

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 105th Newsletter, I want to talk to you about **sleep** 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](#).

### SLEEP IS IMPERATIVE FOR OPTIMAL HEALTH AND WELL-BEING!!!

Sleep is one of the most imperative ingredients for **optimal health** and well-being. About 67% of Americans, which is over 40 million people, have sleep issues at least a few nights a week and this is a very **serious** health concern. This costs the US close to \$18 billion annually in loss of productivity related to sleep not to mention all of the costs that can never be measured. Most people think that **skimping** on sleep is an easy way to make time for the demands of life but in reality it's actually causing a great **reduction** in performance and severely reducing your ability to show up for life's demands, as well as injury, illness, and disease.

The amount of sleep needed for each individual varies upon age, the person, their health and their **activity level**. To determine how much sleep you need, it's important to assess not only where you fall on the "sleep needs spectrum," but also to examine what lifestyle factors are affecting the quality and quantity of **your sleep** such as work schedules and stress. The average **sleep needs** by age are as follows, with the low end being only the minimal amount to just repair your body for the **current** day, if

you are healthy and do not have any adverse lifestyle situations – not create actual optimal health and not to take care of the needs of someone who is **not healthy**. The high end is what would begin to create optimal health for anyone and could go up if there are any existing health issues or lifestyle situations such as stress in **your life**:

- Newborn to 2 months old: 12-18 hours
- 3 months to 1 year old: 14-15 hours
- 1 to 3 years old: 12-14 hours
- 3 to 5 years old: 11-13 hours
- 5 to 12 years old: 10 – 11 hours
- 12 to 18 years old: 8.5 – 10 hours
- Adults (18+): 7.5 – 9 hours

Sleep is a time for the body to **regenerate** and heal. For athletes or someone suffering from an injury or chronic health complication, the sleep needs of the individual can increase by hours. Just skimping on one hour of sleep a **night** can make a massive impact on your day and your overall health. There is a huge difference between getting enough sleep to get by, and getting enough sleep to function **optimally**. A good way to determine the amount of sleep needed for your body is by keeping a sleep log and recording your energy levels and mental state throughout the following day. Signs of sleep **deprivation** to look out for include:

- Need an **alarm clock** in order to wake up on time
- Needing the snooze button
- **Difficulty** getting out of bed in the morning
- Feelings of needing a nap
- Falling asleep within minutes of lying down
- Not being able to stay awake during movies, shows, or reading
- Feel **sluggish** in the afternoon, after meals, or while driving
- Loss of concentration and drowsiness in situations that require focus
- The need to **recuperate** on the week-ends

Chronic sleep deprivation is more serious than a loss of **energy**, mental clarity, and productivity throughout the day. It

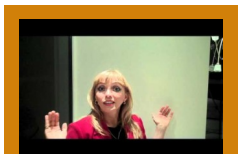


CAROLINA ARAMBURO

can be extremely damaging to your health and even life threatening. Some **symptoms** of sleep deprivation include;

- **Fatigue**, lethargy, and lack of motivation
- **Trouble** handling stress both mentally and physically
- **Reduction** in creativity or the ability to solve problems
- **Mood** swings and irritability
- **Decision** making difficulty
- **Memory** and concentrations issues
- **Impaired** motor skills and increased risk of accidents
- **Cravings** and weight gain
- **Decreased** strength
- **Reduction** of the immune's system ability to fight infection which can lead to sickness, disease, and cancer
- **Increased** risk of diabetes, heart disease, and other health problems
- **Neurotransmitter** and brain chemical imbalances
- **Depression**, anxiety, and related mood disorders
- **Organ** failure
- **Adrenal** fatigue
- **Hormonal** imbalances

To **avoid** symptoms like these the quality of your sleep is just as **important** as (Cont. on next page)



[CLICK HERE TO VIEW](#)

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

## SLEEP IS IMPERATIVE FOR OPTIMAL HEALTH AND WELL-BEING!!! (Cont.)

the length of your sleep. There are sleep cycles that we must **honor** for optimal **re-generation**, healing, hormonal balance, restoring, and health. In the deep sleep stage your body's physical function is **re-newed**, and in the stages of REM (rapid eye movement sleep) your body's mental functions are restored. Waking up throughout the night **disrupts** the natural flow of these cycles. Setting the stage for sound sleep is imperative.

Sleep **disorders** can also play a role in sleep disruption. Below are some common sleep disorders:

- **Sleep apnea**; disruption of breathing during sleep
- Sleep walking
- **Insomnia**; difficulty falling and staying asleep
- **Snoring**; difficulty breathing during sleep
- **Hypersomnia**; excessive daytime sleepi-

## NUTRITION AND EXERCISE THE SECRET ANSWER FOR YOUR SLEEP!!!

Nutrition plays a **huge** role in supporting normal sleep function and also improving it. For example, calcium, magnesium, B vitamins, folic acid, vitamin D, serotonin, and melatonin deficiencies may impair sleep **greatly**. Supplements can be taken, but since they usually aren't absorbed by your body fully, it is always better to get your needed nutrients through a whole-foods plant-based diet that is **easily** digested and assimilated by the body.

Magnesium can be found in all legumes, nuts such as almonds and walnuts, seaweed, black strap molasses, and seeds such as flax and chia seed. This helps ease **stress**, nervousness, muscle cramps, and restlessness associated with lack of sleep.

When consumed in large enough amounts, calcium can actually sedate the body. Great **sources** of calcium are; leafy green vegetables specifically kale and broccoli, grains such as **quinoa** and brown rice, nuts and seeds such as brazil nuts and chia seeds, and legumes such as **chick peas** and white kidney beans. You can also receive calcium from fortified foods such as almond and coconut milk. These fortified foods most often contain vitamin D, which is also needed for **adequate** sleep. However, the best source of vitamin D is the sun.

B vitamins and folic acid also greatly help relax the nerves and increase neurotransmitter **efficiency** in the brain. Nutritional yeast is fortified food with the full spectrum of vitamin b. Other foods that contain vitamin b include peanuts, walnuts, whole grains, bananas, and sunflower seeds. In some **vegan diets**, it may be necessary to supplement with a sublin-

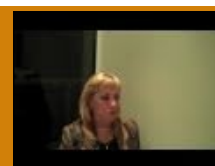
ness

- **Night sweats**; typically an underlying health concern
- **Narcolepsy**; excessive sleepiness and daytime sleep attacks
- **Restless leg syndrome**; urge to move legs due to unpleasant sensations especially during sleep

The good news is, most of these symptoms can be **treated naturally** through proper nutrition, eating, and lifestyle changes!

In my own health journey I literally almost died from the impact of sleep deprivation. My **neurotransmitters** stopped working causing an imbalance in all the chemicals in my body. To name just a few things included in the impact of this there were my: adrenal glands, my liver, my kidneys, my heart, intellectual functionality, and emotional functionality. **Doctors** told me two

different times that I had months to live. It took an army of doctors, nutritionists, natural healthcare professionals and me listening to myself **intensely** for me to get on the right track. In the end it was because of my health coaching team and moving to the right whole food, plant based **vegan** diet that I began to repair the damage that was done. I slowly worked myself from near death to being 20% healed, 30 % healed and on up to 99.2% **healed**. I will never again question the importance of proper sleep to EVERY human being. Even with the healing I have done, I make sure not to let myself get less than **9 hours** of sleep a night. Given that I almost lost my life and absolutely lost 2.5 years of life on treatments, to **heal the collection** of ILLNESSES as a consequences of not sleeping enough for 17 years, I beg you to do something to **HONOR** your higher and WHOLE SELF by considering and treating your sleep as SACRED as it is.



[CLICK HERE TO VIEW](#)

I have, through my health journey, dealt with the **near deadly** impact of sleep deprivation. I now know that one of the most **sacred** things to our entire emotional, intellectual, physical and spiritual balance is sleep. Sleep is the answer to the body not only balancing itself but **naturally healing** itself. Thanks to a whole food planet based vegan diet I was able to repair the damage cause by my lack of sleep and I now maintain healthy sleep day to day in my life.

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 find the appropriate healthcare providers, nutritionists and health coaches to guide you to take on a **sleeping** to honor your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

gual variety of vitamin B if you are not adamant about nearing **proper** consumption.

L-tryptophan is possibly the most powerful nutrient for sleep. It is an amino acid that plays a role in restoring protein tissues, and **creating** new protein. It acts as a precursor to serotonin in the brain, which is a natural feel good and sleep inducing hormone. It also enhances the **production** of melatonin which regulates your body's natural clock and balance sleep and wake cycles. L-tryptophan can be found in any dark colored fruits and **vegetables**. These include eggplant, beets, all berries, as well as dark leafy greens.

Along with foods, herbs can be used to improve the **quality** of your sleep. Chamomile, lemon balm, passion flower, kava kava, and valerian root can all be mildly sedative, grounding, and relaxing. Drinking a warming and calming tea before bed that **includes** one of these herbs is a good night time ritual to build around sleeping that will help relax the **body**.

Caloric deficiency can also disrupt sleep. If your body is not getting the fuel that it needs throughout the day to thrive through food, **cravings** can keep your body awake at night even if you're not mentally aware of them. In short, eating a **well-rounded** plant based diet supported with herbs that ensure the proper production of brain chemicals needed for sleep and utilization of nutrients and minerals to ensure proper biological **functioning** is a great way to induce sleep and relieve sleeping disorders.

Exercise also plays a key role in sleep. The more your **body** is active during the (Cont. on next page)

## PROPER NUTRITION AND EXERCISE IS KEY FOR OPTIMAL SLEEP!!! (Cont.)

day, the more likely your body will crave sleep and relaxation at night. Exercise helps to boost circulation, balance out brain chemicals and hormones, as well as **promote** stress relief which are all components of a good night of rest. Stress, is one of the leading cause of sleep related disorders. Easing this through losing yourself in an exercise that you enjoy is a **sure** fire

way to decrease worries and enhance sleep.

You should be careful about the time of day that you exercise if you have any trouble sleeping. **Exercise** does get the adrenalin flowing and raise endorphins. In some people, this does not disrupt sleep, it actually promotes sleep. However, in **oth-**

**ers** it may make it hard to fall asleep. In most, as long as you are exercising at least a few hours before bed time, and have time to **relax** before lying down to sleep, exercise will most always promote a good night's rest. As always, it is best to listen to your body and personally experiment and figure out what works best for **you!**

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a **NEW GLOBAL VISION** and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



## EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE AND SLEEP GOES HAND AND HAND !!

Sleep has a **tremendous** impact on your spiritual, emotional, and intellectual balance and your emotional, intellectual, spiritual **balance** has an impact on your sleep. In fact, these all have a very close knit relationship.

Many people experience extreme health complications such as depression, anxiety, dementia, mood **fluctuations**, lack of energy and so forth. Most often these are thought to be mood or emotional disorders when in fact they could simply be a sign of sleep **deprivation**. When we are sleeping, our brain takes in, processes, and stores all that we have experiencing throughout the day. Adequate sleep is crucial for proper brain function, no less than air, food, and water. In fact, driving a car **under** minor sleep deprivation is equivalent to the brain function that you'd have if driving while your blood alcohol level is over the legal limit of alcohol consumption.

Perhaps the most **damaging** experience to the human body is stress. Stress is indicative of how we react and cope with life's daily occurrences. When sleep deprivation occurs, our body and brain's ability to handle stress is greatly diminished. This **creates** disruption in metabolism, fat

storage, cravings, mood, overall sense of well-being, enthusiasm for life, disease, and more. Inversely, stress can cause sleep deprivation just as other forms of spiritual, emotional, and intellectual **imbalances** can as well. Since sleep is so important to the optimal functioning of your body, you must practice ways to relieve stress and **release** any emotional, spiritual, and intellectual issues that could be causing sleep disruptions or insomnia. Practices of relaxation and quieting the mind are a good place to start. **Building** in rituals that do so will help with sleep.

Everybody is different in this area, so you have to experiment and find out what works best for you. Turning off all **electronics** and devices that would stimulate any type of emotional response, mental chatter, or excitement at least an hour before bed and starting your relaxation process there will **prepare** the mind and body for sleep. A relaxing self-care ritual such as a bath, warm teas, and calming essential oils can help as well. Lavender is very relaxing. Dimming the lights also **helps** set your biological clock to normal sleep patterns and prepare for sleep. Playing soft **relaxing** music in the background and removing any sweet smells, smells of food, or citrus smells that would

excited the senses will also create a zen like space for rec-relaxation. Practices of meditation, yoga, deep breathing exercise, gratitude and/or prayer are a good way to **connect** with your higher self and calm your body and mind. It is important to stay as connected to your higher self as possible, especially when experiencing sleep deprivation to allow for true healing. The **dilemma** is that once a lack of sleep impacts you physically, intellectually and emotionally then hearing the quiet voice of your **soul** becomes more and more difficult. If your mind is racing before sleep and it's hard to quiet it, journaling and visualization can also help.

Sleep is **your gift** to you - indulge in it and bring it to your life!

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

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