

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 256th Newsletter, I want to give us a chance to consider the benefits that our ears, nose and throat can have on our health 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.

BLIND SPOTS and Natural Solutions to YOUR EARS, NOSE and THROAT Wellness!!

You may think that you already know all there is to know about your ears, nose and throat. Few people have not had a runny or stuffy nose, a sore or scratchy throat or an earache in their life and mostly we think that it is just "common". Not only that but many of us deal with the impact of an imbalance in our ears, nose or throat that causes other complications in our bodies that we may NEVER even associate with them. What if I told you that ear, nose and throat conditions DO NOT ever need to be "common" again? Please keep reading this Newsletter, there is some surprising information in this Newsletter for everyone that will have you re-think what you know about ear, nose and throat (ENT) conditions.

We also have been taught to think that there are "common" ways to treat ENT conditions and if they don't go away immediately or they get worse, we end up taking over the counter and prescription medications that never gets to the source

of the conditions, MASKS the symptoms and creates other complications that further weaken our immune system and all the systems in our bodies. What if I also told you that you NEVER have to put your body at risk again to heal the causes of ENT conditions? Please read this Newsletter all the way through so you and those you love can STOP suffering from ear, nose and throat conditions and the side effects of those common medications today!!!

A BLIND SPOT for example is that 70 – 75% of what we perceive as TASTES actually comes from our sense of smell. Taste buds allow us to perceive only bitter, salty, sweet, and sour flavors. It's the odor molecules from food, which travel between your nose and mouth to olfactory receptor cells at the top of your nasal cavity, which give us most of our taste sensation.

Thus, you and I may want to invest ourselves in the wellness of our nose to enjoy our food better versus working on our 'diet'.

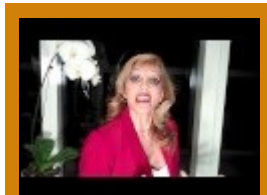
In this newsletter, I will focus on ways to NATURALLY keep your ears, nose, and throat in top condition, how to really PROTECT you from them becoming infected or worse and how to recognize any problems before they happen! If you or someone you know suffers from colds, sore throats, earaches or other more complicated ENT conditions there is also information in the newsletter on how to heal them naturally, from the source of the condition, without dangerous medications or procedures that could leave you or your loved ones with damaging side effects that last a lifetime.



CAROLINA ARAMBURO

This week on our Fan Page, we have also provided links and information about your ears, nose, and throat that will help encourage a healthy lifestyle. These articles will provide information on how your ears, nose, and throat may affect your physical, mental, emotional and spiritual well-being. We have also included, in this newsletter, our research sources so that you may dig deeper into any of the information you find here.

I personally, my entire adult life, have battled with many intense ALLERGIES and after many many doctors and tests, they all determined that my allergies were just 'chronic and non preventable' thus (Cont. on next page) they prescribed me MEDICATION for life to maintain my allergies being under control. I did take 'Zyrtec' for over 2 decades and I did suffer the many side



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BLIND SPOTS and Natural Solutions to YOUR EARS, NOSE and THROAT Wellness!! (Cont.)

effects of it. UNTIL I FINALLY tried Healing myself with a Raw Vegan Living Foods DIET and then all of my INCURABLE Allergies completely DISAPPEARED!!! **I beyond recommend it!!!**

And I know many people that, simply by eliminating all Dairy Products and Dairy, from their diet heal all their chronic **allergies** too... and they are not Vegan but they are allergies-FREE... thus that is another simple and NATURAL Solution to ENHANCE your WELLNESS Radically !!!

A Raw VEGAN Living Foods DIET including plenty of **Leafy** GREENs tons of PURE Filtered LIVING water, Meditation

THERE ARE MANY HIGHLY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!!

Proactive measures to boost your health, including your **immune system**, are the key to infection free ears, noses and throats. If the immune system is strong, miscellaneous ailments **rarely** develop. A whole food, planet based organic diet, exercise and a mindful lifestyle is the **biggest** step you can take to protect yourself from a weakened immune. This includes:

- **Nutrient dense**, high enzyme and *phytochemical filled* foods (i.e. vegetables, fruits, sprouts)
- **NO sugar**, dairy, gluten, chemicals (found in meats, dairy & all processed foods), stimulants (caffeine, alcohol, etc.), refined table salt, white flour products, fried foods, carbonated soft drinks and grains (unless whole sprouted grains)
- Plenty of **rest and sleep**
- **Exercise**
- Mindful **stress** management
- Stay **hydrated** – drink plenty of 100% filtered living water

and or QiGong, spending time in nature, Deep Stomach Breaths Daily, “The RIGHT Sleep”, Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING optimal ENT conditions. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

Frequent ear infections, sore throats and nasal congestion are most likely a sign that the resistance of your ear, throat and nose tissues, as well as your general body immunity, has temporarily **decreased** – largely as a result of how you have been operating your body.

Food rich in **Vitamins and Minerals** are key to a healthy immune system and to your entire ENT health. Some of the most important vitamins are: Vitamin C, A and D, E as well as Omega-3 fatty acids (anti-inflammatory properties). Beta-carotene, which is found yellow/orange and **green vegetables** and fruit such as spinach, carrots, sweet potatoes, winter squash, mango, melon and apricots. **Quercetin**, one of the most abundant flavonoids in the nature, is particularly well suited for scavenging free radicals. Good dietary sources of (Cont.on next page) quercetin include capers, yellow and red onions, apples, lovage,



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!**

THERE ARE MANY HIGHLY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!! (Cont.)

broccoli, red grapes, cherries, citrus fruits, tea, red wine, and many **berries**, including raspberry, lingonberry, and cranberry.

Good ear health also begins with keeping the ears **clean and free** of wax in order to prevent infections from occurring. You should clean out the ears at least once a day in order to keep them free of wax. Another ear remedy may be to make your own eardrops! A mixture of **garlic liquid**, tea tree oil, and St. John's wart may help to alleviate the pain, but be sure to consult a holistic healthcare professional if the ear is leaking fluid. Other natural remedies for ear infections can include taking in a regular amount of **flaxseed oil** in your diet.

There are some **simple** natural remedies that can be applied in the ears for ear conditions. It is very important to warm any mixture you are going to use to body temperature before putting it in the ear. Many of these would need to be mixed with oil such as **Extra Virgin Olive Oil** (EVOO). These include but are not limited to: Apple Cider Vinegar, Mango Leaf Juice, Basil, Sesame Oil, Mustard Oil, Turmeric, Ginger, Garlic, Lemon water, Mullein Oil, Goldenseal tea, Warm coconut oil to dissolve the wax and remove it slowly, Licorice root paste around the ear, Eucalyptus essential oil, **Tea Tree Oil** (must be with EVOO or some other oil base), Lavender essential oil, White radish juice, Elderberry Syrup, Onions and Cinnamon Oil. Ginkgo biloba helps increase blood flow to the neck, head and brain. Additionally, it reduces **inflammation** in blood vessels, promoting better circulation to the capillaries feeding the nerves surrounding the ear.

An effective way to relieve earaches **quickly** is to put in the drops you choose and then stretch and massage the ear to help the remedy reach the eardrum and begins the process of **lymphatic** drain-

age. Finally, after a few minutes of massaging the ear, begin using a "milking" technique to increase lymphatic drainage in the neck and throat. Place your finger in the indentation just under the ear and behind the jawbone. Gently stroke the neck downward from this point. Gently **massage** the lymph nodes in the throat area, too. You'll know what they are because you'll feel hardened, lumpy areas in the neck and throat. These movements will dramatically increase the flow of lymph moving away from the ear.

Stuffy nose (nasal congestion) occurs only in conditions of low **body-oxygen levels** (less than 20 seconds for the body-oxygen test). Low cell-oxygen levels are caused by chronic over breathing, upper chest breathing (which drastically reduces blood oxygenation), and habitual mouth breathing. While main superficial causes of stuffy nose include **bacterial and viral** infections, low body-oxygen content, on a cell level, is always the key factor. If you slow down your basal breathing patterns (get closer to the medical norm for breathing at rest) and achieve more than **20 seconds** for the body-oxygen test, your frequent upper respiratory infections will also disappear.

When nasal congestion is caused by infections, the person will notice that his or her mucus is yellow or green. This indicates presence of **dead bacteria or viruses** in mucosal discharges. There are natural remedies exist for stuffy noses no matter what the source. Boil a pot of water, and remove the pot from the stove. Drape a towel over your head, and then lean over the pot. This should unclog your stuffy nose in about **10-15 minutes**. You can also use essential oils to help relieve a stuffy nose. When using the steam method above, you can add two or three drops of **eucalyptus** oil to the water. Adding a few drops of eucalyptus oil to a humidifier, vaporizer, or diffuser will also help

your stuffy nose. Another nasal condition is referred to as dry nose, which leaves the nose dry, cracking and sometimes bleeding. **Almond Oil** and Aloe Vera Gel are great to alleviate this condition.

Neti pots are highly effective for nasal congestion. Flushing the nasal passages with warm sea salt water has been practiced in Asia and India for ages. It **removes** allergens, germs and general debris, while also helping to keep the nasal passages moist. The salt can also help prevent infection. To use a neti pot, dissolve a quarter teaspoon of sea salt in warm water. Make sure to use distilled water or boil the water first and let it cool. Neti pots can do more than temporarily relieve sinus **congestion**, with regular use they can ease the symptoms of seasonal allergies and leave you feeling open and clear all the time.

Other natural remedies for nasal congestion and runny noses include: Astragalus root, Stinging Nettle (particularly for allergic reactions), Eucalyptus Oil, Turmeric, Horseradish root, **Onion**, Garlic, Ginger, Mustard Oil, fenugreek, chili peppers, Tulsi tea and black pepper. **Zinc** is needed for the senses of taste and smell.

For **sore throats** the following natural remedies have been known to make a difference: Slippery (Cont.on next page)

Elm, Licorice Root (people with heart disease or high blood pressure and pregnant women should avoid licorice.); Marshmallow Root (not for diabetics or pregnant women); Honeysuckle Flower Tea, Lemon, Apple Cider Vinegar, Cayenne, Sage, Pineapple Juice, Cayenne, Apple Cider Vinegar, Sea Salt Water Gargle, Ginger, Garlic, **Lemon**, Cloves, Oregano Oil, Tea Tree Oil, Turmeric, Zinc, Coconut Oil, Basil, Peppermint, Gold-

THERE ARE MANY HIGHLY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!! (Cont.)

enseal, Pomegranates, White oak bark, myrrh, and peppermint combination, Sage and Echinacea combined. **Raw garlic** contains a chemical, Allicin, which kills the bacteria that causes strep throat. **Kelp** is another sea vegetable, which is quite useful for ENT problems. Kelp is naturally high in iodine, and it works wonderfully in tea form to kill strep throat bacteria.

HYDRATE YOURSELF: I cannot emphasize enough how important it is for you to drink an excessive amount of 100% filtered LIVING water if you have any kind of ear, nose or throat condition. This will help to **thin out mucus** and help to drain any ENT infections whether it is an earache, sore throat, nasal congestion or sinus infection.

Sleep – Congestion from nasal and sinus conditions often feels worse at night. This can create a **vicious cycle** because you need lots of rest to get over a cold, flu, allergy or infection but the difficulty you have breathing or with pain at night can make it hard to sleep. The **solution** is to help your body stay as congestion-free as possible while you sleep. For starters, put an extra pillow or two under your head, as this will help drain your sinuses. Make sure your bedroom climate is humid, and run a **humidifier** while you sleep to further thin the mucus in your nose. If you cannot sleep all night through find a way to nap or rest during the day if your body calls for that.

Exercise is critical for our immune system and optimal health. Getting sufficient exercise has a multitude of benefits such as increasing your circulation and enhancing your oxygen levels in your body. **Practices** such as taichi, qigong, and yoga can help the ENT diseases by increasing the immune system and supporting the defensive qi

in our body. Traditional Chinese Medicine believes “if the body’s healthy, qi is sufficient, no evils will make disturbance”. **Yoga** has been proven, in addition to strengthening the immune system, to open up the lymph system of your entire upper respiratory system making it an amazing preventative and healing practice.

Alternative medicine treatments such as **acupuncture and chiropractic care** can make an enormous difference for ear, nose and throat problems. Acupuncture is effective for an array of ENT conditions including but not limited to: discharge, **Meniere’s disease**, tinnitus, hearing loss, popping in the ears, allergic rhinitis, stuffy nose, nasal bleeding, **hoarseness**, loss of voice, a feeling of something stuck in the throat that won’t come out, trouble swallowing, chronic cough, and **tonsillitis**. Chiropractic care is often recommended for recurring ear conditions as the skeletal structure of your neck and associated muscles may be misaligned and therefore be restricting lymph nodes that then cannot flush properly.

Natural remedies for your ears, nose, and throat that will have you bounce back as **good as new** or better than ever! Listen to your body and let it guide you!

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THERE ARE MANY HIGHLY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!! (Cont.)

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

<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.

THERE ARE MANY HIGHLY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!! (Cont.)

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EAR, NOSE AND THROAT DISORDERS CAN HAVE DEEP EMOTIONAL, MENTAL and SPIRITUAL IMPACTS!!!

Our thoughts affect the health of our body, more than MOST PEOPLE dare to understand. Remember the **placebo** effect, its totally possible to heal a person just by tricking them into thinking the 'medication' they are taking

will heal them and then reveal to them that is was not 'medication' it was purely a vitamin. Many **Holistic** Doctors explain how every illness originates in our **thoughts** and emotions before manifesting in our Physical Wellness. From a holistic

perspective there are many books (Cont. on next page) on this subject. Here are some of the emotional thought patterns that

EAR, NOSE AND THROAT DISORDERS CAN HAVE DEEP EMOTIONAL, MENTAL and SPIRITUAL IMPACTS!!! (Cont.)

have been **associated** with ENT conditions:

EARS: Not wanting to hear or not being willing to receive what we are being told. It can stem from anger or too much turmoil.

NOSE and SINUSES: Crying out for Recognition. Irritation. Being unable to distinguish truth from deception. A fear of being conned has you find it difficult to trust anything.

THROAT: The experience of 'having something shoved down your throat' or swallowing words that you really want to speak. It may be holding in angry words or feeling unable to express the self.

Holistic experts explain that is necessary to FEEL it, to HEAL it, so they **recommend** FEELING all our emotions and **allowing** them to be processed in a healthy way for example journaling, or in conversational **coaching** or therapy so that all those emotions don't get suppressed and turn into illnesses.

Fortunately, listening to the quiet voice of your **soul** does not take the normal "hearing" provided by our ears. 'Listening' to our Higher-selves, following our **Hearts** or paying attention to our intuition makes a

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 set-

tremendous difference in creating and maintaining our wellness, given our 'Hearts' always lead us **towards** natural healing.

I highly recommend LISTENING to your HEART first and **above** all advisors, doctors, and all people and finding NATURAL ways to heal and create, maintain and **expand** wellness, every time that it is possible. Of course there are **extreme** cases where Western Medicine is totally necessary but in most of the cases, specially early on, is not.

I recommend making your WELLNESS a **priority**, not only your ENT Wellness but your entire Wellness, after all our Bodies are the only home we have to live in, on this planet and as we most know our bodies are our TEMPLES, but what I suggest we need, is we need to stop "KNOWING IT" and start **understanding** it and acting accordingly. You deserve the greatest WELLNESS; make sure to do whatever it takes to GIFT it to yourself!!!
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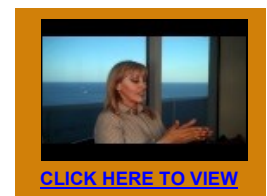
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The OBVIOUS and not so OBVIOUS about your EARS, NOSE and THROAT Wellness!!!

Your ears, nose, and throat are all connected and allow us to breathe, eat, **taste, smell and hear!** They are very important parts of our body and open up our senses to the world! Your ears, nose, and throat are considered part of your upper **respiratory** system. They share anatomy and have similar mucus membrane linings, which means they get similar infections. Therefore, an infection, an allergy, or another problem affecting one of them (from ear pressure pain and strep throat to problems with your sinuses and constant phlegm in the throat) may also affect the others.

The most common ailments ENT physicians treat are **nosebleeds**, ear infections, sleep apnea, sinusitis, allergies, glue ear and tonsillitis. Being able to understand how the ear, nose and throat work together can help you know how to keep them in good health and free of infections. I am going to give you a simple, **brief explanation** of the ear, nose and throat work together. I have placed links at the bottom of this article so you can read more on your own if you want to understand in more depth.

The ear has **three parts**: the outer ear, the middle ear, and inner ear. You use all three parts of your ear in hearing. Sound waves come in through your outer ear that you can see and includes the ear canal. The skin lining this canal makes **earwax**. The canal leads into the slightly angled eardrum, which transmits sound to the middle ear, behind the eardrum. The middle ear makes your ear drum vibrate. The middle ear includes the **Eustachian tube**, which connects to the throat, and the ossicles (tiny bones), through which sound vibrations travels. The nerves that take sound to the brain, thru impulses, are found in

the inner ear. Your brain then recognizes them as sounds. The inner ear also controls balance.

Your nose is what you use to smell and assists in our sense of taste. Like the ear, the nose is divided into sections. The **septum** divides it vertically (one external nostril on each side), but the nose is also separated into front and back parts. Surrounding the nose are the **sinuses**.

Sinus cavities (hollow air spaces within the bones surrounding the nose) in the skull are not only for filtering and **warming** air before that air reaches the lungs. They also lighten the skull and act as resonance chambers for sounds. These air pockets are connected with your throat and ears. Sinus tissue and your nasal passages are covered with cilia, microscopic hairs that capture dust and dirt so we don't breathe in bacteria. The septum has many **blood vessels** near its surface, which is why the nose bleeds rather easily.

Your throat is a tube that carries food to your **esophagus** and air to your windpipe and **larynx**. The throat is divided into three parts and houses our voice box, vocal cords, tonsils and adenoids.

Ear infections are the most common illness in infants and young children. **Tinnitus**, a roaring or ringing in your ears, can be the result of loud noises, medicines or a variety of other causes. Meniere's disease may be the result of fluid problems in your inner ear; its symptoms include tinnitus and dizziness. Some ear disorders can result in **hearing disorders** and deafness. Your ears can be prone to injury or infection that may take some time to heal. **Bacteria** often cause infections that may affect the ear.

Eustachian tube dysfunction (ETD) is when the Eustachian tube is blocked or does not open properly. Air cannot then get into the middle ear and the **eardrum** becomes tense

and does not vibrate as well as it should when hit by sound wave. Hearing disorders make it hard, but not impossible, to hear. They can often be helped. **Deafness** can keep you from hearing sound at all. Possible causes of hearing loss are heredity, diseases such as ear infections and meningitis, trauma, certain medicines, long-term exposure to loud noise and aging.

There are two main types of hearing loss. One happens when your inner ear or **auditory nerve** is damaged. This type is permanent. The other kind happens when sound waves cannot reach your inner ear. **Earwax** build-up, fluid or a punctured eardrum can cause it. Untreated, hearing problems can get worse. If you have trouble hearing, you can get help.

Some common ailments for the nose may include colds, allergies, sinus infections, dry nose or nasal obstructions. **The main causes of nasal congestion are:** sinusitis, hay fever, flu, allergies, environmental irritants, certain chemicals, non-cancerous growths in the nasal lining or nasal polyps, non-cancerous tumors and a deviated septum.

Sinusitis means your sinuses are **infected** or inflamed. When this happens they produce mucus, which drains into the nose. If your nose is swollen, from an infection or any kind of inflammation, this can block the sinuses and cause pain and infection. Sinusitis can be acute, lasting for less than four weeks, or **chronic**, lasting much longer. Sinusitis can cause also eye problems such as pain, swelling, puffiness, redness in the eye, dark circles and it can also leads to poor vision. Other side effects of sinusitis are **tooth-ache**, halitosis (foul breath), tonsillitis and adenoids, ear infections, meningitis, lung infections and indigestion.

The OBVIOUS and not so OBVIOUS about your EARS, NOSE and THROAT Wellness!!! (Cont.)

Allergies, pollutants, nasal problems and certain diseases can also cause sinusitis. Acute sinusitis often starts as a cold, which then turns into a bacterial infection. **Symptoms** of sinusitis can include fever, weakness, fatigue, cough and congestion. There may also be mucus drainage in the back of the throat, called postnasal drip. When the sinus passages become congested through inflammation or mucus **accumulation**, our ears hurt. The open connection between nose, ear and throat allows for the exchange of fluids, which is why often a cold will turn into an excruciatingly painful ear infection.

If mucus in your **nasal passages** becomes too thick, air and odor molecules can't reach your olfactory receptor cells. Then your brain receives no signal identifying the odor, and everything you eat tastes much the same. You can feel the texture and **temperature** of the food, but no messengers can tell your brain what it is. The odor molecules remain trapped in your mouth. The pathway has been blocked off to those powerful perceivers of smell - the olfactory bulbs.

Your throat can often suffer from infections or even cancers. A sore throat may be an indication of many things including an **infection** (viral or bacterial), allergies, tumors, unclean air containing irritants such as cigarette smoke or **pollution**, re-flux, over-use of voice, on inflammations. A number of common problems can affect the throat: strep and other infections that cause sore throats, hoarseness, laryngitis, tonsillitis or infected adenoids are just a few.

More serious throat infections such as **strep throat** or diphtheria can occur. Diphtheria is a serious bacterial infection. You can

catch it from a person who has the infection and coughs or sneezes. It usually affects the nose and throat and causes a bad sore throat, swollen glands, **fever and chills**. But if it is not properly diagnosed and treated it produces a poison in the body that can cause serious complications such as heart failure or paralysis.

Keeping your ears nose and throat healthy of is a matter of living a life of proper nutrition and lifestyle, which strengthens your immune system and your overall well-being. **Preventative measures**, such as eating right and staying indoors during allergy seasons, may be the best idea for keeping your ear, nose and throat healthy and happy.

During my health journey I experienced a lot of different types of physical impacts on my ears, nose and throat. A lot of the impact came from the side affects of **early medications** I was on which caused things like ringing in my ears and dryness in my throat and eyes. Other impacts came from a complication of **various near fatal illnesses** in other organs. I also suffered, most of my life, from **allergies**, as many people do, and found it difficult to deal with the watery, scratchy eyes and runny nose. Now that I am on a 100% Raw VEGAN Living Foods DIET and taking the time to exercise regularly, sleep well and have a mindful lifestyle, my allergies have subsided and I find that I can stave off the **common** infections that could affect my nose and throat as well as the rest of my body.

How you **care for** your ears, nose, and throat can have a significant impact on the way the rest of your body feels. Keeping an eye on ear, nose, and throat problems can help to keep your body healthy and working well. Listening to your body doesn't actually require your ears. **Start listening today!**

A Raw VEGAN Living Foods DIET including plenty of **Leafy** GREENS

tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING optimal ears, nose and throat conditions. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

Sources:

<http://naturopathicfamilyhealth.com/understanding-ear-nose-throat/> - Understanding Ear, Nose and Throat

<http://patient.info/health/eustachian-tube-dysfunction> - Eustachian Tube Dysfunction

<http://www.sscasrh.org/sri-sri-ayurveda-college/index.php/articles-by-doctors/item/239-a-peep-into-ear-nose-throat-guest-article> - A peep into the Ear, Nose and Throat