

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 21st Newsletter, I want to give us a chance to consider how we breathe and how correct breathing can affect 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](#).

BREATHING: MOVING BEYOND AUTOMATIC & BEING IN CONTROL OF YOUR BODY, MIND & SPIRIT WITH EACH BREATH YOU TAKE

BREATHING. It seems so simple. We do it automatically. As a matter of a fact—it is because we do it automatically that we mostly never think about how we do it or the REAL benefits of it. This week we have looked at breathing from a whole new perspective. Breathing gives us life in deeper and more exciting ways that we can ever imagine.

Oxygen is absolutely the most vital nutrient in our bodies. We can survive without food for weeks and without water for days but we cannot survive with oxygen for more than a few minutes. Without precious oxygen all of the body's organs degrade immediately. Oxygen literally purifies our blood stream giving actual "life" to our bodies.

Oxygen recharges our energy as it

purifies our blood. It rejuvenates not only our internal organs but our skin and our minds. There is actually a chemical in energy production called Adenosine Triphosphate (ATP) without which we have lowered vitality, disease and premature aging. Oxygen is critical for ATP.

The automated breathing we do is way too shallow and quick. It keeps us from eliminating enough carbon dioxide and the more oxygen starved we are the more toxic buildup occurs. All of this is on a cellular level—we are completely a function of how healthy our cells are.

As I have moved through my intensive health journey I have been made aware, through many of my natural health care doctors, of the importance of breathing every step along the way. I saw very quickly that breathing followed a pattern for me. I breathed quickly like I had done everything in life. The quicker I breathed the more I impacted my physical, mental and emotional health. Then the more my physical, mental and emotional health was impacted the more quickly I would breathe.

My energy was impaired more and more which stressed me out more and more, causing me to hyperventilate and breathe more and more shallow. The cycle was insipid. My body and brain was getting just enough air to have it tick but never enough air to have it thrive. My brain, aching for the oxygen it needed, was diminished causing a lack of concentration and memory.

I began by cherishing my body because of it's imperfection in breathing that I had taught it over the years. I recognized that I need to retrain my entire body to breath and

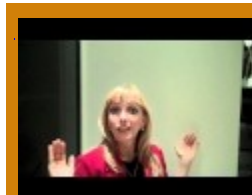


CAROLINA ARAMBURO

listen to it as I did so. I started very simple with teaching myself to breath through my nose. The nose is designed for breathing, it traps dust and other particles that damage your body. When breathing through your nose air travels through a path that continues to work on the temperature of the oxygen you take in and eliminates bacteria and other dangerous particles. Breathing through the nose also keeps you from impacting your Thyroid gland which happens when you breathe through your mouth.

For me the most obvious thing that started happening by just beginning to breathe through my nose, was that it slowed down my breathing. As I took each breath in I trained myself next to take it in deep, all the way into my stomach. My energy level began to increase with each deep breath. This energy was not just physical but

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BREATHING: MOVING BEYOND AUTOMATIC & BEING IN CONTROL (Cont.)

I experienced a **new level of mental, emotional AND spiritual energy** as I began to spend time every day doing specific breathing exercises.

Our articles this week on our Fan Page point to a lot of different breathing exercises and deep breathing meditations. I made sure that I took myself outside to do mine. I would **sit on the beach** for a short time each morning and again around sunset and do my exercises.

The results were very rapid in a lot of areas as my body and my brain

TAKE IN THE BREATH OF LIFE FOR YOUR BODY'S SAKE

The benefits of breathing are not as obvious as you may think. Without a doubt, **it is the reason we are walking and talking** but it does so much more for us.

Pranayama (the science of breath control) consists of a series of exercises intended to meet these needs and keep the body in vibrant health. Breathing is important for two basic reasons: First, it is the **only means of supplying our bodies** and its various organs with oxygen, which is vital for our health. One of the major secrets of energy and rejuvenation is a purified blood stream. The quickest and most effective way to purify the blood stream is by taking in extra supplies of oxygen from the air we breathe.

Second, **breathing is one of the ways to get rid of waste products and toxins from our body.** Breathing serves as the pump for the lymphatic system, just as the heart serves the circulatory system. Your cells **must have oxygen to survive moment to moment.** To thrive, they rely on a complex exchange between the circulatory system and the lymphatic system. Blood flow carries nutrients and ample amounts of oxygen into the capillaries, while a healthy lymphatic system carries away destructive toxins. **Proper breathing is the moderator of this exchange.**

received more oxygen. My skin cleared, my adrenal glands began to **function better**, my immune system strengthened and **aches and pains began to diminish.** But the most exciting mental and emotional results I produced was the impact on my anxiety and stress levels. Not only did my daily deep breathing diminish my stress in the moment but I learned how to use it throughout the day to keep my stress levels low. For someone with Post Traumatic Stress and Acute Stress Disorders **this was a miracle.** I added doing deep breathing at night before I went to sleep and I even experienced getting to sleep faster and sleeping deeper and

Deep breathing delivers many of the benefits of exercise, even helping in the weight loss process. **Though not a substitute for exercise,** it's a great first step when just beginning an exercise plan. One basic measure of fitness is **cardiovascular capacity** (how much oxygen our heart and lungs can deliver to our cells). When muscle cells spring into action, they must have energy to burn and the waste products of that metabolism removed.

Recent research seems to show that there is a relationship between upper chest breathing and heart attacks. In a study published in the May 2, 1998, issue of 'The Lancet', researchers working with cardiac patients at the University of Pavia, Italy, have established an **optimum healthy breath rate** of 6 breaths a minute. When you consider the average resting breath rate of 12-14 times a minute, this represents a substantial reduction in breath rate. Patients who learned to slow down their breathing through special deep breathing exercises ended up with higher levels of blood oxygen and were **able to perform better on exercise tests.** According to the report, low blood oxygen (which is common in cardiac patients) "may impair skeletal muscle and metabolic function, and lead to muscle atrophy and exercise intolerance."

A nearly 30-year follow-up **study** (by

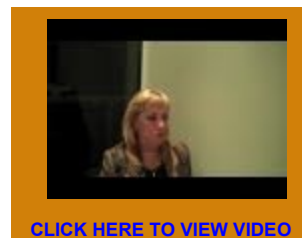
longer.

Spiritually, deep breathing has given me access to connecting to Source/God that I had not had access to throughout several years of illness. Through my breathing I can still my mind and body so that my spirit can be free and available.

Breathing will not do the same for you but **I so want you to have this gift for yourself** so that you can see for yourself. Take the time to read all of the articles in our newsletter and online on our Fan Pages and join me in this adventure of breathing for your life.

researchers at the University of Buffalo) of the relationship between impaired pulmonary function and all causes of mortality shows that

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The Second Health Proposal is about **"tuning into"** and **listening** to your body in a particular way. I am suggesting there is an actual **scientific art**, requiring the creativity of an artist but also the precision of a scientist, where you **become aware** of your body's natural prescriptions. What do I mean by that? When you are out to improve your health there are so many things you can do, including breathing. **Listen to your body** to tell you how to breathe and how deep and long to breathe. Support your body in the best possible way by beginning to "tune into" and train yourself to actually be **"in communication"** with your body.

When you are stressed out, take 5 minutes for deep breathing. You will see the difference in your state of mind, your emotional balance and even a touch of a spiritually deeper connection if you dare.... **I dare you to use this tool to enhance your health....You deserve it all.....Are you going to claim it??**

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TAKE IN THE BREATH OF LIFE FOR YOUR BODY'S SAKE (Cont.)

how well our lungs function may well predict how long we live.

This study, which appeared in the September 2000 issue of 'Chest', showed that the risk of death was increased not just for people with poor lung function but also those with moderate lung function. The bottom line seems to be: **the healthier your lungs are and the better you**

breathe, the longer you will live.

There are clinical studies (including thousands of participants) spanning a 30-year period that offer **persuasive evidence** that the most significant factor in health and longevity is how well you breathe. Dr. Otto Warburg received the 1931 Nobel price for proving that **cancer is anaerobic**; it does not survive in high con-

centrations of oxygen. Slow breathing reduces chemo reflex response to hypoxia and hypercapnia, and increases baroreflex sensitivity. There are many studies to show the numerous benefits of breathing on your health. However, please do not take my word for it. **Do your own research**, listen to your doctor and most importantly **listen to your body**.

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 circum-

stances. In addition to this, I coached teams of people who worked with me in both group and individual settings, these included **mostly 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!!**

MENTAL, EMOTIONAL & SPIRITUAL NIRVANA IS ONLY A BREATH AWAY

Oriental teachers say: in addition to the physical benefit derived from correct habits of breathing, our mental power, happiness, self-control, clear-sightedness and even spiritual growth may be increased by an understanding of the Science of Breath.

In a 2005 review and analysis of several studies, Richard Brown, MD, and Patricia Gerbarg, MD, reported that **yogic deep-breathing techniques** were extremely effective in handling depression, anxiety, and stress-related disorders. Yogis, chi kung practitioners, people who meditate, and alternative health practitioners have known for a long time that conscious breathing can **help reduce stress, increase relaxation, and decrease pain**.

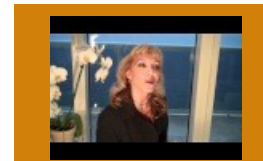
Your brain simply needs more oxygen than other organs of the body. A lack of oxygen to the brain creates a **deprivation of oxygen** then causes poor

concentration, irritability and reduced control over one's emotions.

Deep breathing or the regulation of breath (Pranayama) promises **improved concentration and memory and improves attention span**. It increases the ability to deal with complex and difficult situations, without subjecting your body to stress Correct breathing also teaches good emotional control and helps reduce anxiety.

Spiritually there is a whole world available through the practice of breathing. **Breath (Prana) is subtle energy**; it flows through the chakras and nadis. The chakras are energy centers that are connected to the nadis or channels through which the subtle energy flows. When the prana is consciously controlled, it is a **powerful vitalizing and rejuvenating force**.

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Once you are able to control your prana, it can be manipulated for **self development and healing**. It helps you achieve stillness and tranquility and instills calmness. Breathing connects you to your **deepest core sense of yourself**. From there your connections to others and source expand. Breathe now.

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