

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

Hello Health, Fun and Well Being, partners!

On this 7th Newsletter we take a look at Natural, Out-of-the-Box Solutions to Physical & Emotional Breakthroughs. You can see all of the articles in full **HERE** (<http://www.facebook.com/CarolinaAramburoAndFriends>).

In order to 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. You can do that by **CLICKING HERE**.

OUT-OF-THE-BOX SOLUTIONS for PHYSICAL & EMOTIONAL BREAKTHROUGHS

I am going to apply **Health Proposal 2** to common aches and pains that some of us have to deal with everyday. I want you to be clear that nothing I am saying comes from a doctor. I am, more than anything, **a person committed to really improve her health** and actually a person going through a massive personal health and well-being journey. It wasn't just a brilliant idea it is because I am dealing with several illnesses. So, in many of my illnesses I need to take medication. I totally recommend always always always doing what your doctor says to do. In my case I have to take medication for several of my illnesses and in this case I am going to share with you about my **chronic adrenalin fatigue**. For that illness I have to take medication – that

is fantastic for the illness and it has made a huge difference for me but the problem is that **a lot of medication in your body really impacts your liver**. It impacts many organs in your body. I was dealing with the side effects of the medicine for this particular illness. One of the things that started happening is that I started having massive migraines - all day, unbearable - migraines. I had never had migraines before in my life but that's a big big problem. I can't take painkillers. If I was going to take pain killers for my migraines it would have taken my liver all the way down and it is already compromised so that is a very bad idea. **I had to find natural solutions.**

Here are the out-of-the-box natural solutions I can give you and for the others go to my fan page and you'll get to see a lot of them. (see <http://www.facebook.com/CarolinaAramburoAndFriends>). For the migraines a radical solution is to do **deep breathing**. I really recommend doing deep breathing. I think it is really outside-of-the-box – I would have never tried that if it weren't for one of my friends. I have many friends and **real partners in my health journey** that are natural doctors and also regular doctors and many other people. One of them taught me to do techniques of deep breathing and as radical as it sounds when I do a half an hour sometimes, 45 minutes sometimes, when the migraine is too strong – **it actually disappears my migraine**. Now that is radical – without medication being able to do that. You may not have the amount of migraines I have and you may not be confronting side effects of medication but I do know that people confront



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headaches on a daily basis sometimes so try it on – 5 minutes, 10 minutes, 15 minutes – see the difference it makes. Also, you definitely have to **listen to your body**, as we were creating in Health Proposal 2 because maybe the origin of your headaches or migraines is very different than mine. At some point I confronted different headaches and for those, radical solution, **drinking a lot of water made a huge difference**. So listen to your body and see if you can provide those natural solutions and see what happens. Second radical solution, for sleep, another problem I have is a **chronic sleep disorder** and I have, some people who know me know, that for the last eight or nine months I have learned everything a person can (cont. on next page)



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OUT-OF-THE-BOX SOLUTIONS for PHYSICAL & EMOTIONAL BREAKTHROUGHS (cont.)

learn about sleep. One of the natural solutions I have found to support myself is – try it on, you may not have a sleep disorder like I do but you may have problems falling asleep or having quality sleep over the whole night. Try on doing three things. First, **try on doing some journaling** – empty your mind on paper and then **try on doing soft yoga** (not whatever yoga you are used to doing throughout the day but soft, relaxing yoga) for a few minutes and then try on deep breathing. I now have this habit of doing those three things before I go to sleep and it **makes a difference first in how fast I can asleep and it makes a difference in staying asleep and having deep sleep during the night** – which is extraordinary for a person that has the illnesses that I do. Try it on.

The other radical solution is about stress. Stress is a big big big deal – more than most people know. By the way I have a whole video about stress. When you are confronting stress and the **chemical damage that stress does to your body** you have to come up – and in my case I had to come up with all kinds of

natural – solutions. So, here is a very creative one. Try on **music and dance therapy**. Music therapy, dance therapy and even more radical – **laugh therapy**. Now I know when somebody is confronting stress and you feel your whole body stressed out it is not the natural thing to start **dancing, singing and laughing**. But if you try on dancing and singing for a few minutes you will start laughing – naturally – and that will have the whole chemicals of your body that was coming from stress **balance out** way faster than if you try all the other ways we confront stress in an ordinary regular day like we do.

The last solution I am going to propose to you is a natural solution for **back pain**. One of my illnesses has me experience pain all over my body in all of my muscles. It is way beyond soreness it is like actual pain and obviously the back is one of the places that gets more **impacted**. As I said, I can't take painkillers and since that is out of the options so I had to come up with many ways. One of the radical ways you can come up with for back pain, those of us who confront

back pain, is to try **doing a lot of abdominal exercises** – crunches – and back exercises. I know it is not the first natural calling to run to the gym when you are in pain and when your muscles hurt. You have to listen to your doctor and see what is appropriate and more than anything **listen to your body**. I have, rigorously, done a lot of back and abdominal exercise and it has made a difference helping out with my back pain. Try it out and see what happens. I have included, in



this newsletter, bits and pieces of articles written about some of these out-of-the-box solutions. You can find these articles and others on our Health, Fun & Well-Being Page.

MUSIC, DANCE, LAUGH & JOURNALING for YOUR HEALTH

Listening to your favorite tunes or funny jokes not only **reduces stress** but could **lower your blood pressure**, perhaps even as much as cutting salt from your diet or dropping 10 pounds, according to the preliminary results of a small study presented this month at an American Heart Association meeting in Atlanta.

Though relatively modest, blood-pressure reductions of the size seen in the study have been linked to a **5% to 15% lower risk of death from heart disease or stroke**, says Michael Miller, M.D., director of preventive cardiology at the University of Maryland Medical Center, in Baltimore.

“I think there’s definitely a physiological effect going on, some sort of **mind-heart connection**,” says

Miller, who has conducted similar research.

Add dance to your music because with its freedom of movement and sense of abandon, **dance is the perfect candidate for a little relief**.

Finally **journaling is a stress reducer and for me a sleep inducer**. Dr. Sheppard Kominars has journaled since 1955 and has used the process to successfully navigate through many health threats, including cancer. Kominars maintains that journaling can make any life-altering event - whether it's a career change, divorce, illness or the death of a loved one - **more manageable**, but that regular journaling can help you on an everyday level as well. “The important thing about journaling is that you write about your feelings,” says Kominars.

I have been using all of the above in my health journey. When stressed I will put in **music and dance (which after a few minutes always makes me laugh)**. Also, every night before I sleep I journal. It empties my head so that I actually sleep quicker, deeper and stay asleep.



EXERCISES for BACK PAIN

As always you want to apply Health Proposal 2 and listen to your body for the exercises that work the best for you. Here are some that doctors suggest.

- **Strength training exercises** help you build stronger muscles, especially the core muscles of the abs, lower back, pelvis and hips, which support your back.
- **Isometric exercises**, in which you contract the muscle and hold it (for example, by pressing against a wall) may be easier than lifting weights for some people with lower back pain.
- Adding an **exercise ball** to your routine can help stabilize your core while you exercise. A specific type of exercise that strengthens and helps you gain more control over your trunk

muscles (called motor control exercises) appears to be especially good for combating low back pain and disability.

- **Stretching** keeps your muscles more flexible, so you're less likely to injure them.
- **Yoga**, with its series of poses that incorporate stretching and strengthening, can be good exercise for low back pain.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a new FanPage with a these intentions:

1. To express 2 passions of mine that I have been ironically 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 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 life long "calling". A calling to: team up with leaders in our community/world , to **lead the way towards a Self-Realized Civilization**, creating/ waking up to a NEW GLOBAL VISION and maybe

even question all our believes systems.

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

CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE



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BREATHING for STRESS RELIEF

Deep breathing is one of the **best ways to lower stress in the body**. This is because when you breathe deeply it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, **all decrease as you breathe deeply** to relax.

The way you breathe affects your whole body. Breathing exercises are a **good way to relax, reduce tension, and relieve stress**.

Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them. You can do different exercises to see which work best for you.

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

- Sit in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in **through your nose**, and let your belly push your hand out. Your chest should not move. DO this to a count of four.
- Breathe out through your nose to a **count of eight**. Feel the hand on your belly go in, and use it to push all the air out.
- Do this breathing 3 to 10 times. **Take your time with each breath**.

You can do this same exercise but hold your breath to a **count of eight before exhaling through your nose**.

Again, **listen to your body**. I do a series of deep breathing exercises both **morning and night**. They disappear my migraines and reduce my stress levels.

If you would, please go to this link and give us/me your feedback (**CLICK HERE or see <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.

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