

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 81th Newsletter, I want to talk to you about your **Eyes and Vision 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**.

YOU CAN KEEP YOUR PRECIOUS EYES AND VISION AT TOP PERFORMANCE !!!

Your eyes are some of the most complicated parts of your body and allow us to **experience the world** visually as well as giving us a view into the rest of your physical, mental, emotional and spiritual health! In this newsletter, I want to focus on ways to keep your **vision and eyes** 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 eyes and vision that will help encourage great health for your eyes and vision as well as a healthy **lifestyle**. These articles will provide information on how your eyes and vision may affect your health, physical, and spiritual well-being.

Eye health is just as important as any other part of your body, but because we **use our eyes**, as a key part of our senses and for almost everything we do, it can be even more important to

practice good health where they are concerned. Vision begins from before you are even born, and it is how we **perceive and absorb** the world around us. The common treatments for vision and eye problems are glasses, contacts and, in the last decade surgical procedures such as **lasik surgery**. We want to focus on preventative methods and natural methods that, while not always promoted may provide you with **alternatives** to the common methods.

There are many different things that can affect your eyes and vision. From a young age, your vision can be impacted by other problems such as: **thyroid imbalance**, allergies, liver disease, gallbladder disease, high blood pressure, diabetes, and vitamin deficiency. The most common vision robbing eye problems are: **Hyperopia** (farsightedness), **Myopia** (nearsightedness), **Presbyopia** (an inability to focus on close objects), **Macular degeneration** (damage to the center of the retina, which makes it difficult to see fine details), **Glaucoma** (a group of eye conditions that can lead to damage to the optic nerve, which is the nerve that carries visual information from the eye to the brain) and **Cataracts** (clouding of the lens of the eye that can occur with age).

Some common, everyday eye problems can include **styes** – a small bump on the inside or outside of the eyelid, which may be caused by a blocked oil gland or eyelash follicle. Mostly styes are unsightly and slightly painful, but they can be gotten rid of with some patience and natural remedies reported to aid it such as warm **salt water** compresses, applying a potato or colloidal silver on a tissue to it. Other problems can include infections such as **pink eye** (a highly contagious infection passed through touch), itchy eyes, blurred vision, and twitching eyes. Many of these may be caused by factors such as stress, too



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much caffeine or **fatigue**. Allergies can also cause problems with vision, causing blurred or teary eyes, or itching. Some problems don't go away with **time or treatment**, however, such as **glaucoma** or blindness caused by accidents. Other eye problems might be **indicative** of more serious problems such as Panic disorder or Tourette's syndrome. Seeing a healthcare professional is important if you begin having sudden eye problems. The sooner the better so you can catch anything wrong with your eyes or other systems in your body that result in **eye issues**.

There are some proven natural nutritional keys to **on-going maintenance** of your eyes and vision. Many studies have been done and the short list of things that really do have an impact on eye performance is: Green Tea, Carrots, Tomatoes, **Spinach** and Garlic.

Maintaining one's eye health isn't too difficult when one looks at the **choices** of foods available to help one's eyes. From drinking green (Cont. on next page)



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YOU CAN KEEP YOUR PRECIOUS EYES AND VISION AT TOP PERFORMANCE !!! (Cont.)

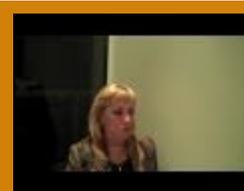
tea to eating a spinach salad, it's easy to envision why feeding the body with eye-friendly vitamins, minerals, and nutrients is so important.

In my own health journey, I have paid particular attention to my eyes. My eyesight, while not the only sense I utilize, is one of my senses that allows not only for me to expand my input and feedback from the world and to use all my senses to their advantage, but also brings me incredible pleasure! Being a public speaker and hoping to be able to see my audience better, without glasses to aid me, I did have Lasik surgery, which was not the answer for me. I was left with horrible dry eye, had to have artificial tear

ducts implanted and my vision worsened again. Following that I taught myself a series of eye exercises which I diligently did that took my vision back to 20/20. I also began to listen to my body and to take care of my vision by eating lots of the proper foods such as lots of leafy green veggies, carrots and tomatoes. I also make sure that when I have been straining my eyes on the computer that I rest them and do exercises to release the tension. I have kept my eyes at 20/20 vision now for the last six years this way.

Keeping your eyes healthy requires diligence from the very beginning but when you incorporate it into daily nutrition and health care and add usual

eye check-ups to make sure your vision is where it should be you can keep the miracle of your vision in top shape just like all the other systems in your body. Degenerative eye problems may not be able to be helped, but by getting ahead, you may be able to stay on top of the problem rather than trying to catch up later. Your eyes are the only ones you have and they can serve you and give you pleasure for a lifetime so you want to keep them healthy!



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EYE EXERCISES, SUNLIGHT AND NUTRITION ARE KEYS TO GREAT EYESIGHT AND ON-GOING EYE HEALTH!!!!

The eyes are the window not only to the soul, but also to the health of the body. Because the body's systems are interconnected, changes in the eye can reflect those in the vascular, nervous and immune system, among others. And because the eyes are see-through in a way other organs aren't, they offer a unique glimpse into the body.

Many doctors have made amazing changes in the vision of their patients with alternative methods such as sunlight, nutrition and even eye exercises.

Let's start with sunlight which, contrary to popular belief, has been proven to positively impact eyesight. Many doctors believe that sunglasses block healing ultra-violet light and thus contribute to the increased incidence of blindness and eye disease in this country. "Gazing directly into the sun actually improves sight and aids in overcoming disease". Dr. Herbert Shelton M.D. The eyes are also nourished and relaxed by the use of light, letting the head swing with closed eyes facing the sun or a sun lamp. Needless to say, that the sun is never looked at directly.

A daily vision fitness program will ease eye discomfort caused by computer use, eye strain and eye fatigue. Just as you need to exercise the rest of your body, you need to exercise your eyes. As we age, the eye muscles become weaker and the lens of the eyes stiffer. Doing regular eye exercises can help keep the eye muscles strong the eye lens flexible. Regardless of your

eye condition, regular eye exercises can help support healthy circulation and flow of energy in the eyes, thereby supporting delivery of oxygen and essential nutrients.

Dr. W. H. Bates, M.D. (1865-1931), a prominent American ophthalmologist, developed methods to improve sight and restore natural habits of seeing, which have been lost through strain, tension and the resulting misuse of the eyes. Since in most cases of faulty sight interest in seeing has been replaced by straining, trying to see, or boredom, self-criticism, etc., the first step in improving the sight is to stimulate interest by suggesting the pupil replaces the attitude of trying to see by that of looking for something, for example different colors, trees, birds, flowers - whatever is suitable and is accessible to the particular state of sight without glasses or lenses.

Nutrition is a key factor in keeping a healthy visual system throughout life. The eyes and brain contain millions of highly specialized cells, such as the rods and cones, which have specific nutritional requirements.

What are the nutrition basics for keeping healthy vision?

1. Eat a diet based on whole, fresh, organic foods. Fruits and vegetables, beans and grains, nuts and seeds should be the foundation. Include: Carrots, Tomatoes, Garlic, Spinach, Kale and Green Tea.

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During my health journey I experienced a lot of different types of physical impacts on my eyes and vision. Acute stress, tension, sleep deprivation and the impacts of the complications from medications and the various other near fatal illnesses in other organs directly impacted my eyesight. I tried the conventional methods of correction including Lasik surgery but when that only provided further complications I continued to "listen" to my body internally and create, after working with my team of holistic doctors and healers, appropriate nutrition and eye exercises that returned my eyesight to 20/20 vision in a way that some thought would be impossible without glasses, contacts or further complicated surgeries. I have retained my 20/20 vision and I am completely healed, and take care of my nutrition with a uniquely designed vegan diet.

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 eyes and vision 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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EYE EXERCISES, SUNLIGHT AND NUTRITION ARE KEYS TO GREAT EYESIGHT AND ON-GOING EYE HEALTH!!!! (Cont.)

2. Supplement your diet with **good vitamins and minerals** that you may not get from your food.
3. Incorporate **anti-oxidants** into your diet. Research shows that antioxidants can be very helpful in keeping healthy eyes and vision.

Here is a list of **researched vitamins, minerals** and herbs that will serve your eyes to give them top performance:

Top Vitamins for Vision and Eye Health are: Vitamin A , Vitamin C, Vitamin E's and B Complex.

Top Minerals for Vision and Eye Health are: Magnesium, Chromium , Selenium , Zinc and Copper.

Other Important Compounds for Vision and Eye Health are: Lutein, Alpha Lipoic Acid (ALA), Dicosahexaenoic acid (DHA), N

-Acetyl Cysteine (NAC) , Glutathione and Rutin.

Top Herbs for Vision and Eye Health are: Pycnogenol, Coleus forskohlii, Pilocarpus jaborandi, and Triphala, Silymarin, Bilberry, Ginkgo biloba , Eyebright

No matter what, make sure you **cherish your eyes** for any of their imperfections and listen to your body to tell you what they need for top performance.

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!!**

YOUR EYES HAVE AND RECEIVE IMPACTS TO AND FROM YOU MENTALLY, EMOTIONALLY AND SPIRITUALLY!

Given the physical and social harms of blindness and eye disease, there is a well-established **link between poor eye** health and mental health. Some of the primary effects of **eye disease** on mental health are: depression, social withdrawal and anxiety.

On the flip side, the eyes have been used to **diagnose and treat** other mental and emotional disorders. Techniques such as eye movement desensitization and reprocessing (EMDR) is a nontraditional type of psychotherapy that has been **EMDR** is used to treat many other psychological problems. They include: panic attacks, eating disorders, addictions and anxiety.

According to Martin Sussman, author of **Your Eyesight and You: A Total Mind/Body Understanding of Vision**, there are 3 factors, in addition to direct tension, strain and inflexibility in the eyes, that influences your eyesight: 1) **Secondary tension** that is stored in other areas of the body and the overall health and nutritional level of the body; 2) **Limiting** or negative thoughts

about vision or about how external reality is perceived; and 3) **Subconscious** memories and past emotional decisions. He states that a holistic model of better vision includes these **three components**: 1) Physical eyesight; 2) Inner vision; and 3) Emotional seeing. Sussman states, "When you begin to understand how intimately your vision is connected to your body, mind and emotions you come to realize that the state of your eyesight is a **reflection** of your inner health, clarity and focus and as such can be a barometer of your total consciousness."

Many visual training teachers have practiced the ancient art of **eye-palming** techniques for thousands of years. This practice is said to bring about a complete transformation and restoration of the eyes and taught by have practiced eye-palming techniques for **thousands** of years. The Masters say that too much outward gazing at all the 'exciting', **bright and fast-moving** things in the world upsets the inner balance of our 'spiritual third eye. The physical eyes and brain become clouded confused and agitated, like a **muddy stream**.

Since our health and well-being is fully holistic - your eyes – like every other part of your body – is impacted and impacts your emotional, mental and spiritual well-being. Allow yourself the gift of paying attention to your **internal and external** vision as a way to connect to the world around you and to the quiet voice of your soul. **Do not wait** until you become physically ill and there is mental and emotional impact, as then your ability to hear that voice is more and more impacted.

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

<http://carolinaaramburo.com>

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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