

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 193rd Newsletter, I want to talk to you about acupuncture.

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

REWARD YOUR BODY, MIND AND SPIRIT WITH ACUPUNCTURE!!!

It can be so easy to attain **tension in different limbs** of our body, yet so difficult to get rid of. The tension can be so regular, such as neck or shoulder pain, that we tend to become used to it. Aside from receiving massages or resting, there are different ways of solving these problems. **Acupuncture** may be an effective way for you. In this newsletter, I want to focus on the impacts that acupuncture can have on you and your health and well-being.

This week on our Fan Page, we have included articles that will offer you information on acupuncture and the **effects that it can potentially have for you**. These specific articles will cover the physical, mental, emotional, and spiritual effects that acupuncture can have on your well-being.

At the core of this **ancient** medicine is the philosophy that Chi or Qi (pronounced "chee"), which is vital energy, flows throughout the body. Chi animates the body and protects it from

illness, pain and disease. A person's health is driven by the quality, quantity and **balance of Chi** (since all we are is energy). Chi flows through specific pathways called meridians. There are fourteen main **meridians** inside the body. Each of these is connected to specific organs and glands. Where meridian pathways flow, they bring life-giving Chi that provides **nourishment** to every cell, organ, gland, tissue and muscle in the body. However, when Chi becomes backed up in one part of the body, the flow becomes restricted in other parts. This blockage of the flow of Chi can be detrimental to a person's health, cutting off vital nourishment to the body, organs and glands. Normally, when a blockage or **imbalance occurs**, the body easily bounces back, returning to a state of health and well-being. However, when this disruption is prolonged or excessive, or if the body is in a weakened state, illness, pain, or disease can set in.

An acupuncturist will place fine, sterile needles at specific **acupoints** along meridian pathways. This safe and painless insertion of the needles can unblock the **obstruction** and balance Chi where it has become unbalanced. Once this is done, Chi can freely circulate throughout the body, providing adequate nourishment to cells, organs, **glands, tissues and muscles**. This can eliminate pain and restore balance and harmony, as well as the body's ability to heal itself—ultimately leading to optimal health and well-being.

There are many benefits to receiving acupuncture. The traditional Chinese technique has been said to be an **effective treatment for many conditions** including but not limited to:

- Stroke
- Arthritis
- Frozen shoulder
- Back and neck pain
- Tendonitis
- Cerebral palsy

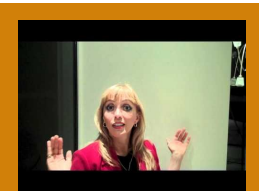


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- Hepatitis
- Pelvic inflammatory disease
- Diarrhea
- Asthma
- High blood pressure

Partaking in acupunctural activity can have a **mental effect as well**. It is believed to have several therapeutic benefits for the mind. Researchers have discovered that acupuncture seems to exert influence over **neuro-transmitter production** on the brain, which may account for positive effects in those suffering with depression. Using acupuncture for ADD/ADHD has been said to bring positive impacts as well! Many people have reported to have **significant improvement in concentration**, focus, and mental clarity through the use of acupuncture.

For years, I have been using acupuncture. One of the main doctors that I **worked intensely with** throughout series of illnesses several years ago was an acupuncturist! During my initial near death experi (Cont. on next page)



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REWARD YOUR BODY, MIND AND SPIRIT WITH ACUPUNCTURE!!! (Cont.)

ence, I was treated by this doctor several times a week. Now that I am healthy again, I still have him work with me when my body calls for it. Acupuncture helped me to **balance myself physically, as well as, mentally and emotionally.** It allowed me to locate issues with my various organs, such as my kidneys, spleen, and adrenals, that typical western medicine testing did not discover! My weekly progress depended on a combination of listening to my own body and adjusting my balance of energy (Chi) through acupuncture.

Receiving acupuncture can balance out your emotions in addition to the other effects it has on you. One study showed that 77 percent of patients with depression in relation to a chronic illness, **experienced improvement in depressive symptoms through acupuncture!** Other studies that have compared acu-

puncture to antidepressants found that using acupuncture as a supplement for those using prescription medication showed **significantly better improvement** than taking antidepressants alone. Several studies have shown that acupuncture creates a sense of overall health and wellness.

As stated above, Chi keeps the emotions, body, mind and spirit connected and in balance with one another. It **integrates movement, breathing, and awareness to cultivate vital energy** and promote healing. Acupuncture helps locate the blockage of your Chi and relieve the pressure or blockage that is brought about. To keep your spirit connected with the other parts of your body, emotions and mind, acupuncture may be extremely important. By affecting a patient's Chi, acupuncture can have a positive and **beneficial effect on a person's**

spiritual connection!

I am quite clear that acupuncture is one of the things that have **saved my life** over the last several years. It is my suggestion that you deserve to add acupuncture into your life and I invite you to consider it and to give yourself the gift of seeing if acupuncture is as much of a benefit to you as it was to me **or maybe more!!!**



To ENHANCE, elevate and even 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 wants and needs. I don't mean listening to your body's cravings. I also don't mean listening to what your body wants just out of habit. There is a specific way that this needs to be done and to learn about that please watch my video **by clicking HERE**. By listening to my body, I was able to make a huge difference in **healing myself**. I listened specifically, for example, to when my body needed acupuncture. I continue to listen to my body, and my wellness coach, to customize how I balance MY body! **I invite you to listen to your body and to join me in a lifetime health journey!!!!**

As with anything about your health. it is so much better to work with an expert. That is why my 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our WELLNESS COACHING DIVISION we are ready to create RADICAL Wellness, with and for YOU, by designing completely **customized wellness approaches** that work for your unique body! For those of you that want the **finest of Acupuncturist treatments** we even have an acupuncturist working with our team that makes remote acupuncture treatment available to our clients. If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division **click here : www.CarolinaAramburo.com.**

ACUPUNCTURE CAN BE AN AWESOMELY EFFECTIVE METHOD TO IMPROVE YOUR PHYSICAL HEALTH!!!

Providing many physical benefits

to its users, it is no wonder why acupuncture was highly recommended to me. The acupuncturist decides which points to treat by **observing and questioning** the patient to make a diagnosis according to the tradition which he or she uses. In Traditional Chinese Medicine (TCM), the four diagnostic methods are: 1) **Inspection** focuses on the face and particularly on the tongue size, shape, tension, color and coating, and the absence or presence of teeth marks around the edge. 2) **Auscultation and olfaction** refer, respectively, to listening for particular sounds (such as wheezing) and attending to body odor. 3) **Inquiry** focuses on the "seven inquiries", which are chills and fever; perspiration; appetite, thirst and taste; defecation and urination; pain; sleep; and menses and leukorrhea. 4) **Palpation** includes feeling the body for tender A-shi points, and palpation of the left and right radial pulses.

Although the use of acupuncture has many benefits, there could also be a few risks if used for a treatment method. Acupuncture is a relatively safe method, but if it is not **done by a trained practitioner**, the risks associated with it can go from being minimal to much higher. Some risks of acupuncture could include:

- Minor bleeding
- Infection
- Sedation
- Pain
- Bruising
- Dizziness
- Skin rashes
- Lung trauma (very rare)
- Nerve injury (rare)

Aside from the risks that are associated with acupuncture, there could be reasons to stay away from the treatment altogether. **Bleeding disorders**, taking medications that decrease clotting (blood thinning medications), use of a pacemaker, a skin infection in the needle insertion area or a systemic infection are all prime reasons to avoid acupuncture. In addition to those symptoms or conditions, some acupuncturists will refuse to perform methods of acupuncture on **women who are pregnant**. This may be when they are in their first trimester or later.

Acupuncture can be a great treatment for anyone looking to **relieve pain or improve their physical health**. Be sure that you notify your practitioner if you have any medical conditions during your initial physical exam that could possibly interfere with your treatment.

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ACUPUNCTURE CAN BE AN AWESOMELY EFFECTIVE METHOD TO IMPROVE YOUR PHYSICAL HEALTH!!!!(Cont.)

There are other practices that are related to acupuncture which do not include needles. **Acupressure**, a non-invasive form of acupuncture, uses physical pressure applied to acupressure points by the hand, elbow, or with various devices. **Cupping therapy** is an ancient Chinese form of alternative medicine in which a local suction is created on the skin; practitioners believe this mobilizes blood flow in order

to promote healing. **Tui na** is a TCM method of attempting to stimulate the flow of chi by various bare handed techniques that do not involve needles. **Sonopuncture** or acutonics is a stimulation of the body similar to acupuncture, but using sound instead of needles. This may be done using purpose-built transducers to direct a narrow ultrasound beam to a depth of 6–8 centimeters at acupuncture meridian

points on the body.

My acupuncturist is one doctor that I will **never be without**. I recommend that you listen to your body to guide you on how often to receive acupuncture and what kind of treatment it needs. Working with an acupuncturist could be a **partnership that you cherish!!**

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED** transformational shift", for

every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

DISCOVER THE AMAZING GIFTS OF ACUPUNCTURE TO YOUR MENTAL, EMOTIONAL AND SPIRITUAL WELL-BEING!!!

Acupuncture, more often than before, has been shown to be a successful treatment in the **mental and emotional issues of many individuals**. Studies have shown that acupuncture can effectively **relieve anxiety, stress, depression, sleep difficulties, and trauma**. It has also been widely used in the recovery of addiction. The body and mind are said to be inseparable, so the acupunctural treatment is aimed at balancing the entire system. Acupuncture has been shown to positively alter the release of neurohormones and neurotransmitters and **stimulate the central nervous system** to help your body self-regulate! It can also release the body's natural pain-killers, called opioids, in the brain to help reduce pain and promote better sleep.

The emotional stress that we undergo takes a large toll on our body's organs resulting in **imbalances that can bring about emotional symptoms**. Acupuncture however, directly affects

the organ systems to balance hypo- or hyper-arousal states and help restore equilibrium.

Acupuncture can contribute immensely to clearing your mind, unclouding your thoughts and **maybe even balance** you emotionally, since our emotions are very much connected to our physical body. Having the balance between your mind, your **emotions** and your body be back to a more balanced state can help you connect with your higher self, therefore, enhancing your spiritual life. **Undergoing** an acupuncture treatment can be one of the major ways of helping that balance happen. Because of this, I suggest acupuncture, in an indirect way, (as any way you use to take care of your physical wellness) can make a **tremendous** difference in your spiritual life. Simply by taking care of the **temple of your spirit** that your body is you can restore, improve or enhance the connec-

tion that you have to your higher self /your soul.

Acupuncture treatments in the modern day still serve to be just as useful as they were over **2000 years ago** in China. Now seen in many other regions, the impacts that acupuncture is having on individuals are far from few. I think acupuncture can **benefit almost everyone who gives it a try!!**

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

(CLICK HERE OR SEE <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.

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