

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 126th Newsletter, I want to give us a chance to consider the impact that **brain health** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **news-letter 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, go back and watch them. You can also read all of the articles in full **HERE**.

### YOU CAN DO SOMETHING ABOUT THE HEALTH OF YOUR BRAIN!!!

The **human brain** is the most remarkable and complex organ in the human **body**. It produces every memory, feeling, thought, **experience**, and action in the world. There are many **different disorders** that can affect the brain from strokes to **Alzheimer's**, and even mental disorders like **anxiety and depression** so it is very important to keep the brain **healthy** and functioning optimally.

Your brain weighs about 3 pounds and contains hundreds of **billions** of nerve cells (neurons) that are intricately connected with the support of **dendrites**, axons, glial cells, and more. Each **neuron** can make contact with hundreds of **thousands** of other neurons through tiny structures called **synapses**. No two brains are ever alike. Every second of **your life**, your brain is forming a million new **connections**. As certain connection patterns are **strengthened** and others are lost habits are learned, memories are stored, and your personality is shaped.

Your brain structure is shaped partly by genes but largely by **experience**. Your brain produces new brain cells throughout your life but the **bursts of growth** are more prominent in the first few years of life, during puberty, and young **adulthood**. There are also periods of pruning where your brain **eliminates** extra connections that aren't **needed**.

Your brain works together like a committee of **experts**, all with their own function. The three **sections** of the brain include:

- 1) **Hindbrain**: Controls the body's vital functions such as respiration and **heart rate**. It also coordinates movement and is involved in learn movement **patterns**. It includes the upper part of the spinal cord, the brain stem, and a ball of tissue called the **cerebellum**.
- 2) **Midbrain**: The most upper part of the brain stem that controls reflex actions, eye movement, and other voluntary **actions**.
- 3) **Forebrain**: The largest part and most highly developed part of the brain that **consists** of the cerebrum and the inner brain. It is **responsible** for all intellectual activities and memory **storing**. It allows you to plan, play games, solve problems, recognize people, and **read**.

For some unknown **reason**, all of the activity of your brain crosses over and **controls** activity on the opposite side of your body. So, if you **injure** the left side of your brain for example, the right side of your body will be **affected**.

Keeping your brain in good health is extremely **important!** Wearing protective gear such as helmets and seat-belts when it is an option is **imperative** for preventing a brain injury. Avoiding physical activities that cause any heavy blows or hits to your **head**, like boxing or intense sports where **falling** is prevalent, will also help preserve

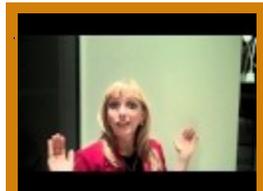


CAROLINA ARAMBURO

**your brain**. How your brain ages also depends on **genes**, but can be greatly influenced by lifestyle as well. Exercising your brain **through** various methods of mental stimulation, getting plenty of social **interaction**, as well as eating a healthy and balanced diet all play a **crucial** role in the health of your brain.

From **my perspective** on the subject of brain health there are many things we can do to **contribute** to the health of our brain. I have noticed as a performance **coach**, coaching hundreds of thousands of people, that most people believe that their **brain capacity** is what it is and that they can't do anything about it. I have not only **learned**, but I have proven to myself, that it is possible to increase your brain capacity **big time**.

I have also proven to myself that **your** brain capacity does not have to keep diminishing as you age. It is possible to keep and increase your brain **performance** if you are willing to do the work. There are many things that I use and (Cont. on next page)



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## YOU CAN DO SOMETHING ABOUT THE HEALTH OF YOUR BRAIN!!! (Cont.)

have used with myself and with others that I've **coached**.

This includes intellectual capacity related exercises such as: **breathing**, concentration, association, focus, and physical **exercises**. Many of these exercises work, maintain, and expand your **brain capacity** the same way that people work out their physical muscles.

If your brain capacity is important to you; you could **treat** it as a muscle and literally exercise it as much as you would exercise any muscle that you're **invested** to keep in peak performance. And not just with **intellectual** capacity exercises, but also with your **nutrition** because what you eat makes a tremendous **difference** in your mental capacity.

Given I went through a very serious

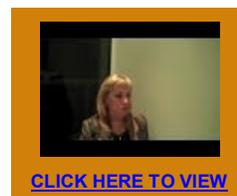
illness where my **mental capacity** diminished, simply because I was sleep deprived, I can relate. When you're sleep **deprived** your mental capacity diminishes big time. I had a very **dangerous** level of serotonin, melatonin, and **norepinephrine** deficiency and almost atrophy as well as many other **conditions** and I know the difference nutrition makes.

There are many foods that you can eat that will **give your brain** the best possible chance to obtain all the chemicals that your brain needs to **function** at its optimal level such as fruits, healthy fats, **vegetables**, and seeds. By feeding your brain everything that your brain **needs** to be in its best capacity and avoiding all the things that damage it, you can affect your brain health **greatly**.

One of the things that had been already **proven**, in many ways, to improve brain

health is having a diet that is mostly, if not completely, a Raw Vegan Whole Food Plant **Based diet**. An animal meat and animal by-products based diet that **people** think is for peak performance actually does **worse things** to your brain capacity and hurts all the chemicals that your brain needs to function in its **peak performance**.

I **highly recommend** you try these nutritional and exercise approaches for at least 3 months! The **gigantic** difference you will notice in your mental clarity, memory, concentration and mental capacity is too big to put **into words!**



## NUTRITION & EXERCISE FOR OPTIMAL BRAIN HEALTH!!!

When people think about getting in **shape**, they think about just working out from the brain **down**. Since your brain is responsible for **so much**, it is important to keep it active and thriving. Genetics and age **play** a part in certain disorders, like **Alzheimer's**, but your brain health can still largely be **impacted** by your lifestyle choices and how well you **take care** of it.

Mental stimulation is important to keep your brain **healthy**. Exercising your brain through challenging games, work puzzles, jig saw **puzzles**, mazes, and other methods that make you use your **memory** or problem solving skills will keep your **brain sharp!**

Physical exercise also greatly improves brain **function**. Certain chemicals are released when you exercise that nourish the **brain and body**. Make exercise fun and challenging for your brain! Set up cones or **obstacles** to practice speed, agility, and quickness for your **body** will also increase your reaction time and ability to make quick **decisions** with your brain. There are also different exercises that you

can do with a partner and various exercise **balls** that will also help with reaction time and improve the functioning of **your brain**. Stability and balance exercises will also activate **certain areas** of your brain that focus on concentration and **motor skills**. Research, get creative, and try different things that challenge you. It's literally like training your brain as you would any other **muscles!** Over time you will notice the rewards!

Nutrition is imperative in taking care of the **brain**. A plant-based, whole food diet is the most **nourishing** diet for brain health that **there is**. Eating a raw plant-based diet will nourish your **brain** even more. Some of the key things to remember when **eating** for brain nourishment are nutrient **density**, anti-oxidant, variety, and **healthy fats** to nourish your brain function.

Vitamins, minerals, and **antioxidants** through super-foods, fruits, and vegetables all help to **protect** the brain from oxidation and advanced **aging**. Eating a wide variety of these and various **protein** sources is important. Some great protein sources are (Cont. on next page)

Your **brain health** does not have to diminish as you age! Your mental capacity, clarity, energy, **concentration**, memory, and performance can increase through intellectual exercises and Raw Vegan Whole Food **Plant-based** nutrition! Give it a try to see the **gigantic difference** it will make in your life!

**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 find the **appropriate** ways, for you, to keep your brain and therefore your mental capacity at peak performance for life. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!**

## NUTRITION AND EXERCISE FOR OPTIMAL BRAIN HEALTH!!! (Cont.)

various beans, nuts, **tempeh**, and seeds. The reason protein is important for brain function is because **different** amino acids combine with vitamins and minerals to form the precursors to certain brain chemicals that your brain needs to **function**. Many people find a few things that they like and stick with **that**. Instead, try different beans and consume dif-

ferent protein daily.

Healthy fats like walnuts, hemp seed, chis seed, **avocado**, black currant seed oil, primrose oil, olive oil, and flax seed oil all help to nourish the brain and give it what it needs to **thrive**. There are also herbs that have been researched and known to boost **brain function**.

These include; Brahmi, Vaga, Ashwaghandha, Tulsi, Tagara, St. Johns Wort, Ginkgo Biloba, and Ginseng. Avoiding **dangerous** substances like alcohol, coffee, **cigarettes**, and chemicals in processed foods will also protect your brain and keep it healthy!

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## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and

I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spiritual growth.

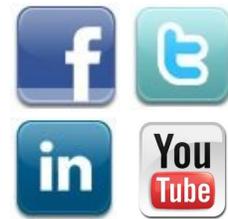
3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.



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## THE EMOTIONAL, INTELLECTUAL, AND SPIRITUAL ASPECTS OF BRAIN HEALTH!!!

There is a large emotional, **intellectual**, and spiritual component to brain health. Research shows that people who are regularly engaged in social interaction **maintain** their brain vitality better. But again, the combination of physical and **mental activity** with social engagement mixed with a healthy diet is more effective than any one factor alone.

One study reported that leisure **activities** that combine physical activity, mental stimulation, and social activity are most likely to prevent **dementia**. Social activity plays a very important part to this. **Studies** show that people who are most socially engaged **demonstrate** mood stability and protection against dementia related conditions like **Alzheimer's**.

Connection is important in **brain**

**health**. Connection with others, the universe, and your **higher self** all help to maintain balance that support **brain function**. Try various methods of maintaining that connection. Games with others, outings with **friends**, the sense of belonging one gets from being a part of a group, keeping in touch with **people** who truly light you up and bring support to your life is all imperative for a **healthy brain!**

As far as your connection with you, **meditation** is one of the best methods for that. Studies have shown that mediation also decreases the risk of **dementia**. Meditation can also help with managing **stress**. Stress is a dangerous promotion that wreaks **havoc** on the body both physically and mentally. Fortunately,

some of the best **stress relief** activities are also things that will nourish your brain! Take time and figure out what works for you and what you **really enjoy**. Listening to your body and higher self in the process will totally support the **health** of your brain!

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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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