

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 413th Newsletter, I want to give us a chance to consider brain health, and the effects it has on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

The NEWS of the Century!! .. We can ENHANCE our BRAIN'S PERFORMANCE just like we can enhance our Leg's performance!!

In this Newsletter you will discover many blind spots about your Brain's health and **performance** if you allow yourself the gift of fully reading all the way to the end. I invite you to, **you deserve it**, claim it!

For example; DID YOU KNOW that eating **certain foods** and not eating certain foods can DRAMATICALLY ENHANCE your Mental Clarity? Did you know that Daily DEEP BREATHING Exercises can do the same? Many more **secrets** are to be revealed here...

Our brains are **miraculous** and they are a crucial part of our Ho-

listic Wellness, so we impact our brains and their performance emotionally, physically, mentally and even **spiritually** and our brains impact us in every realm (vice versa).

They both **benefit** from the same healthy lifestyle practices.

You may have heard a lot of information about how to take care of your brain health but there is nothing short of a revolution going on as **neuroscience** discovers more each day about how our brain works. Keep reading as we have surprises in this Newsletter for everyone no matter how much you may **already know** about your brain!

As neuroscience continues to unfold the **mysteries** of the brain holistic doctors and healthcare professionals continue to verify what really works to keep our brain healthy. No matter how much you think you already know you can learn about the latest ways to prevent and heal **conditions** and diseases related to this amazing organ for both you and those you love.

Please TAKE IN all the INFORMATION of this **entire** Newsletter not only to AVOID DECLINING Brain Performance, such as getting an **illnesses** like Alzheimer's ... but also to improve what most people consider THE NORMAL DECLINING of their Brain's performance due to 'aging'... Which by the way has been totally proven **false**!!

I invite you to TAKE ON THE RECOMMENDATIONS we make

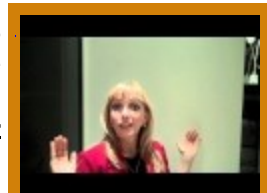


CAROLINA ARAMBURO

here inside of the **commitment** of ENHANCING the PERFORMANCE of a BRAIN that is performing 'perfectly'. This even applies to super **young people**, because you never know what you are missing and **missing** that you are missing until you get it and all the sudden you CAN'T believe how you ever LIVED without IT!

Just like a **luxury**, when you don't have it, you don't miss it, but once you obtain it and start enjoying it, is hard to go back to be without it.

The **human brain** is the most remarkable and complex organ in the human body. It produces every memory, feeling, thought, **experience**, and action in the world. There are many **different disorders** that can affect the brain from strokes to Alzheimer's, and even mental disorders like **anxiety and depression** (Cont. on next page)



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so it is very important to keep your whole body optimally healthy in order to keep the brain **healthy** and functioning optimally.

Your brain weighs about 3 pounds and contains hundreds of **billions** of nerve cells (neurons) that are intricately connected with the support of **dendrites**, axons, glial cells, and more. Each **neuron** can make contact with hundreds of thousands of other neurons through tiny structures called **synapses**. No two brains are ever alike. Every second of your life, your brain is forming a million new connections. As certain connection patterns are **strengthened** and others are lost habits are learned, memories are stored, and your personality is shaped.

Your brain structure is shaped partly by genes but largely by **experience**. Your brain produces new brain cells throughout your life but the **bursts of growth** are more prominent in the first few years of life, during puberty, and young adulthood. There are also periods of pruning where your brain **eliminates** extra connections that aren't needed.

Your brain works together like a committee of **experts**, all with their own function. The three sections of the brain include:

1) **Hindbrain**: Controls the body's vital functions such as respiration and heart rate. It also coordinates movement and is involved in learn movement **patterns**. It includes the upper part of the spinal cord, the brain stem, and a ball of tissue called the cerebellum.

2) **Midbrain**: The most upper part of the brainstem that con-

trols reflex actions, eye movement, and other voluntary **actions**.

3) **Forebrain**: The largest part and most highly developed part of the brain that **consists** of the cerebrum and the inner brain. It is **responsible** for all intellectual activities and memory **storing**. It allows you to plan, play games, solve problems, recognize people, and **read**.

For some unknown **reason**, all of the activity of your brain crosses over and **controls** activity on the opposite side of your body. So, if you injure the left side of your brain for example, the right side of your body will be **affected**.

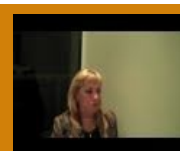
From **my perspective**, on the subject of brain health, there are many things we can do to **contribute** to the health of our brain. I have noticed as a performance coach, coaching hundreds of thousands of people, that most people believe that their **brain capacity** is what it is and that they can't do anything about it. I have not only learned, but I have proven to myself, that it is possible to increase your brain capacity **big time**.

I have also proven to myself that your brain capacity does not have to keep diminishing as you age. It is possible to keep and increase your brain **performance** if you are willing to do the work. There are many things that I use and have used with myself and with others that I've **coached**.

Taking care of you brain, excluding brain **trauma** or injury, is a factor of several key elements: Diet, Avoiding Toxins (whether in foods, products or the environment), Exercise, Sleep, **Stress Management** and Mental Fitness. We are going to give an overview in this article and delve deeper into Diet and Exercise solutions for brain health

in our 2nd article and into the Mental, Emotional and Spiritual solutions for brain health in our 3rd article.

There are many foods and herbs that you can eat that will **give** your brain the **best possible chance** to obtain all the chemicals that your brain needs to (Cont. on next page)



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

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

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

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

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

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

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

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function at its optimal level such as fruits, healthy fats, **vegetables**, and seeds. By feeding your brain everything that your brain **needs** to be in its best capacity and avoiding all the things that damage it, you can totally affect your brain health **in a positive way**.

When it comes to nutrition to support your brain you want to avoid foods that promote inflammation and destroy brain health. Anti-**inflammatory** foods provide the brain with the nutrients it needs to create hormones, neurotransmitters and other brain chemicals. These foods are nutrient dense, packed full of the vitamins, minerals and nutrients needed to support brain health. There are many foods that you can eat that will **give your brain** the best possible chance to obtain all the chemicals that your brain needs to **function** at its optimal level They include whole foods such as organic fruits, vegetables, sprouts, soaked nuts and seeds and sprouted grains. By feeding your brain everything that your brain **needs** to be in its best capacity and avoiding all the things that damage it, you can positively affect your brain health.

One of the things that had been already **proven**, in many ways, to improve brain health is having a diet that is mostly, if not completely, a Raw Vegan Whole Food **Plant Based diet**. Inflammatory foods such as trans fats, sugar, food additives, processed foods, meats and meat by products (such as dairy) destroy brain health by using up nutrients and minerals needed to support brain health and **robbing** the body of hormone and neurotransmitter building blocks.

If we simply look at one of these dangerous foods, **sugar**, you can quickly begin to see the direct impact on your brain. Take this list

below and multiply it by each of the other foods we have mentioned and their **unique impact** on the brain and it is no surprise the shocking increase in brain disorders and diseases that are being diagnosed. Here are the symptoms and conditions created by sugar consumption alone:

- Brain fog
- ADHD
- ADD
- Anxiety
- Alzheimer's
- Dementia
- Depression
- Memory loss
- Inflammation
- Overeating
- Learning disorders
- Mood and Behavior
- In addition, as sugar increases inflammation in the body, it raises the risk of **chronic diseases** like diabetes, obesity, cancer, heart disease, cancer, dementia, fatty liver and increases the risk of Alzheimer's disease.

Our bodies and brains are being bombarded with **dangerous** food and environment toxins on a daily basis. The brain conditions seen in the very young and the elderly are **skyrocketing**; not to mention that people of all ages are increasingly ravaged by chronic diseases of all kinds each of which impacts our brains.

If we want to protect our own health, and the health of our family, then we need to begin with eliminating the toxins in our food. Eating **organically grown**; whole foods are really the key to success here. As an added bonus, when you eat right, you're also optimizing your body's natural detoxification system, which can help eliminate **toxins** your body encounters from other sources.

All of this adds up to a high performing brain!

The other sources of **neurotoxins** (toxins known to specifically effect the brain) are everywhere. A study done in 2012 proved that these toxins lower IQ and a cause a host of brain conditions such as ADHD and Autism. A short list of the neurotoxins that impact your brain: manganese, **fluoride**, chlorpyrifos, DDT/DDE, tetrachloroethylene, polybrominateddiphenyl ethers, arsenic, lead and mercury. Some of these words may be **unfamiliar** but these toxins are all around us in very common products that we use.

Here are a few **recommendations** that will help limit you and those you love from toxic exposure in products and environmental situations. Please remember that all of these become even more important to avoid if you're pregnant or **planning** a pregnancy, since *your* toxic load will be transferred on to your child at a critical point in their brain development.

- Store your **food and beverages** in glass rather than plastic, and avoid using plastic wrap and canned foods (which are often lined with BPA-containing liners).
- Replace your **non-stick** pots (Cont. on next page)

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and pans with ceramic glass cookware.

- Drink only pure **filtered** "living water and definitely avoid any form of tap water (contains fluoride and tons of other chemicals).
- Only use **natural** cleaning products in your home.
- Switch over to natural brands of toiletries such as shampoo, **toothpaste**, antiperspirants, and cosmetics. The Environmental Working Group has a great database to help you find personal care **products** that are free of phthalates and other potential dangerous chemicals.
- Avoid using **artificial** air fresheners, dryer sheets, fabric softeners, or other synthetic fragrances. Avoid dry-cleaning your clothing as much as possible.
- When **redoing** your home, look for "green," toxin-free alternatives in lieu of regular paint and vinyl floor coverings.
- Replace your vinyl shower curtain with one made of fabric, or install a glass shower door. Almost all flexible plastics, like shower curtains, contain dangerous **plasticizers** like phthalates.
- Limit your use of drugs (prescription and OTC - over-the-counter) as much as possible. Drugs are chemicals too, and they will leave residues and **accumulate** in your body over time. These are a few of the more "innocent" seeming medications that severely impact your brain: sedative antihistamines, PM versions of OTC pain killers, medications for **over-active** bladders, Medications for vertigo or motion sickness, medications for itching, medications for nerve pain, muscle relaxants. Imagine what

stronger medications are doing to your brain!

- Avoid spraying any form of synthetic **pesticides** around your home or insect repellants that contain DEET on your body. There are safe, effective, and natural alternatives out there.
- Reduce as much as possible the exposure to **Electromagnetic radiation** (EMR) from cell phones, cell towers, Wi-Fi devices, which can trap heavy metals inside of nerve cells, accelerate heavy metal toxicity, and hinder natural detoxification processes

I have also proven to myself that **your** brain capacity does not have to keep diminishing as you age. It is possible to keep and increase your brain **performance** if you are willing to do the work. There are many things that I use and have used with myself and with others that I've **coached**.

These things include intellectual capacity related exercises such as: **breathing**, concentration, association, focus, and physical **exercises**. Many of these exercises work, maintain, and expand your **brain capacity** the same way that people work out their physical muscles.

If your brain capacity is important to you, then you could **treat** it as a muscle and literally exercise it as much as you would exercise any muscle that you're **invested** to keep in peak performance. And not just with **intellectual** capacity exercises, but also with your **nutrition** because what you eat makes a tremendous **difference** in your mental capacity.

Given I went through a very serious illness where my **mental capacity** diminished, simply because I was sleep deprived, I can relate. When you're sleep **deprived** your mental capacity diminishes big time. I had a very

dangerous level of serotonin, melatonin, and **norepinephrine** deficiency (nearly atrophy) as well as many other **conditions** and I now know the difference sleep, exercise and nutrition makes.

Sleep is not only **essential** for regenerating your physical body, but it is imperative for reaching new mental insights and being able to see new creative solutions to old problems. Sleep removes the blinders and helps "reset" your brain to look at problems from a different perspective, which is crucial to creativity and well being.

I highly recommend you read on to the next article and try the nutritional and exercise approaches we are providing for at least 3 months! The **gigantic** difference you will notice in your mental clarity, memory, concentration and mental capacity is too big to put **into words!**

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- (Cont. on next page)

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NESS for youSELF inside and out and for your brain. 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!!!**

The following resource links will provide you with more details about brain health:

[http://](http://www.earnestholistichealth.com/earnest-holistic-health/the-4-pillars-of-brain-health-diet-and-nutrition)

[www.earnestholistichealth.com/earnest-holistic-health/the-4-pillars-of-brain-health-diet-and-](http://www.earnestholistichealth.com/earnest-holistic-health/the-4-pillars-of-brain-health-diet-and-nutrition)

[nutrition](http://www.nextavenue.org/7-common-drugs-are-toxic-your-brain/) - The 4 Pillars of Brain Health : Diet and Nutrition

<http://www.nextavenue.org/7-common-drugs-are-toxic-your-brain/> - 7 Common Drugs That Are Toxic for Your Brain

<http://www.theatlantic.com/health/archive/2014/03/the-toxins-that-threaten-our-brains/284466/> - The Toxins That Threaten Our Brains

[http://articles.mercola.com/sites/articles/archive/2015/06/25/brain-](http://articles.mercola.com/sites/articles/archive/2015/06/25/brain-immune-system-connection.aspx)

[immune-system-connection.aspx](http://articles.mercola.com/sites/articles/archive/2015/06/25/brain-immune-system-connection.aspx) - Scientists Find Direct Link Between Brain and Immune System

<http://articles.mercola.com/sites/articles/archive/2015/05/17/gut-bacteria-brain-health.aspx> - Neurologist Speaks Out About the Importance of Gut Health for Prevention and Treatment of "Incurable" Neurological Disorders

The "RIGHT" NUTRITION, EXERCISE and SLEEP FOR OPTIMAL BRAIN HEALTH!!!

When people think about getting in **shape**, they think about just working out from the brain **down**. Since your brain is responsible for so much, it is important to keep it active and thriving. Genetics and getting older can **play** a part in certain disorders, like **Alzheimer's**, but you have more control than you may think, or have been told, on your brain health and you can prevent, reverse and heal brain health conditions with your lifestyle choices and how well you **take care** of your brain.

Nutrition is imperative in taking care of the **brain**. An organic, plant-based, whole food diet is the most **nourishing** diet for brain health that **there is**. Eating a raw plant-based diet will nourish your brain even more. Some of the key things to remember when eating for brain nourishment are nutrient **density**, antioxidant, variety, balance and healthy fats to nourish your brain function.

The idea that **gut bacteria** might have a significant impact on brain functioning has gained a lot of credibility in the scientific community as study after study continues to show the **connection**. It is no mistake that the stomach is called the "Second

brain". Research had proven a link between disorders like autism, depression and anxiety to variations in the microbes within the **intestines**. Healthy gut = Healthy Brain. Research has also proven that gut health is a key to increasing the performance of our brain. Eating alkaline foods, low **inflammatory** foods and foods that are dense with live enzymes (as we are including in this article) promotes both a healthy digestive system and a healthy brain.

Vitamins, minerals, and **antioxidants** through superfoods, fruits, and vegetables all not only help to protect the brain from oxidation and advanced aging but they increase the performance of our brains at any age. Eating a wide variety of these and various **protein** sources is important. Some great protein sources are various beans, soaked nuts and seeds. The reason protein is important for brain function is because **different** amino acids combine with vitamins and minerals to form the precursors to certain brain chemicals that your brain needs to **function**. Many people find a few things that they like and stick with that. Instead, try different **beans** and consume different protein daily.

Some of the key nutrients for your brain are:

- **Omega 3 Fats** - Omega-3 fats can help reduce the symptoms of a variety of psychiatric illnesses and degenerative brain disorders. Omega-3 fatty acids have been shown to prevent mental depression, and they do it without the dangerous side effects of antidepressant drugs. **DHA, EPA and ALA** are all essential to brain health. The human body can produce EPA out of ALA and out of DHA (Cont. on next page)

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and can convert EPA into DHA.

An important key to optimal health and brain health is to keep your Omega 3 levels high while still keeping your Omega 6 levels low. High Omega 3 foods are: walnuts, hemp seed, chia seed, **avocado**, black currant seed oil, primrose oil, olive oil, and flax seed oilbeans, winter squash, leafy greens, cabbage, berries, mangos, and honeydew melons.

- **Amino Acids** – Amino Acids are the building blocks of our bodies and our brains and act directly on our neurotransmitters. Key amino acids for the brain are:
 - **Leucine** - Plant-based sources include: seaweed, pumpkin, peas and pea protein, whole grain rice, seaweed, leafy greens, sesame seeds, watercress, **turnip greens**, soy, sunflower seeds, kidney beans, figs, avocados, raisins, dates, apples, blueberries, olives, hemp seeds, chia seeds, whole grains, legumes, seeds and even bananas.
 - **Phenylalanine**- Plant-based sources include soaked nuts, and seeds, spirulina and other seaweed, pumpkin, beans, rice, **avocado**, soaked almonds, quinoa, figs, raisins, leafy greens, most berries, olives, and seeds.
 - **Tryptophan** - Plant-based sources that include high amounts of tryptophan include: oats and oat bran, seaweed, hemp seeds, chia seeds, spinach, watercress, pumpkin, sweet potatoes, parsley, beans, beats, asparagus, mushrooms, all lettuces, leafy greens, beans, avocado, figs, winter squash, celery, pep-

pers, carrots, chickpeas, onions, apples, oranges, bananas, quinoa, lentils, and peas.

- **Histidine** - Plant-based sources of histidine include: rice, wheat, rye, seaweed, beans, legumes, cantaloupe, hemp seeds, chia seeds, buckwheat, potatoes, cauliflower and corn.
- **Methionine** - Methionine is produced by sulfur. Plant-based sources of sulfur include: sunflower seed butter and **sunflower seeds**, hemp seeds, chia seeds, soaked Brazil nuts, oats, seaweed, wheat, figs, whole grain rice, beans, legumes, onions, cacao, and raisins.
- **Choline** is a key component of lecithin, known chemically as phosphatidylcholine, a member of a family of fatty substances known as phospholipids. Studies have shown that **choline** plays an important role in brain development and memory and decreases the risk of getting heart disease and cancer. Pecans, quinoa, and broccoli are particularly rich sources of choline.

Vitamins & Minerals to boost your brain include:

- **B Vitamins** (folate, B6, and B12, riboflavin) - An important role of B vitamins for brain health is in the production of the neurotransmitters serotonin, dopamine, and GABA. B Vitamins help us preserve our memories and even slow **brain shrinkage**. B12 deficiency can lead to a wide spectrum of mental disorders including brain fog, dementia, depression, and even schizophrenia.

B Vitamins also eliminate a toxic chemical called homocysteine, which can damage the heart and the brain. You'll find folate in green leafy vegetables, legumes and fruit. Vitamin B6 can be found in foods such as chick-

peas, bananas, and potatoes. Vitamin B12 is one of the few vitamins may need to be supplemented and that can be done with organic vegan sublingual drops. People who got enough riboflavin did better on memory tests. **Riboflavin** can be found in beans, whole grains, spinach, broccoli, wheat germ, and mushrooms.

- **Vitamin C** – Is another powerful antioxidant that suppress formation of the stress hormone cortisol, essential to neurotransmitters, improves mood, reduced risk of brain degeneration, **defends** against free radical damage, improves circulation, detoxifies from heavy metal toxins, protects from excess glutamate.

Sources of Vitamin C are: cantaloupe, citrus fruits (such as oranges, grapefruits, lemons, and limes), kiwi fruit, mango, papaya, pineapple, strawberries, raspberries, **blueberries**, cranberries, watermelon, cruciferous vegetables (such as broccoli, brussels sprouts, cauliflower), bell peppers (all colors), green leafy vegetables, sweet and white potatoes, tomatoes and winter squash. (Cont. on next page)

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- **Vitamin D** - Vitamin D has profound effects on the brain during all stages of life. Vitamin D can lift your mood, improve memory, and increase **problem-solving** ability. The best way to get Vitamin D into your body is by a little sun exposure each day and there are organic vegan Vitamin D sublingual drops available if you cannot do that.
- **Vitamin E**—Vitamin E is a powerful antioxidant, which neutralizes free radicals that can cause damage to your brain. You'll find it in spinach, mangoes, and sweet potatoes, and in much larger amounts in soaked nuts and seeds.
- **Magnesium** - Magnesium relaxes muscles in the walls of blood vessels, including those running to the brain, which may help prevent migraines. Spinach and other dark green leafy vegetables, **soaked almonds**, whole grains, beans/legumes, whole grains, wheat germ/bran, whole grains, bananas and soaked cashews all contain high levels of magnesium.
- **Calcium** - Low levels of calcium may play a role in PMS-related depression in particular. Sources of **well-absorbed** calcium for vegans include bokchoy, broccoli, collards, Chinese cabbage, kale, mustard greens, and okra.
- **Chromium**- Chromium plays an important role in increasing the brains' level of serotonin, norepinephrine, and melatonin, which help the brain regulate emotion and mood. Because chromium works directly with the brain's **mood regulators**,

it's been found to be an effective treatment of depression. Good sources of chromium are: whole grains, soaked nuts, broccoli, apples, spinach, broccoli and mushrooms.

- **Iron** - Consuming enough iron will help prevent iron anemia (not enough iron), a condition that commonly affects women more than men. Keeping enough iron in the body is important, as the fatigue, apathy, and mood change associated with the iron deficiency can often lead to **depression**. We recommend getting your iron from food vs. excess supplementation since too much iron can also be damaging to your body and brain. **Sources of iron are:** green leafy vegetables & sea vegetables, legumes/beans, soaked nuts & seeds, watermelon, prune juice, spinach, cereals, whole grains.
- **Zinc** - Studies have identified zinc as an important factor in decreasing **depressive** symptoms, as the vitamin can improve the response of antidepressants while reducing the side effects of anti-depression medication. A lack of zinc can trigger depressive behaviors, so load up on zinc-rich foods to balance your mood. Sources of zinc are: **pumpkin seeds**, soaked cashews, whole grains/cereals, legumes, lentils, peas, nuts, sunflower seeds, wheat germ, garbanzo beans, raw collard greens and spinach.

There are many **foods, herbs** and spices that you can eat that will **give your brain** the best possible chance to obtain all the chemicals that your brain needs to **function** at its optimal level such as fruits, healthy fats, vegetables, and soaked nuts and seeds: Here is a list of them and their benefits. By feeding your brain everything that your brain needs to be in its

best capacity and avoiding all the things that **damage** it, you can positively affect your brain health and take your brain's performance up to an unimaginable level. Food and herbs have been promoted for healing for thousands of years **prior** to the advent of patented synthetic drugs.

There are also herbs that have been researched and known to boost **brain function**. Some of these include: Brahmi, Vaga, Ashwagandha, Tulsi, Tagara, St. John's Wort, Gingko Biloba, and Ginseng and Milk Thistle.

Great spices for brain health are: rosemary basil, chives, oregano, parsley, sage, and thyme. Some spices are **clearly more useful** for the brain than others, such as turmeric. Turmeric is a yellow-pigmented curry spice often used in Indian cuisine. **Turmeric** also has a long history of medicinal use in traditional Chinese medicine and Ayurveda.

Turmeric is rich in curcumin, which is capable of crossing the blood-brain barrier. This is one reason why it holds promise as a **neuro-protective** agent in a wide range of neurological disorders. Researchers have investigated curcumin for its role in improving (Cont. on next page)

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Parkinson's, Alzheimer's disease, and stroke damage. It can also promote brain health in general, due to its potent antioxidant and anti-inflammatory properties.

Recent studies suggest another bioactive compound in turmeric called **aromatic-turmerone**, which can increase neural stem cell growth in the brain by as much as 80 percent at certain concentrations. The findings suggest aromatic-turmerone may help in the recovery of brain function in neurodegenerative diseases such as Alzheimer's and stroke.

Here are some of the other best natural organic foods that will benefit your brain:

- **Green leafy vegetables** are one of the best sources of B vitamins, which are essential to brain health and the amino acid-tyrosine which can improve your mood and **increase** your ability to learn, solve problems, and remember and is needed to form the neurotransmitters dopamine and norepinephrine which are associated with alertness, drive, and motivation. Green leafy vegetables are also an excellent source of vitamin K, which holds some promise for treating Alzheimer's.
- **Cruciferous vegetables** such as cabbage, cauliflower, and broccoli contain antioxidants, brain-protecting carotenoids, and sulforaphane, a sulphur-based phytonutrient that can heal brain inflammation.
- **Peppers of all kinds**, both hot and bell peppers, are high in vitamin C, antioxidants, and phytonutrients such as beta carotene and capsaicin which improves circulation to the brain.
- **Root vegetables** such as potatoes, yams, carrots, and beets are high in fiber and complex carbohydrates that are

good at supplying your brain with a steady stream of energy. Your brain can't store glucose and root vegetables help give your brain the **steady** supply of glucose. Beets are also packed with natural nitrates to improve blood flow, which aids the brain.

- **Coconut Oil**—Coconut Oil contains medium chain triglycerides (MCTs), which enable it to supply energy directly to the brain with no insulin spike. It's this property that makes it a potential treatment for Alzheimer's and other neurological disorders. If your brain's production of insulin decreases, your brain literally begins to starve, as it's deprived of the **glucose-converted** energy it needs to function normally. This is what happens to Alzheimer's patients -- portions of their brain start to atrophy, or starve, leading to **impaired** functioning and eventual loss of memory, speech, movement and **personality**. In effect, your brain can begin to atrophy from starvation if it becomes **insulin resistant** and loses its ability to convert glucose into energy. Coconut oil replaces glucose and repairs the brain atrophy.
- **Sprouts**: Sprouts are important to optimize your health, as they are **powerhouses** of nutrition. They can contain up to **30 times the nutrition and up to 100 times more enzymes** than organic vegetables grown in your own garden, and allowing your body to extract more vitamins, minerals, amino acids and **essential fats** from the foods you eat supporting your wellbeing. During sprouting, minerals, such as calcium and magnesium, bind to protein, making them more bioavailable.
- **Pure, Filtered “LIVING” WATER**- A lack of hydration can affect cognitive function; impair short-term memory, focus, and decision-making.

- **Berries**— Full of antioxidants, berries are linked to focus and slower decline to memory,
- **Walnuts**— These nuts, shaped like the human brain, offer anti-inflammatory nutrients, and are a great source of ALA Alpha Lipoic Acid, which promotes blood flow and allows oxygen to the brain.
- **Avocado**- Rich in Omega 3, promotes brain health from free radicals damage and protection from stroke.
- **Wheatgrass**: Some of the many Brain Health benefits of wheatgrass include Increasing red blood-cell count; cleansing your blood, organs and gastrointestinal tract; stimulating metabolism and thyroid function and reducing damaging effects of radiation and to sending oxygen to your brain.
- **Dark Organic sugar free Chocolate** – derived directly from the cacao bean. Pure Dark Chocolate contains a number of compounds that increase pleasure-giving substances called endorphins. Chocolate's health benefits are largely attributed to compounds called flavonoids, which are a class of antioxidants that improves blood flow thus brain health. Cacao beans have also been proven to help memory and diminish dementia.

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The "RIGHT" NUTRITION, EXERCISE and SLEEP FOR OPTIMAL BRAIN HEALTH!! (Cont.)

Physical exercise also greatly improves brain function. Certain chemicals are released when you exercise that nourish the **brain and body**. Make exercise fun and challenging for your brain! Setting up cones or obstacles to practice speed, agility, and quickness for your body will also increase your reaction time and ability to make quick **decisions** with your brain.

There are also different exercises that you can do with a partner and various exercise **balls** that will also help with reaction time and improve the functioning of **your brain**. Stability and balance exercises will also activate **certain areas** of your brain that focus on concentration and **motor skills**. Exercising while **listening to music** has also been shown to prompt beneficial brain changes. Research, get creative, and try different things that challenge you. It's literally like training your brain as you would any other **muscles!** Over time you will notice the rewards!

SLEEP - It's no secret that a good night's sleep is key to a good day but it is also very important to a healthy brain. Yet, according to the **Institute of Medicine**, an estimated 50-70 million adults in the United States have sleep difficulties. Studies have shown that the side effects of not getting the recommended, at least 8 hours of sleep at night include loss of memory, **heightened** anger, food cravings, hallucinations and loss of memory. When lack of sleep extends over a prolonged period of time our neurotransmitters cease to work more and more leading to very dangerous mental, **emotional** and physical conditions.

Simply because I was sleep deprived prior to my near-death illnesses several years ago, I can relate. When you're sleep **de-**

prived your mental capacity diminishes big time. I had a very dangerous deficiency of serotonin, melatonin, and **norepinephrine** (almost atrophy) as well as many other **conditions** and I now know the difference sleep and nutrition makes.

Sleep is not only essential for regenerating your physical body, but it is **imperative** for reaching new mental insights and being able to see new creative solutions to old problems. Sleep **removes** the blinders and helps "reset" your brain to look at problems from a different perspective, which is crucial to creativity and well-being.

Just as **weight** workouts add lean muscle to your body and help you retain more muscle, researchers are now proving that following a brain-healthy lifestyle and performing regular, targeted brain exercises can also increase your brain's **cognitive** reserve. Increased cognitive reserve = increased brain performance! In our next article we will talk more about brain exercises that you can do to raise your brain **performance**.

<http://foodmatters.tv/articles-1/49-amazing-ways-to-boost-your-brain-power> - 49 Amazing Ways to Boost Your Brain Power

<http://articles.mercola.com/sites/articles/archive/2010/12/13/can-this-natural-food-cure-or-prevent-alzheimers.aspx> - Brain Imaging Study Confirms Addictive Nature of Processed Carbs

<http://www.vegetariantimes.com/article/feed-your-brain/> - Feed Your Brain

<http://www.livestrong.com/article/554564-effects-of-a-vegan-diet-on-the-brain/> - Effects of a Vegan Diet on the Brain

<https://www.bostonglobe.com/lifestyle/health-wellness/2013/05/12/power-foods-for-your-brain/GZdCXbwRZbjyTAXzOI482I/story.html> - Want brain power? Doctor says to mind your diet.

<http://www.sunwarrior.com/news/brain-foods/> - 15 Foods to Improve Your Memory Naturally and Boost Brain Power

<http://vegans.in.blogspot.com/2011/07/6-plants-brain-boost-food.html> - 6 Plants Brain Boost Food

http://www.huffingtonpost.com/2015/02/23/brain-food-superfoods_n_1895328.html - 12 Superfoods To Boost Your Brainpower

<http://articles.mercola.com/sites/articles/archive/2013/10/31/9-foods-brain-health.aspx> - 9 Top Foods to Boost Your Brainpower

<http://www.webmd.com/fitness-exercise/train-your-brain-with-exercise> - Train Your Brain With Exercise

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The “RIGHT” NUTRITION, EXERCISE and SLEEP FOR OPTIMAL BRAIN HEALTH!! (Cont.)

<http://www.healthy-holistic-living.com/brain-food.html> - Food for Brain Power

http://www.health.com/health/m/gallery/0..20365995_2.00.html - New Ways to Boost Your Brain Power

<http://www.cnn.com/2014/09/04/health/no-sleep-brain-size/> - Lack of Sleep May Shrink Your Brain

<http://www.theguardian.com/lifeandstyle/2015/feb/15/five-ways-to-improve-your-brainpower-norman-doidge> - Five ways to improve your brainpower

<http://www.allyou.com/diet-fitness/increase-brain-power/deep-sleep> - Keep Your Mind Sharp

<http://www.livescience.com/40510-sleep-cleans-brain-harmful-toxins.html> - A Night's Sleep

Sleep Cleans Brain of Harmful Toxins

<http://www.infiniteminds.info/Consciousness-Engineering/Breathing-techniques-to-improve-your-brainpower-the-crossed-squat.html> - Breathing Techniques to Improve your Brainpower - The Crossed Squat

THE EMOTIONAL, INTELLECTUAL, AND SPIRITUAL ASPECTS OF BRAIN HEALTH!!

There is a large mental, emotional, **intellectual**, and spiritual component to brain health. Mental health, at any age, is the capacity to manage our thoughts; **feelings and behavior** positively so that we can enjoy life, cope with **stress**, maintain positive relationships and work toward our goals. The way in which we manage our thoughts, feelings and **behavior** can influence almost everything that we do. All human behavior and learning, including feeling, thinking, creating, **remembering** and deciding, originate in the brain. When we improve the performance of our brain we improve our overall holistic health just as when we improve our overall health we improve our brain performance!

The key to boost your brain function is to keep on learning. The size and **structure** of neurons and the connections between them actually change as you learn. This can take on many forms above and beyond book learning. In terms of **cognitive function** when you spend longer amounts of time on a task, the benefits weaken. Here are some ways that you can raise the level of your brain performance:

- **Play challenging games** - word puzzles, jigsaw puzzles, mazes and crossword puzzles.
- **Look for things to read** that place words and pictures together – even comic strips.
- **Test your recall.** Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
- Learn to play a **musical instrument** or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for brain performance.
- **Ask Questions:** Asking questions is a phenomenal way to keep your brain in shape. Get in the habit of questioning others and their thoughts. Questions can provoke new thoughts and ideas and asking them is a great way to build up brain power!
- **Do math in your head.** Figure out problems without the aid of

pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.

- **Brainstorm:** A good brainstorming session to think of new, stimulating ideas is a great way to boost your brain's ability to think creatively. Brainstorming is actually a different way of thinking that will equip your brain with a quick creative boost.
- **Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain. (Cont. on next page)

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THE EMOTIONAL, INTELLECTUAL, AND SPIRITUAL ASPECTS OF BRAIN HEALTH!! (Cont.)

- **Surf the web** - Research has shown that surfing the Web activates regions in your brain related to decision-making and complex reasoning. So unlike passively watching TV, using the Internet is an engaging task that may actually help to improve your brainpower.
- **Learn a foreign language.** The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.
- **Paint or draw:** Being able to visualize where you want a pencil or paint to go on paper sparks pure creativity from within. Painting and drawing are exercises that gets the right-brain fully **functioning** and improves your creative side. If you haven't tried painting or drawing, let go of the inner critic and notice that you're likely to feel and be more creative.
- **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
- **Draw a map from memory.** After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.
- **Journal** –Writing is linked to an improved memory and expression of thoughts. When you write, you are strengthening your brain's natural ability to convey thoughts and feelings. Journaling allows you to capture thoughts on paper and you can journal about anything past, present or future.
- **Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
- **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, assembling a puzzle, making something, etc.
- **Read Books:** Reading books teaches your brain to adapt to absorb large amounts of information in shorter periods of time. Books challenge your thinking abilities and **memorization** skills, as well as boost vocabulary and critical thinking skills. Not only do you learn something from reading a book, but your brain power increases as you build up the book load.
- **Learn a new sport.** Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.
- **Mix it up.** Do things differently. Drive a different route to work, eat in a different place, brush your teeth at a different sink ... anything to challenge the normal routine and have your brain approach life differently.
- **Listening to music** anytime, not just while exercising, can also give your brain a boost. When you listen to music you are not just simply engaged in auditory processing. Music **triggers** activity in the nucleus accumbens, a part of your brain that releases the feel-good chemical **dopamine** and is involved in forming expectations. Music taps into a brain mechanism that was key to our evolutionary progress. The ability to **recognize** patterns and generalize from experiences, to predict what's likely to happen in the future — in short, the ability to imagine.
- **Laugh:** Laughter causes natural releases of the brain's endorphins, which increase overall well being, reduce stress and increases your brain performance. Watch a comedy, crack a joke, and increase those endorphin levels!
- **Avoid Stress:** Too much stress actually causes detrimental increases in the hormone "cortisol" which in high levels, kills brain cells and suppresses brain functioning.
- **Think Positive:** If you are currently very good at thinking positively, chances are good that you already have a more powerful brain than those who don't. Take **10 minutes** daily to think more positive thoughts and start noticing an improvement in thinking abilities and problem solving skills.

Proper breathing is a miracle for
(Cont. on next page)

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THE EMOTIONAL, INTELLECTUAL, AND SPIRITUAL ASPECTS OF BRAIN HEALTH!! (Cont.)

our brains. Breathing allows us to manage stress, anxiety, change gene expression and spark brain growth. Powerful mindful practices such as Yoga, Meditation and deep breathing exercises will do wonders for our brain while also helping us physically, emotionally, mentally and spiritually.

Connection is important for **brain health and brain performance**. Connection with others, the universe, and your **higher self** all help to maintain balance that support brain function. Try various methods of maintaining that connection. Games with others, outings with **friends**, the sense of belonging one gets from being a part of a group, keeping in touch with people who truly light you up and bring support to your life is all imperative for a **healthy brain!**

As far as your connection with you, **meditation** is one of the best methods for that. Studies have shown that meditation also decreases the risk of **dementia**. Meditation can also help with managing stress. Stress is a dangerous promotion that wreaks **havoc** on the body both physically and mentally. Fortunately, some of the best **stress relief** activities are also things that will **nourish your brain!** Take time and figure out what works for you and what you really enjoy. Listening to your body and higher self in the process will totally support the **health** of your brain!

These research links with provide you with more of the mental, emotional and spiritual impacts of brain health:

<http://articles.mercola.com/sites/articles/archive/2013/04/27/brain-craves-music.aspx> - Why Your Brain Craves Music

<http://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx> - 10 Brain Exercises That Boost Memory

<http://www.scientificamerican.com/article/six-ways-to-boost-brainpower/> - Six Ways to Boost Brainpower

<http://www.lifehack.org/articles/productivity/10-simple-ways-to-increase-your-brain-power.html> - 10 Simple Ways to Increase Your Brain Power

<http://www.helpguide.org/articles/memory/how-to-improve-your-memory.htm> - How to Improve Your Memory

<http://breakingmuscle.com/yoga/a-simple-breathing-exercise-for-a-balanced-mind> - A Simple Breathing Exercise for a Balanced Mind

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and

we can all together empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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