

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

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

In this 79th Newsletter, I want to talk to you about your **Ear, Nose and Throat Health** 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 EARS, NOSE AND THROAT ARE GATEWAYS TO THE WHOLE WORLD OF YOUR SENSES!

Your ears, nose, and throat are what allow us to eat, **taste, smell and hear!** They are very important parts of your body and open up your senses to the world! In this newsletter, I want to focus on ways to keep your ears, nose, and throat 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 **ears, nose, and throat** that will help encourage a healthy lifestyle. These articles will provide information on how your ears, nose, and throat may affect your health, physical, and spiritual well-being.

The common ailments ENT physicians treat are **nosebleeds**, ear infections, sleep apnea, sinusitis, allergies, and tonsillitis. Your ear has three main parts: outer, **middle and inner**. You use all of them in hearing. Sound waves come in through your outer ear. They reach your middle ear, where they make your **ear-drum vibrate**. The vibrations are transmitted through three tiny bones, called

ossicles, in your middle ear. The vibrations travel to your inner ear, a snail-shaped organ. The **inner ear** makes the nerve impulses that are sent to the brain. Your brain recognizes them as sounds. The inner ear also controls balance.

A variety of conditions may affect your hearing or **balance**. Ear infections are the most common illness in infants and young children. **Tinnitus**, a roaring in your ears, can be the result of loud noises, medicines or a variety of other causes. Meniere's disease may be the result of fluid problems in your inner ear; its symptoms include tinnitus and dizziness. Some ear disorders can result in **hearing disorders** and deafness. Your ears can be prone to injury or infection that may take some time to heal. **Bacteria** often cause infections that may affect the ear. For the most part, ear infections may clear up, but visiting a doctor is always a safe option as they may be painful or create more damage.

It's frustrating to be unable to hear well enough to enjoy talking with friends or family. Hearing disorders make it hard, but not impossible, to hear. They can often be helped. **Deafness** can keep you from hearing sound at all.

What causes hearing loss? Some possibilities are

- Heredity
- Diseases such as ear infections and meningitis
- Trauma
- Certain medicines
- Long-term exposure to loud noise
- Aging

There are two main types of hearing loss. One happens when your inner ear or **auditory nerve** is damaged. This type is permanent. The other kind happens when sound waves cannot reach your inner ear. **Earwax** build-up, fluid or a punctured eardrum can cause it. Untreated, hearing problems can get worse. If you have trouble hearing, you can get help.



CAROLINA ARAMBURO

Your nose is what you use to smell and often helps your **taste buds**. When the nose doesn't work properly, it can be frustrating. Some common ailments for the nose may include colds, **allergies**, sinus infections, or nasal obstructions. **Preventative measures**, such as eating right and staying indoors during allergy seasons, may be the best idea for keeping your nose healthy and happy.

**Sinusitis** means your sinuses are infected or inflamed. Your sinuses are hollow air spaces within the bones surrounding the nose. They produce mucus, which drains into the nose. If your nose is **swollen**, this can block the sinuses and cause pain and infection. Sinusitis can be acute, lasting for less than four **weeks**, or chronic, lasting much longer. Acute sinusitis often starts as a cold, which then turns into a bacterial infection. **Allergies**, pollutants, nasal problems and certain diseases can also cause sinusitis. Symptoms of sinusitis can include **fever, weakness, fatigue, cough and congestion**. There may also be mucus drainage in the back of the throat, called **postnasal drip**.

Your throat is a tube that carries food to your **esophagus** and (Cont. on next page)



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## YOUR EARS, NOSE AND THROAT ARE GATEWAYS TO THE WHOLE WORLD OF YOUR SENSES!! (Cont.)

air to your windpipe and larynx. The technical name for throat is pharynx. Your throat can often suffer from infections or even cancers. A sore throat may be an indication of many things including an infection (viral or bacterial), allergies, tumors, unclean air containing irritants such as cigarette smoke or pollution, reflux, overuse of voice, on inflammations. You may also be suffering from tonsillitis or infected adenoids.

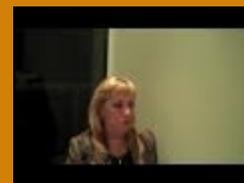
More serious throat infections such as strep throat or diphtheria can occur. Diphtheria is a serious bacterial infection. You can catch it from a person who has the infection and coughs or sneezes. It usually affects the nose and throat and causes a bad sore throat, swollen glands, fever and chills. But if it is not properly

diagnosed and treated it produces a poison in the body that can cause serious complications such as heart failure or paralysis. Keeping your throat healthy of cancers or laryngitis may be difficult, and cures may be harder to come by. Surgery may be necessary in some cases such as for tonsillitis.

In my own health journey, I have dealt with problems in my ears, nose, and throat. I suffer from allergies, as many people do, and can find it difficult to deal with the watery, scratchy eyes and runny nose, but by keeping myself on a healthy diet and taking the time to exercise regularly, I find that I can stave off things like the common cold that can affect my nose and throat as well as the rest of my body. I use natural remedies to keep sickness at bay! I drink

lots of water and use simple things like gargling with salt water to get rid of sore throat. That same salt solution will work for both earaches and nasal congestion and sinus infections.

How you care for your ears, nose, and throat can have a significant impact on the way the rest of your body feels. Keeping an eye on ear, nose, and throat problems can help to keep your body healthy and working well. Listening to your body doesn't actually require your ears. Start listening today!



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## THERE ARE MANY EFFECTIVE NATURAL TREATMENTS FOR EAR NOSE AND THROAT PROBLEMS!!!!

Good ear health begins with keeping the ears clean and free of wax in order to prevent infections from occurring. You should clean out the ears at least once a day in order to keep them free of wax. Another ear remedy may be to make your own ear drops! A mixture of garlic liquid, tea tree oil, and St. John's wart may help to alleviate the pain, but be sure to consult a doctor if the ear is leaking fluid. Other natural remedies for ear infections can include taking in a regular amount of flax oil in your diet. Other immune system boosters such as Vitamin C and A can also help to ward off or fight infection in the ears. Warmth may also help fight ear infections: by placing a warm bowl of water wrapped in a towel against your ear, it may give you some relief. Keeping moisture out of your ear can also be a preventative measure against infections. A cotton ball in your ear during showers may help to reduce the amount of water in your ear.

Stuffy nose (also known as "nasal congestion") occurs only in conditions of low body-oxygen levels (less than 20 seconds for the body-oxygen test). Low cell-oxygen levels are caused by chronic overbreathing, upper chest breathing (which drastically reduces blood oxygenation), and habitual mouth breathing. While main superficial causes of stuffy nose include bacterial and viral infections, low body-oxygen content, on a cell level, is always the key factor.. If you slow down your basal breathing patterns (get closer to the medical norm for breathing at rest) and achieve more than 20 seconds for the

body-oxygen test, your frequent upper respiratory infections will also disappear.

When nasal congestion is caused by infections, the person will notice that his or her mucus is yellow or green. This indicates presence of dead bacteria or viruses in mucosal discharges. There are also other natural remedies exist for stuffy noses no matter what the source. Boil a pot of water, and remove the pot from the stove. Drape a towel over your head, and then lean over the pot. This should unplug your stuffy nose in about 10-15 minutes. You can also use essential oils to help relieve a stuffy nose. When using the steam method above, you can add two or three drops of eucalyptus oil to the water. Adding a few drops of eucalyptus oil to a humidifier, vaporizer, or diffuser will also help your stuffy nose. Pure nasal saline sprays can help you breathe easier by moistening the nasal membranes. If you don't have nasal saline spray, mix ¼ teaspoon of baking soda and ¼ teaspoon of table salt with eight ounces of water. Put some of this mixture into a nose dropper or atomizer, and squirt into each nostril. You can use this solution as often as necessary to provide relief.

Some foods may also help to curb the affects of allergies, including those rich in Omega-3, which can include walnuts, and flax seeds. Adding a bit of something spicy such as horseradish or chili peppers may help clear out your sinuses temporarily as well.

For sore throats the following natural (Cont. on next page)

During my health journey I experienced a lot of different types of physical impacts on my ears, nose and throat. A lot of the impact came from the side affects of early medications I was on which caused things like ringing in my ears and dryness in my throat and eyes. Other impacts came from a complication of various near fatal illnesses in other organs. I continued to "listen" to my body internally and as I moved myself off of various medications and onto more natural treatments the impacts altered and went away. I also used acupuncture as a way to clear everything from laryngitis, congested sinuses to an array of eye allergies. Now that I am completely healed, and take care of my nutrition with a uniquely designed vegan diet, I do not have to worry with the stress on my ears, nose and throat anymore.

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 healthcare providers, to guide you to take care of your ears, nose and throat just as you would all of the other organs and systems in your body. I honor you and request you honor your whole body as it is all a part of your precious-SELF!!

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## THERE ARE MANY EFFECTIVE NATURAL TREATMENTS FOR EAR, NOSE AND THROAT PROBLEMS!!!! (Cont.)

remedies have been known to make a difference: **Slippery Elm** lozenges, pills & tea, **Licorice Root** (people with heart disease or high blood pressure and pregnant women should avoid licorice.); **Marshmallow Root** (not for diabetics or pregnant women); **Honeysuckle Flower Tea**, **Lemon, Apple Cider Vinegar, Cayenne, and Honey Tea**, **Sage** throat spray.

Alternative medicine treatments such as

**acupuncture** can make an enormous difference for ear, nose and throat problems. It is effective for ear problems such as infections, discharge, **Meniere's disease** (which is an inner ear problem causing vertigo and balance problems), tinnitus, hearing loss, and popping in the ears. Nasal problems can be treated with good response and include allergic rhinitis, nasal discharge, stuffy nose, nasal bleeding and itchy nose. Throat problems acupuncture can help with

include soreness, **hoarseness**, loss of voice, a feeling of something stuck in the throat that won't come out, trouble swallowing, chronic cough, **tonsillitis**, and pharyngitis.

There are many natural remedies for your ears, nose, and throat that will have you bounce back as **good as new** or better than ever! Listen to your body and let it guide you!

## 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.

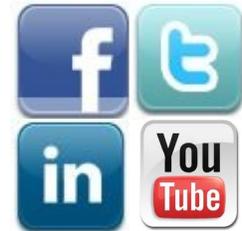
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in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

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## EAR, NOSE AND THROAT DISORDERS CAN HAVE DEEP EMOTIONAL AND MENTAL IMPACTS!!!

Ear, nose, throat disorders not only affect your physical health, but also your **emotional** well-being. If left untreated ear, nose, throat disorders often worsen and can even lead to deeper emotional issues such as low self esteem, depression and anxiety. **Deaf people**, for example, are twice as likely to have mental health problems as the general population, new research shows. Doctors found that deaf children who cannot make themselves understood within their own family are **four times** more likely to have mental health problems than those from families with a successful communication strategy.

Some ear problems such as Tinnitus, which **involves ringing** or buzzing in the ear and can have a range of causes, such as a cold or prolonged exposure to loud noise, can impact people both mentally and emotionally. Following exposure to loud noises, **nerve cells** or 'neurons' in part of the brain called the

dorsal cochlear nucleus fire erratically, eventually leading to tinnitus. Furthermore, they discovered that these neurons are **unable to return** to their usual state because of malfunctions in the potassium channels that regulate the cells' electrical activity.

Our noses are the **center of smell**. The sense of smell is associated with the root chakra as our most primordial sense. Different smells can trigger us into emotional feelings of relaxation and safety, or remind us instantly of times where we felt **unsafe** in the physical body.

A lot of what our body goes through comes from the **filters** of the mind directly or indirectly, and it's important to embrace how we feel and how we react to different **situations**. Cancers of the throat may cause depression, but creating for yourself ways to deal with your emotions through your own unique prac-

tices always gives you an **option**. Fortunately, listening to the quiet voice of your soul does not take the normal "hearing" provided by our ears. As with any physical ailments, as they increase and then mental and emotional issues become **layered** on top of them, then it is more and more difficult to listen to your higher self. However, you can strengthen your ability to "listen" beyond "hearing" now

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