

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 47th 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 all of the articles in full [HERE](#).

### 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.

There are many benefits to receiving acupuncture. The traditional Chinese technique has been said to be an effective treatment for many conditions. It is described as the insertion of dry needles into the skin at specific locations or "points", and is used to treat certain medical disorders. Depending on the disorder that is being treated, acupuncture techniques can include electrical current through needles or heat and pressure. Acupuncture can be an aid to eczema, acne and herpes. In addition, acupuncture has been used to treat:

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



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use of acupuncture.

For years, I have been using acupuncture. One of the main doctors that I have worked intensely with throughout my health journey has been an acupuncturist! During my initial near death experience, I was treated by this doctor several times a week. Now, although my health has improved, I still attend once a week. Acupuncture has 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 (Qi) through acupuncture.

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

Receiving acupuncture can balance out your emotions in addition to the other effects it has on you. According to the philosophy of Traditional Chinese Medicine, Qi (or the universal life-force energy), is **what keeps the emotions, body, mind and spirit in balance**. Acupuncture is one of the methods used to help maintain a healthy, balanced flow of Qi throughout the body. 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 acupuncture 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, Qi 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 Qi 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 Qi, acupuncture can have a positive and **beneficial effect on a person's spiritual aspects!**

I am quite clear that acupuncture is one of the things that has **saved my life** over the last 2 years. You deserve to add it to your life!

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

Acupuncture is an old Chinese medical treatment that is still used in the modern day. **Providing many physical benefits** to its users, it is no wonder why it was highly recommended to me. Acupuncture has helped to relieve people of their pain, tension and many disabilities or ailments. It is worth a try! Acupuncture, defined as the insertion of dry needles into the skin at specific locations known as "acupuncture points", is performed by certified practitioners and physicians. Acupuncture's basic idea is that **energy flows within the human body** and can be stimulated to create balance and health. It's goal is to correct imbalance of flow and restore health through stimulation!

A number of physical conditions are commonly treated with the use of acupuncture. Some studies show that acupuncture has a **positive effect in relieving back pain**. A published study from 2006 demonstrated how acupuncture was effective in relieving pain in patients with chronic low back pain that lasted more than six months. Depending upon your type of back problem, **your physician could recommend acupuncture** alone or in conjunction with other treatments. These additional treatments

could include medications, physical therapy or exercise.

Back pain has not been the only ailment that has been treated with acupuncture. Other bodily pains and aches have used acupuncture as a method of treatment too. Neck pain, postoperative dental pain, menstrual cramps, **myofascial pain and tennis elbow** are others. If you have a problem with **asthma or carpal tunnel syndrome**, acupuncture may improve those conditions, as well!

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)

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The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to learn what it needed. I was able to give my body the acupuncture treatments it needed at the time it needed them. When I learned to listen to my body, I experienced **incredible changes** to my life and to all aspects of my well-being. Learning to listen to my body was one of the best things that ever happened in my life! Listen to your body to tell you what it needs in terms of acupuncture and other needs. You may find that it guides you to improve the health of your **state of mind, your emotions**, and maybe even your spirituality. I invite you to **join me** on this **incredible** health and well-being **journey!!!**

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

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.

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.

Spiritually, acupuncture can have a large impact on you as well! Providing a balance between your mind, body and spirit is one of the main purposes of the treatment. Clearing your mind and un-clouding your thoughts, can help make your spirit **whole and take a few of the burdens off of yourself**. Undergoing acupuncture treatment is one major way of helping with that.

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Acupunctural 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](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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