

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 263rd Newsletter, I want to give us a chance to consider one of the most essential practices for optimal wellness, and the effects it has on people's physical, mental, emotional and even a little of our spiritual 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. This week we have also included articles on this practice that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of this incredible wellness practice, including how the it affects overall wellness, and the mental, emotional and spiritual benefits of creating optimal health so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain OPTIMAL physical well-being, emotional, mental and spiritual balance and vibrant energy.

“Sleeping the RIGHT Way” is more CRUCIAL for MENTAL ALERTNESS, long term health and WELLNESS .. way beyond what you were ever ALLOWED to KNOW !!

There is one incredible factor in our lives that influences 98 percent of all issues we have with our health and wellness. This single practice can have a profound effect on every organ and system of our body, physically, mentally and spiritually, and can, if managed properly, create the most pro-

found HEALING IMPACT, or if not managed properly will CREATE THE MOST DEVASTATING ILLNESS IMPACT.

From my own Wellness Journey ...I can share with YOU the brutal way that I learned the LESSON of how crucial “The RIGHT sleep” is for our INTEGRAL HEALTH and Well Being.

My entire Life I did not like sleeping thus, I did the minimum of that I could (never really more than 5 hours at night, reducing those hours when I could and skipping nights when I could).

In the middle of the MOST INTENSE PART of my “Public Speaker, Traveling Seminar Leader” Intense YEARS, I took that to the extreme degree for 2/3 of a decade at least. I slept as little as I could, never more than 5 nights a week and not sleeping AT ALL 1 or 2 days a week, EVERY single WEEK of the year, due to flight schedules.

To compound the problem I absorbed a massive amount of stressWHICH IS A FATAL COMBINATION...

Now, those 2 factors, added to travelling 26 days a month, PLUS an Extremely HEALTHY DIET, Medium-Intense EXERCISE 5 days a week, tons of WATER, no coffee, no smoking, no drinking SURPRISINGLY resulted in:

A combination of CHRONIC ILLNESSES that, according to the Best Specialists at the Cleveland Clinic, was going to COST ME MY LIFE !!!... And I am very grateful

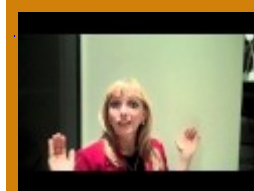


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that they treated me INTENSELY for 8 months when they gave me a CHOICE to live MEDICATED AND NEVER AGAIN WORK AND NEVER AGAIN LIVE a NORMAL LIFE...or DIE.

I chose the path of HOLISTIC Treatments...and after almost 3 years of all KINDS of Western Medical TREATMENTS, and then switching to Holistic Treatments that included INDUCED Medical Comma as an extreme sleep recovery treatment ... ENERGY Work, Acupuncture, QUANTUM HEALING, Reiki Intensively, a Raw Vegan Living foods PLANT BASED DIET, Meditation, TONS of TLC.... I miraculously HEALED 99%!!

My Doctors from the Cleveland Clinic still say, as I do, it is a miracle....and the SIMPLE TRUTH is that I could h a v e avoided almost DYING and battling the most (Cont. on next page)



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“Sleeping the RIGHT Way” is more CRUCIAL for MENTAL ALERTNESS, long term health and WELLNESS .. way beyond what you were ever ALLOWED to KNOW !! (Cont.)

serious CASCADE OF ILLNESSES (that included Heart Problems, LIVER and KIDNEY FAILURE, Adrenal Chronic Insufficiency, etc.)...I COULD HAVE AVOIDED IT ALL....with **simple** SUFFICIENT SLEEP and Moderate STRESS MANAGEMENT PRACTICES!!!....

So **needless** to say...IF THOSE 4 YEARS OF MY LIFE DOESN'T TEACH YOU and how **much** LACK OF “The RIGHT Sleep” can SICKEN a Human BEING.....nothing WILL!!

If there is EVER something I **want** my life to CONTRIBUTE to YOU, please, **please** I BEG YOU, take your SLEEP SERIOUSLY....more than any part of your Health and Wellness practices, it is CRUCIAL beyond what ANYONE has **ever** DARE let you KNOW!!!

In a recent study it was discovered that **cutting** sleep short to 6 hours a night for just one week altered over 700 genes, leading to **cell damage**. This explains how the prolonged lack of restorative sleep damages and destroys cells, resulting in degenerative **diseases** such as arthritis. An estimated 50 to 70 million Americans chronically suffer from the approximately 90 distinct sleep disorders, and approximately 80 to 90 percent of them remain **undiagnosed**.

HERE is the BEST WELLNESS KEPT SECRET....READY????? **Remember** with POWER comes RESPONSIBILITY! “The RIGHT sleep”, what do I mean when I say that?...

“The RIGHT sleep” means something that is more crucial to learn than **learning** to drink water.

The BIGGEST Health Blind Spot of the **Millennium** is that we can have the best health or heal from any ache and pain or illness small or big with 'normal', even good sleeping .

NO chance what so ever!!

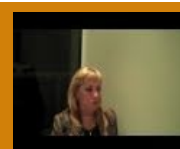
To achieve best wellness, utmost health physically, mentally, emotional and spiritual or to heal anything **permanently** or truly .. anything from the smallest to the biggest condition we need “The RIGHT sleep” and 99.99% of the population are **completely** UN-AWARE of what that is.

“The RIGHT sleep” actually doesn't mean just sleep what you are able to, every night, it means: a) knowing what is the AMOUNT of HOURS that your specific body needs to SLEEP, b) also sleeping those HOURS **uninterruptedly**, c) starting those hours at peak REM time, which no matter what anyone says is before 10 PM, d) making sure those sleeping hours are EMF free, given the **pituitary** gland CAN'T refuel all chemicals needed for the optimal nightly regenerating of the brain and, e) making sure all those hours of sleep are done with the **optimal** duration of REM, which depends on if your sleeping hygiene and sleeping habits allow your body to do that.

Seems like **mission** impossible but is not. Once you get into the habit (that takes less than 3 months) is quite SIMPLE to do and WILL MAKE a UNIVERSE of a Difference in your Mental ALERTNESS, Daily Energy **levels**, Aches and pains, LONG TERM HEALTH, Emotional and Mental Balance and optimum performance and even SPIRITUAL Fulfillment .. let along **Utmost** WELLNESS. Before you die .. at least once in a life time I INVITE YOU and Urge You to TRY this on,

at least 1 time, FULLY, it will be the GIFT of The Millennium to yourSELF !!!

REM means Sleep **characterized** by the Rapid eye movement, that seems to be the best Brain ***Restorative sleep the body can get **during** any night. EMF means (Cont. on next page)



[CLICK HERE TO VIEW](#)

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!**

“Sleeping the RIGHT Way” is more CRUCIAL for MENTAL ALERTNESS, long term health and WELLNESS .. way beyond what you were ever ALLOWED to KNOW !! (Cont.)

Electromagnetic Fields and has a HUGE impact on our Health (we do have a FREE Newsletter about that).

Here is the **application** of what I am saying: with 'regular sleep' you will never heal small aches and pains all the way and or in a stable way versus with "The RIGHT sleep" you can heal **advanced** stage 4 cancer (obviously with Living Foods Raw Vegan Diet and lifestyle included).

This **includes** even mental disorders, the little extra pounds around the waist, etc. etc. etc. ...

Bottom line is that the **difference** between “regular even good sleep” and “The RIGHT Sleep” is like the difference between eating a healthy **balanced** meal and eating a molded fried unhealthy left over meal from the garbage container !!!.

Choose Wisely !!

The body is profoundly affected by **neglecting** this practice, including:

- **Aging** - Ignoring this practice leads to profound aging.
- **Heart** - This practice is directly involved in healing and repair of heart and blood vessels. Ongoing deficiency is linked to an **increased** risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.
- **Immune System** - Not adequately using this practice reduces the energy in our bodies that the immune system uses, creating an environment that supports **inflammation**. "It is becoming increasingly evident that disruption of daily rhythms, such as from sleep deprivation, affects the immune response," says Dr. Erol Fikrig of Yale University School of Medicine.
- **Obesity** - Creating poor habits

with this practice increase the risk for obesity by 21 percent, causes us to engage in much less physical activity, **lowers** our endurance, and burns fewer calories. Neglect of this practice also reduces **serotonin** (the pleasure hormone) in the brain, stimulating cravings for high-fat, high-carbohydrate foods.

- **Digestive System** - Increased susceptibility to stomach ulcers, and **aggravation** of existing ulcers is a product of ignoring this practice.
- **Adrenal Glands** - Ignoring this practice affects the adrenal glands in a major way by exhausting them, and adrenal glands affect all our bodily processes, from **digestion** to auto-immune response to energy and vitality.
- **Skin** - Chronic neglect of this practice leads to lackluster skin, fine lines, dark circles under the eyes, increased inflammation, dullness, rough texture, **uneven** pigment and wrinkles. "It's during deep sleep -- what we call slow-wave sleep -- that growth hormone is released," says sleep expert Phil Gehrman, PhD. "It seems to be part of **normal** tissue repair -- patching the wear and tear of the day."
- **Nervous system** - When we do not provide our body sufficient rest, it changes the **balance** of our nervous system, and it begins to perceive constant stress, increasing our restlessness and hyperactivity, and even **shrinking** the volume of our brains.

Being **irresponsible** about sleep can affect us in the following ways (and I learned about MANY of them first-hand in the many many years I **chose** to ignore this practice):

- **Pain** - Without the time to refresh the neurotransmitters that

suppress pain in our bodies, we feel it more.

- **Cognition** - Regardless of what we may think, study after study has concluded that deficiencies of sleep **impair** attention, alertness, concentration, reasoning, and problem solving. It makes **learning** more difficult. This is the critical time of each day is when our brains form **new pathways** that allow us to learn and remember information. In other words, neglecting sleep actually does cause brain damage.
- **Memory** - The nerve connections that make our memories are **strengthened** during sleep. "Sleep embeds the things that we have learned and experienced over the course of the day into our short-term memory," says Avelino Verceles, MD.
- **Emotions** - Harvard Medical Center showed that pulling all-nighters can give us terrible mood swings. While we're sleeping, our brains release different kinds of **neurotransmitters** that assist in organizing our emotions and maintain our cognitive thinking, including our ability to **read emotions** of others. In some cases, sleep deprivation mirrors psychosis.
- **Sex** - Sleep-deprived men and women report **lower libidos** and less interest in sex. The (Cont. on next page)

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Journal of Clinical Endocrinology & Metabolism in 2002 suggests that many men with sleep apnea also have low testosterone levels.

- **Depression** - A 2007 study of 10,000 people found that people with insomnia were **five times** as likely to develop depression as those without. Treating sleep problems can help depression and its symptoms, and vice versa. According to Dr. Joyce Walseben, a psychiatrist and the former **director** of Bellevue Hospital's Sleep Disorders Center, “Mood and sleep use the same neurotransmitters,” she said. “It's very hard to tell if someone has sleep loss or depression.”
- **Migraines** - In a study published in the journal Headache, researchers asked 147 women with chronic or **episodic headaches** whether they were refreshed or tired on waking. More than **80%** said they were tired when they woke, and none of them said they were refreshed.
- **Diabetes** - Studies have shown that just a week of sleep deprivation can cause significant **alterations** in glucose tolerance, which is the cell's ability to turn glucose into fuel. Impaired glucose tolerance increases the chances of developing diabetes and **cardiovascular disease**. Studies have shown that people who slept less than five to six hours per night were twice as likely to develop diabetes.
- **Vision** - Neglecting this practice causes us to experience visual **distortions**, difficulty focusing, and a reduced ability to process **peripheral** images and those in your direct line of sight at the same time.

- **Accident Prone** - Drowsiness can slow reaction time as much as driving drunk. The National Highway Traffic Safety Administration estimates that fatigue is a cause in **100,000 auto crashes** and 1,550 crash-related deaths a year in the United States. In one study, workers who complained about excessive daytime sleepiness had **significantly** more work accidents, and also had more sick days per accident.

- Some major **factors** that have the potential to negatively affect sleep are:

- **Alcohol** - Alcohol disrupts the sequence and duration of sleep, forcing us to stay in lighter stages of sleep. This reduces the brain's ability to **retain information**. While you may see someone who appears “passed out,” they are NOT getting the kind of **healthy rest** our bodies require to function, including decreased oxygen availability, thus decreasing endurance.

- **Medication** - Prescription and over-the-counter medication, including blood pressure medication, **birth control** pills, diet pills, antidepressants, and cough and cold medication **alter** our biology, and impact our ability to get adequate rest.

- **Caffeine** - Caffeine cannot replace sleep. Overuse of caffeine exhausts the adrenal glands, borrowing energy reserves from the body, which actually makes us **more tired** in the long run. Consuming too many caffeinated beverages can also prevent us from falling asleep and getting adequate rest. It can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline.

- **Stress** - Our body uses rest time to repair itself, and relax muscle

tension. Without that rejuvenation, our stress **builds up**, which can lead to further issues coping with stress the next day, and increase all of the effects on our bodies that I listed above.

Our sleeping time is when our brain regenerates the **neurons** that influence thought, emotion, and health. Scientists have found conclusively that some areas of the brain – like the entire temporal lobe – simply **turn off** when the brain doesn't receive enough sleep. Extreme sleep deprivation can cause hallucinations, and in extreme cases cause symptoms that mirror paranoid schizophrenia.

In my own life, years and years of depriving myself of sleep led me to get so sick that I was told that I would **never** recover. Even now as healed as I am (99%), if I skip “The RIGHT Sleep” for 1 night, the next day I **experience** massive migraines, vomiting, dizziness and body pain all day no **matter** how 'healed' I am. Most of us would not think 1 night would matter that much .. but after the EXTREME DISORDER I had for lacking sleep in the past that there is **nothing** for ME to DO to fix it other than go ahead and sleep a full night, the (Cont. on next page)

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next night. There is NO OTHER WAY to fix it!!!

Here is what you can expect with only brief periods of **denying** yourself this critical wellness practice:

- **One night missed** - Fatigue, reduced attention span and problems with short-term memory.
- **2 to 3 nights missed** - Poor coordination, muscle twitches, marked loss of concentration, impaired judgment, blurred vision, nausea, and slurring of speech.
- **4 to 5 nights missed** - Extreme irritability, hallucinations, and delusional episodes.
- **6 to 8 nights missed** - Slowed speech, tremors in limb extremities, memory lapse, confusion concerning one's own identity, unusual behavior, and paranoia.
- **9 to 11 nights without sleep** - Fragmented thinking occurs, such as beginning sentences without completing them, and prolonged episodes of unre-

sponsive "conscious stupor."

Each of us has an **internal clock**, known as circadian rhythms, that govern bodily functions, which include sleep, weight gain, mood disorders, and a variety of diseases. For each of us, our circadian rhythm evolved in **alignment** our physiology, our environment, and our lifestyle. Changes in any of these can affect our body's ability to rest, rejuvenate, and heal. For example, when **researchers** invited volunteers into a laboratory and exposed them to light at intervals that were different than the outside world, the participants **unconsciously** reset their biological clocks to match the new light input.

Processed sugar consumption can cause us to be more "wired" and have more of a challenge creating restful practices. One of the main causes of **insomnia** is actually a deep level of exhaustion. Odd as it may seem, the body needs energy to calm or sedate itself for sleep. Without energy, we stay awake, "wired and tired."

"Lack of sleep disrupts **every** physiologic function in the body," said Eve Van Cauter of the University of Chicago. "We have nothing in our biology that allows us to adapt to this behavior."

Honoring yourself by **making time** to get "The RIGHT Sleep", rest, rejuvenate, honoring your internal clock, and eating a Balanced Raw Living Foods Vegan Diet, can provide MASSIVE wellness benefits, **reduce aging**, provide miraculous healing benefits for almost any affliction, and give you the greatest chance for OPTIMUM WELLNESS.

A Raw VEGAN Living Foods DIET, with 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. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and feel better that you EVER did your ENTIRE LIFE!!!

“The RIGHT Sleep” is one of the MOST IMPORTANT FACTORS in HEALING and REJUVENATING !!

Like any machine, our bodies **require** maintenance time. It is during these rest periods that the body does the main work of **eliminating toxins**, repairs damage done by pollutants and free radicals and slows down the aging process. While we are awake and active, many of our thought processes are **not completed** due to interruptions and distractions.

Restorative sleep is vital for overall brain health because it is during this time it is resetting itself and dealing with all the day's

data input which then helps with **mental functions** the next day. This is why "sleeping on" problems sometimes provides innovative solutions. Many types of emotional development and **processing** of one's past take place during the sleep state. Thus, not creating enough (Cont. on next page) 'down time' is detrimental physically and mentally.

The **benefits** of honoring our bodies with the time it needs to recover include:

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- The **creative** parts of our brain grow, and thus are ready for when we need them.
- Our **vision** is a cognitive activity, and requires rest.
- This is when we process **information** and store it in our memory.
- Produces **Human Growth Hormone**, which heals bones and muscles.

Because this one practice is so utterly **critical**, there are many things we can do which allow us to create it as a **sacred** practice and opportunity to rejuvenate, including:

- Maintaining **regularity** in the time we sleep and wake up, to honor our internal clocks.
- Establish a regular, relaxing bedtime **routine** such listening to music.
- A **hot bath** 90 to 120 minutes before bedtime increases core body temperature. When you get out of the bath, the temperature drops, signaling the body that it is ready for sleep.
- Eating our last **big meal** several hours before sleep.
- **Caffeine**, such as coffee, even later in the day, can affect our ability to sleep 6-8 hours later.
- Spend time being **physically active** every day so that your body is ready to rest.
- Keep your **bedroom** inviting, quiet, cool, and dark.
- Sleep on a comfortable **mattress** and pillows, preferably a “green” mattress made out of natural materials and organic pillows and linens.
- Use your bedroom **only** for sleep and sex.
- Move **electrical devices** at least three feet away from the bed.
- Avoid using loud **alarm**

clocks. It is very stressful on the body to be suddenly jolted awake.

Many of us are looking at **screens** until the last moment of our days. These technologies emit **blue light**, which is so similar to the daylight that our brains think it's still daytime, and **trigger** chemical processes that cause insomnia. Our bodies require time to **switch gears** from going non-stop to resting, and it is important to give it time to do so.

Here are 8 **common** sleep positions we use when we rest. Each of them has advantages and drawbacks:

- **On Back, Arms at Sides** - Considered to be the best position for spine and neck health (don't use too many pillows). Back sleepers tend to **snore** more than those in other positions, and sleep apnea is strongly associated with sleeping on the back.
- **On Back, Arms Up** - The “starfish” position is also good for the back, may help to **prevent** facial wrinkles and skin breakouts. Can also result in snoring and problems with acid reflux, and put pressure on the nerves in our shoulders, leading to pain.
- **Face Down** - Sleeping on the stomach can improve digestion, but usually leads to tilting our face in one direction or the other, putting a lot of strain on the **neck**. Can also cause back pain, since the curve of the spine is not supported.
- **Fetal Position** - Curled up into a ball with our knees drawn up and chin tilted down is one of the worst sleeping positions for our back and neck, and can **restrict** deep breathing. It is

beneficial for snoring or during pregnancy.

- **On Side, Arms at Sides** - This position best supports the spine in its natural curve, which **reduces** back and neck pain, and also helps with sleep apnea. However, it can contribute to skin **aging** due to gravity, as in facial wrinkles and sagging breasts.
- **On the Right Side** - Which side you sleep on makes a difference. Sleeping on the right side can worsen heartburn.
- **On the Left Side** - Can put strain on internal organs like the liver, lungs, and stomach (while minimizing acid reflux). In pregnancy, many doctors suggest sleeping on the left side, as this can im(Cont. on next page) prove circulation to the fetus.

There are many foods that can **improve** our ability to get proper restorative sleep. Eating **organic**, high vibrational foods such as sprouts, greens, salads and fresh juices are more conducive to better sleep, as opposed to heavy foods and ani(Cont. on next page) mal products, which if eaten later at night can not only prevent us from falling asleep, but also cause (Cont. on next page)

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nightmares and restless sleep throughout the night. Some great foods for sleep you many not know of are:

- **Walnuts** - 5 walnuts eaten before bedtime can aid restful sleep. They are a good source of **tryptophan**, a sleep-enhancing amino acid, and they contain their own source of melatonin, which may speed up the time it takes to fall asleep.
- **Tart Cherries** - Naturally boost levels of melatonin. A study conducted by researchers from the Universities of Pennsylvania and Rochester found that people insomnia symptoms was **reduced** with cherry juice. It is also one of the only natural sources of melatonin, according to a study published in the Journal of Experimental Botany.
- **Bananas** - A good source of Vitamin B6, which is needed to make melatonin, according to an article published in the Annals of the New York Academy of Sciences. They also contain **tryptophan**, which ultimately turns into serotonin and melatonin in the brain. Serotonin is a neurotransmitter that promotes **relaxation**, and melatonin is a hormone that promotes sleepiness.
- **Hummus** - Chickpeas are a good source of tryptophan.
- **Sweet potatoes** - Provide sleep-promoting complex carbohydrates, and contain the potassium, which is a known muscle relaxant.
- **Almonds** - Rich in magnesium. A study published in the Journal of Orthomolecular Medicine found that when the body's magnesium levels are too low, it is harder to stay asleep.
- **Quinoa** - Promotes serotonin

release, and contains tryptophan and magnesium.

- **Seeds** - Pumpkin, sesame, and flax are great sources of magnesium and promote deeper sleep. Pumpkin seeds also contain tryptophan and high amounts of **zinc**, which help the brain convert tryptophan into serotonin.
- **Green, leafy veggies** - Eating foods high in folate promotes sleep, and there is a **connection** between folic acid deficiency and poor sleep. Kale, spinach, and collard greens are great choices
- **Celery juice** - This beverage is rich in magnesium.

There are also many **herbs** that can support our ability rest that include:

- **Lemon balm** - It has been used since the Middle Ages to reduce anxiety, stress, restlessness and promote sleep.
- **Scutellaria** - One of the most powerful sleep inducing herbs. It calms the nervous system, relaxes the muscles and helps balance blood pressure.
- **Valerian** - This herb is one of the most powerful natural sedatives. It is well-known for its ability to relax the muscles and mind, and prepare the body for a healthy sleeping patterns.
- **Chamomile** - This herb helps reduce muscle tension, soothe digestion, and reduces anxiety.

Aromatherapy and use of essential oils is an excellent holistic practice to promote peaceful rest. Some oils that are great to use are lavender, german frankincense, and chamomile. Some ways to use these oils include:

- Use a **diffuser** in your bedroom

- Add a few drops of oil to a **hot bath**.
- Put a drop of oil on your **wrist** and inhale deeply several times

Acupuncture has been used for thousands of years to treat insomnia in China, where it is one of the **first treatments** given to a patient to improve the quality of their sleep. The World Health Organization recognizes acupuncture as being **therapeutic** for insomnia. The Journal of Alternative and Complementary Medicine conducted randomized trials of acupuncture for insomnia, and concluded that it appears to be effective in the treatment of insomnia.

In an eight week study at Harvard Medical School, daily **Yoga** practices were found to improve sleep efficiency, total sleep time, and the times it took to both fall asleep and wake up. **Restorative** yoga practices at the end of the day, such as Yin yoga or restorative yoga are preferable to high energy practices like Power vinyasa, or Budokon. There are very **specific** yoga poses that help with sleep and insomnia that ease tension and relax the body.

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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**.

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Physically, EMOTIONALLY, Spiritually and MENTALLY the greatest way to RESTORE and take ourSELVES to the NEXT LEVEL of WELLNESS is: "The RIGHT Sleep"!!!

We require sleep to **restore** us mentally and emotionally. If we do not give our brains the opportunity to rest, it can cause irritability, anger, and lower our ability to handle stress.

Many studies have noted that inadequate rest makes us **more likely** to be UPSET, from more than usual or LOGICALLY PROPORTIONAL UPSETS (to which-ever circumstances they are facing), ARGUE more all the way to **escalate** to FIGHT with others, less likely to exercise, EAT PROPERLY, create real INTIMACY in their LIVES, engage in HEALTHY leisure activities OR IN GENERAL attend to THEIR WELLNESS WELL, from a little less capable all the way TO REALLY NOT CAPABLE.

Psychologist Matthew Walker of the University of California, Berkeley, says "**almost all** psychiatric disorders show some problems with sleep ... It does actually prepare our emotional brains for next-day social and emotional interactions." [Emphasis added]

In a **recent** study tracking the sleep and circadian rhythms of people with schizophrenia, researchers found more sleep problems in **schizophrenia** patients versus mentally healthy people. About **80 percent** of schizophrenia patients have sleep problems, says Russell Foster, circadian and visual neuroscientist at the University of Oxford.

Strong **emotional reactions** are a huge factor in our ability to get

sufficient rest. Depression studies show that insomnia increases the risk of depression and that depression can cause insomnia. There is a vicious **cycle** between the two.

(Cont. on next page)

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Physically, EMOTIONALLY, Spiritually and MENTALLY the greatest way to RESTORE and take ourSELVES to the NEXT LEVEL of WELLNESS is: “The RIGHT Sleep” !!! (Cont.)

In a 34-year follow-up study of medical students at Johns Hopkins Medical Center, the risk of developing depression among students with insomnia was **twice** that of those without insomnia. Insomnia is a common symptom in psychiatric disorders.

Over **half** of all people with anxiety disorders also have sleep disorders. High levels of psychological distress make us unable to **relax** enough to sleep at night. Insomnia can also raise anxiety levels.

Journaling can help our brains let go of stressful thoughts, and calm an active mind before bed. Creating lives that **align** with our higher selves is also a powerful way to reduce anxiety levels.

“There seems to be a causal relationship between impaired sleep and some of the psychiatric ... disorders that we’re seeing,” says Robert Stickgold, an associate professor of psychiatry at Harvard Medical School.

According to **Ayurveda**, insomnia and restless sleep are symptoms of aggravated Vata dosha, which is responsible for movement, **activity**, and thinking process. When Vata dosha is balanced, we feel creative, light, inspired, and energized. When Vata is aggravated we feel frazzled, fatigued, and anxious.

One Ayurvedic practice that promotes Regenerative sleep is to **rub oil** on the scalp and the soles of the feet before going to bed. Use sesame oil, brahmi oil, jasmine oil, or coconut oil and massage gently for a few minutes. Slightly **warming** the oil

before applying can be helpful. Some other **practices** that are effective in promoting restful periods include:

- Positive **affirmations**, such as “My sleep is restful and nourishing to my body,” and “I honor myself with the gift of rest and rejuvenation” can assist in quieting the mind and relaxing the body. A powerful affirmation to **heal** insomnia is “I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.”
- **Visualizations**, such as the classing counting sheep, have been proven over and over to be particularly effective. Have your visuals be as **vivid** as possible. If you’re imagining yourself on a tropical island, imagine the warm breeze against your skin, the **scent** of the flowers, the look at the water and the sound of the waves. The more vivid the visualization and the more senses you involve, the more effective it is.
- **Meditation**, since it quiets the mind, is a perfect practice for promoting deep sleep.

Binaural beats meditation practices can also be powerful in inducing deep sleep, and have been shown to assist with sleeplessness and insomnia. How this works is different **sound** waves blend in and out of phase, causing the brain to begin to “resonate” at a third frequency.

According to **Louise Hay** in her book, *Heal Your Body*, the underlying cause emotional causes of insomnia are fear, not trusting the process of life, and guilt. Practices of **forgiveness** and grati-

tude can be powerful ways to let these feelings go, and thus allow our bodies and minds to rest easier.

The **Dalai Lama** spoke about needing sleep in the same way he speaks about having compassion, as **compassion** for the self. If we do not love ourselves, we won’t give ourselves enough sleep. When we **love** ourselves, we give us what we need, and one of the biggest things is sleep. His Holiness **says**, “...I believe, you see, sleep, complete restful, and also I think important is daytime your mind calm, relaxed. Then dream, during night, it’s sleep, also then, happy dream. Too much anxiety in daytime, then even in dream, some kind of nightmare, or these things happen.”

Regenerative sleep and rest are **essential** for living a vibrant life, and this is maintained through a Balanced Raw Vegan Living Foods **Diet** and practices that include regular rest, managing our stress, meditation and prayer, yoga, **QiQong**, exercise, connecting to nature, journaling, and time alone to nurture and love your self. These **practices** will give YOU the BIGGEST chance to CREATE not only OPTIMAL sleep practices, but also add Holistic **balance** to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!!