

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 116th Newsletter, I want to give us a chance to consider the impact that **stress** can have on people's physical, mental, emotional and spiritual 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, go back and watch them. You can also read all of the articles in full [HERE](#).

MANAGING YOUR STRESS CAN SAVE YOUR LIFE!!!

Chronic stress can have a serious impact on our physical and psychological health due to **sustained** high levels of the chemicals released in the **'fight or flight'** response, also known as the body's stress **response**. 43% of all adults suffer adverse health **effects** from stress and 75% - 90% of all Doctor's office **visits** are all for stress related ailments, illnesses, or **complaints**. Stress has been declared as a hazard in the **workplace** by the Occupational Safety and Health Administration; it costs **America** more than \$300 billion annually. At least 50% of lifetime **emotional** and mood disorders are correlated to **chronic**, untreated stress reactions. Stress is a part of **everyday** life, but there are many things that can be **done** to keep it to a minimum for optimal health and **wellness**.

The human body is **designed** to

handle some levels of stress. There are two **types** of stress; acute and chronic (often referred to as distress). In **acute stress**, or a situation of danger, the body's stress **response** can be a good thing. When in danger, your body goes into **protection mode**, this is known as the "fight or flight response". Your brain is one of the first areas to react, **releasing** steroid hormones, one of which is cortisol, to **organize** the systems in your body and send blood, **oxygen**, and fuel where it needs to go. Important neurotransmitters are also **released** called catecholamines, known as **dopamine**, norepinephrine, and epinephrine (adrenalin) which increase mental alertness, acuity, and **reaction time**.

Neuropeptide S is released to decrease sleep and increase a sense of **anxiety**. Breathing becomes rapid and white blood cells are released by the spleen to **oxygenate** the blood. Blood and fluids are taken from non-essential **areas** like the mouth, digestive system, and skin and sent to the **muscles and heart** for fuel and strength. The immune system is **strengthened** in the skin, to ward of any invader on **contact**, but this weakens immunity in other areas of the **body**.

As you can see, this system could **definitely** come in use during a situation of danger. The **problem** lies in the fact that a very similar response takes place in the **body** when we are facing a chronic low level of **stress or distress**. When this stress is not released or **managed** it can lead to illness. Stress can come from emotional **turmoil**, major life changes, overwhelm, daily life, **lack of sleep**, toxins, pollutants, poor diet, alcohol, drugs, lack of physical activity, over exercise, or

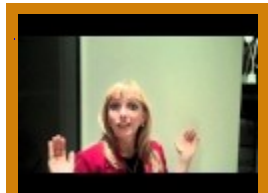


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over **exertion**.

Stress is a very serious life threatening **complication** and should be treated as such. Stress can lead to **dangerous** health complications such as **weakening** of the heart and heart disease, high blood **pressure**, sleep disorders, mood disorders, susceptibility to infection due to a weakened **immune system**, infertility, PMS symptoms, aggravation of skin conditions such as acne, **psoriasis**, and eczema, headaches, and insulin dependent **diabetes**.

Stress, is something that I have become an **experiential expert** in, due to the fact that my recent past **deadly illness** was greatly due to over stressing my **SELF** and my body for a decade plus being chronically sleep deprived for the same **decade**. By the way, the fact that I am now an expert on stress and the impact on our body should **be** (Cont. on next page)



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MANAGING YOUR STRESS CAN SAVE YOUR LIFE!!! (Cont.)

enough motivation for anyone that knew me, from the past, to pay attention to stress on a whole new level. Sadly, my entire life I had no respect for "stress". I was very ignorant and arrogant on this matter, to the point that I use to believe that if we (people) were powerful and discipline enough to manage our "self pity" and just push ourselves as hard as possible to live a productive helpful life (towards ourselves, our close loved ones and society at large), we would never "waste" our time feeling "stressed".

This was a BIIIIIGGGG mistake of mine (and absolute ignorance on my part) about this matter!! Through almost dying I have learned that no matter what opin-

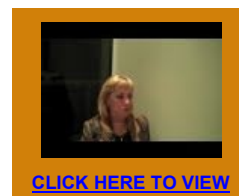
ion we have about stress, stress can kill us and it is very real. Stress im-
pacts every organ of the body and in excess can actually cost us our life.

Now, there is positive stress and the opposite (dis-stress). Positive stress can support us getting to our goals faster and maybe even better. For example, if you get stressed about not being "ready" for a marathon while you train for the marathon, that positive stress will help you get to a very healthy fitness level and achieve your goal of being both fit and healthier, etc.

However, the dis-stress of being in a verbally abusive relationship day after day, can majorly damage your nervous system and many other organs in your body, to the point of

getting sick, maybe even extremely sick.

I could write a book about stress because its a biiiig subject and very important to learn about and manage well, but, since our Newsletter is only a few pages, the least I can advise you to do is to learn from my mistake and save yourself the horrible illness that I went through. Respect stress, learn about it, manage it wisely in your life and you will give yourself one of the biggest health gifts you can give yourself and the people that love you .. like me!!!



PROPER NUTRITION AND EXERCISE PROVIDE EXCELLENT STRESS RELIEF!!!

Exercise and nutrition are a very important component of managing stress. Exercise helps to stabilize mood and ward of symptoms of anxiety and depression that lead to a chronic stress response in the body. Physical activity releases endorphins, also known as your brains feel-good neurotransmitters that help to combat stress, relieve anxiety, and control cortisol levels.

Also, exercise is a form of meditation in motion. Oftentimes when focused on a physical activity, it allows you to drop away the day's distractions and put all of your energy towards that task. As little as 30 minutes a day of movement, where your heart rate is elevated and you break a bit of a sweat, will get the desired result for stress relief and increase your overall health and well-being.

Nutrition and stress are very inversely linked. Certain foods can cause stress, certain foods can manage stress, and stress can

affect food choices in many ways. Due to the increased levels of cortisol in the body during stress, you will often crave sugar, fats, and heavy foods when stressed out. Some people use food as a way to numb out stress and calm their body through mindless eating or emotional eating. This often leads to weight gain and other complications. Others skip meals or water all together when stressed, which only places more stress on the body and deprives it of critical nutrients and hydration.

When the body's system is taxed by stress many people drink coffee to boost their energy. This actually creates more of a stress response in the body and only compounds the problem. Long term caffeine consumption leads to decreased mental alertness, fatigue, blood sugar imbalances, sleep disturbances, excess cortisol production, and other negative side effects.

Since the body's stress response does effect blood sugar regulation, (Cont. on next page)

Harmful stress (dis-tress) is, very simply, a killer in many ways. Flooding your body with harmful chemicals it literally leaves every system in your physical body impacted plus it leaves you physically, emotionally, intellectually and spiritually imbalanced. There are a multitude of ways to reduce and eliminate stress for you. Each of us are different but I know that each person can, if they are willing, find ways to reduce and even eliminate harmful stress from their lives. It does not have to be accepted or tolerated. It is a complete myth that our lives must include harmful stress.

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 ways, for you, to remove harmful stress from your life and therefore your body. I honor you and request you honor your whole body as it is all a part of your precious-SELF!!

PROPER NUTRITION AND EXERCISE PROVIDE EXCELLENT STRESS RELIEF!!! (Cont.)

it is important to eat a **whole foods**, plant based diet to combat this. Consuming high amounts of fiber from **vegetables**, fruits, whole grains, root vegetables, and beans is a great way to control **blood sugar**. Healthy fat such as nuts and seeds also slow down the release of sugar into the blood stream and help stabilize blood **sugar levels**.

Processed foods, high sugar foods, meat, and dairy put **stress** on the body because the body has a hard time breaking down these **substances**. These foods can also increase cravings and create problems **regulating** mood and anxiety which can lead to more stress.

It is **important** to keep the body in

proper physical balance while managing stress and one of the **best ways** to do this is through a very balanced diet so your body is in an **optimal** state to handle any of life's stressors that come its **way**.

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**.

YOUR EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE IS COMPLETELY IMPACTED BY STRESS!!!

Stress has a **profound impact** on spiritual, emotional, and intellectual well-being. Research has shown that certain traumatic events, or stressful circumstances can **weaken** the reward centers of the brain, making it very hard to enjoy activities that would normally be enjoyable or fun.

This can lead to **depression**. Stress also releases **hormones** that impair the ability of the pre-frontal cortex, which is **responsible** for higher level thinking. When our reactive tendencies are **heightened** by norepinephrine and cortisol, our reflexive tendencies are often diminished which can lead to anxiety, depression, and **aggression**.

When feeling stressed, deep breathing exercises are a great way to **de-activate** the stress response in the body. If breathing doesn't **work**, finding a way to release stressful emotions and **tension** through an activity

like journaling is helpful. If you are a chronically **stressed** out person, **setting aside** time each day for a break of a couple minutes to **breathe** and or journal can help to stop stress before it **starts**.

Those who live a balanced life, have a **positive outlook**, and maintain a spiritual practice have an easier time managing stress and warding off the **negative effects** of it. Spiritual practice does not have to be a **religious** practice; it can take on many forms such as prayer, meditation, being in nature, yoga, music, art, or **community**.

Cultivating **spirituality** can help you achieve a sense of purpose and feel more **connected** with Source/God/the Universe/Higher Self and the **world**. It also helps to release control and live in the present **moment**. When you experience overwhelm it is common to

feel the need to **control everything** that needs to be done, but releasing the need for control to your higher self can **provide relief**. All of these aspects of can easily get **blurred** by stress or stress evoked depression if not maintaining a regular practice of spirituality and/or **stress relief**.

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