

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 198th Newsletter, I want to give us a chance to consider the impact that anxiety can have on our physical, mental, emotional and spiritual 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, go back and watch them. You can also read all of the articles in full [HERE](#).

ANXIETY CAN BE EXTREMELY TAXING ON YOUR HEALTH!!!

Everyone experiences anxiety at one point or another. It is part of our fight or flight response that keeps us alive and attuned to potential danger. But when anxiety becomes constant and chronic, it can interfere with daily life. Anxiety can be seen more often in women than it can in men. **Over 19 million adults and children suffer from some type of anxiety.**

In this newsletter, I want to focus the causes of and holistic healing of anxiety. This week on our Fan Page, we have included articles that will offer you information on how your improving your overall health can prevent anxiety and reduce anxiety if you already suffer from it. These articles that we have put up cover mental, physical, emotional and spiritual support for anxiety.

Anxiety can be seen in many different forms, but no matter what form it is seen in, it still proves to be extremely unhealthy for us to go through. Not only can it occur in many different forms but in EXTREME CASES, it can escalate to a panic disorder, obsessive-

compulsive disorder (OCD), post-traumatic stress disorder (PTSD), social phobia (or social anxiety disorder), specific phobias, and generalized anxiety disorder (GAD).

Difficulty breathing, uncomfortable feelings, headaches and muscle tension. Most people may not even be aware that they are experiencing an anxiety attack when this happens much less which form of anxiety they may have, since some of the symptoms are universal to all of them. Although anxiety is seen in many adults, it usually starts in adolescence or childhood. Some effects that it has on children could be: recurrent stomach aches, high risk for sleep disorders, nightmares, restless legs syndrome, bruxism (the grinding of teeth during sleep)

We all can also be physically impacted by anxiety. Depending on the type of anxiety that they may possess, the effects may waiver. Symptoms listed that may show up: muscle weakness, and tension, night sweats, nausea, chest pain, shortness of breath, stomach aches, heart disease, respiratory problems, allergic conditions, obesity, increased muscular tension, discomfort, headaches, rapid breathing, light-headedness, shaky limbs, high blood pressure, increased heart rate, Insomnia or altered sleep patterns and Weaken immune system.

There are 3000 root causes of anxiety ranging from emotional to environmental to physical. We live lives full of things that give us anxiety and in daily modern life it is impossible not to experience an above moderate level of anxiety given how we have built our modern lives and all the ways we have trained our mind. To fully resolve anxiety, it's important to look at both the emotional triggers and physiological causes. There are many holistic approaches to resolving anxiety and the best approach, by the way, is raising our level of consciousness and, therefore being able to approach the cause to anxiety with a different level of consciousness, with a completely

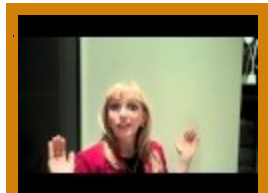


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different emotional setting, different intellectual mindset and different training for our bodies.

Oftentimes, if anxiety starts off as an emotional state, the stress it causes may lead to imbalances in stress hormone and neurotransmitter levels. One of the natural remedies for anxiety address the true biochemical roots of the problem, which lies in neurotransmitters in the brain and an overactive sympathetic nervous system. Neurotransmitters and the sympathetic nervous system become out of balance for a variety of reasons, which may include the following including: high cortisol levels, food intolerance, food additives, preservative and dyes, and over consumption of complex carbohydrates, neurotransmitter imbalance, sugar, caffeine, alcohol, thyroid hormone imbalance, hormone imbalance, pesticides and other common every (Cont on next page)

day environmental, nutritional deficiencies, chronic stress, candida yeast, parasites and/or bacteria, antidepressants, anti-anxiety medication, childhood



CLICK HERE TO VIEW VIDEO

CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW

ANXIETY CAN BE EXTREMELY TAXING ON YOUR HEALTH!!! Cont.)

abuse or other emotional trauma

When I had my near death illness experience I realized I **underestimated** anxiety in life. I underestimated that, even though I may mentally or emotionally not necessarily be aware or consciously **experience** anxiety, the body does experience anxiety. There is a **subconscious level** that we may not want to admit to ourselves where we go through the anxiety in our day to day life and we underestimate it completely and it **greatly impacts** our health. Even though you may not notice the amount of anxiety you experience, especially those of us who are **driven people** and live our lives where we push ourselves to lots of results in very short periods of time and are accountable for lots of things, there is a huge amount of anxiety **we tolerate**, underestimate and ignore and it ultimately costs us a lot in our health. I learned the lesson in a very painful way by seeing all the effects, in my health, of all the anxiety that I underestimated, **ignored** and put myself through, unconsciously thinking that I didn't.

HEALTHY NUTRITION HEALPS WITH ANXIETY!!!

What you eat **influences** the balance of chemicals produced and released in your brain. According to Kathleen DeMaisons in "Potatoes Not Prozac," irregular eating habits and unbalanced meals cause anxiety. DeMaisons recommends eating three regular meals a day with a **significant** source of protein at each meal. Protein contains enzymes that are used in the production of **serotonin**, dopamine and norepinephrine. Without sufficient protein, the brain can become **deficient** in these chemicals, resulting in depression and anxiety. DeMaisons also recommends eating vegetables with each meal to prevent mood swings and provide healthy nutrients for your brain.

Here are some nutritional recommendations that may help increase your health and, thus, **reduce** your chances of having anxiety:

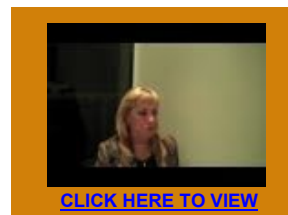
- **Green Leafy Vegetables** – Packed with Vitamins and Minerals. For Iron: Spinach, Turnip Greens, Collard Greens, Parsley, Swiss Chard, Dandelion Greens, Asparagus, Beets and Kale. For Manganese: Spinach, Collard Greens and Cabbage. For Protein: Spinach, Broccoli, Turnip Greens and Asparagus. For Calcium: Spinach, Turnip Greens, Col-

I have learned to have an **immense** amount of respect and to be very mindful about not putting my body through anxiety, whether I wanted to admit it mentally or **emotionally** or not. I have learned to have a healthy approach towards all aspects of wellness, where anxiety should be respected, not **discarded** like a "no, I don't get anxious" kind of an answer, but, should be respected for all of us, because even children get anxious and don't admit it. So my **personal lessons** on anxiety are: 1) don't underestimate it and 2) learn to take all of that energy that impacts your body **negatively** and convert it into something that makes a difference, for example: find ways to work through the anxiety in healthy ways like exercise, yoga, **breathing exercises** or through all kinds of other ways. That is a healthy way to take all of the energy that we underestimate and turn it into a benefit for well being.

Anxiety problems can take a toll on your emotional, intellectual and spiritual **wellness in addition to your physical wellness**.

I invite you do your research, listen to your body for ways to enhance your

health and **release stress**, and if you need some professional help that you allow yourself to get that in the form of a holistic health practitioner or health coach.



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

1) Listen to your body in a specific way*.

2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own

ANXIETY DISORDERS MAY IMPACT YOUR PHYSICAL HEALTH... EVEN IN SURPRISING WAYS!!! (Cont.)

have both iron and healthy fats. Healthy fats help the neurotransmitters to function properly. Low iron levels have been known to cause brain fatigue, which can contribute to both anxiety and a lack of energy. Hazelnuts are a valuable healing food for the nerves. Omega 3 fatty acids, which are important for neurotransmitters can

be found in flaxseed and help seeds.
 • **Maca Root** - It's believed that this root has more phytonutrients than nearly every type of fruit and vegetable, including magnesium and iron – two important nutrients for controlling anxiety.

diet, as ONE of the MOST IMPORTANT answers to **optimal** wellness and anxiety prevention.

Please give yourself a **balanced healthy**

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- 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....
- 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.

- 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"**.
- 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.
- To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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YOUR INTELLECTUAL, MENTAL & SPIRITUAL BALANCE IMPACTS ANXIETY!

An imbalance of our emotional, intellectual and spiritual aspects can lead to anxiety. Anxiety in turn can have a effect on our emotional, intellectual and spiritual aspects. Stress is a **critical factor** in the development of anxiety and continues the cycle.

Emotionally and intellectually, different forms of anxiety can play an important role into which **symptoms** you need to look out for. Emotional symptoms of anxiety include: feelings of apprehension or dread, anticipating the worst, Irritability, **restlessness**, fear, panicked, terrified, feeling that things are incomplete, memory triggers of traumatic events, always suspecting danger. In EXTREME CASES; thoughts about dying, suicide and feeling removed from your body or have a feeling of separation from your **surroundings**.

Understanding why something is happening makes it a lot easier to get through, but the intellect is not the deepest, best nor most effective way to dissipate anxiety. Although, it can help. Part of the **overwhelming** fear that accompanies anxiety are the questions: "What is happening to me?" or "Is this ever going to go away?" or similar "disempowering Ego Driven Self Interrogations". **Understanding** some of the causes we have talked

about earlier in this newsletter and focusing on and working on healing your health will help it pass and is **immensely** helpful for coping.

Here are some solutions for anxiety that have been proven by many to be successful:

- **Observe Your Breathing** - Do deep breathing exercises or just quiet any rapid paced breaths by replacing them with steady and slow breaths.
- **Move your body** - Use Yoga, QiQong, t'ai chi or progressive relaxation. Spend time in nature and take barefoot walks to ground yourself and rejuvenate your energy.
- **Clear Your Mind** - Guided visualizations are excellent mental escapes that can help you to switch your focus away from anything that is troubling you.
- **Create Boundaries** - You may need to step back and create some distance between yourself and anyone who is making you feel anxious.
- **Meditate**—Practice sitting or moving meditation or take regular time for self-awareness practice.
- **Release repressing emotions**.
- **Avoid mental processing**.

Practicing with Integrity and DISCIPLINE, a Holistic Spiritual Discipline (not religious) is ONE OF THE MOST EFFECTIVE AND DEEPEST avenues to help **overcome and prevent** anxiety. Often centering on the development of inner balance, spirituality removes focus from mental processing and external pressures. Studies have proven that people with a **consistent** spiritual practice have reduced risk of anxiety and have a marked improvement in anxiety if they do have it.

If you would, please go to this link and give us/me your feedback:
[CLICK HERE OR SEE http://carolinaaramburo.com](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.