

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 401st Newsletter, I want to give us a chance to consider the benefits that natural energy 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](#).

### NATURAL Ways To CREATE MASSIVE ENERGY!!!

In this Newsletter I am going to talk about energy, where energy comes from and how you can create massive amount of energy for yourself in completely NATURAL ways.

We are not dealing, in this Newsletter, with ENERGY in the rigorous scientific way (as the matter that everything is made out of including us), but obviously is it all connected\*. We are dealing here with Human ENERGY; as the strength and vitality required for sustained physical or mental activity.

Not having ENOUGH ENERGY is one of the biggest complaints of most adults around the world. So in this Newsletter we will suggest many NATURAL WAYS for you to have all the energy that you want and need to enjoy maximum WELLNESS, just as you deserve!

Even though we naturally 'have' a certain level of energy by virtue of

being alive, our energy can be depleted by physical, emotional, mental and spiritual imbalances, and most of us are completely UNAWARE of that happening, thus CAN'T IMPROVE IT. Very few of us can say we always have all the energy we want to have all day every day. There is always a new level of energy that we can obtain. Please read this Newsletter ALL THE WAY through so you can use it to allow yourself to experience even more or BETTER QUALITY energy, even if you have 'all the energy that you WISH to HAVE'. Also, please share it with those you love so that they too can tap into pure natural energy for their lives.

Many of us, in looking for something that will "give us energy" turn to stimulants like coffee, sugar and energy drinks instead of looking to nutrition, exercise, sleep and other lifestyle changes for their energy. We confuse energy with stimulation, and want a quick fix to feel better now, without thinking about the long-term consequences.

The unfortunate part of this is that using stimulants actually strips our body of energy in the long run. There may be a momentary buzz that is only short lived before they wear out our adrenals, imbalance our blood sugar, create a big crash and even worse set us up for an array of serious health conditions. Science has proven that these kind of stimulants are actually not energy giving but more like poisonous drugs.

We are an exquisite combination of physical, mental, emotional and spiritual energies that dance to-

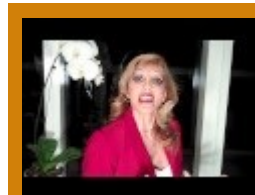


CAROLINA ARAMBURO

gether, interfacing with each other to maintain a balanced relationship of wellness. We not only need energy and use energy, but when we break ourselves down to a cellular level ... WE ARE ENERGY\*.

Tony Schwartz and Jim Loehr, who have worked with top athletes and executives for years and authors of The Power of Full Engagement, said that most of us are chasing the wrong resource: hours in the day. Instead, we should focus on something entirely different: our energy. Schwartz says, "Manage your energy, not your time." In reference to us being fully engaged in life, Schwartz said, "Full engagement requires drawing on four separate but related sources of energy: physical, emotional, mental, and spiritual.

These 4 (Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## NATURAL Ways To CREATE MASSIVE ENERGY!!! (Cont.)

different **energy elements**, according to Schwartz and Loehr, can be simply defined by answering these questions:

- Your **physical** energy – How healthy are you?
- Your **emotional** energy – How happy are you?
- Your **mental** energy – How well can you focus on something?
- Your **spiritual** energy – Why are you doing all of this? What is your purpose?

Physical energy could be said to be the base and **foundation** for developing all of the other energies. Some sources of energy are obvious while others are not so obvious.

Let's go from the obvious ways to create more energy to the not so obvious. Well, it's obvious that **food is one of our sources of energy**, right? But, it is not just any food. So, just a few things to say in this particular article about nutrition – for example: it is obvious that it makes a difference to eat the **most healthy way you can eat**. But some 'healthy diets' don't necessarily provide you with MAXIMUM nor stable ENERGY, versus other diets that are not well known yet do PROVIDE the HIGHEST QUALITY and QUANTITY of Physical ENERGY. For example I am now on A Raw VEGAN Living Foods DIET and I have **more energy** than I have ever had in my whole life, as a Vegetarian (which I was prior to this) and as simply 'Vegan' I did not have the **maximum** energy. In the next article I will give you a lot of ways that you can give your body the nutrition it needs to produce AMAZING energy for you and explain how providing LIVING foods with LIVE energy to your body is the best way to

produce VIBRANT energy.

Also, obvious and not obvious is that the proportions between **work and rest** make a difference in your energy. First of all, sleep – **sleep is a major source of energy**. I highly recommend **never, ever, ever skipping your sleep**. I made that major mistake many times and for too long and I definitely paid for it. I recommend you cherish yourself enough that you give yourself the gift of sleeping. Not just sleeping but **sleeping enough and sleeping sufficient-ly and sleeping in a high quality sleep** which equals the "Right" sleep (I have an entire FREE Newsletter that I dedicated to this aspect and if you request it I would be happy to send it to you). Think of it like this - because I used to think of sleep like wasting time – think of it like **recharging your batteries**. You can't operate a machine that operates on batteries without recharging those batteries. The same for a human being other than we CAN FORCE ourselves to keep operating without recharging their batteries and we will 'damage our machinery= produce damage on all kinds of organs' as I did. I don't recommend doing that so, please **sleep enough and create for yourself lots of energy for a FABULOUS day**.

Now let's look into more **rest during the day**. One of the ways that WE don't KNOW, but it does create MORE ENERGY, is to get little pieces of REST during the DAY!!!. Therefore it will make a difference to divide your work up into smaller compartments. For example: instead of working 4 hours all together until you take a break actually working 45 minutes and then take a **small break**, or work an hour and a half and then taking a small break, etc. **Taking frequent breaks during the day** makes a difference for your health (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## NATURAL Ways To CREATE MASSIVE ENERGY!!! (Cont.)

and for your energy but you have to see what works for you.

Different people have different **rhythms** in their energy level and their body. Discover the rhythm of your body. Most human beings have 2 peak productive times during the day. If you listen to your body you will notice that there is a **peak performance** time in the morning or somewhere around the morning. It is the 2 or 3 hours where you are more productive, more creative and more alert. There also is a 2 or 3-hour block of time in the afternoon or the evening where you are more productive. So, I highly recommend using those times for your most creative tasks and for the tasks when you require the most **concentration** because those times your body will give you the most vs. when you do those tasks in the hours when you don't have that much energy, therefore forcing your body and getting less energy. So, you can divide the tasks according to your level of energy.

Also, what makes a huge difference is, funny enough, TAKING a NAP. A **siesta** during the afternoon makes a huge difference. Your body has run out of the rest you provided at night by the **afternoon** so for those of you who can take a siesta in the afternoon, please do. For those of us, like me, who cannot take a siesta you could take 10, 15 or 20 minutes to deeply meditate. That makes a difference also. But you obviously have to figure out what works for your body so I recommend take the time to see what **rhythm** between work and rest works for you.

Now, there are also many creative things you can do that may be totally **unobvious**. For example wearing **bright colors** and dressing up has you feel good about yourself and you will naturally gener-

ate more energy. Taking a 2 – 3 minute break when you feel tired to stand up on your toes – that creates a lot of energy too, interestingly enough. Sniffing citrus works too. Aromatherapy is very effective so if you **sniff citrus** that will provide you with a little boost of energy too. Listening to music you like and actually singing out loud, like people do when they are driving, that actually provides for energy. Laughing, funny enough, is a very **sustainable** and great source of energy. So, when you need energy find somebody to have a conversation with that is fun and that will provide for the opportunity of laughter. In the last article of this Newsletter I will talk about many unobvious ways to boost your energy mentally, emotionally and spiritually.

I needed to begin to learn about energy because of my past near death collection of illnesses. I highly recommend never having to learn because of an illness and this Newsletter is created for you with love so that you can begin taking care of your energy now and prevent any future well-being **conditions** or begin to heal yourself from any energy deficiencies you may already have. I recommend taking care of your health so well that you never get to face what I did. Some of the illnesses that I had was **Kidney and Liver failures, and chronic adrenalin fatigue**, and with those conditions you do not just lack energy but you lack energy for the simplest things, even to breathe rhythmically, when the illnesses are really bad. I had to come up will all kinds of natural ways to CREATE ENERGY. I did research and there are a lot of ways that do work. Now, if you don't have adrenalin fatigue, and your kidneys and liver are healthy and you just want to **boost up your energy**– all of these things are going to work for you to boost up your energy completely also.

Having sufficient energy is about more than feeling good – and it WILL have you feel so much better and alive. Allowing ourselves to live with a lack of energy is more **detrimental** to our overall health than we think. Dina Aronson, RD said "Fatigue breaks us down physically and emotionally and wreaks havoc on the immune system, making us more susceptible to illness, depression, and even chronic conditions like heart disease."

According to Deepak Chopra, "The first thing to realize is that you are in control of your own energy. I know it doesn't feel that way sometimes. Conditions do not define you, and in fact you can begin to use basic energy - the kind that comes from food, air, loving relationships, nature's beauty and the flow of **creativity** - for your own good. All these sources of energy are available to you all the time. They are part of your birthright; they connect you to the flow of life, which is constantly renewing itself. You can never be entirely disconnected from **life-supporting** energy. So energy, even though it may sound like a vague or unusual term, plays a key role in giving you a state of wholeness or a state of conflict and confusion at the cellular level."

In the following articles of this Newsletter I will give you a lot more details about taking care of your energy through nutrition, physical activity and even through emotional, mental and spiritual practices. Find the way, to **support your body** – because when you don't have enough energy your body is communicating that it needs something and if you give it to it then your body will really give you back energy. If you don't then you will end up (Cont. on next page)

## NATURAL Ways To CREATE MASSIVE ENERGY!!! (Cont.)

getting sick, like I did, one way or another. That I certainly don't recommend. **Treasure your body**, it deserves it, you deserve it. Listen to it so that you can support it the best way possible.

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 WELL-

NESS for youSELF inside and out, not just and INCLUDING optimal ENERGY. 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!!!**

## NUTRITION produces ENERGY and "Right" LIVING Nutrition produces EXTRAORDINARY Energy!!

According to Brendan Brazier professional Ironman triathlete and author of Thrive Fitness, "Whole, raw foods provide **"cost-free" energy**- that is, sustainable energy that does not have to be "stoked" regularly with processed carbohydrates, refined sugars or caffeine in order to last. Enzymatically alive, whole raw foods provide "cost-free" sustainable **energy and vitality**, not quick bouts of stimulation." "Cost-free" energy producing foods are:

- Whole - unprocessed and unrefined (i.e. nothing added, nothing taken away)
- Raw and rich in naturally occurring enzymes
- Alkaline or alkaline-forming
- High in natural vitamins and minerals
- Best in sprouted form

Kathy Patalsky, author of 365 Vegan Smoothies and Healthy Happy Vegan Kitchensays, "When you take care of yourself you have more energy, and when you have more energy it's easier to take care of yourself. Slacking off on wellness will only leave you feeling **extra-fatigued**. One natural way to 'get energized' is to include **energizing** foods in your diet"

The best types of energizing foods are those that are **live and raw**. Foods like soaked raw nuts, fresh organic fruit, live

sprouts, veggies and seeds all contain live enzymes and will be easier for your body to break them down into **energy-yielding** calories. *This is important:* The faster your body breaks down your food; the faster it enters your bloodstream to provide you ENERGY!

Overall, try not to over-exert your digestive system. **Small meals** throughout the day will keep your blood sugar up. **Balancing** your blood sugar levels throughout the day is a key to energy success! If they drop too low, so will your energy.

Here is a great list of Nutrients that will energize you:

**Leafy Greens and 'Green Juice'** - It's pretty hard to find a food with more nutrients per calorie than dark leafy greens. They contain an enormous amount of nutrients for very few calories. Spinach, mache, arugula, watercress, parsley, romaine, wheat grass and dandelion greens can all provide you with **energy-boosting** enzymes, protein vitamins and minerals. But since you'd have to eat quite a big salad to get any heavy-duty carbs, many wellness foodies make **'green juice'**. Green juice may contain 100% juiced greens, or a **combination** of fruit juices and green juices. Energy-high juice = green juice!

**Fresh Fruit** - Fruit is great be-

cause it contains everything that's in fresh juice, but as a bonus, it contains **fiber**. It is also more portable than fresh juice. Take an orange or apple to work and it stays LIVE and raw until you are ready to eat it. The fiber will assist in slowing down the absorption of sugars to give you a longer lasting **'energy high'**.

**Soaked Raw Nuts and Seeds** - Nuts won't necessarily give you a boost of 'instant energy' but they will give you a longer-lasting energy buzz. All enzymes are still intact in soaked raw nuts and seeds. Nuts and seeds also contain a plethora of **fatigue fighting** nutrients like **B vitamins, protein and omegas**. The healthy fat in these nuts not only take care of your body but they also take care of your brain. The best nuts and seeds for energy are: almonds, cashews, walnuts, Brazil nuts and sunflower seeds.

**Smoothies** - Smoothies are definitely a great energy food. They are easy to customize to contain that delicate energy-yielding combo of **fat-carbs-protein**. Add in a few nuts, flax seeds or healthy oils for healthy fat content. Add your vegetables and fruit for carbs, vitamins and minerals. Frozen fruit for fiber and carbs. You can also add in raw vegan protein if you need extra protein. (Cont. on next page)

## NUTRITION produces ENERGY and "Right" LIVING Nutrition produces EXTRAORDINARY Energy!! (Cont.)

**Warming Herbs, Spices and Spicy Foods** - Ginger, cayenne, mint and cinnamon are just a few ingredients that you can add to your diet to stimulate your body. These ingredients are warming, stimulating and '**perk your body up**'. Studies have shown that 'spicy foods' can actually have many benefits including increasing your metabolism for a short period of time. Burning more fuel, means more energy in your tank.

**Lentils, and Beans** - Magnesium and foliate are two nutrients that are needed by the body for abundant energy, and both can be found in legumes, nuts, and seeds. **Magnesium** breaks down glucose (sugar) into energy. Folate is a natural form of vitamin B6 that helps produce red blood cells, which carry oxygen throughout the body. When levels are low, you'll feel fatigued.

**Fiber** - A diet high in fiber is so important for sustained energy. For one, fiber helps slow the absorption of sugar into your **blood-stream**. It also keeps you feeling full for longer. Slowed absorption and longer satiety translate to energy. Fiber is also crucial for a healthy digestive and elimination system - it keeps things moving. When things aren't moving, fatigue, headaches, and discomfort result, and your energy levels decline. Thankfully, a **whole-food**, plant-based diet is full of fiber.

Important vitamins and minerals to assure your energy levels stay up:

**Vitamin B12** is essential to being energized! For vegans you can get B12 from KOMBUCHA and just an ounce of the roots of leeks, beets, and other vegetables would provide .1 to .3 micrograms of B12, which is more than a day's requirement. **Seaweed** also produces cobalt which allows the body to synthesize it's own Vitamin B12 bacteria. "*Vitamin B-12 is*

*a water-soluble B vitamin that helps transform fats and proteins from foods into energy and works with folic acid to produce normal red blood cells. An adequate supply of vitamin B-12 is also necessary for normal neurological function.*" -MSN Health

**Vitamin C** has been known to enhance **endurance**. Vitamin C is an easy vitamin to find. Many fresh fruits and veggies contain vitamin C. "*This antioxidant improves the body's ability to absorb iron, which helps fight off anemia-related fatigue. Getting 250 to 500 milligrams of this vitamin two times per day may help reduce the symptoms of chronic fatigue by enhancing endurance and immunity, according to the University of Maryland's Medical Center (UMMC).*" -AOL Health □□

**Omega 3 fatty acids** have been shown to help **convert** the nutrients from foods into usable forms of energy and wards off depression, which can lead to fatigue. Excellent Plant Sources for Omega-3s: Chia seed, Hemp seed or oil, Flax seed (ground) or oil, Microalgae oil, AFA Algae (Aphanizomenonflos-aquae), Marine phytoplankton and Walnuts.

**Electrolytes** aid in keeping your body hydrated. Staying **hydrated** is a very important part of fighting fatigue. Studies have shown that a dehydrated body is less productive than a fully hydrated one. Even a dehydration level of as little as 1% can have an effect on your energy level. "*At 2% dehydration physical performance levels decrease 5-10%; at over 4% dehydration, physical performance levels decrease 20-40%.*" - Clark Elliot, Work Practice Consultant. Natural electrolytes can be found in abundance in pure **raw coconut water**.

These addition vitamins and minerals are key for elevated energy:

- **B Vitamins** build energy – These can be found in abundance in many vegetables but in particular in sprouts, red clover blossom infusion, peppermint leaves, and fenugreek seeds, sweet potatoes, avocados
- **Potassium** – Potassium is particularly high in celery, cabbage, seaweeds, nettle infusion, and red clover infusion.
- **Iron** - Raw chocolate, seaweeds, nettle infusion, and dandelion leaves are all superb sources of iron.
- **Iodine** – To obtain Iodine seaweed stands out as a key way to obtain it, but sea salt, mushrooms, and greens grown in gardens fertilized with seaweed also supply significant amounts.
- **Magnesium** - "This mineral is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy," New York University nutritionist Samantha Heller, MS, RD. says. "So when levels are even a little low, energy can drop."

All **life-giving** chemical reactions only happen when electrons or energy flows between atoms. Things that are healthy 'contribute' electrons/energy, and are called **alkalizing** or "reducing." Things that are unhealthy steal electrons/energy, and are called acidic or "oxidizing" (Cont. on next page)

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

([CLICK HERE OR SEE http://carolinaaramburo.com](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.

## NUTRITION produces ENERGY and "Right" LIVING Nutrition produces EXTRAORDINARY Energy!! (Cont.)

(which means to burn up, rust, break down or decay). Cooking or **processing** causes food to lose electrons - the source of the energy your body needs.

A raw food diet is not just good for you - science now proves that cooking not only destroys nutrition and enzymes, but **chemically changes** foods from the nutritionally-dense alkaline substances needed for health into acid-forming toxins, free-radicals and poisons that destroy our health! Heating food above 118 degrees F. causes the chemical changes that create acidic toxins, including the carcinogens, mutagens and free-radicals associated with diseases like diabetes, arthritis, heart disease and cancer. Cooking also destroys the **live enzymes** that aid in digestion and health.

Your body is **designed** to be alkaline. Acidic overload gets stored in your body! The cells in your body are mostly alkaline and this acid waste starts to attack and destroy these cells. A lot of energy is expelled keeping the waste from doing **detrimental** damage to your body, but this fight can only go on for so long. The non-alkaline foods you eat promote acid in your body that the kidneys have to work hard to get rid of. This process **drains** you of energy, something we want to avoid!

Eventually the build up is so great that the cells **deteriorate** and cause energy depletion and leaves the body open to disease and premature aging. Alkaline foods, on the other hand, don't produce acid, so the kidneys don't have to work as hard and everything runs efficiently for optimal energy. Also, a higher energy level, from alkaline foods, helps to fend off **op-**

**portunistic** diseases and ensures strong cellular regeneration.

Making changes to your diet is a huge step in **reversing** this breakdown of your body while boosting your energy level. By limiting your intake of acidic foods and increasing your intake of alkaline food you can increase your energy. Acidic foods include meats, dairy, all processed foods, sugar, any foods with added **chemicals** and alcohol. Alkaline foods include whole organic foods such as fruits, veggies, nuts, seeds and grains.

Finally, if you eat your veggies raw, you'll also be receiving **biophotons**, the smallest physical units of light, which are stored in, and used by all biological organisms - including your body. Vital sun energy finds its way into your cells via the food you eat, in the form of these biophotons. They contain important bio-information, which **controls** complex vital processes in your body. The biophotons have the power to order and regulate, and, in doing so, to elevate the organism -- in this case, your physical body -- to a higher oscillation or order. Generally, the more sunlight a food is able to store, the more nutritious it is. **Naturally-grown**, organic fresh raw vegetables, raw sprouts, and sun-ripened fruits are rich in light energy. All of this adds up to amazing energy for you.

As a general rule, the more processed a food is, the more of a stimulating effect it will have on the nervous system. In **contrast**, the more natural and whole a food is - raw and sprouted foods being the ultimate - the less stimulating and more **nourishing** and energy giving it will be.

Sprouts offer **unparalleled** net energy yield over all other foods. Enzymatically alive and nutrient packed, sprouts are one of the most complete and nutritional of all foods

tested. Rich in vitamins, minerals, protein, phytonutrients and enzymes, their **nutritional value** was discovered by the Chinese thousands of years ago.

Because sprouts are essentially a "pre-digested" food, they have a higher **biological efficiency** value than whole seeds. Less food is required, yet more nutrients reach the blood and cells. The process of sprouting substantially **increases** vitamins, minerals and protein while decreasing calories and carbohydrate content. This increase in protein availability is key as it indicates the enhanced nutritional value of a food when sprouted. The protein from sprouted foods is the most easily **digestible** of all proteins available in foods. The sprouting process does much of the energy conversion for the body; one less step in the digestive process therefore results in a greater net gain.

Wheatgrass juice, when it is consumed fresh, it is a living food and has **bio-electricity**. Particularly high in chlorophyll, this high vibration energy is literally the life force within the living juice. This resource of **life-force** energy can potentially unleash powerful renewing vibrations and greater connectivity to one's inner being.

Dr. James Costello says, "You aren't what you eat. You are what you digest." In Costello's definition, nourishment refers to nutrients that are actually **digested**, assimilated and properly used as fuel for the body. He claims that when we get our nourishment from **natural, organic**, wholefoods that are **bursting with energy** then we are bursting with energy. When you process foods, you lose the nourishment factor. When you have poor digestion in your body, you feel tired and lethargic. (Cont. on next page)

## NUTRITION produces ENERGY and “Right” LIVING Nutrition produces EXTRAORDINARY Energy!! (Cont.)

This could explain why people, even in their 20s, 30s and 40s, are tired all the time. To stay energetic through your 70s, 80s, and beyond, you'll need to start with **cleaning up** your digestive system.

Instead of searching for “miracle” energy foods your goal should be to eat a diet that consists of foods that are **vibrating** at higher energies. This again means eating more raw living foods. To have more energy, you need to follow a high-energy diet. Beyond that you can **listen to your body** to which specific foods give you more energy.

Remember not to rely on one **specific** food for your energy needs. Give your body an array of foods as each has its own nutritional profile so you need to broaden it by eating a variety of foods. Balancing proteins, carbs, and healthy fats is the key to feeling good all day long, and your job is to eat **balanced** meals throughout the day, each designed to get you to the next meal, with dinner designed to get you to bedtime. With snacks at **strategic** points you should have no problem feeling energized as you go about your day.

“Moreover, proper **nutrition** and the timing of what you eat can do wonders to make you feel alert and powerful, says Cynthia Sass, RD. In terms of how to eat for more energy here are some recommendations:

- **Eat the right food combos** - Sass says the right formula for maximum energy is: *fruit or veggie + a whole grain + lean plant protein + plant-based fat + herb/spice.*
- **Eat more Superfruits** - Sass recommends eating a wide variety of superfruits—apples, stone fruits, berries and tomatoes.

Limiting yourself to the same old banana for breakfast curbs your nutrient and antioxidant intake and can make you feel run down. “Research shows that people who eat the *same* amount of produce but a wider variety have less oxidative stress, which is a precursor to aging and disease,” she says.

- **Don't zap fat** - Don't eliminate healthy fats if you want more energy. “You need fat to absorb some key antioxidants,” says Sass. The reason: Some antioxidants have to grab onto fat in order to be absorbed from the gastrointestinal tract into the blood, where they can go to work. Antioxidants are important for energy because they flight free radicals and keep your cells healthy, Sass adds.
- **Eat in season** - The secret to eating for energy, according to many nutritionists? Eat locally, organic and in season. “When you go to your farmers market, a lot of times the produce was harvested less than 48 hours before you buy it, and because it didn't have to travel far, it was allowed to really reach its peak, which means more nutrients,” Sass says.
- **Eat lots of berries**-Especially berries that are blue, red, or purple. The color comes from anthocyanins, a powerful antioxidant, that boosts energy. Any kind of berry will contain tons.
- **Drink lots of pure 100% filtered LIVE water**- Dehydration is a sinister cause of fatigue because it slowly creeps up on you. If you consistently drink less than 8 cups of water a day, you may be sluggish all the time.
- **Eat low glycemic (low or complex carb) foods**-Trade in simple carbs (sugar, anything made with white flour, white potatoes) for low glycemic index complex carbohydrates (vegetables, fruits and whole grains).

- **Eat smaller, more frequent regular meals**- Snack throughout the day. By eating smaller but more frequent “meals”, you will maintain a steady dose of energy instead of experiencing food comas.
- **Eat an energizing breakfast** - Don't limit your morning meal to protein or carbs; breakfast needs to be balanced too, Sass says. Add some high antioxidant fruit, a good fat like nuts or seeds, and raw oats.
- **Eat a light lunch** - A heavy lunch, especially one with lots of carbs or fat will hit you quickly. And it'll be a sluggishness that lasts to the end of the day.
- **Have an afternoon power snack**-A small healthy snack that is low in sugar and has protein and/or fiber a couple hours after lunch helps you finish off the day strong. Some suggestions: Raw soaked nuts, apples, berries smoothies and green juice.
- **Drink Herbal Teas** - You can sip on your favorite herbal tea throughout the day for added energy, since many herbal teas are really nothing more than a spice or an herb mixed with hot water. You'll be getting the essence of those ingredients and thanks to the liquid form you're taking them in by, they are easily absorbed by the body.
- **Lemon Water** - Drink a glass of lukewarm water with lemon first thing in the morning and then (Cont. on next page)

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

([CLICK HERE OR SEE http://carolinaaramburo.com](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.

© Carolina Aramburo, 2017  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)

## NUTRITION produces ENERGY and "Right" LIVING Nutrition produces EXTRAORDINARY Energy!! (Cont.)

again at every meal. This combination wakes up your liver and gallbladder to flush toxins out of them, and gets your whole intestinal track moving. Be aware that in order to work properly, the water must be lukewarm because water that's too cold shuts down the glands in your stomach that produce stomach acid, and the drink has to have lemon in it, because lemon helps to stimulate production of enzymes.

Here is a great list of ENERGY producing food and herbs:

- Apples
- Peppers
- Hummus
- Carrots
- Celery
- Pineapple
- Oatmeal
- Ginseng
- Citrus Fruit
- Quinoa
- Strawberries -
- Cucumber
- Beans
- Curry
- Spinach
- Lentils
- Melons
- Brown Rice
- Broccoli
- Blueberries
- Bananas
- Soaked raw Almonds
- Cacao
- Pumpkin Seeds
- Coconut (& coconut water)
- Avocado
- Goji Berries
- Raw Sauerkraut
- Blue Green Algae
- Roseroot (Rhodiolarosea)
- Chia seeds
- Hemp Seeds
- Cinnamon and Ginger
- Flax seeds
- Kale
- Sea vegetables
- Nettle
- Oatstraw
- Maca

## There are many PHYSICAL ways to RENEW, REVITALIZE and RESTORE your NATURAL Energy!!

There is an **ebb and flow** to energy. It is all about balance. Besides the nutrition we put into our body it is important to take care of the energy of our body in other physical ways. Food, although a key ingredient, doesn't give us energy by itself. **Sleep** is the other MOST key component to our energy as that is when we produce energy. Food provides fuel and other raw materials that the body uses to function. However, we require energy just to digest that food and this is why when someone is **sleep-deprived** his or her digestion is greatly disturbed.

Every day we go to bed with less energy than we woke up with, and we sleep to **recharge** ourselves. Ideally, this is how our body is supposed to function. Although there are different scientific theories on the function of sleep, we all agree that it is **essential** to our well-being. Sleep is a time for **repairing and restoring** and it is the true source of

our energy. You may eat all you want but in the end if you don't sleep enough to recharge yourself you won't have energy.

So how much sleep do we need? There is no set number of hours, as each person's requirements are **individual** but less than 8 hours greatly limits our body's ability to produce quality energy. What you need is \*enough\* sleep and the "right sleep. (See my Newsletter on Sleep.) According to the National Sleep Foundation, only about 28 percent of us get enough sleep each night. We need 3 to 4 deep sleep cycles (about 7 to 8 hours of sleep) to simply allow our bodies to **renew and repair** themselves. The likelihood that you're not getting enough sleep is very high. 56% of the adult population reports that drowsiness in the daytime is a problem. If you experience daytime sleepiness or drowsiness, or if you need an alarm clock to wake up in the morning, you are sleep deprived. If this has been going on for a long time, then you may have accumulated a large "**sleep debt**" and

you need to pay that debt off and maintain your sleep.

Look at any 5-year-old. **Children have energy to burn**, and it's not from coffee or energy drinks. It comes from the fact that they go to bed early and sleep for 10 hours or more every night. High energy is the natural state of a well-rested person.

One of the best rules for getting proper sleep is to go to sleep and wake up at the **same time** everyday, including weekends. This sets your **body clock**. Otherwise, you'll be wide-awake when you should be asleep, or perhaps worse, falling asleep when you should be awake. If you need to reset your sleep cycle in one day, stop eating for the 16 hours before the time you want to wake up. Try going to bed an **hour earlier** - You might not realize how much sleep debt you've accumulated. Start paying it off by allowing (Cont. on next page)



## There are many PHYSICAL ways to RENEW, REVITALIZE and RESTORE your NATURAL Energy!! (Cont.)

you an extra hour in bed every day.

Also, get out of bed **soon after waking up**. This helps for two reasons. Firstly, it teaches your body to transition properly from "asleep" to "awake", and gives you better quality of sleep and better wakefulness during the day. Secondly, if you have a tendency to laze around for a long time after waking up, then every morning you're **losing the fight** against the temptation to stay in bed several times before getting up, throwing mental energy down the drain before your feet have even touched the floor!

Napping is not only OK for adults, but incredibly **good-for-you!** *"The Benefit of a Power Nap: Studies show that 20 minutes of sleep in the afternoon provides more rest than 20 minutes more sleep in the morning (though the last two hours of morning sleep have **special** benefits of their own). The body seems to be designed for this, as most people's bodies naturally become more tired in the afternoon, about 8 hours after we wake up."* -Elizabeth Scott, M.S.

### **EXERCISE** □ □

We often hear that exercise **gives energy**. "Exercise more," they say, "you'll have more energy." This seems like a contradiction since physical activity actually takes energy. *Psychotherapy and Psychosomatics* found that study participants achieved **increases** of energy of approximately 20 percent and decreases in feelings of fatigue of up to 65 percent, simply by participating in regular, **low-intensity** exercise. Exercise increases blood flow to all parts of your body, increasing your energy. Just make sure to avoid exercise up to three hours before bed, or you could be in for a restless night.

By being **physically** active you also increase your levels of fitness, which means will have greater physical abilities to go through your day without getting tired as easily as a sedentary person. In addition to that, you can't be healthy if you're not fit. The quality of your sleep will also improve, although you might need more of it. A fit person will enjoy better **digestion**, improved sleep, and will feel more awake during the day, as long as they get enough sleep to recover from their physical activities.

But not all exercise is created equal. According to Robert E Thayer, Ph.D., author of *Calm Energy: How People Regulate Mood With Food* (2001, Oxford University Press, NY), there are actually two different types of energy—what he calls "**tense energy**" and "**calm energy**"—and they each have different effects on the body. Thayer says many of us typically utilize tense energy, working or exercising our bodies at a high, intense physical level, like when we work out at the gym. This kind of energy **expenditure** often makes you feel tired afterwards. But calm energy, which combines high mental energy with low physical tension (such as Pilates, TaiChi, Yoga, walking and strength-training, if movements are done slowly and deliberately), allows the body to avoid fatigue and actually increases your energy level.

Several suggestions for exercise to assist you with your energy are:

- **Add more cardio** to your workouts - aerobic exercise gets your blood pumping and it builds stamina and endurance
- **Work out midday** -When that mid-afternoon urge to doze rolls around, hit the gym instead of the sack. Studies suggest working out can actually increase productivity enough to counteract that time away.
- For an instant energy boost, drop out of your busy life for **10 minutes** and hit the road, or the

hallways of your office. "Walking is an energizer," says Gordon. Even a 10-minute walk can help you overcome feelings of fatigue.

- **Take up yoga or increase your yoga** - The stretching, slow controlled movements, and focus on breathing reduces tension (and stress). The benefits include better sleep, feeling more relaxed, more energy and being mentally sharper.

### **DEEP BREATHING**

One reason you may be feeling low on energy is that your cells may be **starving for oxygen**. Too many of us have gotten into the habit of breathing shallowly, which prevents air and oxygen from fully **penetrating** the lowest portions of our lungs. This kind of breathing can suck your energy and make you feel anxious, says Pam Grout, the Alternative & Complementary Medicine correspondent at the Dr. Oz health website.

To help you breathe better, practice taking full **diaphragmatic** breaths for several minutes a few times a day. "You'll notice that shallow breathing often feels tense and constricted, while deep breathing encourages relaxation." - *Harvard Mental Health Letter*

The Harvard Mental Health Letter offers these suggestions: Start by **observing** your breath. First take a normal breath. Then take a slow, deep breath. The air coming in through your nose should move **downward** into your lower belly. Let your abdomen expand fully. Now breathe out through your mouth (or your nose, if that feels more natural). Alternate normal and deep breaths several times. Pay attention to how you feel when you inhale and exhale normally and when you breathe deeply. You'll notice that **shallow** (Cont. on next page)

## There are many PHYSICAL ways to RENEW, REVITALIZE and RESTORE your NATURAL Energy!! (Cont.)

breathing often feels tense and constricted, while deep breathing encourages relaxation.

Here are some other really great recommendations for physically energizing yourself throughout your day:

- **Open the curtains.** Environmental cues play a huge role in the body's energy grooves (a.k.a. circadian rhythms), and sunlight can also help alleviate seasonal affective disorder. But there's no need to invest in a light therapy box if there's a sunny window available.
- **Go Outside.** Exposing your skin and eyes to sunlight will give you Vitamin D, which can boost energy.
- **Stand up.** "Perk up by standing up", says Moshe Lewis M.D., chief of the department of physical medicine and rehab at the California Pacific Medical Center, St. Luke's Campus, in Redwood City, California. "Never sit too long. Vessels have a natural tendency to constrict during periods of inactivity, zapping you of energy and making you feel tired - even if you are not sleep deprived."
- **Blick more.** Next time you're fighting off the urge to doze off at your desk, try blinking more often, suggests Dr. Douglas N. Graham, author of *The 80/10/10 Diet*. "When reading, watching television, viewing the computer, or otherwise engaged, blink 10 to 20 times per minute, rather than staring at the screen or page without blinking at all. Your brain takes a mini-vacation with each blink.
- **Straighten up.** Slouching over the computer could cause fatigue earlier in the day. Sit up straight, though - that's shoulders back, eyes dead ahead, and lower back slightly arched - to feel more energized and

possibly even get a boost of self-confidence. "Shifting your posture can immediately give you more energy," says Dana Davis. We **typically** sit or stand with our shoulders, neck, and head shifted forward, which can affect the arteries that bring blood to our brain, Davis says. "When [the arteries] are bent out of shape, that can restrict the blood flow to the brain. Our misaligned posture also wastes a lot of energy, as the muscles have to take over work that the bones would normally do in a healthy person."

- **Try a new environment.** Move to a new space even if it is in your current location. The shift will break up old patterns and revitalize you.
- **Adjust the temperature.** Being too cold may cause the body's temperature to drop, which tells it "time to sleep!". Throw on a sweater or turn up the heat to fight off that drowsy feeling. This is a balance because if it gets too warm you may become drowsy also.
- **Take breaks.** Multitasking is viewed as the way to get a lot done quickly. But taking a short break and doing absolutely nothing for a few minutes can help you overcome fatigue and actually get more done in the course of a day, says Jon Gordon, author of *The Energy Bus*. One short break of 5 or 10 minutes or even less can boost your energy **immediately**, and making break time a habit can keep your energy up long-term, he says. "If you take short breaks throughout the day, you will have more overall accomplishments," says Gordon. Researchers found that workers who took four breaks per hour, usually just 30 seconds each, followed by a 14-minute break after two hours of sitting at the computer, reported higher performance and worked faster and more accurately than their co-workers.
- **Aromatherapy with citrus or lavender.** Research has shown

that the citrus or lavender scent increases alertness. Test subjects were given math tests before and after 3 minutes of lavender aromatherapy. The group completed the tests faster and more accurately after aromatherapy.

- **Splash some water on your face.** Just letting the cool water hit your face washes off the grime and stresses of the day. You could also jump in the pool or take a shower for the same effect. Showers stimulate the circulatory system and metabolism. Get wet to feel more energetic.
- **Stretch.** Stretch your arms, back, legs, and neck while breathing deeply. Take a deep breath through your nose, hold it, and let it out slowly and forcefully. Repeat several times. This will take 30 seconds and will be an instant fix. When you sit back down, you'll have the clear head and fresh feeling needed to power through the task in front of you.
- **Shed a few pounds.** The things you do to lose weight — exercise, drink water, avoid simple sugars - are actions that also have a positive effect on your energy level. Even better, the actual loss of excess fat provides an energy boost of its own. You'll feel "lighter" and things that use to make you breathless will now seem much easier. Losing weight provides a double-impact to boosting your energy.
- **Have more sex.** Talk about an endorphin rush! If you keep those endorphins flowing regularly, you'll have more natural energy. Literally, more bounce to your step.
- **Get a massage.** Loosen up those tight muscles and you'll feel more relaxed. A more relaxed you means a happier and more productive you. Trade a quick shoulder rub with a coworker after lunch to perk both of you up for (Cont. on next page)

## There are many PHYSICAL ways to RENEW, REVITALIZE and RESTORE your NATURAL Energy!! (Cont.)

- the rest of the afternoon.
- **Get on your toes** - Roll up and down on your toes. This stimulates your circulatory system, which will deliver much-needed oxygen and fuel (glucose) throughout your body. You'll be more energized and sharper. You can do this right now.
  - **Keep active as you work** - even light physical activity such as walking around will keep your blood flowing well, supplying your mind with a steady stream of fuel.
  - **Take "real" breaks** - especially those, which require no

conscious decisions – long showers and team sports work might be perfect break activities.

- **Make travelling less effortful** - A little planning well before the journey can help here and reduce the stress of the trip.

### MEDICAL CAUSES

Sometimes there is a medical cause for a loss of energy. If you have been sustaining very low energy for an **extended** period of time, and changing your diet and activity level does not seem to help, your health care provider

can check for anemia, thyroid problems, depression, high blood pressure or other **contributors**.

"It certainly won't provide an instant boost. But if you're constantly low on energy -- especially if you feel sluggish even after a good night's rest you should talk to your doctor about a blood test for thyroid dysfunction as well as anemia." says Heller. (See my Newsletter on Thyroid Conditions)

Besides being a **risk factor** for a heart attack, high blood pressure makes you fatigued. If you haven't seen your doctor lately, go in and get your blood pressure checked.

## PHYSICAL, EMOTIONAL, MENTAL and SPIRITUAL Energy is Key to Our overall experience of OPTIMAL Energy!!

We are **composed** of physical, emotional, mental and spiritual energy. They all impact one another and many times what is at the source of what we think is a lack of physical energy are emotional, mental and spiritual drains on our overall energy. In this article we will **explore** the non-physical drains on our energy and discuss ways to renew ourselves mentally, emotionally and spiritually for optimal **vibrant energy**.

"You're not just your body", says Mira Kirshenbaum, author of *The Emotional Energy Factor: The Secrets High Energy People Use to Beat Emotional Fatigue*. "You are a whole person. The emotional side of you is just as important as your body". "So it makes sense, she says, there's another energy source. It's **emotional energy**".

Kirshenbaum defines emotional energy as "an aliveness of the mind, a happiness of the heart and a spirit filled with hope." Despite the inevitable heartache, frustrations, disappointments and adversity that we **experi-**

**ence** in life, some people are able to **maintain** the emotional energy to keep pressing through the challenges and achieve goals that enhance their well-being.

Emotional energy **empowers** you to sustain the physical and emotional energy necessary to take on the challenges and maintain the courage to live your life on purpose. Kirshenbaum asserts, "It is the single biggest **difference** between people who get what they want and people who don't".

In order to renew our emotional energy what is recommended, by Rita Milos, LCSW and author of *Tools for Transformation, Instant Inspiration and Discovering Positive Thinking*, is that we be willing to let go of any **denials** we have about issues we may have. It takes a lot of energy to contain uncomfortable or unwelcome emotions. But if we **actively** deal with such issues, we not only enhance our lives emotionally, we also recover vital energy that can be used for other positive purposes in our lives.

According to Milos, mentally most of us are **left-brain** heavy. We use

our thinking, processing left-brain more than our creative, intuitive right brain. This also becomes an **energy drain** if we do not allow ourselves to balance our brain. You can refresh and renew your whole mind by giving your left-brain some down time and utilizing more of our creative brain.

"If you regularly 'change the channel' of your mental and emotional state, you will create a habit of this mental and emotional re-adjusting process," says Milios.

One of the biggest energy zappers is **stress**, says psychologist Paul Baard, PhD. "Stress is the result of anxiety, and anxiety uses up a whole lot of our energy," says Baard, a sports psychologist at Fordham University in the Bronx, N.Y.

Like worry or fear, Baard says, stress can leave you mentally, emotionally and physically **exhausted** - even if you've spent the day in bed. More commonly, he says, low but **chronic** (Cont. on next page)

## PHYSICAL, EMOTIONAL, MENTAL and SPIRITUAL Energy is Key to Our overall experience of OPTIMAL Energy!! (Cont.)

**levels** of stress erode energy levels, so over time you find yourself doing less and feeling it more.

In much the same way, **unexpressed** emotions such as anger, envy, frustration, guilt and shame zaps our energy level twice as hard since we are spending all of our energy trying to repress these emotions.

The HeartMath Institute has defined nutrients called "**quantum nutrients**". These are the heartfelt positive feelings that fortify our energy systems and nourish our bodies at the cellular level. Many **researchers** say our thoughts and feelings are as important as the food and drink we consume, that our mental and emotional diets determine our energy levels, health and well-being more than we realize. HMI research shows you can take your **energy system** to a new level of efficiency by taking control of your emotions and creating *heart-rhythm coherence*.

**Spiritual energy** is the energy that is derived from our connection to our Higher Self and our purpose in this life. It interacts with our physical, emotional and mental energy and is another key competent in our overall experience of being energized. When we allow ourselves to listen to the quiet voice of our soul our life becomes **richer and more vital**.

**Energy drainers** include: envy, worry, unfinished business, over commitment, **loss of self**, deprivation, negative relationships, stressful jobs, pessimistic or cynical friends and relatives, the news on television, debt or other financial **concerns** that cause stress, and many more.

**Motivation drainers** include: a

messy space where you can't find anything, a long list of to-do's you've been trying to maintain in your head without success, lack of purpose in life, lack of self-esteem, being unfit and overweight without any desire to exercise and living a life that is **incongruent** with your innermost values.

These drainers may need to be removed one or a few at a time if there are a multitude of them.

If you're feeling exhausted, here are a few things to consider that might be contributing to that feeling:

- You're **non-confrontational** and do not express yourself.
- You're ignoring that little voice inside you.
- You **ruminate** instead of taking action.
- You stay in relationships and friendships out of fear of being alone.
- You haven't **resolved** old pains and losses.
- You aren't clear on how you feel or what you need.
- You have not set good **boundaries**.
- You are driven by "shoulds".

Here is a list of recommendations to increase your mental, emotional and/or spiritual energy:

- Try a new activity
- Turn off the TV and start a new book
- Make unimportant decisions quickly
- Focus on one complicated task at a time
- Spend time only on activities that deserve your mental energy
- Write down information to free your short-term memory
- For difficult decisions, write down a short list of options and work from that
- Build habits and routines
- Be a little more extroverted

- Be less of a perfectionist
  - Work and live in a comfortable environment
  - Choose to spend more time on activities that absorb your attention
  - Get away for an hour, day, week, etc.
  - Take a virtual vacation
  - Hug a tree...or mountain
  - Renew with music
  - Choose happiness
  - Monitor your intimate companions
  - Turn off the critic in your head
  - Be nice and watch how nice people will be in return
  - Detach from things you can't control
  - Lighten up
  - Learn a new language
  - Let go
  - Enjoy the moment
  - Practice gratitude
  - Accept yourself as you are
  - Find the fun
  - Create your own party (even if just in your head)
  - Do the things you love to do first vs. last
  - Forgive yourself
  - Forgive someone else
  - Do something nice for someone, with no expectations of anything in return
  - Surround Yourself With Great People
  - Think Positively
  - Declutter Your Mind
  - Declutter Your Space
  - Take Responsibility for Your Emotions
  - Stimulate your Mind
  - Try New Things
  - Practice Minimalism (say no to some things)
  - Focus on What's in your Control
  - Do What You're Passion About
  - Be Present
- (Cont. on next page)

## PHYSICAL, EMOTIONAL, MENTAL and SPIRITUAL Energy is Key to Our overall experience of OPTIMAL Energy!! (Cont.)

- Focus on Your Breathing
- Stop Complaining
- Nourish Your Spiritual Growth & Development
- Face Your Truths
- Manage Your Relationships
- Think About What You Think About
- Embrace Life with a “YES” Attitude
- Embrace the Freedom of “NO”
- Start the Process of Letting Go of Past Pain
- Let go of losses
- Declare independence from expectations (yours & others)
- Count your blessings
- Read Spiritual Literature
- Connect with Nature
- Attend a Spiritual Group Activity
- Wear brighter colors – particularly RED.
- Flirt (in a light fun way)
- Play to relax
- Purge low-value tasks from your to-do list
- Dress up
- Have a laugh
- Socialize

### MEDITATING YOUR WAY PAST FATIGUE

Numerous studies have demonstrated the fatigue-fighting effects of meditation. Meditation slows brain waves and “re-sets” your brain, increasing mental clarity and improving your problem-solving ability while relaxing you.

“Mini-meditation can work wonders”, says Judith Orloff, MD, an assistant clinical professor of psychiatry at the University of California Los Angeles. “A three-minute meditation is a way to calm yourself down and stop rushing,” she says. “You can replenish yourself. You can take control of your energy.”

Orloff suggests getting the day off to a positive start with a mini-Meditation while you’re still in bed,

then continuing with short meditation breaks throughout the day.

Any quiet place in your home or office will do, Orloff says. You can even use the office bathroom for an instant energy boost. For those people who are just beginning meditation you can begin very simply: “Close your eyes, and take a few deep breaths,” Orloff says. “Begin to relax your body. When thoughts come, think of them like clouds in the sky. Let them float by. Visualize a positive thing: a sunset, the beach in Hawaii.”

Mediation is a practice that can be engaged in for a lifetime and which you can simply use for relaxation or deepened into a sacred spiritual experience to allow you to tap into your Higher Self.

### FULL BREATHING for ENERGY

Conscious attention to your breathing has many benefits. First and foremost, taking conscious full breaths gives you more oxygen and, hence, more energy.

If you pay attention to your breathing, you may notice that, when you’re stressed, your breathing becomes rapid, shallow, and/or constricted. If you take a moment in times of stress to stop what you are doing, pay attention to your breathing, and take several slow, deep breaths, you’ll notice that you can quickly change your state to be more relaxed, centered, focused and energized.

A full breath is initiated by your diaphragm, which is a dome-shaped layer of muscle at the base of your ribs between your heart and lungs on top and your digestive organs below. When you take a full breath, your diaphragm flattens downward pressing on your lower digestive organs. Because of that, a full breath feels as if you are filling up your lower abdomen first, then the

base of your ribs and finally all the way up to your collarbones. When you exhale, the whole space of your torso feels as if it empties from top to bottom.

Take a few full deep breaths now and test it out. You might place one hand on your abdomen and one on your chest. As you inhale, feel as if your whole torso fills with your breath from bottom to top. Pause briefly at the point of full in-halation and, then, slowly exhale, emptying your torso from top to bottom.

When you get in the habit of breathing fully you’ll get more oxygen in your bloodstream and feel more energy. Listen to your body to tell you how long and watch your energy increase. You can also use deep breathing as a tool to come down out of stress mode into conscious, centered, relaxed focus in the present moment.

### ENERGY HEALING

The concept of each of us existing simply as energy is not a new idea. New understandings in science have changed our perceptions of what we are made of. Atoms, which were once considered as the smallest particles that ever existed are in turn made up of subatomic energies, which have no solidity at all. Science tells us they are quite literally, packets or waves of information that vibrate. This information or energy is in fact light, which is adapted to create our Biofield.

There are many factors that can degrade our biofield including toxic and lifeless foods, environmental toxins, EMR, parasites, chronic viral infections, surgery, vaccinations, emotional trauma, misguided energies, and negative thought patterns are just some of those factors. (Cont. on next page)

## PHYSICAL, EMOTIONAL, MENTAL and SPIRITUAL Energy is Key to Our overall experience of OPTIMAL Energy!! (Cont.)

Negative emotions, experiences, and patterns of thought in particular all contribute to disrupting our energy flow much more than we realize. Negative patterns of energy passed from one generation to another are also common.

The energy systems of the body (aura, chakras, nadis and meridians) are connected energetically to our physical organs, glands and bodily systems. When the energy supplied to these bodily systems is disrupted, the body organs and systems are less able to defend against disease and injury. Our immunity drops across many different levels.

In this same way, the health of our energy systems or biofield also determines our mental, emotional, and spiritual well-being. If our energy systems are disrupted or blocked we are less able to cope, we feel stressed, which in turn has a negative impact on our physical being. Over a prolonged period this leads to ill health. If our biofield is clear and balanced, we will be in a better position to deal with situations and circumstances that might otherwise be perceived as stressful.

### 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

Energy Healing is a broad term for any therapy that stimulates the energy flow in or around the human body, clearing blocks and interferences in the biofield, repairing and re-balancing the energy patterns to restore balance on all levels, thereby enabling the whole body to heal itself. Basically clearing blocks and interferences from the biofield. The body can then move to its optimal level of balance to heal itself. By working with the energy systems we can access all levels of our existence to induce multi-dimensional healing.

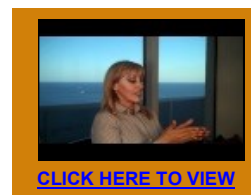
Forms of energy healing include: Reiki, Reflexology, Aura and Chakra Balancing, Crystal Therapy, EFT, Thought Field Therapy, Therapeutic Touch, Pranic Healing and Acupuncture. Yoga could also be considered a type of energy healing. Yoga, the Sanskrit word for "union", is a practice that uses posture and breathing techniques to induce relaxation, improve strength and flexibility. A union between body and spirit is an essential ingredient for energy to flow.

Many masterful HEALERS say that any disease or illness or LACK of ENERGY is first and foremost something in our Spiritual Body

needing balancing/ healing and then when unattended manifests itself in the physical body. Thus, we should probably ask our Higher Self what is needing 'Evolving or Healing' when we feel a physical symptom (like a lack of energy) and then follow our inner guidance to heal ourselves Spiritually and Emotionally to actually prevent the disease from fully showing up.

I won't go deep into this matter even though I fully suggest researching it and learning from it. But, I can share with you that a year before I got deadly ill I felt that I was not fulfilling on my Life's Spiritual Calling and I coached myself (wrongly) to ignore it and kept doing what I was doing that 15 years prior. I was convinced it was my real spiritual path. After ignoring that 'feeling' for a year I got chronically ill, and ended up in clinics for 2 years. Only when I adopted a new Healthy Raw Vegan LIVING Foods Diet and I designed a New Life Path paying total attention to my Higher Self did I become totally HEALED and doctors could not explain my healing. I obviously suggest following your INNER Guidance above all and always not only for OPTIMAL Energy and Maximum Wellness!!

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



CONNECT WITH ME

