

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 64th Newsletter, I want to give us a chance to consider the impact that hygiene can have on people's physical, mental, emotional and 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. You can also read all of the articles in full [HERE](#).

PERSONAL HYGIENE IS AN IMPORTANT KEY TO OPTIMAL HEALTH !!!

Did you know that there are more than one thousand species of bacteria on your body at any given time? In this newsletter, I would like to discuss the importance of personal hygiene, highlighting its use for your health and well-being.

This week, we have included articles on our Fan Page that will offer you information on good hygiene, and the effects that it can have on your health and well-being.

Personal hygiene is something usually engrained in people's minds from a young age, from brushing your teeth to taking showers, but it's often difficult to know which information is due to scientific research and which comes from societal pressures or cultural conversations. The lines have become blurred between

them, and it's important to know the basics of personal hygiene simply for your health's sake!

Hygiene can encompass almost any activity used to clean and care for our bodies, from washing your hands to keeping nails clean and healthy. It's a vital part of our lives and practicing good hygiene may reduce your chances of becoming sick!

Personal hygiene varies from society to society. In China, for example, spitting is encouraged as they believe it is ridding the body of toxins, but many other societies might find that displeasing and would probably hand them a tissue. Some practices, however, don't seem to vary much from society to society which suggests that some hygiene ideas might be universal.

Bacteria is everywhere these days, from the toilet seat to the remote control – some researchers have determined that the remote control carries the most bacteria in hospitals! A few simple actions, however, can help you feel confident about yourself and your hygiene.

Washing your hands before and after eating, as well as after using the restroom could dramatically decrease your chance of becoming infected. There is some argument about antibacterial soap and non-antibacterial; researchers believe antibacterial soaps are not necessary as they only kill a portion of the germs and leave the rest immune. Maintaining a consistent schedule of cleanliness will help keep bacteria at bay, but do be



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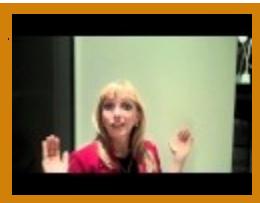
careful not to go overboard – an overly sterile environment may lead to increased risk of eczema and asthma in children!

Hygiene can also help with physical afflictions that are not caused by poor hygiene, such as acne, which is a skin condition. Washing your face and body more frequently may help reduce and prevent acne.

Your skin is also very important, as it's one of the first things people notice about you whether they know it or not. Keeping your skin healthy and moisturized is one of the first steps to creating a healthy environment for your body.

While showering more frequently may help your skin, shampooing your hair too much can cause unintended damage to

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PERSONAL HYGIENE IS AN IMPORTANT KEY TO OPTIMAL HEALTH !!!(Cont.)

the oil production. There are various arguments about how often to shampoo, but **women in the fifties** rarely shampooed more than once a week and they got along fine, which just goes to show it is really a personal preference.

Aside from bacteria, personal hygiene is usually considered **good social practice** in order to "fit in" with societal norms. Poor personal hygiene **may have an adverse affect** on the people around you and how you're viewed by them!

Over the years and throughout my own health battles, I have developed **my own methods of preserving** my personal health with hygiene. Even though I have always been

aware of good hygiene it had mostly been related to preference vs. health. When my **body became very ill** the rise of criticality took on a whole new view. Hygiene became very important in keeping my already constrained **immune system** from having to deal with more stress. I experimented with various soaps, shampoos, toothpaste, etc. looking for the ones that worked **best with my body** to give me optimal cleanliness and support my health (i.e. all natural, organic ingredients). I learned to be very careful about washing my **hands more often** to keep germs down. My teeth became an issue during part of my illness as failures of various organs impacted both my teeth and gums. I created **new routines and habits** that supported the unique hygiene that my body

needed by keenly listening to my body.

It is easy, sometimes, to get so caught up in life that little things slip such as remembering to **brush our teeth**, but even little mistakes such as these can cause bigger problems later, so it's important to **start our hygiene routines young** so they stick with us through the rest of our lives no matter what else may be changing!

Personal hygiene **affects every aspect of our lives**, from our personal interactions to our health, and it's not something to take lightly. Following simple rules will allow you to live your life to the fullest and alleviate any stress you might feel about your body and the perceptions of others! Cherish your **body for its imperfections** and listen to it's hygienic needs!



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CREATED AND GENETIC HYGIENE PROBLEMS ARE BOTH THE CAUSE OF AND SIGN OF POOR HEALTH!!!!

Society has a big influence when it comes to personal hygiene, but expectations aside, there are also many **physical benefits** to practicing good hygiene, and possibly some unforeseen consequences of **neglecting hygiene**.

Hygiene refers to the general care and maintenance of a person's health. These range from care of your **teeth to your hair** as well as hands, feet, and nails among other things. Physical consequences for neglecting the proper care of these things can include:

- head lice
- dandruff
- bad breath
- cavities
- body odor
- perspiration
- urinary infection
- athlete's foot

For example, **brushing your teeth** twice a day is recommended otherwise you may be subjected to bad breath or even develop cavities or other oral problems. Bad breath may be an **indicator of an infection** in the

gums, but more severe causes could be at the root of the problem such as **stomach, liver, or intestinal diseases or even diabetes**. It is important to seek a doctor if symptoms persist even with proper oral hygiene. Good oral health is only one step to keeping up good physical health. Neglecting your teeth can lead to other problems such as **headaches, pain in your jaw, and sensitivity to heat or cold**.

Another possible consequence of improper hygiene can come from **not washing your hands** often enough. Hands are a breeding ground for all sorts of bacteria that can pass easily from place to another. Washing your hands before and **after every meal** as well as after using the bathroom will help keep you healthy.

Nails are also a very important part of physical health as they can be indicators for other conditions or diseases you may not know about. **Brittle or yellow nails** may indicate something is going wrong in your body and consulting a doctor might

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Good hygiene is not just a **cultural or societal issue**. Good hygiene is critical to a healthy, **well maintained body**. Germs easily enter your body from the outside through your skin, hair, nails and mouth. While your **body has an immune system** that helps rid it of unwanted germs it is much easier to keep those germs out in the first place by establishing your **own personal hygienic routine**. Each person's life and conditions are different and each body is different. Knowing the basics about hygiene and **then creating your own** unique methods to fit you are important.

I have made sure that, along my health journey, I **paid close attention** to hygiene as a proactive insurance against any added infections, germs, bacteria and stress on my body. There is something to be said for the saying, "Cleanliness is next to Godliness" **Cherish your body** for its imperfections and listen closely to it. 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.

CREATED AND GENETIC HYGIENE PROBLEMS ARE BOTH THE CAUSE OF AND SIGN OF POOR HEALTH!!!! (Cont.)

be a good idea. The beds of your nails are also breeding grounds for dirt and bacteria, so keeping them clean will improve your own physical health.

Other physical impacts of hygiene may be things such as hair dandruff or lice. Lice live in unclean hair and can be a pain to get rid of as they spread quickly. The itching they produce can be uncomfortable and can cause lack of sleep which your body needs to stay healthy.

If left unchecked, lice may develop into a scalp infection.

problem or something more serious and a doctor may be able to help. Wearing regular deodorant can also prevent odor.

Body odor and perspiration can be a result of poor physical hygiene as well. Body odor is caused by perspiration that is unable to evaporate naturally, in areas where it may be trapped such as underarms, feet, or clothing. Adequate bathing may be enough to counter the physical impacts, but at times, excessive perspiration may be a glandular

The physical impacts of hygiene are big and are not something to be ignored as oftentimes they are indicators of more serious problems in the body. If you keep up good hygiene and still have physical problems, I recommend seeing your doctor to be on the safe side!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

our community (and our world) in their/our spiritual growth.

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
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.

EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING CAN ALL BE IMPACTED BY POOR HYGIENE!!!!

Personal hygiene is so deeply ingrained in our society that not keeping up with the Joneses, as it were, can have a big affect on our mental health. As teenagers, when hormones are running wild, embarrassment from poor hygiene can affect a person more deeply than it seems. Embarrassment can be one of the more powerful shaming tools of society.

From a young age, children are instructed in good personal hygiene habits and even young kids can recognize messy hair and clothes, and they may have a tendency to shun individuals who are different than them. This can lead to other conditions such as depression and anger.

Being left out is no fun for anyone and may cause people to become sullen and reject normal practices of hygiene in a manner of defiance. Having poor hygiene can also cause someone shy away from company as they don't feel presentable or accepted. Some people may prefer to keep to themselves rather than subject themselves to

ridicule by their peers, which not only hurts emotionally but could scar someone from making personal connections.

Constant worry about hygiene can also lead to unnecessary stress which could put strain on your body. If you're constantly worrying about your body and how it comes across, you may put too much pressure on yourself and feel stressed about being in public situations. As a result, you may opt to stay in and cut off contact with other people due to your fears and worries.

Sometimes, hygiene problems may be genetic and therefore harder to control, which could cause feelings of resentment towards people who don't have the same problems. Individuals may lash out in anger at those around them in a way of dealing with their resentment.

Finding a balance of time commitments and hygiene standards may be difficult but your body will thank you

when you feel good and aren't wasting time worrying about how you're coming across. Any damage to your health and then to your emotions always constrains you ability to hear and connect with the quiet voice of your soul. Keeping a good hygienic routine will make a difference in keeping you from going down that path in the first place.

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