

WHAT'S NEW @ CAROLINA ARAMBURO & FRIENDS

SLEEP

NOTE - THIS PARAGRAPH WILL MAKE A DIFFERENCE WITH THE REST OF THIS NEWSLETTER: On this 2nd Newsletter let's look at my second Health Proposal (please remember the video has more content, this is more like a summary), sleep and the main topics of the week on our FanPage. Now this conversation makes more sense if you watched the First Health Proposal. So if you haven't, please pause and go back and watch the First Health Proposal. All of my videos are free, find them at <http://www.youtube.com/carolinaaramburo>. If you have questions, I will be happy to answer, please Facebook message me. **I am not selling you on anything;** my biggest commitment is the exchange of information and the chance to make a difference. **I am committed to make a difference for you, through this information and you can make a difference for me, by giving me your feedback.**

Now, lets look at sleep, **one of the crucial aspects of health.** I am going to apply the first health proposal to sleep, one of the major commitments we must have if we are committed to being healthy. As I mention in the 1rst Health Proposal – I did a lot of things "right" for my health, my whole life, like I ate healthy, I drank water, I took vitamins.. all those things. But there are many things I didn't do, **among them was sleep enough and almost every week, I had a night where I did not sleep at all. That had me almost die eight months ago.**

I will tell you a little piece of my history and I am **committed** you can learn from my example and save yourself from going thru what I went thru. So there I am in my doctor's office, last year and he is telling me, **"If you don't learn to sleep, (because your brain has forgotten how to sleep), you are going to die."** First of all, I was one of those people who were

addicted to staying awake. In a next video, it is listed as one of the many non-obvious addictions; the addiction to stay awake and not sleep enough – that many of us have.

I thought I lived a healthy life all of my life. I was very productive – **I worked 17 hours a day** and I was a **high-energy producer** kind of a person – leading seminars around the world, I was healthy, energetic and **I was proud that I didn't need any more than 5 hours a night and I even could do with less or if I needed it, with no sleep.**

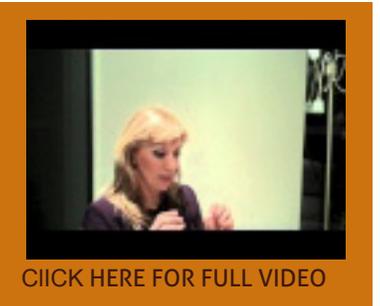
And there I am – with a doctor telling me that if I don't learn to sleep I am going to die. And then he told me, **"You need 8 hours."** First of all it was hard for me to accept that a human being needs 8 hours, that I need 8 hours. I saw it like a waste of a third of my life: sleeping. He explained to me that **you invest a third of your life sleeping so you can be healthy the other 2/3.**

Now, when you are faced with death you need to learn!!!!. I highly recommend getting committed to a health journey and getting committed to your sleep being sufficient, before you end up like I did. It is really easy to take a sleeping pill and go to sleep and it's OK since you may have to do that. But, **if you apply the First Health Proposal to the non-obvious addiction of staying awake you will really take a journey similar to mine.**

For example, I learned to do whatever I need to do fall asleep naturally. I learned what kind of meditation makes a difference. I learned that it is not just sleep – the numbers of hours that you sleep is important – that 7 vs. 8 does have an impact on your health. I learned that it is not only the hours – it is the quality of sleep...(continuation in the video).



CAROLINA ARAMBURO



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SECOND HEALTH PROPOSAL

The Second Health Proposal is about **"tuning into" and listening to you body in a particular way.** I am suggesting there is an actual scientific art; it requires being creative as an artist and also, the precision of a scientist. So, **a scientific art;** of you getting your body's natural prescriptions. What do I mean by that? When you are out to improve your health there is so many things you can do. Obviously, you have to **follow the prescriptions of your doctor, but to support yourself in natural ways there are many alternatives.**

Logically you have to do a healthy diet, you have to exercise... all those "right things". But there are many ways of exercising, many possible health diets so just picking one doesn't do it. I am recommending & what I am suggesting in this proposal is that there is a way to support your body to the best possible way so that **your body can heal itself,** if you begin to "tune into" and train yourself to actually be **"in communication with" your body, you actually getting ongoingly what your body needs & what your body is asking for.** It does take a journey, takes patience, takes what I am talking about in the First Health Proposal – cherishing you body in such a way that you are willing to develop a relationship & be in communication with your body.

If you are out to listen to your body you have a little bit of a **dilemma** at first. You could try to listen to your body and just end up listening to the internal dialogue. **How can you differentiate between the internal dialogue we all have, the little voice talking in the back of our heads and your body?** It is two complete different things. So what do I mean about the internal dialogue? We all have a little voice in the back of our

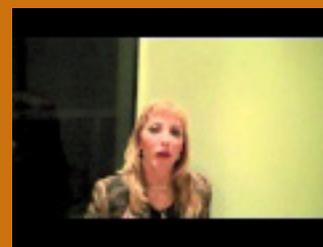
mind saying things like, " Why do I have to do this diet? I don't want to exercise today, bla, bla, bla. All of that is the internal dialogue and I don't recommend following that, mostly.

So, if you are willing to train yourself to differentiate, **notice the internal dialogue, put it aside, go beyond it, it's not bad, we all have it, just go beyond it and listen beyond.** Train yourself to be aware of, everything your body is communicating. A big theory of alternative medicine is that your body can heal itself. I am going to give you an example to give you an access into how I did it. The bad news is that it does take commitment, effort and time, and I don't mean years I mean months. The good news is that once you develop that ability you can start getting faster and faster at noticing what your body really needs.

So here is an of example from my own health journey; stress. I am just touching on this, because the next video is going to be about stress. **Stress, it is a major component damaging our bodies. How we normally deal with stress is just being tough. That doesn't work.** What people recommend dealing with stress is: relax yourself, exercise, listen to music, and meditate. Well, I was doing all of those and it was till not working. One of the components of my illness is that I have a chronic amount of stress. **Even when there is nothing "stressful", happening,** it is just that it is in my body, registered as a chronic condition. So even though I am doing all the meditations every day, exercising, etc. Still it is not enough to help my body. So what I did, for about six months, is keep exploring and **discovering what works for my body in dealing with stress.** I found out, for example, the precise kind of music that helps me deal with

stress. It is not the kind I would think or maybe even like before. I also found many things like; **a particular kind of exercise, that levels out the physical aspect of stress in my body, if I do it during a precise amount of hours and minutes.** In the next video I am going to go into detail about that. (In the video there is another 2 examples).

I am suggesting, **inviting you** to take that journey of discovering how to tune into your body and start listening. It will be like an art –like an artist – creation but it is precise and scientific. Take the scientific and artistic **journey to be in communication with your body and get what your body needs so you can give it to your body and your body can support heal itself.** (In the video there is another 2 examples). Thank you for this opportunity **and please giving me your feedback at <http://carolinaaramburo.com/>, it would make a big difference for me.**



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TOPIC ONE: SUPERFOOD

Now, just a **quick update** on the topics of the week on our Community FanPage; we covered "Super Foods" and "fear" (see the full articles at <http://www.facebook.com/CarolinaAramburoAndFriends>).

Super Foods and their main benefits;

- 1. Low fat or fat-free plain yogurt** for high calcium, protein, potassium, can be enriched with probiotics for a healthy balance of bacteria.
- 2. Eggs** for quality protein, for weight loss, choline for brain development and memory.
- 3. Nuts** for protein, heart-healthy fats, high fiber, antioxidants, healthful in small doses.
- 4. Kiwis** for nutritionally dense fruits, full of antioxidants, for vitamin C, good source of potassium, fiber, & a decent source of vitamin A & E.
- 5. Quinoa** for one of the best whole grains you can ever eat, high protein (8 grams in 1 cup cooked), fiber (5 grams per cup) and a naturally good source of iron,". Quinoa (pronounced keen-wa) also has plenty of zinc, vitamin E, selenium to control weight, to lower heart disease and diabetes risks.
- 6. Beans**, for your heart, for insoluble fiber, to lower cholesterol, soluble fiber, which fills you up and helps rid your body of waste. For protein, carbohydrates, magnesium and potassium. Bauer favors edamame (whole soybeans) because they also contain heart-healthy omega-3 fatty acids. Beans can easily substitute for meat.
- 7. Salmon** for omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health, has lots of protein, is a good source of iron, and is very low in saturated fat.
- 8. Broccoli** for vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fiber to fill you up and help control your weight. Beta-carotene (vitamin A)
- 9. Sweet potatoes** for vitamin A, potassium, for the effect of sodium on blood pressure and to reduce bone loss.
- 10. Berries** for antioxidants, phytonutrients, low in calories, high in water and fiber to help control blood sugar and keep you full longer.
- 11. Cañawa** protein, for a gluten-free cereal, helps prevent cancer and tuberculosis.
- 12. Lemon juice**, besides being a source of vitamin C, and being antiseptic and antibacterial, helps prevent breast and prostate cancer, flushes liver, lowers cholesterol

TOPIC TWO: FEAR

The **impact of fear** in our Health and Well Being, **goes beyond the obvious**. Fear is useful for survival, emergency, and dangerous situations.... but the dilemma is that the **amygdala** and the medial prefrontal cortex in our brains (in a complex process that you can google and read about) **is the one selecting..** when to fear and when not and how long.

And the **amygdala is the one** that stores memories of every event in our lives, where we were, **any similar possible danger**, etc. and therefore the re-

sponse is not always appropriate. 2/3 of the times is... not and **ends up creating more problems for you that what you began with....**

This is why YOU AND I RESPOND TO SIMPLE PROBLEMS as if they were waaaaay bigger than what they are, and put our bodies thru a lot of unnecessary stress. Not to mention having disagreements with the closest people in our lives...

Specifically, as an example.. **if your first ever girlfriend/boyfriend "cheated on you"** every girlfriend/boyfriend

from then on, thanks to your amygdala, becomes the next "possible cheater". At any time your girlfriend/boyfriend does something similar that your first ever girlfriend/boyfriend did you will feel and react like you did the first time. Once you treat the person as a "about to be proven cheater", besides making them pay for both situations, **that person more than likely will cheat, given you already think so. And this is even though maybe they were not cheating or even thinking about cheating.** Food for thought...

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