

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 206th Newsletter, I want to talk to you about **Foodborne Illnesses** and their impact on our bodies and 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 and go back and watch them. You can also read all of the articles in full **HERE**.

### CHERISH YOUR CARDIOVASCULAR SYSTEM FOR A LONG AND HEALTHY LIFE!!!

Having problems with any of your organs can be extremely detrimental to your life. Your heart, being a central organ and **one of the most important organs**, definitely needs to be taken care of. With all of the different types of cardiovascular diseases that are being discovered, the care that you provide to the health of your **cardiovascular system** is imperative. Although many people still believe the myth that cardiovascular diseases effects mostly older people and men, it in fact affects both men and women at any and **every stage of life**. In this newsletter, I would like to focus on cardiovascular disease and ways to holistically, naturally both prevent and heal your cardiovascular system.

This week on our Fan Page, we have included **articles** that will offer you information on how cardiovascular diseases can have an effect on you and your health and ALL OUR **HOLISTIC** Natural **SUGGESTIONS** to **HEAL** and **PREVENT** all this illnesses Organically

and as Naturally as possible. These articles, that we have posted, will cover the **physical, mental, emotional and spiritual effects** that cardiovascular disease can have on your body and your well-being.

Cardiovascular disease, which can be seen in many different forms, refers to the **disease of the heart and the blood vessel system within it**. There are more than 50 different types of cardiovascular diseases, but one thing remains the same about each and that is that they can ALL cause a massive amount of harm to you. Some people can be born with cardiovascular disease while others tend to **develop it during their life journey**.

Considering that there are so many **different types of cardiovascular disease**, it is helpful to separate them into problems affecting either the heart or blood vessels. The cardio-vascular **disease types** that affect the heart are commonly known as **heart diseases** while the ones that affect the blood vessels deal with the receiving of oxygen. Types of heart disease include:

- Angina pectoris
- Arrhythmias
- Congestive heart failure
- Cardiomyopathy
- Congenital heart disease

Types of disease in the blood vessels include aortic aneurysm, aortitis, arteriosclerosis, atherosclerosis, aortic dissection, **high blood pressure and stroke**, just to name a few. Each one of these can have a **drastic effect on your physical state**. For example, the most common cardiovascular disease is coronary heart disease (coronary artery disease) and it is the number one cause of death in the United States. Some symptoms of coronary heart disease could include:

- Chest pain or chest discomfort
- Pain in one or both arms
- Pain in left shoulder, neck, jaw or



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- back
- Shortness of breath
- Dizziness
- Nausea
- Headaches or migraines
- Overweight/obesity
- High blood pressure
- High blood cholesterol
- Heart attack
- Cold sweats

While heart disease is the first most common cause of death in Americans, **strokes are the third**. Becoming the most common cause of permanent disability, strokes should be taken very seriously. There are many ways to **prevent** cardiovascular disease. New Research and hundreds of PATIENTS have shown that people can **lower their risk** for cardiovascular disease ALMOST TOTALLY PREVENT IT by as much as **89% percent** by simply FOLLOWING A Raw Vegan Mindful Diet and a mindful life style that includes sleeping as **neces-**

**sary**, a healthy management of stress and least toxics as possible.

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## CHERISH YOUR CARDIOVASCULAR SYSTEM FOR A LONG AND HEALTHY LIFE!!!(Cont)

Protecting your body from the effects of this **broadly** known disease can be as simple as taking a brisk walk, eating a heart-healthy diet, reducing your stress levels and/or getting the support you need to **maintain a health weight!**

No matter how old or young you are, cardiovascular disease can attack you. A recent study showed that among people ages 70 to 90, a healthy lifestyle **reduces the chance of dying** from cardiovascular disease by nearly two-thirds. Some steps to preventing cardiovascular disease could be knowing your risk factors, **monitoring your health** and knowing your family history – just to name a few.

There are many different causes, symptoms and risk factors to keep an eye out for. **Your age, family history and believe it or not, ethnicity**, are known to be large risk factors in having a cardiovascular disease. Becoming knowledgeable on your health status is imperative to ensuring that you are living the healthiest lifestyle possible. The quicker you find out where you stand, the better it will be for your health and **your journey through life!**

### NUTRITION & LIFESTYLE IS THE ANSWER!!!

According to Caldwell Esseltn MD is a preventive cardiology consultant in the Department of General Surgery Cleveland Clinic Foundation, Cleveland, Ohio, "The **morbidity, mortality**, expense and transient benefits of a high technology approach toward the coronary disease epidemic, has failed. It is time to realize that the answer to a faulty **lifestyle epidemic** is not drugs and technology – it is **lifestyle**. The epidemiologic evidence that coronary artery disease does not exist in cultures consuming plant-based nutrition is robust and overwhelming. There is clear evidence that **cultures** which switch from a plant based culture to a western diet develop an epidemic of coronary heart disease. This toxic diet with its burden of animal protein, dairy, processed oils, white flour, sugar, and excess saturated and trans fats and **free radicals** marinates in our bodies injuring our delicate cellular matrix with every bite at every meal."

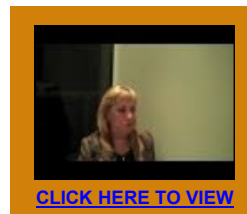
Proving that patients who have severe **coronary artery** disease arrest

During my near death experience and consecutive FABULOUS Complete EVOLUTION **Wellness Journey** I focused on various key organs in my body as they were impacted seemingly individually then almost always collectively. One of the things that kept occurring for me was a series of **migraines and an intense racing of my heart**. As part of a routine checkup procedure, a cardiologist checked my heart. He uncovered that my **heart was severely stressed**. I was on the verge of a massive heart attack due to the stress put on my heart from all of the other complications in my body. He immediately hospitalized me and put me through a battery of tests and cardiovascular procedures. That check-up **saved my life**.

I then took the steps to familiarize myself with the multiple types of cardiovascular diseases and the possible effects of them on my body and began to take the necessary precautions to keep myself from **ever having my heart in danger** again. My current diet, which is a Complete with ALL NECESSARY NUTRIENTS, Whole Food Plant Based, Balance Raw Vegan Diet, guarantees that I never need to worry about heart issues again, my Heart and all almost

and reverse this disease by consuming a totally plant based diet are scientific **peer reviewed** studies by both Dr. Esseltn and Dr. Dean Ornish, physician and president and founder of the nonprofit Preventive Medicine Research Institute in Sausalito, California, as well as Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish is best known for his *Lifestyle Heart Trial* in which he treated severe heart disease patients with lifestyle changes alone. The **experimental** group ate a low-fat whole-grain plant-based diet containing lots of fruits, vegetables and pulses. They also followed an exercise program, practiced various forms of stress **management** and did not receive medication. Dr. Ornish reported results at 1 year, 5 years, 12 years and most recently at 21 years. These studies indicate that fully **compliant** patients decrease the episodes of angina or eliminate them, decrease their cholesterol, decrease their weight, increase their **exercise** capacity, and arrest and selectively reverse their disease on fol (Cont. on next page)

ALL Organs are in the BEST HEALTH that I have had since I was 19 years old!!! I invite you to **PREVENT**, and if necessary HEAL your CARDIOVASCULAR HEALTH with a Plant Based Diet, starting TODAY. These illnesses are the ones that **killed the most people**, between this genre of illnesses, and they are almost ABSOLUTELY PREVENTABLE with a Raw Vegan Balance Diet + Mindful Living. You **deserve** your utmost WELLNESS, please give yourself the GIFT of CLAIMING IT, in ACTION, starting now!!!



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](http://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!**

## NUTRITION & LIFESTYLE IS THE ANSWER!!! (Cont.)

low up x-rays of the coronary arteries and continues to achieve better results than conventional surgical or medical intervention.

Joel Fuhrman, M.D., a board-certified family physician, *New York Times* best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and **natural methods** proposes that a high-nutrient, vegetable-based diet is the most effective choice. According to a study published in the (Cont. on next page)

*American Journal of Cardiology*, a high-nutrient, vegan-based diet including daily nuts and seeds reduces **LDL cholesterol by 33 percent**. This result suggests that if we eat more nutrient-dense, and include more greens, beans, seeds and nuts we may reverse heart disease even faster, and reduce heart disease risk even more. This **nutrient-dense** vegan lifestyle is guided by the ratio of micronutrients to calories in foods. 90 percent of calories come from nutrient-rich plant foods: vegetables, beans, fruits, nuts and seeds. To provide **optimal levels** of protective micronutrients, a diet must be vegetable-based, not grain-based.

Fuhrman promotes that seeds and nuts are **indispensable** for cardiovascular health. The protective properties of nuts against coronary heart disease were first recognized in the early 1990s, and a **strong body** of literature has followed, confirming these original findings. Moderate use of nuts also encourages weight loss, not weight gain. By **avoiding nuts and seeds** you may be missing out on these benefits. A recent meta-analysis of 25 clinical studies that compared a nut-eating group to a control group solidified the **LDL-lowering** effects of nuts. According to a study published in *The Journal of Nutrition*, nut consumption reduces coronary heart disease risk far more than can be **explained** by cholesterol lowering alone -- 35 percent reduction in risk for five or more servings of nuts per week.

These additional effects are only beginning to be **discovered** -- recent data has shed light on the protective properties of almonds and walnuts on vascular health. The Physicians Health Study **demonstrated** that eating nuts

and seeds regularly protects against sudden cardiac death caused by arrhythmia. The data suggests that following a low-fat diet for a long period of time, though effective at reducing atherosclerotic **plaque**, could actually increase the risk of sudden cardiac death. Nuts and seeds contain a protective coating that blocks nutrients so it is **recommended** that you remove that by soaking your seeds and nuts over night before consumption.

Here are some **nutrition** recommendations from HealWithFood.org's Guide to Maintaining a Healthy Cardiovascular System to both prevent cardiovascular disease and to heal cardiovascular disease :

### **Consume Foods That Contain Vitamin K**

Vitamin K is best known for its role in normal blood **coagulation**, but recent research suggests it may also be **one** of the best vitamins for both cardiovascular health and bone health. Bones require calcium in order to stay strong and healthy while arteries may become calcified by **excess calcium**. Vitamin K helps incorporate calcium into bone while preventing its deposit within blood vessels. Green leafy vegetables, such as spinach, Brussels sprouts, broccoli, Swiss chard, asparagus, green beans, kale and mustard greens, provide a good source of this important **cardioprotective** vitamin.

### **Include Foods Rich in Coenzyme Q10 in Your Cardiotoxic Diet**

There is some evidence that a regular intake of coenzyme Q10 (also known as ubiquinone or CoQ10) may help **improve cardiovascular health in the long term**, particularly in individuals with an increased risk of heart failure. The cardiotoxic properties of coenzyme Q10 are thought to relate to its role as a carrier in the body: CoQ10 transports stored **energy** to other areas of the body, including the heart muscle, where the energy can then be used. CoQ10 may also inhibit blood clot formation. In addition, CoQ10 has strong **antioxidant properties** and is able to boost the antioxidant effect of vitamins C and E. CoQ10 is found in a number of foods including spinach, broccoli, peanuts, whole grain, and wheat germ. Processing and cooking

decrease the CoQ10 content of foods.

### **Choose Low-GI Carbs**

Carbs that have a high glycemic index (GI) rating are quickly broken down by the body and cause **blood glucose** levels to spike. This in turn triggers the pancreas to rapidly release large amounts of insulin. Insulin is necessary for the body to be able to use glucose for energy, but high amounts of insulin can be **harmful** to the heart in obese or overweight people. A regular consumption of high glycemic foods can promote weight gain! Most non-starchy vegetables, legumes and fruit have a low GI rating while most refined carbohydrate-rich foods are rated high on the **glycemic index**.

### **Ensure a Sufficient Fiber Intake**

Dietary fiber is the part of plant foods that the enzymes in your body **cannot digest**. It is therefore not absorbed into the bloodstream and cannot be used for energy. Dietary fiber can be classified into two main categories: **soluble and insoluble** fiber. Soluble fiber forms a gel when mixed with water while insoluble fiber, which does not dissolve in water, passes the intestines largely intact. Soluble fiber has been shown to protect against heart attacks and heart disease, which makes it an important component of any **cardiotonic** diet. The cardiotoxic effects of soluble fiber are linked to its ability to lower blood cholesterol levels by binding to harmful cholesterol (LDL) in the **small intestine** and carrying it out of the body. Excellent sources of soluble fiber in (Cont. on next page)

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## NUTRITION & LIFESTYLE IS THE ANSWER!!! (Cont.)

clude oats, flaxseed, peas, beans, apples, carrots, barley, berries and psyllium.

### Ensure a Sufficient Intake of Vitamin D

Vitamin D is well known for its role in maintaining strong bones, but in recent years vitamin D has also been heralded for its potentially cardiogenic effects. Vitamin D deficiency has been associated with inflammation, high blood pressure, and diabetes — all of which are known to **increase** the risk of cardiovascular disease. Further, low levels of vitamin D have been observed in people with atherosclerosis and in heart attack sufferers.

When exposed to sunlight, the body can synthesize its own vitamin D. For most people, 5 to 30 minutes per day of sun exposure on the face and arms is enough. It is also possible to get vitamin D through diet in fortified forms such as a nutritional yeast.

### Cut Down on non-nutrient, empty calorie food, Especially in the Evening

Obesity and excess weight have been associated with numerous cardiovascular diseases and complications, including heart attack, congestive heart failure, sudden cardiac death, angina and chest pain. Also high blood pressure is twice as common in obese adults as in adults who are at a normal weight. If you are overweight, make weight loss your primary goal. However, cutting too many calories may be counterproductive to weight loss efforts, as extremely low calorie diets boost the activity of fat-storing enzymes and decrease the activity of fat-burning enzymes in the body. In addition, cutting too many of calories can accelerate loss of lean muscle mass and decrease the output of the thyroid hormone, which will result in a decrease in the metabolic rate and thus fewer calories will be burned throughout the day.

What is key is a balanced plant-based diet rich in nutrients packed where you eat multiple times per day. I recommend that you consult a nutritionist or health coach who is vastly experienced with plant-based diets so that they can customize your nutrition plan for you based on your unique body vs. just jumping on a one-size-fits-all low-calorie diet.

### Favor Omega-3 Fats, Avoid Trans Fats

If you are looking to improve your cardiovascular health through a cardiogenic diet, be sure to consume plenty of omega-3 fats. A large body of evidence suggests that omega-3 fatty acids can protect against CVD. These cardioprotective effects are believed to be linked to omega-3 fatty acids' ability to prevent blood clots and to reduce inflammation in the artery walls. To increase your intake of omega-3s, eat plenty of such foods as flaxseeds, walnuts and hemp seeds. Consumption of trans fats has been shown to increase low-density lipoprotein cholesterol (LDL or "bad" cholesterol), which increases the risk of coronary heart disease, and to lower high-density lipoprotein (HDL or "good" cholesterol). Trans fats are most often found in meats, fried foods, vegetable shortenings, hard margarine, cookies, crackers, chips, and baked goods.

### Cut Back on Salt, Push Up Potassium Levels

Sodium (salt) and potassium play a key role in maintaining blood pressure in the body. In order for the body to maintain an optimal balance, a relatively high concentration of potassium and a low concentration of sodium are required. Indeed, too high an intake of sodium is one of the most common causes of high blood pressure in many countries. To counteract some of the harmful effects of excess sodium, eat a lot of potassium rich foods, such as root vegetables and bananas, which help regulate blood pressure. Of course, you should also avoid excess salt in the first place. Be also aware of the "hidden" salt that is present in many packaged and processed foods.

### Eat Foods That Contain Chromium

Chromium is a component of the glucose tolerance factor (GTF) which helps maintain normal blood glucose levels by making insulin, a hormone that controls these levels, more efficient. This will fight insulin resistance which is a condition in which the body does not respond to normal levels of insulin and as a result secretes more insulin into the bloodstream in an effort to reduce blood glucose levels. Insulin resistance is often associated with high levels of triglycerides in blood. High levels of triglycerides are believed to have a major role in many heart health prob-

lems, including heart attack and stroke.

Here is a list of superfoods with a nutrient profile that is particularly well suited for improving cardiovascular health. These foods are naturally rich in cardiogenic vitamins and other heart health protecting nutrients:

Blueberries - Due to their high concentration of anthocyanins, blueberries effectively scavenge free radicals, repair damaged proteins in blood vessel walls, and promote the overall health of the vascular system. Anthocyanins also enhance the effects of the vitamin C contained in blueberries. On top of that, blueberries are a good source of both soluble and insoluble fiber such as pectin. Furthermore, compared to other berries, blueberries (especially wild blueberries) are a good source of vitamin E.

Flaxseeds - One of the best plant-based sources of omega-3 fatty acids. Omega-3 fatty acids can help prevent hardening of arteries and reduce atherosclerotic plaque build-up. Moreover, flaxseeds have been shown to exhibit cholesterol lowering effects. Preliminary research also suggests that these little nutritional powerhouse seeds may also help normalize the heartbeat. To reap most of flaxseeds' health benefits, soak them and then grind them before adding them to your food (electric coffee grinders are great for this purpose). Whole seeds pass through the intestinal tract largely undigested, which means your body won't get all the beneficial nutrients.

Celery - Celery is known for being rich in potassium, but that is hardly the only blood pressure lowering substance celery provides. Celery also contains butyl phthalide, a phytochemical compound that gives this popular dipping snack its distinctive taste and smell. It is also a great source of luteolin, a flavonoid that has been shown to prevent the oxidation of LDL cholesterol. When buying celery, opt for organically grown produce whenever possible.

Tomatoes - Supplies lycopene which is a very strong antioxidant. The amount of lycopene in body fat is an indicator of lycopene content in the diet. When in **(Cont. on next page)**

## NUTRITION & LIFESTYLE IS THE ANSWER!!! (Cont.)

**corporating** tomato products into your diet, be aware that lycopene from processed tomato products — such as tomato paste, tomato juice, and catsup — is more bioavailable than lycopene from raw tomatoes. Furthermore, lycopene is better absorbed, by the body, in the presence of **beta-carotene**. Coincidentally, tomatoes also contain beta-carotene!

**Walnuts** - While all nuts appear to be beneficial, walnuts have been found to be particularly good for the heart. Walnuts have been shown to lower triglycerides, prevent **blood clots**, and reduce blood pressure. When incorporating walnuts in your diet, keep in mind that they are calorie-dense and therefore **moderation** should be exercised. Make sure you soak all of your nuts prior to eating so that you get the richest availability of the nutrients available in them.

**Broccoli** - A group of British scientists found that **sulforaphane** — a compound occurring naturally in broccoli — can activate Nrf2, a protective protein that is typically inactive in parts of the arteries prone to **clogging**. Broccoli sprouts, which are available at many health food stores and some grocery stores, are particularly rich in sulforaphane, but also broccoli florets provide significant amounts.

**Dark Chocolate** - Moderate consumption of sugar-free raw dark chocolate (in the form of **cacao powder**) appears to lower blood pressure. Further, eating a few squares of dark chocolate every day has been shown to reduce the LDL cholesterol level by almost 10%. This is not surprising since dark chocolate is one of the most **antioxidant-rich** foods known to man. Milk interferes with the absorption of antioxidants from chocolate, and therefore milk chocolate does have the same antioxidant effect. In addition to antioxidant **compounds**, dark chocolate is an excellent source of potassium and copper, two minerals that play an important role in maintaining a healthy cardiovascular system.

**Buckwheat** - People who eat buckwheat on a regular basis have been shown to have a lowered risk

of developing **high cholesterol** and high blood pressure. The beneficial effects of buckwheat on cardiovascular health are largely attributable to **rutin** and other flavonoids found in buckwheat. Flavonoids are phytochemicals that protect from cardiovascular disease by maintaining blood flow and preventing **blood clotting**. Buckwheat groats are loaded with protein, which also makes them an excellent weight loss aid. Further, not only is buckwheat high in protein, but the protein it contains includes all **8 essential amino acids**, all of which are needed for tissue repair.

**Pumpkin Seeds** - Although it is true that pumpkin seeds are rich both in calories and fat, consuming these seeds in **moderation** can be help lower the LDL cholesterol levels because of their high concentration of phytosterols. In Fall, when pumpkins are in season, you can try drying your own seeds. Just as with nuts it is important that you **soak seeds** before eating them.

**Carrots** - Rich in **carotenoids**, carrots are one of the best cardio-protective foods for good heart health. Carotenoids are natural compounds that have been linked to a reduced risk of heart disease. One study found that those study participants who ate at least one serving of **carrots** and/or squash per day had a 60% reduction in their risk of heart attacks, compared to those study participants who had less than one serving of these carotenoid-rich foods per day. Also eating carrots in tandem with a little bit of fat (for example **extra virgin olive oil**) helps the body utilize beta-carotene more effectively.

**Asparagus** - Asparagus is at the top of the list of foods with the highest concentration of glutathione (349 nM glutathione/g wet weight), a **'master antioxidant'** that has gained the spotlight in recent years. Low levels of glutathione have been associated with increased risk of cardiovascular disease. Asparagus also contains a wealth of other antioxidant **compounds**, including beta-carotene, vitamin C, and N-acetylcysteine.

**Oats** - Oats contain beta-glucan, a type of water-soluble dietary fiber that helps eliminate cholesterol from the digestive system. Studies show that eating a bowl of **oatmeal per day** can lower cholesterol by up to 23%. Research also shows that those who consume the most water-soluble fiber have a 15% risk reduction in coronary heart disease and a **10% reduction of risk** of cardiovascular disease. In addition to being a rich source of hearty healthy fiber, oats contain unique antioxidants called avenanthramides. These compounds have been shown to prevent free radicals from **oxidizing LDL** cholesterol, thus reducing the risk of cardiovascular disease.

**Sesame Seeds** - Sesame seeds have the highest phytosterol content of all nuts and seeds (over 400 mg per 100 grams or 3.5 ounces). **Phytosterols**, plant compounds similar in structure to cholesterol, are known to lower cholesterol levels. On top of that, sesame seeds contain compounds that have been shown to enhance the **antioxidant** capacity of vitamin E and to normalize blood pressure. Soaking seeds before **consumption** removes the outer barrier thus making them more alive and nutrient rich.

**Apple Cider Vinegar (ACV)** - Recent research has found apple cider vinegar to slow starch digestion and lower the Glycemic Index rating of **starchy foods**. This is of course great news to people who want to reduce their risk of cardiovascular disease as a diet rich in high glycemic foods has been associated with an increased risk of heart disease.

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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 Landmark Education's Ontological Methodologies, 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 Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous

**UNPRECEDENTED** transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

## LISTEN TO YOUR HEART FOR LIFE LONG EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING!!!!

Our bodies respond to our emotions, our beliefs and our thoughts. Untreated mental and **emotional stress** causing mental, emotional and or spiritual imbalances stimulates the sympathetic nervous system, causing the body to go into "fight-or-flight" mode. In this state, the adrenal glands pump out stress **hormones** such as adrenaline, the heart rate and blood pressure are elevated, and the body's musculoskeletal system **tenses**, all of which cause risk of cardiovascular disease and are potentially dangerous for people with cardiovascular disease.

Since healing literally means "**to make whole**," the body cannot be fully healed or prevented from becoming diseased if we are emotionally, mentally or spiritually in a state of imbalance. An integrative / holistic approach to preventing and healing those imbalances fully addresses, in addition to physical nutrition and exercise, the whole mind-body-spirit **components** of health and wellness and has a powerful ability to keep our entire body, including our cardiovascular system strong and also heal our hearts physically and metaphorically. **We are either in balance or out of balance**, aligned or misaligned, integrated or disintegrated, and that's what makes us feel well or unwell. The body, mind and soul work as a system with each part **contributing** equally to whole person. When in flow, this system facilitates the natural flow of energy throughout the body,

without blockages or **resistance**. When out of flow, this natural flow is interrupted as energy accumulates and stagnation of energy occurs. Healing is about **bringing any imbalance into alignment with its natural state of functioning**.

Every organ in our bodies has a natural or **'healthy' state** of functioning as do our emotional, mental and spiritual states. When we are out of balance, we feel like something is out of place - whether it comes in the form of emotional or physical pain or discomfort - and we naturally want to return to our natural state of harmony, when everything 'works' as intended. **This process of rebalancing is synonymous with healing**.

Some of the things to address in balancing ourselves to prevent any disease, and certainly **cardiovascular**, disease are:

- **Unhealed** emotional wounds from the past
- Feelings such as **anger, guilt** or sorrow
- **Unresolved** relationships
- **Negative** outlook on life
- **Destructive** thoughts about self or others
- Lack of life **purpose**
- **Negative** or no spiritual connection

Some suggested methods to begin to **release emotional** and mental energy blocks and stress and to balance your-

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self mentally, emotionally and spiritually are as follows:

- Journaling
- Meditation
- Yoga
- QiQong or TaiChi
- Energetic healing (including energy balancing, Reiki, Acupuncture, Acupressure, Reflexology)
- Relaxation techniques
- Working with a holistic wellness coach

I INVITE YOU to listen to your body, kindly starting NOW and holistically be MINDFUL balancing yourself to keep your **cardiovascular system healthy**, or to HEAL it so that it can in turn serve you and you can remain mentally, and emotionally at your TOP level of WELLNESS so your connection to and practice of your Spiritual Journey is **Graceful**. You DESERVE the utmost CARDIOVASCULAR WELLNESS... question is, will you be loving enough to GIVE to **yourSELF?**

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