mental disorders, this noticeable distribution can be also explained by studies which show that a lack of certain **dietary** nutrients contribute to the development of mental disorders. Notably, essential vitamins, minerals, and omega-3 fatty acids are often deficient in the general population in America and other developed countries; and are exceptionally **deficient** in patients suffering from mental disorders.

One of the largest **misconceptions** about mental disorders is the thought that they are a matter of will power, weakness, or lack of character when in fact the problem is much larger than that. Though the exact causes of most many mental disorders aren't known, it is becoming clear, through research, that many of these conditions are caused by a **combination** of biological, psychological, and environmental factors.

Many mental disorders have been associated with an abnormal balance of chemicals in the brain called neurotransmitters. **Neurotransmitters** help cells in the brain communicate with each other. When these are out of balance, symptoms of mental disorders occur. Chemical imbalance in the brain can be caused by many factors including **chronic stress**, lack of sleep, and nutritional deficiencies.

Other factors that attribute to mental disorders include:

- **Genetics**: Many mental disorders run in families and studies show that those who have a family member with a mental disorder are more likely to develop one themselves.
- **Brain Injury** or Defects
- **Infections**: Certain infections and illness have been linked to brain damage, the development of mental

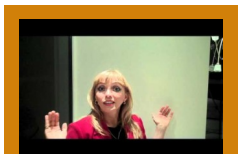


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disorders, and/or worsening of the symptoms of mental disorders.

- **Prenatal Damage**: Research shows that disruption of fetal brain development or trauma that occurs at the time of birth could increase the likelihood of developing mental disorder.
- **Nutrition** and Lifestyle Factors: Poor nutrition, nutritional deficiencies, exposure to toxins, irregular or limited sleep, and chronic stress can all cause mental disorders.
- **Psychological Factors**: Psychological trauma, abuse, or neglect, an important early loss in life like that of a parent, or social isolation can all lead to mental disorders
- **Environmental** Factors: Drastic changes such as a move or career change, death or divorce, low self-esteem or feelings of inadequacy, or dysfunctional family life can all contribute to the development of mental disorders.

Since most mental disorders are very different, the **signs and symptoms** of them can greatly vary. Some include: feeling sad or down, drastic mood changes with big highs and lows, living in **constant** fear or worry, reduced ability to concentrate, (Cont. on next page)



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withdrawal from social activities or things that were once important, **detachment** from reality such as paranoia or hallucinations, significant tiredness or very low energy, extreme **guilty** feelings, inability to cope with stress or daily life factors, problems sleeping, alcohol, drug, or food abuse, major changes in eating habits, intense anger and short temper, violent or **suicidal** thinking, sex drive changes, and more. Sometimes symptoms of mental illness can even manifest themselves physically as aches and pains. It's very important to **stay in tune** with your body and be aware of what is taking place. If experiencing the above symptoms it is very important to find appropriate resources and seek professional healthcare providers.

With mental disorders, as in any health issue, there is a big difference between treating symptoms and actual **true healing**.

Getting to the source of the disorder allows for true healing. Often times brain chemicals can be disrupted simply by poor lifestyle habits, nutritional deficiencies, and **energy imbalances** in the body.

In my own medical journey, faced with an array of **diagnoses** including Acute Chronic Fatigue Syndrome and Acute Post Traumatic Syndrome, I learned how deadly **stress** and not getting adequate amounts of **sleep** was for my body. Sleep deprivation and intense prolonged stress literally depleted all of my neurotransmitters. The chemical imbalance almost caused my death, since chemicals not only manage some **body functions**, but all body functions, including breathing, pumping blood into your heart, allllll functions. I went through a maze of various drugs and doctors at the beginning, as they diagnosed and re-diagnosed, just to be able to func-

tion. The results of the depletion of my neurotransmitters had many other complications to other **systems** and organs in my body bringing me to a near death place multiple times. Through intense work, for years, with a series of natural healers and healthcare providers including: Reiki Masters, Quantum healers, acupuncturists, nutritionists, etc. I was able to completely heal myself. It was all done with natural methods but in particular through a very customized **plant-based vegan** diet, exercise program and an array of stress reduction practices that I followed without fail.

It is very important to get as educated as possible! Be sure to learn from a variety of **sources** including the medical field and credited natural healing sources like the ones in the newsletter and the posts from the past week!

NUTRITION IS A KEY TO PREVENTING AND HEALING MENTAL DISORDERS!!!

The brain makes up about 2% of our bodies weight and it accounts for around **25% of our metabolic** demands. Looking at these numbers, it is easy to see how important good nutrition really is to our **brain** function. Many brain and mental disorders can be linked to **nutritional** deficiencies. As time progresses, the nutrient density and quality of our food is decreasing. There is a strong correlation to this and the amount of mental disorders that are increasing in in the US and then in other countries that westernize their food intake. It has been noted that essential vitamins, minerals, **antioxidants**, and omega-3 fatty acids are often deficient in the general population of America and other developed countries; and these are exceptionally deficient in patients that suffer from mental disorders. Ways to bring equilibrium to chemical imbalances in the brain and support optimal brain function naturally is through a whole-food, **unprocessed**, plant-based diet. This will also keep your body in an **alkaline** state for optimal pH where there would be no major illnesses including mental disorders.

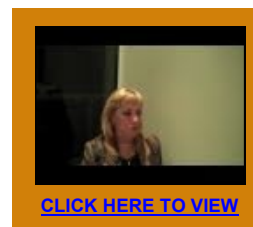
Consuming **greens** at every meal and eating a wide range of differently colors of fruits and vegetables ensures that you are getting a wide range of nutrients. It is very easy to eat the same thing every day, but it is imperative to have a variety of healthy foods in your diet to be sure to get all necessary **vitamins**, minerals, and antioxidants.

Vitamin **B12** and vitamin **D3** are imperative for brain function. Be sure to eat Vitamin B12 fortified foods, or supplement with a natural sublingual variety. Vitamin D is perhaps the most cost efficient and enjoyable vitamin because you get enough by simply going **out in the sun** for 15 minutes a day. Also eating a diet rich in vegetables and fruits will provide you with other key vitamins and minerals such as **magnesium**, and thiamine, selenium, manganese, dolomite, zinc, B3, B6, C, niacin and amino acids tryptophan, tyrosine, phenylalanine, and methionine. All of these have proven in studies to be missing or **imbalanced** in people with various mental disorders.

Omega-3 fatty acids are extremely important for brain function and as mentioned above, oftentimes missing in the modern diet. Plant-based sources of omega-3s include hemp seed, chia seed, **flax seed**, and walnuts. It is sometimes necessary to supplement with a vegan variety of EPA and DHEA if you are not consuming enough omega-3 in your diet.

There are **specific foods** and herbs that have been proven, in studies, to affected certain mental disorders. Sunflower seeds, brazil nuts, raw cacao, brown rice, while grain oats and cabbage are known to fight depression. Herbs such as **St. John's Wort**, Valerian, Camomile, Ginko, kava-kava have been successfully used for de-

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I have, in my intense health journey, had a very personal experience with the impact of **acute stress and sleep** deprivation on the foundations of my brain working optimally, by completely depleting my neurotransmitters (Serotonin, Dopamine, Gaba, etc.). My lack of **neurotransmitters** had me facing into complete shut downs in other **systems** in my body. With a brilliant group of healers, and listening to my body, I uncovered the exact vegan, plant based diet that began, along with a lot of spiritual practices and physical exercise, **recovering** me and has now kept me completely balanced physically, intellectually, emotionally and spiritually.

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 **your brain and brain chemicals** 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!!**

NUTRITION IS A KEY TO PREVENTING AND HEALING MENTAL DISORDERS!!! (Cont.)

pression, **anxiety** and sleeping disorders which further strip the brain of its neurotransmitters.

Things to avoid are **chocolate**, alcohol, meat, dairy products and **sweets**. Severe wheat **gluten** intolerance can cause classic symptoms of schizophrenia, and amounts to about 4% of all schizophrenia diagnoses in the U.S. Eliminating dairy, meat and wheat prod-

ucts proves to reduce the severity of symptoms for some children with autism. The most dramatic results occur in ADD/ADHD patients with a reduction in refined sugar and the removal of **chemicals** like yellow dye #5.

Poor **lifestyle** factors, in addition to nutritional deficiency, such as lack of sleep and chronic stress can cause disrupted neurotransmitter communica-

tion and should be avoided at all costs. **Exercise** is also crucial when balancing brain function and healing mental disorders. Beneficial physical activity is said to increase mental alertness, boost **endorphins** and serotonin to the brain, and help **re-structure** the connection and communication between neurotransmitters. As little as 30 minutes a day is effective. Your body will tell you how long if you will listen.

MASTERFUL BUSINESS & PERSONAL COACHING

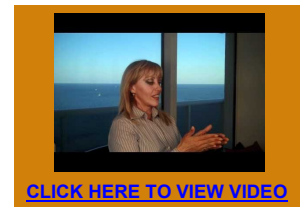
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

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 AND REPRESSED EMOTIONS BOTH CREATE AND KEEP MENTAL DISORDERS IN PLACE!!!!

An alternative approach to the prevention of and healing of mental health disorders emphasizes the ongoing **balancing** between the physical, emotional, intellectual, and spiritual aspects of our being.

Besides the nutritional factors, there are many **psychological**, lifestyle and environmental factors at play when one develops a mental disorder. Many people do not have proper coping mechanisms to deal with **traumatic** events or large changes in life and the stress and **repressed** negative emotions can lead to the development of a mental disorder or drastically worsen symptoms.

Repressed emotions and stress creates **energy blocks** in the body that can also manifest themselves with physical illness as well. **Support** and guidance along the healing journey is essential. Conversational modes of treatment such as working with a psychologist or coach could be just the partnership a person needs to break through any **barriers** that are holding these

back from living a fulfilled life by releasing **repressed** emotions and stress in place.

Other energetic, emotional, intellectual, and spiritual practices and modalities such as **deep breathing**, meditation, prayer, Reiki, EFT, Qigong, journaling, guided imagery or visualization, biofeedback, movement therapy, art therapy, and music or sound therapy can also be effective ways to heal mental disorders since they will address the physical manifestation of symptoms as well as the extremely important energy foundations of our **thoughts, emotions**, and spiritual life. There are unique ways for each person to work with removing and releasing repressed emotions and reprogramming old neuro-patterns that urges the reconnecting with ones higher self. All of the mentioned modalities, supported with proper dietary adjustments, increased consistent sleep, and stress-reduction techniques create a very **holistic** and thorough approach for preventing and healing mental disorders.

Be sure to consult with a health care provider about your plan of treatment if you

have already been diagnosed with a mental disorder. It is important to remain educated and find out everything you can about your **options**. Ultimately bringing you into balance and listening to your body and the quiet voice of your soul is key to preventing mental disorders. This will become more difficult once you have become more physically, intellectually and emotionally impacted but with the help of others it is always **still possible**.

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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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