

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 61st Newsletter, I want to talk to you about **Cardiovascular Disease** and its impact on our bodies 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**.

CHERISH YOUR CARDIOVASCULAR SYSTEM FOR A LONG AND HEALTHY LIFE!!!

Having problems with any of your organs can be extremely detrimental to your life. Your heart, being a central organ and **one of the most important organs**, definitely needs to be taken care of. With all of the different types of cardiovascular diseases that are being discovered, the care that you provide to the health of your **cardiovascular system** is imperative. Although many people believe the myth that cardiovascular diseases effects mostly older people, it in fact affects people at any and **every stage of life**. In this newsletter, I would like to focus on the ways cardiovascular disease can have an impact on you and your health.

This week on our Fan Page, we have included articles that will offer you information on how **cardiovascular diseases** can have an effect on you and your health. These articles, that we have posted, will cover the

physical, mental, emotional and spiritual effects that cardiovascular disease can have on your body and your well-being.

During my health journey I focused on various **key organs** in my body as they were impacted seemingly individually then almost always collectively. There were many times that so many systems in my body were in trouble that I and my healthcare providers and healers could not determine exactly the **source of the problems**. I had my heart checked early on and everything appeared normal so we were focusing on other systems that were in immediate danger. One of the things that kept occurring for me was a series of **migraines and an intense racing of my heart**. It would become so severe that I would pass out or be rendered incapable of moving sometimes for hours. Since the chemicals in my brain had been impacted my healthcare providers and I kept chalking those symptoms off as the panic attacks that had plagued me throughout my whole healing journey due to the chemical imbalances. Unfortunately, the symptoms got worse. Then, as a part of a routine checkup procedure, a cardiologist checked my heart. He uncovered that my **heart was severely stressed**. I was on the verge of a massive heart attack due to the stress put on my heart from all of the other complications in my body. He immediately hospitalized me and put me through a battery of tests and cardiovascular procedures. That check-up **saved my life**. My body had been talking to me all along.

I then took the steps to familiarize myself with the multiple types of cardiovascular diseases and the possible effects of them on my body and began to take the necessary precautions to keep myself from **ever hav-**



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ing my heart in danger again. My diet, already highly specialize to take care of all of the know issues I was dealing with, now began to include the foods and intensive, extreme cardiovascular exercises (i.e. stair climbing 150 floors at a time multiple times a day) needed to strengthen and keep my cardiovascular system healthy.

When a person discovers that they have been affected with a cardiovascular disease, they are usually unsure as to how they it began. What is most often neglected is that the signs for these types of diseases are usually a there. The **physical symptoms are widely ranged** and can often be confused with simple medical conditions. A leading cause of death in the United States, coronary heart disease, which is a type of cardiovascular disease, often has its signs and symptoms ignored.

Some symptoms include:

- Chest pain

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CHERISH YOUR CARDIOVASCULAR SYSTEM FOR A LONG AND HEALTHY LIFE!!!(Cont)

- Shortness of Breath
- Overweight/obesity
- High blood pressure
- High blood cholesterol
- Heart attack
- Cold sweats

While these are just a few of the symptoms, **risk factors and signs** for this kind of cardiovascular disease, there are many different other cardiovascular diseases that you should become knowledgeable about for your future health!

The psychological impact that cardiovascular diseases bring into your life can be extremely **deleterious to your health!** Not

only being deadly to you, they add other psychological conditions to your health problems that can mask or complicate the cardiovascular disease itself. With the effect that having a cardiovascular condition can have on your **physical well-being**, it can easily deteriorate your mental capacity as it breaks down your strength and physical capacity. In addition to **adding depression and other mental instabilities**, a direct correlation can be made to your brain functions. Emotionally, the effects of cardiovascular disease are limitless and complex also. Extreme stress due to being **fearful, angry, sad and confused** is just some of the impacts that it can have on your daily living. Cardiovascular diseases impact more than just your physical being. It is a dangerous array of diseases that grows exponentially in those

suffering from it.

The impact that cardiovascular diseases can have on your **spiritual connection** is very constraining! Being that one of your main functioning organs (your heart) is not functioning correctly, it becomes difficult for you to distinguish your soul trying to connect clearly with your body. Once you have ensured that your physical/internal factors are all balanced with one another, clarity will arise and you are more capable of hearing the vital connection between your soul and your body. I have learned to **cherish my body because of its imperfections** – including those of my amazing heart. I now listen to my body keenly to include all of me so I can hear the **subtle voices of my heart along with all of my organs**.

CARDIOVASCULAR DISEASES ARE SILENT KILLERS!

Cardiovascular disease, which can be seen in many different forms, refers to the **disease of the heart and the blood vessel system within it**. There are more than 50 different types of cardiovascular diseases, but one thing remains the same about each and that is that they can ALL cause a massive amount of harm to you. Some people can be born with cardiovascular disease while others tend to **develop it during their life journey**.

Considering that there are so many **different types of cardiovascular disease**, it is helpful to separate them into problems affecting either the heart or blood vessels. The cardiovascular disease types that affect the heart are commonly known as **heart diseases** while the ones that affect the blood vessels deal with the receiving of oxygen. Types of heart disease include:

- Angina pectoris
- Arrhythmias
- Congestive heart failure
- Cardiomyopathy
- Congenital heart disease

Types of disease in the blood vessels include aortic aneurysm, aortitis, arteriosclerosis, atherosclerosis, aortic dissection, **high blood pressure and stroke**, just to name a few.

The physical impacts of having a car-

diovascular disease can be far from few. As stated above, there are a mass amount of cardiovascular diseases, but each one still has a **drastic effect on your physical state**. For example, the most common cardiovascular disease is coronary heart disease (coronary artery disease) and it is the number one cause of death in the United States. Some symptoms of coronary heart disease could include:

- Chest pain or chest discomfort
- Pain in one or both arms
- Pain in left shoulder, neck, jaw or back
- Shortness of breath
- Dizziness
- Nausea

While heart disease is the first most common cause of death in Americans, **strokes are the third**. Becoming the most common cause of permanent disability, strokes should be taken very seriously. There are many ways to prevent cardiovascular disease. Research has shown that people can lower their risk for cardiovascular disease by as much as **82 percent** by simply adopting sensible health habits. Protecting your body from the effects of this broadly known disease can be as simple as taking a brisk walk, eating a heart-healthy diet, or getting the support you need to maintain a health weight!
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Few of us realize the absolutely critical links between all of our various systems. We live lives where we are **suddenly sick** and by then it becomes a maze of sorting through what the source of our illness is! One of the **miracles of our body is our cardiovascular system** which transports blood, oxygen and vital chemicals to our entire body. When we impact our cardiovascular system we quickly start impacting ourselves physically, mentally, emotionally and even spirituality.

Our heart and our whole cardiovascular system is the literal pump and channel of life force and letting **cardiovascular disease** attack that very life force can be avoided. Cardiovascular diseases will tear down your body until an array of symptoms begin to take over your well-being. **Cherish your body** for all of its imperfections and listen closely to it. Each beat of your heart is precious. Give it all it needs and it will take care of you.. A healthy body will allow you to **connect with and hear the voice of your soul** so that you can fulfill on your purpose here on this planet. **I honor you!**

CARDIOVASCULAR DISEASES ARE SILENT KILLERS!!!! (Cont)

No matter how old or young you are, cardiovascular disease can attack you. A recent study showed that among people ages 70 to 90, a healthy lifestyle **reduces the chance of dying** from cardiovascular disease by nearly two-thirds. Some steps to preventing cardiovascular disease could be knowing

your risk factors, **monitoring your health** and knowing your family history – just to name a few.

There are many different causes, symptoms and risk factors to keep an eye out for. **Your age, family history and believe it or not, ethnicity**, are known to be large risk

factors in having a cardiovascular disease. Becoming knowledgeable on your health status is imperative to ensuring that you are living the healthiest lifestyle possible. The quicker you find out where you stand, the better it will be for your health and **your journey through life!**

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!!**

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LISTEN TO YOUR HEART FOR LIFE LONG EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING!!!!

Cardiovascular disease also has **drastic and disruptive effects** on your emotional, psychological and spiritual well-being that may not be so obvious.

Emotionally cardiovascular disease can create **intense stress on people**. In addition to being deadly, cardiovascular disease is also disheartening and frightening. Reports from Reuters indicate that the risk for **suicide** tripled in the month following a heart attack and it remained elevated for at least five years! Being **fearful, feeling weak and becoming emotionally distressed** are just a few of the emotional effects of being diagnosed with cardiovascular disease. As their stress increases the impact of that stress leads to a cycle that increases the risk for more cardiovascular damage and **repeated strokes and heart attacks**.

On a psychological level, cardiovascular disease has just as many effects on you as it does emotionally. Reports from the

Cleveland Clinic say that 15-20% of cardiac patients suffer from **depression** after a heart attack or a diagnosis of heart disease. In the prominent journal, *Congenital Heart Disease*, it was proposed that since the number of people suffering from cardiovascular disease is set to rise, there will need to be an increase in the need of psychotherapy. Causing a **mass amount of mental stress and trauma on the brain**, it's no wonder why cardiovascular disease should be taken extremely serious.

From a spiritual standpoint, the impact of this deadly disease is immeasurable! Hearing the voice of your soul in order to connect with it, while you body is diseased, is a **challenge at best**. As cardiovascular disease takes over, the connection between your body and your soul becomes constrained and then as the emotional impact of the stress sets in your **ability to connect with your soul** becomes even more constrained. In this

process, as your body and then your emotions become wrapped in the cycle of becoming more weakened, your spiritual connection **requires more and more of the very energy** you no longer have to hear your soul's voice and guidance. Listen now and keep your cardiovascular system healthy so that it can serve you and you can remain mentally, and emotionally well and spiritually connected! Now is the time!!!

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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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