

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 205th Newsletter, I want to give us a chance to consider the impact that **Asthma** can have on people's physical, mental, and emotional 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**.

ASTHMA DOES NOT HAVE TO DEVISTATE YOUR LIFE!

Developing a constant cough, continuously wheezing and **tightening of your chest** are all symptoms that may seem like small matters, but in fact, they are very serious. Each one of these symptoms could possibly be a **determinant of having asthma**. Asthma affects your respiratory system and your bronchial tubes. **Constricting your airways**, asthma can be extremely devastating to your health if not dealt with MINDFULLY and **especially** because (particularly early on) it CAN be totally HEALED through a plant based Nutritional and Integral TREATMENT. This week in our **Fan Page** and in this newsletter, I would like to focus on the **impacts** that asthma can have over you, your health and, your well- being AND MY SUGGESTED PATHWAYS TO HEAL from Asthma.

Severe asthma can be an **extremely terrifying thing**. Most of the time, it is developed at an early age and can be hereditary. In other cases, it can be **brought about** for many different reasons. Even going into adulthood, some people have discovered that they have developed asthma! **Western Medicine** has it that there are no definite known causes for asthma and because of this, it has become incurable, even though THE MEDICINE that

I choose and that HEALS: **Holistic, Natural Medicine** say there is CAUSE and its totally HEAL-ABLE!!!

There are four different classifications of asthma known as mild intermittent, mild persistent, moderate persistent and severe persistent, and each one has its **own physical effects** on the body. Mild intermittent and mild persistent asthma both have experiences of wheezing, coughing or shortness of breath. Mild intermittent **occurs briefly** and no more than twice a week while mild persistent occurs more than twice a week, but less than once a day! People with moderate persistent asthma have daily symptoms and **require daily medication**. Their nighttime symptoms occur more than once a week, while flare-ups occur more than twice a week and last several days. Yikes! If you think that's bad, severe persistent asthma have continuous symptoms. **Frequent flare-ups** that may require emergency treatment and even hospitalizations! With moderate and severe persistent asthma patients can only be engaged in limited physical activity.

During my near death illness several years ago there were periods of time at the beginning where I experienced asthmatic symptoms. **Shortness of breath** and the experience of my airways being constricted was a scary experience. The harder it was for me to breathe the scarier it was and that would increase the asthmatic attacks. I learned **breathing techniques** to help the flow of air and adjusted my eating and other natural solutions while working on keeping myself calmer!

Asthma is a lung condition that causes **difficulty breathing**. It is mostly common among kids and teens, but can also be seen in adults. Unlike persons who have a regular breathing pattern that goes in through the nose or mouth, through the trachea and bronchial tubes and into the lungs, people who have asthma have **inflamed airways**. Due to these inflamed airways, mass amounts of thick mucus are produced. **Oversensitivity to certain things** like exercise, dust or



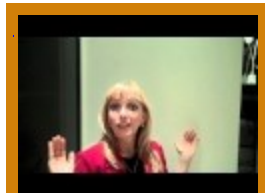
CAROLINA ARAMBURO

cigarette smoke is developed as well. This will then cause the smooth muscle that surrounds the airways to tighten up. The airway inflammation combined with the tightening of muscle, **narrows the airways** and makes it difficult for air to move through.

With over **23 million people** in the United States alone having asthma, it's no wonder why it has become the primary reason for kids to chronically miss school. Asthma can produce repeated episodes of: **wheezing, breathlessness, chest tightness**, nighttime coughing, early morning coughing, and pressure in your chest.

The **environment you live in**, YOUR parents WELLNESS and LIFE STYLE and YOUR WELLNESS Life Style has everything to do with PREVENTING and/or **HEALING ASTHMA**. (Cont. on next page)

Holistic Doctors and modern Wellness Experts (as the ones on our Radical Wellness Division) have HEALED and PREVENTED Asthma with Life Raw Food Diet together with a Wellness Mindfully Designed Life Style. Some triggers of asthma



CLICK HERE TO VIEW VIDEO

CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW

ASTHMA DOES NOT HAVE TO DEVISTATE YOUR LIFE!!!

could include: exposure to tobacco or wood smoke, breathing polluted air, inhaling perfumes or cleaning products, exposure to airway irritants at the workplace, breathing in molds, dust or animal dander, upper respiratory infection, and exposure to cold, dry weather.

Asthma can be controlled by knowing the warning signs of an attack. In addition to knowing the signs, keeping your distance from the things that trigger an attack will help as well. Your symptoms such as wheezing and coughing will decrease. Better sleep, less time off from work and school and fewer visits to the hospital are often seen if you take the precautions. Although rarely seen, having an attack can cause death too. To prevent any negative happenings due to asthma, an action plan needs to be worked out in advance with your health-care provider. This plan should include what to do when an attack occurs and when to call your physician. When to go to a hospital/emergency room should be included as well. For others, a physician may indicate that an inhaler will suffice. Whether you need to go to a hospital or take a few puffs from your inhaler, medical attention should be sought after.

A BALANCED NUTRITION PLAN ELIMINATING HIDDEN FOOD TRIGGERS REDUCES ASTHMA!!!

Diet therapies or nutritional advice is the most common integrative approach for asthma. Changes in the diet are meant to alter immune response and therefore airway reactivity. Strong epidemiologic data demonstrates an association between dietary deficiencies (omega 3, vitamin C, magnesium, selenium, Vitamin E) and asthma. Conversely, populations with higher intake of pro-inflammatory polyunsaturated fatty acids (omega -6 fatty acids) have a higher prevalence of asthma, eczema, and allergic rhinitis.

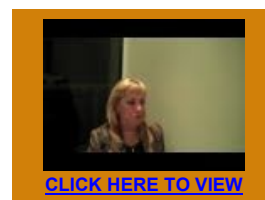
Often times, hidden food triggers, obesity and nutrient deficiencies play a role in the severity of symptoms. The following general guidelines will be helpful:

- Eliminate potential allergens
- Sulfites (especially in dried fruits).
- Food additives (aspartame, benzoates, and yellow dye #5).

There are natural and holistic approaches that work for many asthmatics. In the next article we provide information on nutritional support that can help you prevent asthma and also help you to decrease your asthma if you already suffer from it. In the final article we offer suggestions such as finding ways to pay attention to ways to deal with your emotions and use carefully designed breathing exercises can help you reduce asthma significantly. The MOST IMPORTANT HEALTH AND WELLNESS SUGGESTION that we can offer you, if you have ASTHMA, is to love yourself enough to find a HOLISTIC DOCTOR OR Wellness Holistic Coach that HEALS Asthma. Eating Raw Life Vegan Food, Meditating, Breathing clean Air, Changing Intoxicating Habits for Healthy ones, Managing your stress mindfully, etc, TOTALLY CAN HEAL YOUR ASTHMA, no matter to which degree you have it, from very mild to EXTREME. Don't let Western Medicine make you into a slave of Chemicals full of side effects, fight for your right to be HEALTHY and CLAIM what you DESERVE!!

Taking care of your body is extremely important and should be your primary priority! If you feel as if there may be something wrong with your breathing

pattern, consult your health care providers or a trained health coach! Don't wait until you have to be hospitalized to realize that something is wrong!



To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

A BALANCED NUTRITION PLAN ELIMINATING HIDDEN FOOD TRIGGERS REDUCES ASTHMA!!! (Cont)

products trigger your body to make excess of phlegm that negatively impacts your **immune system** making the allergic symptoms worst. Skipping processed products has been proven to **decrease allergies and asthma**. Increase intake of raw and uncooked vegetables, which contain essential nutrients needed by the cells in your body to build immunity **against disease**.”

According to James T. Li, M.D., raw foodists **repair vs. inhibit** their immune systems leading to asthma free lives. He pointed out that the **cornerstone** of a raw food diet is fruits and vegetables in their purest form and your body is inundated with **antioxidants** that boost the immune system. Studies show that antioxidants can reduce asthma symptoms.

Finally a whole food raw vegan diet reduces **inflammation** throughout the body, including in the bronchial tubes, and repairs adrenal functions. Asthma is partially caused by dysfunctional adrenal glands. This is the reason Western Medicine often prescribes **steroids**, which are to replace what the adrenal glands should be outputting naturally. The answer ... go raw and your adrenal glands will heal themselves and there is no need for **medications**.

Case after case, from people who have **cured their asthma** with a raw vegan diet, have noted that the value of **vegan diets** is the absence of potential triggers, particularly dairy products and eggs, as well as a relative lack of arachidonic acid (found primarily in red meats and egg yolks). Studies have been **conducted** on vegan whole diet interventions. One **positive long term** study of vegan diet was published in 1985 by Lindahl and showed decrease in use of medications and 92% improvement in biochemical and clinical markers.

Food-induced **bronchospasm** occurs with the intake of certain foods in 2% to 24% of persons with asthma. It has been found that symptoms can improve in 4-8 weeks after **removal** of the above offending agent/s. Foods implicated most often as a cause, include peanuts, milk, **eggs, tree nuts**, soy, wheat, legumes, beans, food additives and preservatives, corn, sugar and turkey. The presence of both sulfating agents and histamine in wine may aggravate asthma, and **several studies** have found that asthma may be induced by green tea.

Fat cells are **pro-inflammatory**. They

secrete cytokines and immune proteins that can contribute to an inflammatory state such as asthma. It has been shown that when asthmatics lose weight, their symptoms improve.

Breast feeding has been shown to reduce the development of atopic diseases. Immunoglobulin in breast milk favorably affect the balance of TH1/Th2 reactions along the **gut mucosa** and also helps to mature intestinal flora. In a meta-analysis of 800 subjects (Gdalevich 2001), it was shown that breast feeding during the first 3 months of life reduced likelihood of developing asthma by 30-50%.

Low intakes of **certain vitamins/minerals**, such as zinc, vitamin C, B6 and B12, A and E, manganese and magnesium, can make people as much as five times more likely to develop asthma. Studies that have vitamin and mineral **supplements** to treat asthma have been unsuccessful even though diets heavy in these have proven to reduce asthma. Researchers think that it might be the **interaction of different vitamins, minerals, and other antioxidants** that naturally occur in foods that have the health benefits. It does appear that good eating habits, such as **increasing fruit and vegetable** intake along with nuts and whole grains, may improve your asthma. Rather than looking for a magic pill, it appears that a well-balanced diet may be the best **nutritional intervention** for your asthma. Here are some of the key nutrients to make sure you include in the foods you eat:

- **Magnesium** levels are chronically low in asthmatics, and can help relax the bronchial tubes and esophagus. This is found in dark leafy greens, nuts and seeds, beans and lentils, whole grains and avocados.
- **Vitamins B6 and B12**, which asthmatics are most likely to be deficient in. Many asthmatics are also sensitive to sulphite preservatives in foods such as potato chips, fish, fruit juices and jellies; B12 can reduce sulphite sensitivity. B6 can be found in Brussels sprouts, cooked spinach or raw red pepper. B12 can be obtained from fortified nutritional yeast,
- **Vitamin A and beta-carotene, Vitamin C and Vitamin E**, which are antioxidants, aid lung functioning. Vitamin C is a potent antihistamine with no side-effects and should be taken with **bioflavonoids** such as quercetin, which has been found to

inhibit the release of inflammatory compounds. To name some sources of these antioxidants: **Vitamin A** is found in Grapefruit, Mangoes, Carrots, Cabbage, Spinach, Peas, Squash and Broccoli. **Vitamin C** can be found in Papaya, Black Currents, Oranges, Bok Choy, Kale and Swiss Chard. **Vitamin E** can be found in Avocados, Guava, Peaches, Blueberries, Butternut Squash, Parsnips and Spirulina.

- **Glutathione and other sulphur-containing nutrients**, N-acetylcysteine, or NAC, methylsulphonyl-methane, or MSM and lipoic acid are also antioxidants and may be helpful. NAC, for instance, can increase glutathione levels and thin bronchial mucus. **Glutathione** can be found in milk thistle and cum-in. Including an array of fresh, organic produce in the diet is helpful in providing the body with the nutrients it needs to create glutathione. **Sulfur-rich vegetables** such as garlic, onions, parsley and cruciferous vegetables are particularly helpful in addition to avocados, squash and tomatoes.

Finally, there are also **herbs that are known** to ease breathing such as Blue Violet Leaf, Coltsfoot, Elicampagne, Lobelia, Lungwort and Osha Root.

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.

© Carolina Aramburo, 2014
www.CarolinaAramburo.com

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**.

ASTHMA IMPACTS YOU MENTALLY, EMOTIONALLY & SPIRITUALITY!!!

Difficult to control by most, asthma can have a very **drastic disempowering** impact emotionally, psychologically and even spiritually on those that have it. Constant negative thoughts, stress and **emotional ups and downs** in your life can also be a source of asthma.

The **psychological impacts** from having asthma can be very detrimental to those who have it! Making some asthmatics depressed or stressed, asthma has the ability to influence peoples' **mental state** more than you know. Since some people who develop asthma have a tendency to also develop many **anxiety disorders and panic attacks**, as well, it shows that the effect over people psychologically, can be intense! The lack of oxygen that asthmatics are receiving, hence the wheezing and tightness in their chest, can cause problems with their brain's health as well! Having asthma can give **asthmatics dizziness**, lightheadedness and decreases their strength in addition to their mental capacity. Both of the above are correlated with how the human brain functions!

The **emotional impact** of having asthma can be as detrimental to you as the asthma itself. Affecting adults and children, asthma can cause serious emotional damage that impacts both their **social and personal life**. A few effects of having asthma on your emotional state can include: sadness, **discomfort, embarrassment**, fear, uncertainty, anger, frustration and irritation. It can cause a sense of embarrassment and fear in many people who suffer from

asthma. People who have this condition may become **embarrassed** because it is an uncomfortable feeling of being different from others around you. In social situations, people with asthma may feel self-conscious about using an inhaler or having to be careful of not triggering their asthma. **Fear comes into play** because having an asthma attack can often send a person to the hospital and can even cause death if not handled correctly.

Asthma can affect your spiritual connection as well. With the **constant fighting for breath**, the lack of oxygen in the body and the fears that it brings on, it is difficult to be able to hear the soft voice of your soul so that you can connect to their higher self. The **blocking of your oxygen** in your blood begins to constrict first your body, then your MIND GETS TRAPPED IN WORSE SCENARIOS, setting your emotions into a spiral of FEAR and from that, BACK to ADVANCING YOUR PHYSICAL DISEASE for the WORSE. In the middle of that VICIOUS CIRCLE, your CONSCIOUS **connection to your soul** is limited more with each constriction (obviously the subconscious CONNECTION remains as it should).

On the flip side of this one of the things that could calm asthmatics and ease their asthma would be spiritual practices such as **meditation and deep breathing** but it requires a very deep commitment to practice when you are not suffering from asthma and then it

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



CONNECT WITH ME



becomes easier to **bring those practices** to the moments when asthma begins to take over. **Breathing is a life-giving act**, thus RIGOROUS Spiritual practices with SPECIFIC BREATHING Techniques MAKE A HUGE DIFFERENCE with ASTHMA and have EVEN completely HEALED Asthma. **Developing asthma** is something that is very challenging, but MANY people have HEALED and stopped a lifetime of **taking drugs** when they have made up their minds to deal with it on a physical, mental, emotional and spiritual level in A HOLISTIC, ORGANIC WAY. **Cherish your LIFE** and your-SELF enough TO find the NATURAL way out of this WELLNESS Challenge .. it can be a very ENLIGHTENING JOURNEY !!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](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.

© Carolina Aramburo, 2014
www.CarolinaAramburo.com