

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 77th Newsletter, I want to talk to you about your **Brain and Nervous System** and their 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](#).

YOUR BRAIN AND NERVOUS SYSTEM RUNS THE WHOLE HUMAN SHOW!!!

Your brain and nervous system together is the **control panel** for your whole body, and if anything goes wrong with them, problems can quickly arise in the rest of your body too! In this newsletter, I want to focus on ways to keep your brain and nervous system in **top condition** and how to recognize any problems before they happen!

This week on our Fan Page, we have provided links and information about your **brain and nervous system** that will help encourage a healthy lifestyle. These articles will provide information on how your brain and nervous system may affect your **physical, mental**, emotional and **spiritual well-being**.

Your nervous system is an integral part of our bodies, from the brain down the spine. **Three basic functions** are performed by nervous systems:

1. Receive sensory input from internal and external environments
2. Integrate the input
3. Respond to stimuli

The nervous system monitors and controls **almost every organ system** through a series of positive and negative feedback loops. The Central Nervous System (CNS) includes the brain and spinal cord. The Peripheral Nervous System (PNS) connects the CNS to **other parts of the body**, and is composed of nerves (bundles of neurons).

The brain is composed of three parts: the **cerebrum** (seat of consciousness), the **cerebellum**, and the **medulla oblongata** (these latter two are "part of the unconscious brain"). The medulla oblongata is closest to the spinal cord, and is involved with the regulation of heartbeat, breathing, vasoconstriction (blood pressure), and reflex centers for vomiting, coughing, sneezing, swallowing, and hiccupping. The **hypothalamus** regulates homeostasis. It has regulatory areas for thirst, hunger, body temperature, water balance, and blood pressure, and links the Nervous System to the **Endocrine System**. The midbrain and pons are also part of the unconscious brain. The thalamus serves as a central relay point for incoming nervous messages.

The cerebellum is the second largest part of the brain, after the cerebrum. It functions for **muscle coordination** and maintains normal muscle tone and posture. The cerebellum coordinates balance.

The conscious brain includes the cerebral hemispheres, which are separated by the **corpus callosum**. The cerebrum governs **intelligence and reasoning**, learning and memory.

The **neuron is the functional unit** of the nervous system. Humans have about **100 billion neurons** in their brain alone! The junction between a nerve cell and another cell is called a synapse. Messages travel within the neuron as an electrical action potential. The space between two cells is known as the synaptic cleft. To cross the synaptic cleft requires the actions of neurotransmitters. **Neurotransmitters** are stored in small synaptic vesicles clustered at the tip of the axon. Neurotransmitters tend to be small molecules, **some are even hormones**. The time for neurotransmitter



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action is between 0,5 and 1 millisecond. More than 30 organic molecules are thought to act as neurotransmitters. The neurotransmitters cross the cleft, binding to receptor molecules on the next cell, prompting transmission of the message **along that cell's membrane**.

Simple things such as eating healthy foods and foods without chemicals have been shown to increase mental capacity and help people perform at **high levels** on tests.

There are many **brain malfunctions**, however, including brain tumors, meningitis, attention deficit hyperactive disorder, attention deficit disorder, cerebral palsy, strokes, Alzheimer's, dementia, dizziness, fainting, Parkinson's disease, sleep disorders, and Tourette syndrome. If the brain or **nervous system is damaged**, it can cause severe problems both immediately and also later in life and may be difficult to deal with.

Symptoms of nervous system problems can include **confusion, memory loss**, decreased alertness, babbling speech, inability to speak, muscle **fatigue** or weakness, headaches, blurred vision, dizziness, (Cont. on next page)



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YOUR BRAIN AND NERVOUS SYSTEM RUNS THE WHOLE HUMAN SHOW!!! (Cont.)

loss of balance, lightheadedness, or seizures. Any of these symptoms should alert you to see a healthcare provider particularly if they persist.

Other brain diseases may be brought on by genetics, so it may be a good idea to learn your **family history** in order to be more prepared with what you may have to face, as you get older. Some brain diseases such as Autism are present from birth and those diagnosed must learn to deal with it with from a young age. Diseases such as Parkinson's, **Alzheimer's**, and **Epilepsy** can stem from damages to the nervous system as well.

In my own health journey, I had to deal with an assortment of brain conditions including the breakdown of my neuro-

transmitters: **Serotonin**, **Dopamine**, GABA and Norepinephrine, which produced total chaos with 78% all my body functions. Some of the sources of all of the issues came from severe **sleep deprivation** and the onset of other conditions such as Acute Chronic Fatigue Syndrome and Acute Post Traumatic Stress Disorder, caused by an excessive amount of stress from inappropriate **work practices** whose design goes completely against all **health warnings** regarding that side of human health parameters. I am completely healed now but I take rigorous, extraordinary care to manage everything that **impacts my brain** including my sleep, diet, stress, meditation, water and exercise.

Keep in mind that your brain and nervous

system are the gateways to the rest of your body and needs to be cared for especially well! Don't **write off pains** or memory gaps as they may lead to something more serious in the future and it's important to always stay on top of your body and listen to it. I learned the hard way by **confronting almost death** (as my Doctors explain over and over). I invite you to learn the graceful way, and make the choice to cherish your well-being as I **cherish YOU!!!**



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THE FOOD AND NUTRIENTS YOU PUT INTO YOUR BODY WILL DETERMINE HOW WELL YOUR BRAIN WILL WORK FOR YOU!!!

The brain is the most complex organ in the human body. It contains **20 billion cells and 300 billion intercellular connections**. Brain is like as a central computer – it is responsible for what we feel, think, say, and do. Considering everything it does, the human brain is incredibly compact, weighing just **about 3 pounds**.

Keeping your brain healthy and hearty can come as easily as getting enough **sleep and exercising** regularly. Sleep is a key element in brain health by repairing cells and providing for the ability of neurotransmitters to function properly. Even taking a short nap during the day can help your brain to **fire its synapses quicker** and more efficiently. Exercise is as good for your brain as it is for the rest of your body, but keeping your brain physically healthy can also have to do with exercising your mind by participating in social activities and doing things such as puzzles or playing games and reading.

Managing stress can also be a factor in keeping your brain healthy and working properly. Some natural remedies to keeping stress down can include drinking tea – many teas are said to be calming for the mind and body. Yoga and meditation may also help with stress and even help the body to **regain balance** after suffering strokes.

There are foods and nutrients that are

essential for brain function. Although no one "miracle" food is going to make you a genius, or cure Alzheimer's, regularly adding "brain foods" to your diet will help you **boost your IQ**, improve your mood, sharpen your memory and keep your mind young. The following list of foods and nutrients are brain boosters.

Complex carbs. Brain uses nutrients and glucose at 10 times the rate of any other tissue. To work at maximum capacity, it needs a **continuous supply** of energy, ideally from complex carbs, such as oatmeal, bran, brown rice, and legumes.

Fruits and vegetables. They provide energy and antioxidants to help maintain balance, coordination and memory function. The best antioxidant-rich fruits and vegetables are blueberries, **blackberries**, **cranberries**, strawberries, raspberries, Brussels sprouts, spinach, plums, broccoli, beets, avocados, oranges, red grapes, red bell peppers, cherries, and kiwis.

Proteins. Proteins provide the building blocks for most of the body's tissues, nerves, and organs, including the brain. **Protein is found in spinach**, legumes and nuts.

"Good fats". The brain is more than 60% fat. Fats regulate key aspects of the **immune system**, blood circulation, memory and mood. "Good fats" are (Cont. on next page)

Along my health journey, as sleep deprivation and intense **CHRONIC stress** DISORDER, caused a series of different impacts on my body, I saw first hand how seriously the human brain and nervous system can be impacted. My **neurotransmitters** became critically stripped down and the normal messages, that need to be delivered to my nervous system, were completely off track. I suffered from symptoms such as inability to speak, **loss of balance**, extreme dizziness, seizures, anxiety attacks, shortness of breath, extreme migraines, all day nausea, muscle pain all over my body and more symptoms not worth filling up the page with. This complicated other body functions and organs, for example it led to a **kidney and liver** failure and heart malfunctions. I am miraculously healed now, after 2 ½ years of a very intense and **rigorous health journey** with a huge team of natural and Western Doctors, Healers, and all kinds of extraordinary professionals together and with a big community of friends and family that helped me achieve the impossible. I have a **deep new respect** for my brain and nervous system. I rigorously adhere to a diet, sleep and exercise routine for my unique body, brain and nervous system, as I learned to do.

Cherish your body with all of its imperfections, **NOT DISPIE THEM** BUT BECAUSE OF THEM as I speak about on my Health Proposal # 1. Listen to your body and to your Western and Natural Professionals, to guide you to take care of your brain and nervous system for the **best performance** possible. I honor you and request you honor your body and all of it's beautifully designed systems! I learned the "wrong way" (by almost losing my life) and I invite you to learn "**the brilliant way**" just as a choice to honor your-precious-SELF!!!

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THE FOOD AND NUTRIENTS YOU PUT INTO YOUR BODY WILL DETERMINE HOW WELL YOUR BRAIN WILL WORK FOR YOU!!! (Cont.)

found in nuts (walnuts, almonds, pecans, cashew nuts), oils (olive, sunflower, flax seed, wheat germ oil). A healthy supply of **omega-3 fatty acids**, which can be found in seeds and nuts, allows for natural cell repair and the effective chemical and electrical communications that are important to optimal nerve function.

Oxygen. The brain gets 20% of the blood flow and uses 20% of the oxygen supply.

CO2 is called a tranquilizer (or sedative) of nerve cells. Some foods, that help provide oxygen to the brain, include potatoes, onions, tomatoes, parsley, peppermint, and horseradish.

Water. Water makes up **80% of the body**. It is vitally important for communication within the brain and the central nervous system. Eight glasses a day is recommended..

Vitamins and minerals, which are essential for growth and functioning of the brain, include: **Vitamin A, B, C, and E**. Mineral that are key in Brain and Nerve health are Phosphorus, Iron and Sulphur, Calcium, Magnesium, Potassium, Choline, Zinc and Copper. There are, of course, perfect **plant based** versions of all of these.

Join me in **rewarding** your brain and nervous system's power with proper attention.

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.

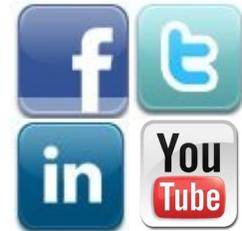
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in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

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AUTOMATIC NEVOUS SYSTEM OVERLOAD LEADS TO SEVERE MENTAL AND EMOTIONAL IMBLANCES!!!

Your brain and nerves work together in order to **allow control** over not just our bodies but also minds and emotions.

It is your autonomic nervous system (ANS) that is involved in your ability to feel emotions. Your ANS has two branches of activity. The **sympathetic** (fight/flight) branch which speeds up your heart rate as it signals you to prepare for action and the **para-sympathetic** (relaxation) branch, which slows down heart rate as it signals you for rest and recovery. ANS balance is an essential KEY for healthy functioning of the mind and emotions.

Constant streams of intense emotions like **fear, frustration and anger** are known to overtax your ANS with stress signals, causing its neural networks to jam and will leads to ANS imbalance; a state of chaos within your ANS which results in your stress response **getting stuck** and remaining in the ON position for fight or flight.

We understand **mental illnesses** as conditions that negatively affect a person's

thoughts, emotions, and behaviors such as major depression and bipolar disorder, schizophrenia, and anxiety disorders, to name a few. **Imbalances** in certain types of **neurotransmitters** can cause abnormalities in the communication among neurons. When this occurs, the brain may not send the proper instructions to the body, which may, in turn, lead to certain symptoms of mental illness.

In addition to imbalances in brain chemicals, changes in the **size and shape** of actual structures in the brain can also contribute to certain mental illnesses. These **neurological abnormalities** observed in people with some types of mental illnesses are a good demonstration of the overlap between the symptoms of neurological and psychiatric illnesses. Because of this certain conditions that are considered to be mental illnesses such as **schizophrenia** and dementia have now been theorized by some scientists to be neurological diseases.

From a spiritual perspective when our bod-

ies are impacted along with our mind and emotions it becomes a greater and greater challenge for us to **hear our higher self**. When our brains and our nervous system malfunctions our human vehicles for connecting are **limited** and possibly even shut down. Taking care of your brain and nervous system is a **gift you give your-self** to be able to not only have your body function but to enable you to be fully in communication with your higher self.

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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