

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 81st Newsletter, I want to talk to you about your **Immune System** and its 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 IMMUNE SYSTEM IS YOUR PERSONAL INTERNAL NATURAL HEALER!!!

Your immune system is the system that keeps your body working regularly and heals you! In this newsletter, I want to focus on ways to keep your **immune 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 immune system that will help encourage a **healthy future**. These articles will provide information on how your immune system may affect your health, physical, and spiritual well-being.

Inside your body there is an amazing protection mechanism called the immune system. It is a complex **system of cells** that are designed to defend you against **millions of bacteria**, microbes, viruses, toxins and parasites that would love to invade your body. It can tell the difference between good and bad cells and works to cure your **body naturally**. The immune system works silently, attacking bad cells and encouraging growth of new, healthy cells. The immune system protects you in three different ways: 1) It creates a **barrier** that prevents bacteria and viruses from

entering your body; 2) If a bacteria or virus does get into the body, the immune system tries to **detect and eliminate** it before it can make itself at home and reproduce; 3) If the virus or bacteria is able to reproduce and **start causing problems**, your immune system is in charge of eliminating it.

The most obvious part of the immune system is what you can see. For example, **skin is an important part** of the immune system. It acts as a primary boundary between germs and your body. Skin is tough and generally **impermeable** to bacteria and viruses. The epidermis contains special cells called **Langerhans** cells (mixed in with the melanocytes in the basal layer) that are an important early-warning component in the immune system. The skin also secretes antibacterial substances.

Your nose, mouth and eyes are also obvious entry points for germs. Tears and mucus contain an enzyme (lysozyme) that **breaks down the cell wall** of many bacteria. Saliva is also anti-bacterial. Since the nasal passage and lungs are coated in mucus, many germs not killed immediately are trapped in the mucus and soon swallowed. **Mast cells** also line the nasal passages, throat, lungs and skin. Any bacteria or virus that wants to gain entry to your body must first make it past these defenses.

Once inside the body, a germ deals with the immune system at a different level. The **major components** of the immune system are:

- **Thymus** (responsible for producing T-cells)
- **Spleen** (filters the blood looking for foreign cells)
- **Lymph system** (Lymph is a clearish liquid that bathes the cells with water and nutrients. It is blood plasma -- the liquid that makes up blood minus the red and white cells.)
- **Bone marrow** (produces new blood cells, both red and white from stem cells)
- **White blood cells** (A whole collection of different cells that work together to destroy bacteria and viruses such as neutrophils, eosinophils and basophils macrophages, lymphocytes, B Cells and T Cells)



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- **Antibodies** (Immunoglobulins and gammaglobulins) are produced by white blood cells)
- **Complement system** (A series of proteins manufactured in the liver. They cause **lysing** (bursting) of cells and signal to phagocytes that a cell needs to be removed.)
- **Hormones** (Lymphokines generate the immune system while steroids and corticosteroids suppress the immune system.)

Your body is a multi-cellular organism made up of perhaps **100 trillion cells**. The cells in your body are fairly complicated machines. Each one has a nucleus, energy production equipment, etc. Bacteria are single-celled organisms that are much simpler. **Bacteria** are completely independent organisms able to eat and reproduce. One bacteria can become millions in just a few hours.

A **virus** is a different breed altogether. A virus is not really alive. A virus particle is nothing but a fragment of DNA in a protective coat. The virus comes in contact with a cell, attaches itself to the **cell wall** and injects its DNA (and perhaps a few enzymes) into the cell. The DNA uses the machinery inside the living cell to **reproduce** new virus particles. However, the immune system is (Cont. on next page)



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YOUR IMMUNE SYSTEM IS YOUR PERSONAL INTERNAL NATURAL HEALER!! (Cont.)

not immune to its own problems, and when it doesn't work properly, it can cause some **major problems**. There are some problems that the immune system cannot fight against such as cancer or HIV.

Different types of bacteria will also sometimes **confuse the immune system** and then attack the wrong cells. **Autoimmune deficiency** is when the immune system attacks seemingly healthy cells. It can also be a cause of arthritis as the white blood cells attack healthy cells in our joints as if they were bad. In some cases, such as in allergies, the body reacts to the problem cells by **mustering its strength** to fight against such problems.

One way to ensure that your immune system learns the best way to treat other

cells and recognize good from bad is to be sure to **expose your body** to different things as a child. This can help later in life as the immune system needs to learn in order to tell the difference.

In my own **health journey**, I have paid a lot of attention to my immune system and keeping it healthy. During my intense illness, my immune system was depleted and **broke down** several times. Seemingly simple things like getting over a cold or responding to allergens became a real challenge. Through listening to my body, working with an exceptional team of traditional and non-traditional doctors and healers and consistently giving myself the nutrition, exercise and sleep I needed I have healed myself and my immune system is **performing optimally** again.

Your immune system is your body's first **defense against infections** and diseases, and it's important to make sure that it works properly. If you have any doubts that your immune system is not working properly, visit a doctor and have it checked out. The biggest key to keeping your immune system healthy, like any other system, is to be **keenly listening to your body** so that you can detect any abnormalities as it begins vs. letting it continue to break down.



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NATURALLY BOOSTING YOUR IMMUNE SYSTEM WILL NATURALLY BOOST YOUR HEALTH AND LONGEVITY!!!

When your immune system works properly, it works to keep your body healthy by **healing infections** and other problems that may occur in the body. Your cells work together to heal your body **naturally** without aids from medicine. In order to keep your immune system working up to par, you have to take care of it the same way you have to take care of the rest of your body.

Keeping your immune system healthy can mean **boosting it with natural cures** and foods as well as avoiding problem products that can weaken the immune system. Some of these problem foods or products can include **white flour**, starchy sugars, salt, fast food, micro waved foods, animal and animal by-products and processed foods. These foods and **food processes** may remove nutrients from foods; enter excess immune stress factors into your body and cause damage to the immune system. Other products that may affect the strength of your immune system can include **hair dye**, oven cleaners, chemicals, pharmaceuticals, antibiotics, furniture polish, air fresheners, aluminum cookware, non-stick or Teflon pans, heavy metals, as well as some **deodorants**.

Toxins may be stored in the body's fat cells for long periods of time and therefore may hurt the body over a **longer amount** of time than we may have been aware. There are ways, however, to keep your immune system naturally strong and help reduce the **amount of toxins** in your body.

In order to boost your immune system, be sure to get **plenty of sleep**, as rest is what your body needs in order to regenerate new cells. No less than a full eight hours of sleep each night may help regulate

immune function. Sleep can also help to reduce stress, a possible cause of a weak immune system. Regular exercise can also be very important in bolstering the immune system. A **brisk walk** every day can work wonders on increasing your **T-cell fighting** power to stave off infections.

A **healthy diet** is, of course, also very important in keeping your immune system working properly. Cook healthier with olive oil when possible, and eat omega 3 oils such as flax seed. Be sure to add fiber and plenty of **fruits and vegetables** to your diet as well to help your immune system reach its peak capacity!

Even if your diet is really healthy, it might be helpful to fill in the holes you may be missing. Here is the **ultimate list** of natural remedies/boosters for the immune system:

- **Astragalus** boosts the immune system and generates anticancer cells in the body. It is also a powerful antioxidant and protects the liver from toxins. IMPORTANT: Do not take this herb if fever is present.
- **Bayberry** has antibiotic effects for sore throat, coughs, clods and flu.
- **Garlic** is effective against at least 30 types of bacteria, viruses, parasites and fungi. It has anti-inflammatory and astringent properties. Adding **onions and horseradish** to meals can also naturally strengthen your immune system.
- **Echinacea** boosts the immune system and enhances lymphatic function.
- **Goldenseal** strengthens the immune system, cleanses and detoxifies the body. It has anti bacteria properties.
- **Shizandra** (an herb).

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There is no shortage of science supporting the relationship between **sleep and stress** and their impact on your immune system. Even just one night of disturbed sleep can decrease production and activity of **white blood cells and T cells**. Acute and chronic stress can render a normal immune system practically non-functional in very short periods of time. My combination of Acute **Chronic Fatigue Syndrome** and Acute **Post Traumatic Stress Disorder** absolutely shut down my immune system many times during my extreme illness. My body reacted with continuous colds, allergies and flu like experiences. There were periods when I couldn't seem to fight off anything. I relied on my natural healthcare providers, a **very clean vegan diet**, lots of exercise, and various methodologies to **increase sleep** to keep boosting my immune system. I am, thanks to a large team of people committed to my health, healed now and my immune system is functioning normally.

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 **immune system** 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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NATURALLY BOOSTING YOUR IMMUNE SYSTEM WILL NATURALLY BOOST YOUR HEALTH AND LONGEVITY!!! (Cont.)

- **Chlorella and pearl barley.** These foods contain germanium, a trace element beneficial for the immune system. Also giant red kelp contains iodine, calcium, iron, carotene, protein, riboflavin and vitamin C, which are necessary for the immune system's functional integrity.
- **Vitamin C** is essential for the formation of adrenal hormones and the pro-

duction of lymphocytes. It also has direct effect on bacteria and viruses. Vitamin C should be taken with bioflavonoids, natural plant substances that enhance absorption and reinforce the action of this vitamin.

Antibiotics, while sometimes necessary, are very often overused and a quick fix application and should be used in small amounts – only when deemed unavoidably

necessary by your healthcare professionals and after other considerations - to reduce the chance of your body building up **immunity to them** and therefore creating problems for your system to work properly.

Taking care of your **immune system** is important in order to keep the rest of your body working properly, so don't take it for granted!

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.

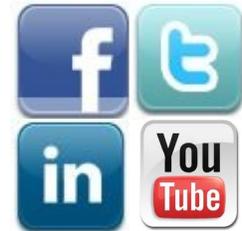
Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in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

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EMOTIONS CAN BOTH INCREASE AND DECREASE IMMUNE FUNCTION AND YOU CAN CONTROL THAT!!

Emotions trigger a cascade of **biochemical** changes in our bodies that affect the way our body's function and how we feel. Our nervous and endocrine systems communicate **bi-directionally** with our immune system in the "language" of hormones and **neuropeptides**. This means that our emotions can induce health or illness and, in turn our state of health can induce emotions.

Natural killer blood cells (NK cells) work to destroy tumor cells, diseased tissue or invading viruses, bacteria etc. **Neuropeptides** are believed to facilitate an intimate communication between the immune system and our emotions. **Immunoglobulin A** is a specialized protein called an antibody that is produced by white blood cells to battle foreign pathogens such as bacteria. **Cortisol** is a hormone that is excreted during stress and weakens the immune system. A study of people **suffering from stress**, grief, anger and conflict showed that they had elevated cortisol and decreased NK cell lysis, Immunoglobulin A and neuropeptides.

Humans are social, bonding creatures and measurable stress reduction may occur after as little as five minutes of interaction with a **pet dog or a favorite person**. Practices like mindfulness, meditation, Tai Chi or yogic breathing (pranayama) can all amplify our resilience to emotional, physical and mental stress and **boost immune** function.

Stress can be divided into **eustress** and **distress**. Where stress enhances function (physical or mental, such as through strength training or challenging work), it may be considered eustress. Persistent stress that is not resolved through coping or adaptation, deemed distress, has an enormous **negative impact** on our immune system.

From a spiritual perspective your immune system is a **guardian to keep your body** and mind healthy. Hearing the quiet voice of your soul is much easier when your physical, mental and emotional health is optimal. Practices such as yoga or meditation can be helpful to create a **relaxing environment**, a safe environment in which you feel

as though you can relax and be safe to let go of the things that may trouble you. Embracing a way to find that **balance** may really help you to let go of any extra stress in your life that can cause **immune system deficiencies**. Your connection to your higher self is a big part of your health and keeping it healthy requires dedicating some time to keeping yourself in **touch with you!**

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