

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

On this 15th Newsletter, I want to give us a chance to consider the [way we sleep and how it affects us](#).

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](#).

### SLEEP—THE MAGICAL SECRET TO YOUR PHYSICAL, MENTAL & EMOTIONAL HEALTH

Hello, my name is Carolina Aramburo. In this particular newsletter, I want to discuss one of the most powerful, natural medicines that you can provide your body to be healthy, stay healthy, or get healthy.

I want to give you a context for the following information. I am not a doctor. More than anything, [I am a student of health and well-being](#); a professional student. I have been blessed enough to work with a lot of natural and western traditional doctors, and I have learned a lot. I want to make sure that I pass on everything I have learned so far to help myself in order to help as many people as I can.

Sleep is one of the best healers and one of the best and most powerful medicines that I have found, and I want to talk to you about it. Actual sleep is free medicine. [Sleep is way more important than anybody knows](#). I am convinced that most of us really don't know how important it is to sleep. Not just to sleep but to sleep enough, to sleep in an uninterrupted way and to sleep deep enough.

Here are the most important pieces I can give you about the value of sleep. First of all, sleep has physical value, which is both obvious and non-obvious, it has [mental value](#), and it has emotional value.

The non-obvious value of sleep is impossible to describe in one newsletter....but to give you a headline; every RIGHT THING that you DO to be healthy: the healthiest diet, the perfect exercise plan, enough water, no drugs, alcohol nor cigarettes, etcetera, etcetera, etcetera....gets **UNDONE BY A BIG PERCENTAGE** by not sleeping enough...to say the least!! (For more information please read the full articles on our Fan Page).

Let's look at the emotional value. Whether you notice or not, most of us have had days where we are what we like to call 'cranky', 'upset', or 'in a bad mood'. [Sleep has a lot to do with that](#). Half of the emotional, negative feelings you experience during the day can be improved in a big way through sleep. If you sleep enough, deep enough, uninterrupted, half of those [negative feelings could totally diminish](#). This is a big deal. As I said you can find all of the scientific information in my health newsletter or on my fan page where we have utilized a whole week to share a collection of articles by very prestigious doctors and universities, etcetera, that prove what I am saying.

The second part is the mental benefits of sleep. How much, how long, and how deep you sleep has a big time intellectual impact. Notice that your [mental capacity](#) is not quite the same when you have not had the most awesome night's sleep. Well, there are a lot of doctors and a lot of studies that can actually explain why. Your mental capacity actually diminishes in many ways, and this has been proven, when you are not getting sufficient sleep or [you are not sleeping deeply enough](#) to induce the ideal kind of sleep that your body needs.

The last part I am going to mention, and it is a huge field, is the physical impact of sleep. And I do mean a huge field. I am just going to mention a couple of things that I hope will get your attention. Please do [read the rest of the articles](#) and the rest of the information. I don't want to make this information too overwhelming so I'm not going to cover it all in this article. If we look at the impact of sleep on

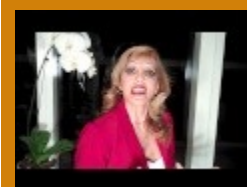


CAROLINA ARAMBURO

your physical body, it mainly affects your hormones. Hormones are not what most people think they are, by the way. They are not just impacting one side of your well-being. [Hormones impact all of your well-being](#). I want to mention just two hormones that you can start to look at so that you can see how they impact your health.

First, the growth hormone: I consider the growth hormone to be the most important one because, thanks to it, you and I went from being a little baby to being a walking, talking, thinking and feeling adult. The growth hormone is in [peak production while you and I are asleep](#). It does way more than what people realize or what you and I have ever learned. Just to give you some examples, the growth hormone speeds the absorption of the nutrients and amino acids in our body. [Right there you can](#) give yourself a big insight, right? You and I can have the most perfect, healthy diet but if we don't sleep enough we are not going to absorb all of that wonderful nutrition.

(Contd. on next page)



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## SLEEP—THE MAGICAL SECRET TO YOUR PHYSICAL, MENTAL & EMOTIONAL HEALTH

That is how important it is in one little aspect. Let's look at another thing the growth hormone does – healing tissues. That is a big deal. When you have a cold there are a lot of tissues that **need to be healed**. When you are not sick at all, based on just the energy you spend on aging every day, that collection of tissues in your body need to heal. (Every day we become one day older – even if you are 5 years old, you are one day older than you were yesterday). The **healing process happens way more during your sleep** cycle than during the hours you are awake. For those of us who are dealing with an illness, we can have the perfect diet, take the perfect vitamins, and drink as much water as we need to heal ourselves. Yet, if we are not sleeping enough, we are not giving ourselves all the chances we can to heal, and more than likely, we won't heal all the way without the sufficient amount of sleep.

Our growth hormone stimulates bone marrow, and immune cells are born in bone marrow. That is a big deal. You

and I prevent so many illnesses a day because our immune system is working properly. The growth hormone stimulates the bone marrow cells. The bone marrow is responsible for all the cells of the immune system developing, functioning, growing, and multiplying. All of that happens **inside of the growth hormone** working properly while we sleep. Imagine the amount of work that hormone needs to do to keep us healthy and prevent all the illnesses.

Let's look at another hormone which in itself is huge: Melatonin. It is also known as the sleep hormone. Melatonin inhibits tumors from growing. All of the possible tumors in our body that may be starting to grow may be **inhibited by that hormone** being released properly while we sleep. Therefore we are literally preventing ourselves from having tumors while we are sleeping. It also prevents viral infections. To sleep is a big deal for the immune system.

How can I tell you everything? Bottom line, if I were to tell you everything I have learned about sleep it would take about a year, so please do give yourself the gift of

researching, **reading, and learning how much sleep can do for you**. I can tell you that if I had one wish in the field of health and well-being for the whole human race, it would be that we all value sleep because I almost died last year from not valuing my sleep.

I am going to share with you a little bit about myself. You will see how something that is very positive can turn into something very negative from simply not **having this information** I am giving you and from not being responsible for getting this information yourself. I used to be a no-kidding workaholic for my entire life. Since I was a kid I was one of those people who were eager to do as much as possible, every day, and to sleep as little as possible. I used to have the theory that you only sleep when you die. **While you are alive you should take advantage of every second you have**. That used to be my theory and I used to live by it, unfortunately. I went from being a high producer in a high results company with a high producing kind of a life, which seems like a very positive quality, to a deadly ill person.

([Please watch the video to complete this](#)).

## THE OBVIOUS BENEFITS OF SLEEP

There are a lot of available studies on the benefits of sleep (and the costs of sleep deprivation). Of the research being done, there is evidence supporting that the following are **benefits of getting at least 8 hours of sleep** each night:

1. Sleep Keeps Your **Heart Healthy**
2. Sleep Impacts the Immune System and May **Prevent Diseases** such as Cancer & Diabetes
3. Sleep **Reduces Stress**
4. Sleep **Reduces Inflammation**
5. Sleep Makes You More **Alert**
6. Sleep **Bolsters Your Memory**
7. Sleep May Help You **Lose Weight**
8. Sleep May **Reduce Your Risk** for Mood Disorders & Depression
9. Sleep **Helps the Body** Make Repairs
10. Sleep **Slows Down the Effects** of Aging
11. Sleep is a Key Factor in **Brain Health**

The studies being done on sleep and sleep deprivation are moving very rapidly. Of all the benefits of sleep, the ones getting the most attention are those based on the impact of sleep deprivation on disease and illness. Research throughout the US has linked insufficient or irregular sleep to such **diseases as cancer, heart disease and diabetes**.

Research also shows that most people apparently need between **seven and nine hours** of sleep per night, with studies indicating that an increased risk for

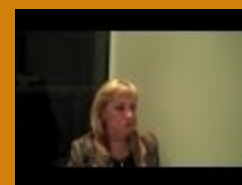
disease starts to kick in when people get less than six or seven hours.

Scientists have long known that sleep disorders, such as sleep apnea, narcolepsy and **chronic insomnia**, can lead to serious health problems, and that difficulty sleeping may be a red flag for a serious illness. A shocking Harvard study found an actual **increased risk of death** among those who slept less than 6 hours per night.

Physiological studies suggest that a sleep deficit may put the body into a state of high alert, increasing the production of stress hormones and **driving up blood pressure**, a major risk factor for heart attacks and strokes. Moreover, people who are sleep-deprived have elevated levels of substances in the blood that indicate a **heightened state of inflammation** in the body, which has also recently emerged as a major risk factor for heart disease, stroke, cancer and diabetes. Other studies have found that sleep influences the functioning of the **lining inside the blood vessels**, which could explain why people are most prone to heart attacks and strokes during early morning hours.

Other researchers have found that even mild sleep deprivation quickly disrupts normal levels of the recently discovered **hormones ghrelin and leptin**, which regulate appetite. In addition, studies show sleep-deprived people tend to develop **problems regulating their blood sugar**, which may put them at increased risk for diabetes.

**"Lack of sleep disrupts every physiological 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."



[CLICK HERE TO VIEW VIDEO](#)

Please don't learn the way that I learned. Give yourself the gift of sleeping as much as you need, as deep as you need – uninterrupted. Whatever we do for work and / or for activities, **NO MATTER HOW IMPORTANT & AWESOME IT IS**, it doesn't deserve us to **PERMANENTLY** damage our health for it. If I may ask you and ask the world a personal favor: I am asking you to honor that crucial aspect of your well-being: **SLEEP!!** And honor yourself through it. Cherish yourself, your body, your health, your well-being – **I SAY that YOU DESERVE it ALL!!**

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## NATURAL, ALTERNATIVE SOLUTIONS FOR HEALTHY SLEEP

There are several natural, alternative solutions that, according to some studies, have a positive impact on sleep:

- Some herbs have been reported to aid in sleep: **Valerian root, chamomile**, passionflower, hops, ginseng, lemon balm, and skullcap.
- Cut caffeine, alcohol, and nicotine—they are all **stimulants**.
- Relax before bedtime. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. Combining this with a **period of relaxation**, perhaps by reading something light, meditating, aromatherapy, light stretching, or taking a hot bath, can also help you get better sleep.
- **Exercise at the right time for you.** Regular exercise can help you get a good night's sleep. The timing and

intensity of exercise seem to play a key role in its effects on sleep. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in the evening. **Regular exercise** in the morning can help relieve insomnia, according to a study.

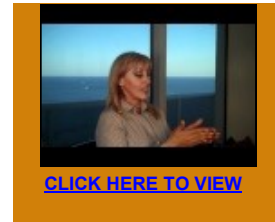
- Keep your bedroom quiet, dark, and comfortable. For many people, even the **slightest noise or light** can disturb sleep, like the purring of a cat or the light from your laptop or TV. And don't use the overhead light if you need to get up at night; use a small night-light instead. Ideal room temperatures for sleeping are between 68 and 72 degrees Fahrenheit.
- Try **not to go to bed hungry**, but avoid heavy meals before bedtime. An overfull belly can keep you up. Some foods

can help, though. Foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas. Also, try not to drink fluids after 8 p.m. This can keep you from having to get up to use the bathroom during the night.

- **Avoid napping.** Napping can only make matters worse if you usually have problems falling asleep. If you do nap, keep it short. A brief 15-20-minute snooze about eight hours after you get up in the morning can actually be rejuvenating.

As always it is critical to do your research, consult with your doctors or experts and LISTEN to your body. Your body wants to sleep. Listen to it.

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CONNECT WITH ME



## 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**.

## HOW DOES SLEEP ACTUALLY WORK?

Sleep architecture follows a pattern of alternating **NREM (non-rapid eye movement) and REM (rapid eye movement) sleep** in a cycle that repeats itself about every 90 minutes throughout a typical night.

There are 4 stages of NREM sleep (**75% of cycle**). Each stage of NREM & REM performs vital functions for the human body. When the cycle is interrupted (you awaken) or the cycle is cut short, you begin to lose the functionality of the cycle and the necessary benefit of that particular part of the cycle. The **timing of these patterns alters** as we age and, in order to actually get all of the restorative sleep, we need to alter our sleep to accommodate that.

**Babies sleep a lot** so they reach the appropriate amounts of sleep to accommodate enough cycles for their development and growth. As we grow older and we sleep less we risk not allowing the cycles to complete or repeat themselves. **One myth** is that

more senior people need less sleep. The exact opposite is true.

Here are the roles each state and stage of sleep plays:

**NREM** We enter NREM sleep as we begin to fall asleep. There are 4 stages: **Stage 1 (Between being awake and falling asleep – Light Sleep)**.

**Stage 2 (Onset of sleep):** Becoming disengaged from surroundings. Breathing and heart rate are regular. Body temperature drops (so sleeping in a cool room is helpful).

**Stages 3 and 4 (Deepest and most restorative sleep):** Blood pressure drops. Breathing becomes slower. Muscles are relaxed. Blood supply to muscles increases. Tissue growth and repair occurs. Energy is restored. Hormones are released, such as: Growth hormone, essential for growth and development, including muscle development. **REM** (25% of night): First occurs about **90**

**minutes after falling asleep** and recurs about every 90 minutes, getting longer later in the night: Provides energy to brain and body. **Supports daytime performance.** Brain is active and dreams occur. Eyes dart back and forth. Body becomes immobile and relaxed, as muscles are turned off.

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