

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 131st Newsletter, I want to talk to you about the impact of your emotions on your health and the impact of your health on your emotions.

In order to put the rest of the **news-letter 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](#).

YOUR EMOTIONS CAN TOTALLY MAKE YOU SICK AND/OR TOTALLY HELP YOU HEAL!!!

The impact of emotions on your health is way more than people know and calculate. There is a lot of **scientific** research that you can read about throughout the rest of the newsletter so I won't go through all of that now. **I'm going to give you a preview** and I'm hoping that the preview is enough to entice you to continue reading the remainder of the newsletter.

I'm not selling you anything; I'm **committed** to making a difference. People are making a difference for me in everything that I'm learning about health and **I want it to make a difference for you**. There is no selling you have to worry about here. Just relax, breathe deeply, and let's make a difference for each other.

Your emotions have a huge impact on your health. This **has been proven** a lot over the years. For

example, anger, or being upset, and that entire realm of "negative" emotions, actually has a huge **negative impact on your cardiovascular system**, (your blood, your heart, your blood pressure, etcetera), and your immune system. It is a fact that it has an impact on a lot of things. Another known fact is that being anxious, being stressed, and even the levels of sugar in your blood affect your emotions. **Some people don't know** this connection while some people are very aware of it. If you speak to someone that has diabetes they know that sometimes they can be **anxious**, upset, a little bit sad, and/or jittery because of the sugar level in their blood.

People know that **negative emotions impact your health**. They totally do—big time. Stress, anger, sadness, and that whole realm of negative emotions impacts you way more than what you calculate. It impacts your health so much that **no matter how much you exercise, or how much you consume vitamins and healthy food**, the impact of all of those negative emotions, experienced intensely, outweigh all of the good things that you do for your health.

That is **one half** of the equation that I want you to start thinking about. The other half of the equation is that when you are not healthy, your body produces a lot of negative emotions. So it is not only emotions impacting your health **it's also your health impacting your emotions**. For example, when you are not healthy you will be more upset, tenser, sadder, angrier. This is not always because of the upsetting things

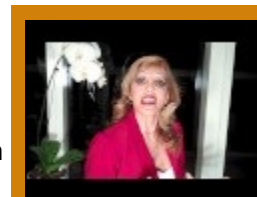


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that are happening in your life. You will **experience** those emotions even more than usual because your health is not great at that moment. So let's say you're going to be a little bit sad, a little bit upset, a little bit angry today; if your health is not good, **all of these emotions will be intensified**. It goes in both directions, whichever is first impacts the second one and then the second one turns around and impacts the first!

Why do I want to share all of this? Because, **I am committed to really producing a shift in how you and I really cherish our emotions**. We live in the age of productivity and getting as much done as fast as possible. Sometimes we overlook our emotions and their **value**.

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(Cont.)

For instance, when somebody is upset we just say **let it go, forget about it, and move on.** When someone is sad we try to console them but we don't really cherish our own emotions and the emotions of others to the point where we become aware that they can **produce illness.** They actually can.

I'm inviting you to cherish yourself, to listen to your body. Listen to your emotional balance and **give it the same importance** that you would give your blood pressure. Someone with high blood pressure will go to a hospital or

talk to their doctor because they know it is **dangerous** and damaging to their health. They know the risk of a heart attack is closer and closer.

I want to create this new culture where we **cherish our emotions** in that same way. So that when you feel upset, angry, or tense, you value that and you respond to yourself saying "Oh my gosh, I'm getting sick. All of these emotions are going to get me sick. **There is something I need to do right now!**" I want you to know that it is more important than completing anything you are working on. When you notice it, stop, breathe, find things in your mind that make you

happy so that you can bring that experience of joy into your life immediately. Do this more than in a psychological way. Let it be done physiologically as well so you **cherish yourself enough to stop a negative emotion.** Breathe deeply and then, on purpose, produce positive emotion. This is as important as taking your medicine. I have experimented with it. I learned the wrong way by being sick for a year and a half so I invite you to learn the right way. **Learn out of a commitment to your health and your well-being.** Cherish yourself in all the aspects of yourself.

IF YOU DON'T GET THIS IN CHECK, THE PRICE MAY BE AN ILLNESS OR YOUR LIFE .. PLEASE CHERISH YOURSELF ENOUGH TO FIND OUT!!

Emotions such as anger, fear, and heartbreak will always be prevalent within the human race. What we can change, however, is how we deal with these emotions. **Anger is associated with increased blood pressure, heart disease and stroke.** Anger puts stress on the body's systems. Over time, this stress takes its toll on the cardiovascular system, causing poor health.

Chronic anger is associated with depression, insomnia, anxiety disorders and substance abuse. To get the best results, these problems usually need treatment along with anger management. People with these conditions tend to focus on the negative aspects of every situation and take others' **comments and behavior** personally. They tend to be critical of others and have low self esteem. If they are depressed (as are most people with chronic anger) they feel hopeless about the future and see little possibility that things will change or improve. This is the **typical thinking distortion** of an anger management problem.

Fear is a root cause for many of our negative and depressive thoughts. One study of five hundred people indicated that, all together, they had about seven thousand distinguishable fears. The group doing the research said that we are born with **two basic fears**: the fear of falling and the fear of loud noises. All the other fears seem to be acquired. This is **amazing proof** that what we feel is **all mental!** We should be cautious because fear and severe anxiety are well-known predictors of sudden

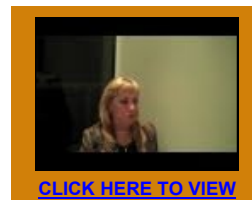
death from heart attack. If we do not control our thoughts, our body is affected.

Did you know some doctors have found that in some cases we can suffer from **broken heart syndrome**, an actual medical condition known as stress cardiomyopathy? It **physically affects your body to the extent that you think you're having a heart attack. A number of factors are said to trigger this. Some include physical trauma like domestic abuse, an asthma attack, a car accident or even a major surgery. Emotional trauma like the unexpected death of a loved one, losing a lot of money or a job, a frightening medical diagnosis or the loss of an important relationship could also trigger this syndrome.**

First described medically by Japanese doctors in 1991, the condition (originally called takotsubo cardiomyopathy) is said to have an actual **effect on your heart**, enlarging the left ventricle from its standard shape to one that resembles a pot (takotsubo) that Japanese fishermen use to capture octopuses.

There is no standard treatment for broken heart syndrome, though many doctors prescribe blood **pressure** medication to reduce the pressure on the heart. While physicians don't know the exact cause of broken heart syndrome, they think it may be brought on by a brief surge of stress hormones (such as adrenaline) that could **temporarily damage the heart.**

As always, it is critical to do your research, consult with your doctors or experts, and **LISTEN to your body.**



Few of us **realize** the absolutely critical link between our emotions and our health. We live lives where we are highly stressed and often **experiencing** negative emotions without realizing just how much it is making our body sick! It is scientifically proven that negative **emotions** such as stress, anger, and upset affect our heart health, blood pressure, and our immune system. When we experience these emotions (not lightly, specially), the **effects** on our body are so severe that they outweigh things we do to stay healthy such as exercise, eating healthy and taking vitamins.

At the same time, when we don't highly regard our health, we **deeply** impact our emotions. Being deprived of sleep or being ill is likely to make us much more prone to feeling **irritable**, stressed, angry, or upset. This in turn impacts our body negatively and we feed into a toxic loop. Feeling such negative **emotions** is also likely to impact our loved ones and our coworkers. In this culture of focusing on our productivity, please remember to **cherish** your self and your emotional balance about almost ALL, treasure your emotions for the impact it can have on your health. Cherish your body and be healthy to boost your good emotions and to keep the positive loop going. You **deserve** elite health, not drive through health, as I always say!

STRESS / DURESS OR YOU TREASURING YOURSELF ENOUGH TO AVOID IT AND BALANCE IT OFF? CHOOSE WISELY!!

When you become stressed, your body releases a stress hormone called cortisol. **Cortisol, or the stress hormone**, is activated in our brain in response to emotional situations. It lasts a mere 90 seconds in our bodies after the brain releases it. If the emotion persists beyond 90 seconds, it is because we choose to hold on to it and make it last! If you can just wait out the 90 seconds, by **feeling the emotion fully and deeply**, and then releasing it, you can change your stress patterns. Remember the line: "Thought creates matter." The body knows **no difference** between your thoughts (emotions) and the stress hormone you released.

In order to lead happy, joyous and healthy lives, we must claim our emotions, **accept them without judgment** and learn how to fully feel them. Only in doing this can we **truly release** them so that they cannot block our energy and do not build up in our bodies. Disease, pain, injury and all manner of negative energy **will manifest itself** in the cells of your body.

Your body cannot defend itself against the

damage that emotional stress creates. Emotional stress always equals increased output by the **sympathetic nervous system**, which always equals accelerated aging and breakdown of your tissues. Finding ways to manage emotional stressors in your life will prevent them from creating health problems.

It is now well known that **chronic stress** is a significant contributor to illness and the leading cause of death worldwide. **A recent study of social anxiety conducted at UCLA** illustrates the powerful role such anxiety can have on our body's inflammatory response. Other research shows how body illnesses like irritable bowel disease have associated brain states.

Research, albeit still limited, is indicating that mindfulness practices, (exercises that increase present-moment awareness), are **very beneficial to health and well-being**. These kind of practices will influence a wide range of physiological and subjective states including:

- Boosting the **immune response** in cancer and HIV patients.
- **Reducing pain** in chronic pain patients, including sufferers of arthritis, back pain, and headaches, among others.
- **Improving the effectiveness** of behavioral change programs like smoking reduction, weight loss, and substance abuse.
- Enhancing **heart health** when coupled with integrative health care.
- Reducing the risk for relapse in **clinical depression** by half compared to a standard treatment protocol.
- Reducing **anxiety and stress** across a wide range of physical and mental health disorders.

Listening to your body is always the key. **Allow yourself** to try different things until you find the solutions that best fit your body. Ask questions. Do research. Talk to your healthcare provider if you are not able to handle your stress on your own.

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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: 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 their methodology: Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms of 150+ to 1200 people** and individual people who came to the microphone. In addition to this, I coached teams of people who worked with me in

both group and individual settings. These included managers among other individuals. This coaching was on **both personal and business topics**.

My experience, training and unspeakable privilege of coaching people prior to and since leading the Landmark Forum has allowed me to have access to the **ut-most training and practices for years**. Also, it absolutely gives me the **confidence** to coach **anyone on anything**, under any circumstance, and that the person attributes this **success to my coaching**.

CONFUSION, TIREDNESS, SHORT-TEMPEREDNESS, NERVOUSNESS .. MAYBE IT'S JUST YOUR BLOOD!!!

People with diabetes often deal with low blood sugar. What people don't know is that diabetes doesn't only affect your blood. If you've had hypoglycemia during the night, you may wake up tired or with a headache. You may also have nightmares. It's not as common in people who don't have diabetes but **it can happen**. It could be caused by:

- Medicines, such as monoamine oxidase inhibitors (used for **depression**), quinine sulfate (used to treat **malaria**), and aspirin.
- Drinking too much **alcohol**.
- **Diseases** that affect the pancreas, liver, kidneys, adrenal glands, or other organs.

- **Metabolic problems** that run in families.
- Problems caused by **stomach surgery**.

The symptoms can be different depending on your blood sugar level. Mild hypoglycemia can make you feel hungry or nauseous. You could also feel **jittery or nervous**. Your heart may beat fast. You may sweat, or your skin might turn cold.

Moderate hypoglycemia often makes people feel short-tempered, nervous, afraid, or confused. **Vision may blur**. You could also feel unsteady or have trouble walking.

Severe hypoglycemia can cause you to pass out, have seizures, and even cause a coma or **death**. If you have symptoms of

low blood sugar, you need to **eat or drink something with sugar in it**. If mild or moderate hypoglycemia isn't treated right away, it can turn severe.

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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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