

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 69th Newsletter, I want to talk to you about **Alzheimer's** and it's 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**.

### ALZHEIMER'S HAS A DEVASTATING IMPACT ON BOTH PEOPLE AND THEIR LOVED ONES!

Alzheimer's disease affects around **five million Americans**, most over the age of sixty, though early onset cases have also been reported. In this newsletter, I would like to discuss the effects of Alzheimer's, highlighting its physical, mental emotional and spiritual results for your health and well-being.

This week, we have included articles on our Fan Page that will offer you information on Alzheimer's disease, and the **effects** that it can have on your health and well-being.

Of the many neurological diseases, Alzheimer's is one of the most common. A form of **dementia**, Alzheimer's affects a person's cognitive thinking skills such as thinking, remembering, and rea-

soning, as well as **behavioral** abilities that can affect a person's lifestyle and activities.

The exact reasoning behind who may or may not be affected by Alzheimer's isn't clear, but there are a number of **risk factors** that may increase a person's likelihood of developing the disease. The can include age – people aged over **sixty are most** likely to develop Alzheimer's in a late onset of the disease; however, early onset in people less than sixty may be seen as well. It can also be related to **genetics** – a close relative with Alzheimer's may increase your risk of developing it as well, as well as certain genes linked to the disease may be present and increase the risk.

Other, less proven factors may include **gender, blood pressure** and injury. Females may be more likely to develop Alzheimer's. A history of high blood pressure may increase the risk of developing the disease. A history of head trauma may also **increase the risk**.

Symptoms of Alzheimer's may happen in different ways, and they may not be noticeable at first as there are **many types and causes** of memory loss. The most common signs include:

- Changes in emotional behavior or personality
- Difficulty with language
- Memory loss
- Changes in perception
- Difficulties with thinking and judgment, reasoning skills

Some things that may occur with



CAROLINA ARAMBURO

the onset of Alzheimer's may include **difficulty performing** simple or routine tasks such as brushing your teeth, getting lost on familiar routes, losing interest in activities you once enjoyed, **misplacing** items and being unable to locate them again, and loss of social skills.

Alzheimer's may be generally diagnosed by a doctor, who may perform **several tests to rule out** other causes of memory loss such as tumors, infection, depression, and other ailments that might cause cognitive dysfunction.

Complications that may arise from Alzheimer's can include pneumonia caused by the **inability of a person to swallow** which may cause them to inhale food or liquid into their lungs. Also, people with Alzheimer's may have difficulty **urinating** which may bring up the need to use a (Cont. on next page)



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## ALZHEIMER'S HAS A DEVASTATING IMPACT ON BOTH PEOPLE AND THEIR LOVED ONES! (Cont.)

ter. A catheter, however, may cause other problems such (Cont. on next page) as urinary tract infection which could lead to other, more serious infections.

There is little that can prevent Alzheimer's, though there are several factors that may reduce your risk. Studies show that people with a higher education may be less at risk for developing the disease. Based on that, other studies showed that there seems to be less risk for people who have a stimulating job, participating in ac-

tivities that are mentally stimulating such as reading, playing an instrument, or playing games. People who have frequent social interactions may also be at less of a risk. One theory of the link between these activities and a less likelihood of developing Alzheimer's is that exercising your brain more may develop more cell-to-cell connection which in turn may protect the brain against Alzheimer's effects.

I have dealt, many times, with the journey of people who have some-

one in their lives with Alzheimer's. Because there is no cure and the progression of the disease is inevitable it takes real courage to create an empowering place to stand and deal with the impact of the day by day and week by week changes that occur. Having support physically, mentally, emotionally and spiritually is one of the big difference makers in having life still be treasured and valued for both them and their loved one with Alzheimer's.

## ALZHEIMER'S DEGENERATIVE PROCESS LEADS TO WORSE BRAIN DAMAGE DAY BY DAY AND WEEK BY WEEK !!!

Physical signs of Alzheimer's may be difficult to identify at first as there are many different, yet similar, types of neurological diseases. Alzheimer's, however, may be generally categorized by memory loss. There are, however, many different causes of memory loss. What sets Alzheimer's apart is that this is a degenerative disease and will worsen with time. Alzheimer's is the most common form of dementia which affects parts of the brain that control memory and other brain functions.

The effects of Alzheimer's extend beyond memory to things such as inability to get to sleep which can cause physical exhaustion for both the patient and the caretaker. Sleeplessness is also referred to as sundowning which is caused by increased confusion, anxiety, agitation, and disorientation. This may be at dusk and can continue through the nights which make it difficult for them to get to sleep.

Sundowning may be counteracted by changing some lifestyle aspects such as being more active during the day which may help them fall asleep easier if they are

more tired, changing their diet and restricting things such as caffeine or other stimulants, and changing sleeping arrangements to allow the patient to sleep in a more comfortable place, and keeping the rooms dimly lit.

Other physical effects can include inability to perform simple household tasks due to memory loss; you may just plain forget how they are done. This could cause accidents in the home and make living more difficult. People may forget how to eat or do routine tasks which could affect the body with such things as unintended weight loss or an unkempt appearance, and may affect personal hygiene as well.

Alzheimer's may also affect a person's ability to speak. In late stages, they may lose all ability to carry on conversations, though they may still say a few words and phrases. In earlier stages, symptoms such as repetition may occur. This may be due to the person's need to communicate something important.

Therapies might be helpful for people suffering from Alzheimer's. (Cont. on next page)



Alzheimer's is a disease that many of us will encounter in our lifetime with someone we know among our family or friends. It might even be a disease we encounter personally in our life. It has no known cure and at best the symptoms can be managed as much as possible as it progressively degenerates brain function. Since it renders what many of us consider our most prized possession, our brain, incapable of memory and basic cognitive thinking abilities Alzheimer's is a very feared disease by most people.

Our brains are very miraculous systems AND there may be imperfections that come with age, injury, etc. Cherish your brain with all of its imperfections. Treat it with care, maintain it and keep it as healthy as possible throughout your life. Listen to your body to guide to take care of your well being for the best performance as possible throughout your life. If Alzheimer's appears in your life surround yourself with support and commit yourself to have the most extraordinary life possible I honor you and request you honor both your brain and your body!

## ALZHEIMER'S DEGENERATIVE PROCESS LEADS TO WORSE BRAIN DAMAGE DAY BY DAY AND WEEK BY WEEK !!! (Cont.)

Those that have been found to be helpful have been **music, art**, and sometimes, animals. Using music may help a person cope better and may help retain some memories if coupled with photographs and **connected to a certain time** or person in their memory.

Art therapy can also be helpful as it may help a person to **retain their motor**

**skills**. Activities such as painting or drawing may help to **encourage memory** if directed towards a more storytelling aspect. Animal therapy may also help people, may calm them. People who previously owned animals may be more responsive than those that have not. It is important to also **match the type** of animal to the person, as a less active person may not respond as well to an ener-

getic dog as to a calm cat.

Several foods **having Vitamin E** have been studied and prove to improve brain function such as **almonds** and **blueberries**. Fish and **coconut oil** also have produced positive results. Supplements such as **gingko biloba**, vinpocetine and gotu kola also provide help with symptoms.

## 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.

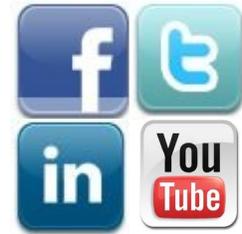
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in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

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## MENTALLY, EMOTIONALLY & SPIRITUALLY ALZHEIMER'S IS A DESTROYER!!

Alzheimer's, as yet another neurological disease, may affect more than just the person with the disease. As Alzheimer patients frequently need caretakers, the **emotional and spiritual consequences** may affect the caregivers as well.

For the person with Alzheimer's he disease can be very hard on your emotional state, **bringing on feelings of anger**, aggression, confusion, agitation or anxiousness, stress, and suspicion. You may feel anger at the disease for causing the problems in your **body and mind**.

As a result of Alzheimer's, one may feel **agitated or anxious** for no specific reason. You may feel aggravated in certain places or become stuck on a specific unimportant detail. Unfortunately, this may just be a part of the disease and **little can be done** to help aside from medication.

As a caretaker, you may also deal with many of these symptoms as it can be

very stressful. Alzheimer's may cause patients to **forget many details** which might be painful if they are a close loved one. It is important to remember that, no matter how upsetting, it is **not personal** and responding calmly and simply may help them to remember certain details.

In dealing with someone with Alzheimer's, **keeping calm** can be your greatest weapon. Patient's suffering from the disease may not realize what they're doing or saying and they won't understand why they're being reprimanded. Trying to stay calm all the time may be a challenge and cause undue stress so **look for ways that work** for you such as meditation and exercise.

Alzheimer's affects many people in the world, and each may respond differently. Keeping up your **emotional well-being** may be difficult with the many different factors, but allowing time alone to sit, absorb and to relax can do make a very

**distinct difference**. With first the physical impact, followed by the mental and then emotional impact there is little chance left that someone with Alzheimer's can hear the actual voice of their soul and form their previous spiritual connections. Making peace with this **early on will be a blessing** as time moves on and the disease strips the person of that capability.

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

[\(CLICK HERE OR SEE http://carolinaarambom\)](#)

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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