

## WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

**Hello Health, Fun and Well Being, partners!**

On this 5th Newsletter we will look at applying the 1st & 2nd Health Proposal to Well Being. We are looking at 3 forms of Well Being: Physical Well Being, Emotional Well-Being and Mental Well Being. We also take a look at the impact of Fun on Well Being.

The following paragraph, will put the rest of the Newsletter in context: This conversation **makes more sense if you watched the 1st & 2nd Health Proposal.** So if you haven't, please pause and go back and watch them. All of my videos are free, find them at <http://www.youtube.com/carolinaaramburo>. If you have questions, I will be happy to answer. Please Facebook message me. I am not selling you on anything; my biggest commitment is the exchange of information and the chance to make a difference. **I am committed to make a difference for you,** through this information, and you can make a difference for me, by giving me your feedback.

### PHYSICAL WELL-BEING

If I could give the world a "**well being gift**" it would be to learn the lesson that I am learning through illness, **without the illness** (which is one of my biggest intentions behind this health, fun and well being community project)

We (people) don't learn from people's advice that much, but **we do learn through good or bad example.** So, I am going to use myself as "bad" example,

because I'd like to keep others, from going through it, and I loooooove making a difference!! Thus; I may as well use my mistakes;

My gradually getting sicker and sicker, without noticing, until the "crash", was a product of things that I did "wrong", that didn't work, such as;

- **Never sleeping enough,** sleeping less and less, until it became almost none and ignoring it; thinking "that gives me more time to be productive"- experiencing more and more anxiety, aches and pains, allergies, but completely ignoring them
- **Being more and more and more fatigued** and taking it as a "cool challenge, to train myself to learn to self-generate-energy"
- **Working too many hours,** not taking enough breaks (most days, none at all), daily, weekly, not even monthly,
- **Living under total stress** and not even noticing
- **Listening to advice about "powering-through"** "all my symptoms, not listening to doctors only about well being
- **Ignoring completely emotional or intellectual well being**
- Relating to not being "**totally sick**" as if I am well and healthy
- **Ignoring or underestimating stress and anxiety,** because I thought they were: "just states of mind", being totally ignorant about the actual chemical unhealthy cascade of things that happen in your body when you have stress and anxiety in excess
- Treating "negative feelings" as "**not important**" and definitely powering-through them
- **Ignoring my intuition & in**



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**stinct** about my well being

- Not making sure **all the aspects** of my life "work for me"; i.e. finances, environment, relationships, spirituality, etc And on and on... **A time bomb, well being wise....**

So now, if we apply the theory of the 1st Health Proposal of **cherishing your body with it's imperfections** and the 2nd Health Proposal of **listening to your body** YOU can choose to NOT follow my bad example and pay attention to the great recommendations from the Health, Fun & Well-Being Community page this week. I have included things here in all three Well-Being categories from the Community Page. Feel Free to read this in full on-line.



CLICK HERE FOR FULL VIDEO

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## PHYSICAL WELL-BEING (cont.)

According to all the research, physical wellness is developed through **healthy eating, sleep, and good exercise habits**. Additionally, physical wellness is concerned with taking a proactive role in disease prevention and seeking medical attention when necessary. By **listening to your body, you will understand the relationship between good nutrition and how your body performs as well as the warning signs for sickness and disease**. Some of the recommendations are:

- **Stop Dieting, Start Eating** - With so much emphasis put on being 'skinny', many Americans have turned to unhealthy fad diets to try and lose weight quickly only to end up gaining it back. Diets don't work.
- **Eat Organic and clean** - Not to be mistaken for another fad, organic food should be a mainstay of your daily diet. Organic foods are high quality foods that are grown without any harmful chemicals or antibiotics
- **Apply Whole Nutrition** - Instead

of focusing on eliminating foods from your diet, focus on adding nutrients your body needs.

- **Exercise** - Exercise helps you to sleep better, manage stress, and prevents disease. Don't forget about the toned muscles and weight control you gain from your workouts. Other **Benefits of Exercise**:
  - **Combat chronic disease** - Exercise helps reduce blood pressure, boost HDL, the good cholesterol while lowering triglycerides.
  - **Boost your mood** - Physical activity stimulates your brain to release endorphins, leaving you happier and more relaxed after your workout.
  - **Loss/Manage your weight** - The more calories you burn, the easier it is for you to manage your weight.
  - **Increase your energy level** - Ever notice you feel more alert after a work out? Exercise gets your blood flowing to deliver oxygen and nutrients to your

body. When your body receives fresh oxygen and blood, your energy level increases.

- **Improve your sex life** - Exercise gets your blood flowing—to all areas of the body. Daily physical exercise can enhance arousal for women and combat erectile dysfunction in men.
- **Improve your sleep** - Regular exercise helps you deepen your sleep.
- **Manage Stress** - Physical exercise provides an outlet for built up tension. When you workout, you expend your nervous energy, leaving you feeling more relaxed afterward.
- **Sleep** - Sleep is essential to good health. It is a necessary part of the restoration and recovery of body cells from the stresses of every day life. Without adequate sleep the mental and physical body are unable to function properly ..

## EMOTIONAL WELL-BEING

Emotional Wellness is about understanding the full range of your feelings and **how they are affected by the world around you**.

It is **in our nature** to experience both positive and negative emotions and the key to achieving equilibrium and wellness, is to find balance between the two.

By recognizing your strengths and accepting your limitations, you will **attain greater self-acceptance**, which is the key to achieving emotional wellness.

When life is going smoothly, it's easy to feel happy and centered. But, as you all know, **life's not always so peachy and difficult situations arise** that test out ability to manage stress and cope. Anger, grief, and depression are three significant negative emotions that are impactful on our lives. Understanding how these emotions arise and how to manage them is **crucial to to creating emotional wellness**.

You know you need to take care of your physical health, but have you been doing enough to maintain a healthy emotional balance? Here are **12 tips from the experts for reducing stress, managing negative emotions, and improving your emotional wellness**.

- Collect Friends
- Enjoy Solitude
- Get Fit
- Seek Pleasure
- Find A Passion
- Plan for Problems
- Seek Constructive Criticism
- Take Healthy Risks
- Manage Success Well
- Don't go through "Tuff" things by Yourself
- Don't keep Negative feelings on your Mind, leave them on a Paper
- Protect Yourself from "Energy Vampires"

Above all, PLEASE follow the 1st Health Proposal, **cherishing your emotional well being and taking care of it by following your**



**own intuition** because you can trust your intuition wayyyy more than any outsider. For example, when you know something that you are dealing with is hurtful, don't "power through it" **trust yourself and cherish your emotional balance beyond all**.



## MENTAL WELL-BEING

In this volume we are only dealing with nutrition that supports your physical brain, in **a future volume** we will get into fascinating things to support the "functionality of your brain", like; "**how to have better concentration, faster brain power, memory**", etc.

### The Top Ten Brain Foods

1. **Salmon**-- Salmon is rich in Omega-3 that protects the brain and protects it from Alzheimer's and other age-related cognitive disorders. Studies have shown that Omega-3 fatty acids lessen the effects of bipolar disorder and depression  
2. **Flax Seeds**-- Packed full of ALA, flax seeds contain healthy fats that aid the cerebral cortex in functioning better. The cerebral cortex plays a key role in memory, attention,

perceptual awareness, thought, language, and consciousness.

3. **Blueberries**-- Blueberries are known to boost your memory, motor skills, balance and are rich in free radical fighting antioxidants.

4. **Ginkgo Biloba**-- Ginkgo Biloba works by increasing oxygen and blood flow to the brain, regulates neurotransmitters, alertness, and decreasing mental fatigue.

5. **Eggs** -- Egg yolks are rich in choline which aids in improving your memory.

6. **Coffee**-- Contains antioxidants which are good for the brain. Also, regular coffee drinking has been linked to reduce risk of Alzheimer's and Dementia.

7. **Chocolate**-- Chocolate is full of antioxidants and improves focus and concentration.

8. **Walnuts**-- Just ¼ cup of walnuts

contain 91% of your daily value of brain boosting Omega-3 fatty acids. They also contain magnese, which is a component of antioxidant enzyme manganese superoxide dismutase (MnSOD). Low levels of magnese contribute to an increase in seizures.

9. **Whole grains**-- Whole grains such as brown rice, quinoa, and oats improve circulation and essential B vitamins that protect the brain.

10. **Legumes**-- Legumes are rich in vitamin B5 which assists the brain in the transmission of nerve cells. They also contain vitamin B6, which helps convert tryptophan into serotonin, an important neurotransmitter.

**Above all, don't over use your brain, listen to your body, it knows better, just like we explain on the 2nd Health Proposal**

## MASTERFUL BUSINESS & PERSONAL COACHING

**Given the urgency** of the need for medicine, water, food and shelter for the **thousands of children in Japan**, I decided to do 2 things: to take more clients and give 50% to Japan, **and to start giving free coaching on line.**

### TO FIND OUT MORE CLICK HERE

**Why have a coach?** It works exactly the same way with your performance at work, as in your relationships, etc. **You always do your best,** of course, but you occasionally get extraordinary

result, mostly good results and sometimes not good results. Overall **most people do not get a total abundance of extraordinary results.** **You can't keep yourself, by yourself, on your peak performance** .. most people can't. It's not a lack of ability, it's simply that **you can't see your blind spots.** There are some of us, however, that are experts on human performance and can show you **little changes you could make, here and there.** If you made those little changes, you would have **way better results with way less work!** That is

why people get a coach!. **People that are committed to the highest possible level of performance always have a coach.** I have it that every human being really deserves to live their life to the fullest so I have it that **everybody deserves a coach.**

## FUN & WELL-BEING

It is under estimated the **value of fun for your well being.** Really adding fun to everything you do has **so many health benefits for your physical, intellectual and emotional well being, that it is actually crucial.**

We will expand on it on a next newsletter There are lots of ways to **exercise outside the gym,** whether in a local or national park, the beach, a playground, or even their own backyard. For instance, simply jumping rope in your garage for 15 minutes is a great workout. It enhances and tones

your legs, improves cardiovascular health, and does wonders for your vertical leap. **Hitting the dance club for a night** of dancing (not drinking!) is another great example; it is good exercise and allows you to enjoy the company of friends while getting a full body workout. If you want to try something to really move your muscles, take a **hip hop dancing class.**

If you are looking for something more serene, **try an outdoor tai chi, yoga, or qi gong class.** These

ancient movement regimens combine smooth body movement and meditation to help improve overall wellness.

If you don't want to go far from home and you are a video game junkie, **the Wii and Microsoft Kinect** are offering some increasingly intriguing options to have some fun while elevating your heart rate. **Bottom line, you deserve fun every where, gift it to yourself, and share it with others every time you can.**



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