

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 100th Newsletter, I want to talk to you about **Head Injuries** 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](#).

### HEAD INJURIES CAN SHOW COMPLICATIONS NOW AND IN THE FUTURE!!

A head injury is any trauma that affects the **skull, scalp, or brain**. There are two categories of head injuries; a closed injury meaning the blow to the head does not break the skull, and an open head injury that **penetrates** the skull and potentially enters the brain.

Both categories of head injuries can lead to traumatic brain injuries. **Traumatic brain injuries** (TBI) are serious health problems that contribute to a substantial number of deaths and permanent disability. Recent data shows that on average, about **1.7 billion** traumatic brain injuries occur each year.

The severity of a TBI can range from "mild", which is represented by a brief change in consciousness, to "**severe**", which manifests as an extended period of unconsciousness, amnesia, or even

death. Not all head injuries are traumatic brain injuries but it is important to understand that every head injury, even if it seems mild, can **negatively impact** the brain and potentially be life threatening. The main types of head injuries and brain damage induced by head injuries include:

- **Concussion**: A shock from a heavy blow to the head that may result in the loss of consciousness, awareness, or alertness for a few minutes to up to a few hours after the traumatic event.
- **Coma**: A state of unconsciousness that lasts more than 6 hours from which a person cannot be awakened, fails to respond to stimuli, and does not initiate voluntary actions
- **Vegetative State**: A condition of brain damage in which a person has lost his thinking abilities and awareness, but retains some basic functions such as blood circulation.
- **Locked-in syndrome**: A neurological condition in which a person is conscious and can think and reason, but cannot speak or move.
- **Intracranial hematoma**: Blood clots in or around the brain that can range from mild to life threatening.
- **Skull fracture**: A break in the skull bone.

There are many different causes of head injuries. The most common head injuries occur due to a blow, **bump, or jolt** to the head from motor vehicle accidents, bicycle accidents, forms of violence such as shooting, stabbing, or fighting, from falls, or as a result of child

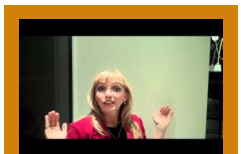


CAROLINA ARAMBURO

abuse. Some types of hematomas can happen **spontaneously**.

There are a wide range of symptoms for a head injury. Symptoms may occur **immediately** or slowly over several hours. It is imperative to monitor any form of head injury and if symptoms persist or worsen it is important to seek immediate **medical attention** from a qualified healthcare provider. Some symptoms include: headaches, fatigue/lethargy, raised or swollen area from a **bump or a bruise**, cut in the scalp, irritability, confusion, lightheadedness and/or dizziness.

Symptoms that require **immediate** medical attention include: deep cut/s or laceration/s in the scalp, open wound/s in the head, any **foreign object** penetrating the head, blood or fluid draining from the ears, eyes, or nose, inconsistent **pupil** dilation, loss of consciousness, problems with memory and/or (Cont. on next page)



[CLICK HERE TO VIEW](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## HEAD INJURIES CAN SHOW COMPLICATIONS NOW AND IN THE FUTURE!!! (Cont.)

concentration, sensitivity to light and noise, change in **sleep patterns**, blurred vision, ringing in the ears, alterations in taste, persisting severe headache that does not go away, repeated nausea or vomiting, loss in short term memory, extreme sweating, difficulty speaking, trouble walking, **weakness** in one side or area of the body, skin color alterations, extreme mood and behavior fluctuations, seizures or convulsions, and blood or clear fluid draining from the ears or nose.

Depending on the **severity** of the head injury, there are many different modalities of treatment including: ice, rest, topical ointment and adhesive bandage, stitching or stapling of wound, observation, hospitalization for **observation**, assistance with breathing that would require being placed on a respirator or mechanical ventilator,

surgery, acupuncture, Reiki, mind sharpening games and exercises, physical rehabilitation, improving **coordination** through exercise.

If you or someone you know suffers a head injury, be sure to **remain** as still as possible. Do not remove any objects from scalp, vigorously wash any wounds, or shake a person to wake them up from being unconscious. The brain is such a sensitive organ, therefore it is better to be safe than sorry and **seek attention** from a qualified healthcare provider if a head injury occurs.

My dad **ultimately died** from the impact of a head injury. When he was a teen he fell while climbing mountains and injured his head ending up unconscious. They **rescued** him in a helicopter and in the hospital; I after all the

tests, the doctors said he was completely fine. Years later, when he was 30 years old, this old injury that he had as a teen, showed up as a **benign tumor** that ended up killing him because of its location in his brain. The doctor's all concurred at that time that the tumor was a result of the earlier head injury. So, I believe that any head injuries should be taken very **seriously** and, not only prevented at all costs, but when they happen you should not just confirm with the conventional doctors who might say it is totally ok. Instead utilize healing based on **alternative** healthcare providers such as acupuncturists and natural medicine based on plants. When my father's tumor did show up a natural planet based diet and natural treatments prolonged his life for 12 conscious years longer than anyone said he would make it.

## NUTRITION IS THE KEY FOR REALLY RECOVERING FROM HEAD INJURIES!!!

Nutritional support is crucial for the recovery of head injuries. A proper diet can help **speed up healing**, decrease inflammation, increase the efficiency of nerve cell communication in the brain, and balance out essential neurotransmitters (brain chemicals) for functioning. The brain is specifically sensitive to free radical damage from toxins, pollutants, and chemicals we encounter on a daily basis. **Antioxidants** found in plants combat this, and greatly improve the connection between nerve cells and drastically improve brain function.

Healing requires extra energy (calories), and the brain uses calories to function. When someone **sustains** a head or brain injury, they must eat enough calories to help the brain function efficiently and fully recover. Scientists know that **deficiencies** in certain nutrients and chemicals can cause disruptions in brain functioning and the ability to think clearly, so balanced nutrition with a wide range of nutrients is also key.

After a head injury, hunger cues may not be as easy to recognize. One should eat on a schedule, every **3-4 hours**, to ensure the body and brain are getting enough calories to recover even if the body isn't telling you to eat. Eating balanced meals comprised of whole foods with a combination of plant-based protein **sources**, slow digesting carbohydrates, vegetables, and healthy fats or oils will satisfy the healing needs of the brain.

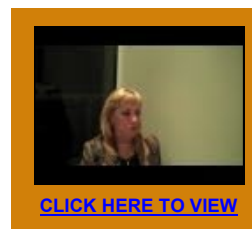
Since nutritional deficiencies can account for **decreased** brain function and inhibit the production of essential neurotransmitters, one must eat a variety of

foods, especially in recovery. Since different colors in foods are due to various anti-oxidants and **nutrients**, eating a wide range of colors in your diet ensures a broad spectrum of nutrients. Nutrients that are imperative for brain function are all B vitamins, Iron, Vitamin E, Vitamin D3, Magnesium, and Essential Fatty Acids. Supplementation can be beneficial, but it is best to get your vitamins and minerals from **whole food** sources so they can be absorbed by your body efficiently.

Some of the top foods and herbs to support the brain, memory, and healing include: **walnuts**, hemp seeds, berries (especially blue berries and goji berries), leafy green vegetables such as spinach, root vegetables such as beets and sweet potatoes, **raw cacao** powder, avocado, garlic, black currants, broccoli, pumpkin seeds, chia seeds, beans, ginko biloba, ginseng, blue cohosh, rosemary.

Also be sure to get at least 15 minutes of **sunlight** a day for vitamin D production and drink plenty of **water**. People's water needs fluctuate depending on activity level but most people require  $\frac{3}{4}$  - 1 gallon of water daily.

The only nutrients that could be beneficial to supplement, if eating a whole-foods plant based diet, are **vitamin B-12**, and an EPA or DHEA supplement of plant based Omega 3 fatty acids. Typically, one would not need to supplement with fatty acids because we can get enough from nuts and seeds. In the case of a brain injury, straight EPA or **DHEA** that the body does not have to convert could speed up recovery and reduce inflammation.



Of course, **preventing** head injuries is important just as preventing any kind of bodily injury. But given that you may not always be able to prevent injury then taking any head injury seriously is **imperative**. Make sure that you have a team of natural doctors, **nutritionists** and healers work with you along with any emergency doctors you may need. Heal with a planet based diet full of **vegetables**, fruits and natural herbs. The way a head injury is treated and healed could make the difference not just now but many years in the **future**.

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 **head, scalp and brain** 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 THE KEY FOR REALLY RECOVERING FROM HEAD INJURIES!!! (Cont.)

Any person with an injury should focus on ridding their body of inflammation through diet to speed up healing and reduce pain over time. The best way to do this is by avoiding things like processed foods, wheat, dairy, alcohol, fatty or fried foods, and refined grains and eating a whole-food, plant-based diet compromised of the foods mentioned above.

Exercise plays a key role in controlling inflammation as well. Along with control-

ling inflammation, exercise increases the brains endorphins, serotonin, and helps to balance other beneficial brain chemicals. It also places an increased demand on cognitive functioning which may be very therapeutic for someone with a head injury. With a head injury, exercise may be difficult so you must listen to your body. A brisk walk, low-impact elliptical session or bike ride, slow Tai Chi, Yoga, or Pilates are all great options for getting moving, challenging coordination, and

increasing circulation. If movement is too difficult, there are mental sharpening games and exercises that you can learn about from through a qualified health-care provider.

Lastly, sleep is absolutely critical for balancing brain chemicals, restoring the body, and healing. I recommend at least 8 hours of sleep a night just to repair from the current day but 9 plus hours are ideal for actual healing.

## 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!!

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



[CLICK HERE TO VIEW VIDEO](#)

CONNECT WITH ME



## EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE WILL HAVE AN IMPACT ON HEAD INJURIES!!!!

A head injury, like any injury, can have a profound impact on your emotional, intellectual, and spiritual well-being. Not all head injuries impact the brain, but if one does, it can cause drastic emotional and behavioral changes that vary depending on the portion of the brain it impacts.

These changes can be characterized by symptoms such as: verbal outbursts, physical outbursts, poor judgment, impulsive behavior, negativity, intolerance, apathy, egocentricity, rigidity and inflexibility, risky behavior, lack of empathy, lack of motivation or initiative, depression or anxiety, the "flat effect" (lack of experiencing any emotions), and/ severe mood swings.

Frustration and stress can also arise when dealing with unfavorable symptoms that disrupt your daily life. Stress can be extremely detrimental to the body, drastically increase inflammation, and slow down the healing process. Experiment with different spiritual and relaxation practices to manage stress like the ones listed below.

Whether experiencing involuntary or volun-

tary emotional, intellectual, and behavioral changes after a head injury, remember that your emotions are separate from who you are. In many spiritual and metaphysical practices the energetic area of your head and brain influences your spiritual will, inspiration, idealism, and connection to your higher self. When this area is out of balance it can be marked by the symptoms mentioned above as well as disturbance in neuromuscular function, endocrine function, and circulation.

Clearing the emotional blockages and balancing energy in this area is also essential for healing. Balancing this area can be accomplished by spending quiet time in meditation connecting with your higher self/ source/God or whatever works for you. Ways to do this could include mediation, yoga, deep breathing exercises.

Ways to process emotions and fully experience them include practices like journaling, coaching and/or talk therapy and guided imagery. Practice compassion with yourself during your healing journey. At times things may be frustrating or painful so

be patient with your body and move as slowly as you need to.

Pain from a head injury can be alleviated with the help of a qualified healthcare provider such as an Acupuncturist, Reiki Master and Physical Therapists. Listen to your body, and remain educated on all of the natural resources you have available and it will ensure that you have set your body up in the best way possible to heal!

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

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

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.

© Carolina Aramburo, 2013  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)