

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 209th Newsletter, I want to give us a chance to consider the impact that hygiene can have on people's 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. This week we have also included articles that on hygiene that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of DEEP HYGIENE. What we are talking about is distinct from the usual concept of cleanliness. Hygiene, as we are looking at it here, is a full set of principles and practices to apply in one's life to achieve and maintain optimal physical well-being, emotional balance, mental and spiritual clarity and vibrant energy.

### WHAT You DID NOT KNOW that you did NOT KNOW about INTEGRAL DEEP HYGIENE and its Tsunami OF BENEFITS!!!

We are going to give you some simple but POWERFUL HYGENIC practices to provide you with Massive WELLNESS benefits based on a comprehensive and holistic set of hygienic practices from Aureveda. Ayurveda is a well known ancient system of medicinal practice which originated in India, and that is based on a treatment that focuses on creating a balance between the basic elements of human life i.e. the

wind, water, air and fire. This medicinal practice mainly involves using natural herbs and plants as medicine, along with a powerful focus on a person's dietary habits, lifestyle choices and internal well-being.

Anti-toxification, in the Ayurvedic tradition, is a continuous process of internal care. It is preventative maintenance which prevents decay and continuously revitalizes our physiology so that detoxification is never required. Longevity is not merely living a long life; it means achieving a long life filled with pleasure and meaning, and free from disease and misery. It is within every human beings' power to maximize their longevity, however we must follow some simple measures to preserve the youthful vigor and vitality of our minds and bodies.

One major area addressed in Ayurvedic tradition are hygiene practices. Hygienic living, according to Ayurveda, encompasses several lifestyle practices like regular bathing, teeth cleansing, proper care of eyes, skin care and occasional massage or application of some herbal oils in the body which help in rejuvenation and cleansing. Discussed below are some of the hygiene methods as per Ayurveda.

### Eyes

In Ayuvedic tradition, the eyes are considered to be the greatest gift of God, and the most important of the five human senses. Eyes need to be well taken care of since they are the reflection of good health and well being. Ayurveda has many suggestions for hygiene and health of eyes, listing a few below:

- Wash/Sprinkle your eyes with light warm water 10-15 times in the morning with Luke- warm wa-



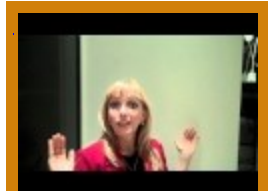
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ter except for in summer and autumn when naturally cooled water is used, while sprinkling is done, the mouth should be filled with water.

- Use organic cotton wads dampened with rose water and place it over your eyes. The cooling effect of organic rose helps your eyes to relax.

### Oral Hygiene

This benefits the person by strengthening the sense organ of taste and motor organ of speech i.e. tongue. It removes the filth of oral cavity, improves salivary secretions and thereby enhances the appetite and perception of taste. Oral Hygiene is most important for your teeth and to keep you away from irritating bad breath. (Cont. on next page)In addition, people who are prone to respiratory infections and allergies are susceptible to oral hygienic problems. Here are some oral hygiene rec-



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## WHAT You DID NOT KNOW that you did NOT KNOW about INTEGRAL DEEP HYGIENE and its Tsunami OF BENEFITS!!! (Cont.)

ommendations:

- Brushing your teeth **at least three times a day** or after each meal. Use Natural, Organic, non-fluoride, herbal tooth paste for the same for best results. In addition to the dental care at home, do visit your dentist regularly to check for tooth diseases like cavities and get the mouth cleansed.
- The tongue is the mirror of one's digestion status. **Inspect your tongue daily** in the morning. Coating on the tongue signifies a state of indigestion or improper digestion of food material. A coating on the tongue may be due to **decreased rate of metabolism**. Gentle Scraping of tongue is advised following cleansing of teeth, preferably with herbal twigs or with metallic scraper made of silver, copper or stainless steel.

### Reasons to Scrape & Brush Your Tongue Every Day

- Improves the breath
- Improves your ability to taste
- Weight Loss
- Avoid toxins (bacteria & other pathogens) entering your stomach, bloodstream and then being reabsorbed into your body
- Improves overall dental health
- Tooth Decay Reduction
- Eliminate chances of Gingivitis or other gum related Diseases
- Decreased Oral Fungal Infections
- Strep Throat Prevention
- Increases your awareness of your overall state of health
- Gently stimulates the internal organs of your whole body (just like acupuncture)
- Prevents ulcers and digestive disorders
- Reduces bacteria entering the stomach and blood stream

In addition, physicians have reevaluated the link between oral health and pathologies of the rest of the body. Many clinical

studies concluded that oral bacteria are associated with a number of serious systemic diseases:

- Cardiovascular problems (heart attack, cerebral stroke)
  - Pneumonia due to inhaling bacteria present in the mouth
  - Premature birth, and low fetus weight at birth time
  - Increased risk of diabetes
  - Osteoporosis of the jaw
  - Infertility problems for men
  - Cancer of various types due to pathogens in the body
- For **fresh breath** and oral hygiene, chew mint leaves, seeds of fennel or cloves during the day.
  - **Oil pulling** is an ancient Ayurvedic ritual where you **swish oil** (like coconut oil, sesame oil or sunflower oil) around in your mouth for about 20 minutes and then spit it out. The oil therapy is preventative as well as curative. The exciting aspect of this healing method is its simplicity. Ayurveda advises oil gargling to **purify the entire system**; as it holds that each section of the tongue is connected to different organ such as to the kidneys, lungs, liver, heart, small intestines, stomach, colon, and spine, similarly to **reflexology** and Traditional Chinese Medicine.

Dr. Bruce Fife, who has written an entire book on oil pulling, says the **oil acts like a cleanser**. "When you put it in your mouth and work it around your teeth and gums it "pulls" out bacteria and other debris. As simple as it is, oil pulling has a very powerful detoxifying effect. Our mouths are the home to **billions of bacteria**, viruses, fungi and other parasites and their toxins. Candida and Streptococcus are common residents in our mouths. It is these types of germs and their toxic **waste products** that cause gum disease and tooth decay and contribute to many other health problems including arthritis and heart disease. Our immune system is **constantly fighting** these troublemakers. If our immune system becomes overloaded or bur-

dened by excessive stress, poor diet, environmental toxins and such, these organisms can spread throughout the body causing secondary infections and chronic inflammation, leading to any number of health problems." (Cont. on next page) When done daily this practice is incredibly effective for:

- Brightening & whitening teeth
- Healthier gums
- Removal of mucus
- Boosting the immune system
- Preventing bad breath
- Increasing energy
- Having a clearer mind



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](http://www.CarolinaAramburo.com).

## WHAT You DID NOT KNOW that you did NOT KNOW about INTEGRAL DEEP HYGIENE and its Tsunami OF BENEFITS!!! (Cont.)

- Decreasing headaches
- Clearing the sinuses
- Alleviating allergies
- Better sleep
- More clearer skin
- Regulating menstrual cycles
- Decreasing inflammation
- Improving the lymphatic system
- Relieving PMS symptoms

### How to oil pull:

- Drink 1 cup of water on an empty stomach.
- Melt 1-3 tsp. of organic Sesame, Sunflower or Coconut oil in your mouth. Sesame oil is considered to be the queen of oil seed crops because of its beneficiary effects.
- Swish through your mouth for 20 minutes while you're busy doing something else. The first few times your gag reflexes may rear themselves but in several days it will go away.
- Spit into trash, compost or outside in the grass (just not in the sink - oil can clog pipes).
- Swish water through your mouth to rinse.
- Brushing is often prohibited in cases of mouth ulcer, fever, indigestion, those who have tendency to vomit, asthma, cough, thirst. Oil pulling can be used to clean the mouth in all these cases.

### Nose & Sinuses

- This **strengthens** the capacity of smell perception, provides nutrition to all the sense organs and head since nasal cavity is believed to be the door of entry to the head and hence **enhances the sharpness** in perception of respective senses, and **improves the quality of voice**. It also enhances facial beauty, and strengthens shoulders, neck, chest and head region. Here are some nasal hygiene suggestions:
- Netti: Fill the netti pot with warm water and add a pinch of sea salt. Bring to sink. Tilt your head over the sink and place the spout into one nostril, breathing out of your

mouth, allow the water to flow into nostril and out the other nostril. Repeat on the other side. Blow your nose if necessary and gargle with a little salt water.

- Nasya: You can use a formulated nasya oil or sesame oil. Apply by placing the oil on your small finger and inserting into one nostril while closing the other nostril. You can also use a dropper or a squirt type bottle. Sniff the oil up into the nose until you feel it drip into the back of your throat a bit. Repeat the procedure on the other side.
- Ginger Paste Nasya: This can be done when you're feeling some sinus congestion coming on. Prepare: 1/8 tsp dried ginger, ¼ tsp raw sugar, 2 T water - Boil down to ½. Coat nose with sesame oil first and then do ginger drops in one nostril at a time. Do not do more than 2-3 days in a row.

### Skin

Skin is the **largest body organ** you have. In the average adult it covers about 3000 square inches and weighs around six pounds, which is nearly twice the weight of the human brain or liver. The skin provides us with some **amazing health benefits** including:

- The skin receives about one third of the blood that circulates through the body.
- The skin can regenerate and repair itself under most conditions, but it does need good building blocks to help with this task.
- Our skin is the first agent that comes in contact with the outside world and protects our bodies, as much as it can, from chemicals and bacteria. Skin is slightly acidic to kill off bad bacteria and prevent it from entering our body.
- The skin is also responsible for dissipation of sweat and allows secretion. Sweat brings out toxins from our body which end up on our skin. As such, **skin is** responsible for ¼ of the body's detoxification each day! Just how much is that? About 2 lbs [about 1 kilo] of waste acids daily, most of it through sweat glands.

- The skin is also known as our third kidney due to its responsibility to get rid of toxins in your body.
- Our skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.
- We are not careful with our diet and are bodies and blood get clogged with poisonous toxins which we cannot properly eliminate, our skin takes the beating and tries to expel those toxins.
- Your outermost layer, the epidermis, helps your body produce proteins (such as keratin) and vitamins that are essential to your health. It also holds the melanocytes, which produce melanin to protect your skin from the sun's harmful rays.
- The dermis, or middle layer, houses blood vessels, nerves to help you sense pain, sweat glands to cool your body, as well as collagen and elastin that control the skin's firmness and strength.
- The subcutaneous layer, comprised of fat and collagen cells, helps you to retain heat, and it also absorbs shock and protects your internal organs from injury.
- Many serious conditions first manifest themselves as skin problems. In some cases, lupus, diabetes, hepatitis C, some cancers and kidney failure are indicated first by a rash, discoloration or bumps on the skin

Ayurvedic treatments can lead to

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good skin hygiene, and are believed to be capable of treating any kind of skin problems like acne, **pigmentation** etc.

- For a healthy skin, Ayurveda recommends a proper diet. Digestion stimulating foods with high fiber content like fruits, grains and vegetables are believed to help maintain good skin hygiene by preventing excess oil production, which is facilitated by spicy, oily or sweet food. Food intake should be followed with a lot of water intake.
- Steaming and cleansing with mild soap, Sandalwood can be very effective in cleaning and hygiene.
- Using orange peel to scrub the skin and applying lemon juice twice a day adds positively to skin health and hygiene
- Body exfoliation has long been an art of Ayurveda's deep-cleansing philosophy. On a physical level, daily light exfoliation can stimulate the skin, **eliminate** toxins more efficiently, and remove dead cells. It also helps clear the mind, according to Janet Wright, author of Ayurvedic Beauty. "In modern Western terms, we might call this a symbolic cleansing, or note that mindfully carrying out a physical process, like body care, can have a **meditative** effect," she says. Simply put, the benefits are more than skin deep.

Dry body brushing is **excellent** for stimulating circulation and removing dead skin. Use a natural-bristle brush and brush toward the heart. Dry brushing is believed to stimulate the **lymphatic** system, which is important for developing a strong immune system. Lymph ducts are located all over the body and drain into the **blood circulatory** system just above the heart. Brushing toward the heart could improve the function of the lymphatic system.

Start with the soles of your feet, brushing in a circular motion. Move up the legs, then to the hands and move up the arms. Do your back and abdomen last. Avoid any irritated skin. **Brushing** is best done before your daily bath or shower, when the skin is completely dry.

### **Reasons to Dry Brush Your Body Every Day**

- Cellulite is toxic. Cellulite is toxic materials that are accumulated in your body's fat cells as they are unable to be eliminated. Dry Skin Brushing will break down the unwelcome toxic body deposits and send out of the body.
- Brushing dry skin tightens the epidermis and contributes to the breakup of toxic material leaving your less wrinkled and tighter.
- Another benefit one can expect is the removal of dead skin cells. Advantages that this brings extend beyond the obvious one of removing dry, dead skin that looks dull to the appearance. When dead cells are exfoliated, new cells form more quickly. Skin not only looks healthier, it actually becomes healthier as dead skin is removed from clogged pores.
- Blood flow increases to the skin, and the normal process of releasing toxins through perspiration is improved.
- Another advantage offered by skin brushing is the stimulation of the nervous system through the nerve endings in the skin.
- Improves activation of muscle fibers and improve muscle tone.
- One of the most important of major benefits of skin brushing is the direct improvement it produces in the lymphatic system. This is of profound significance to the immune system. White blood cells, or *lymphocytes*, are actually named after this major body system. Lymph circulates to our cells through channels independent of our circulatory system. However, after it has done its work, it returns to the bloodstream through valves leading

into the heart. Here, the white blood cells can fight the toxic agents that threaten our health. Massaging the skin with a brush speeds up the flow of lymph and directly contributes to a stronger immune system and healthier body.

- Brushing your skin daily stimulates the normal production of oil and hormones in the skin. This improves the skin health and overall health.
- Dry skin brushing also stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire system. This enables the lymph to perform its house-cleaning duties by keeping the blood and other vital tissues detoxified.
- There is a drastic improvement of the aesthetics of the skin itself. Eliminating dead skin and unclogging its pores results in a noticeable decrease in odor. The appearance of the skin also improves as new cells form more quickly, and the skin (Cont. on next page) takes on a smooth luster that is noticeably brighter than the dull appearance of old, dry, and often wrinkled skin.
- Increased blood flow begins entering the areas brushed and you will experience an increase in electromagnetic energy that permits you to feel energized and invigorated.
- Increases in blood flow will also begin to eliminate pain and stiffness in the body.
- Oxygen ion levels are increased with the air friction created during dry brushing.
- Skin brushing is also known to stimulate the acupuncture point and massages the meridians.
- Dry brushing aids in better digestion.
- Dry brushing is a stress-buster.
- Dry brushing is a form of emotional detox.

## WHAT You DID NOT KNOW that you did NOT KNOW about INTEGRAL DEEP HYGIENE and its Tsunami OF BENEFITS!!! (Cont.)

- Ayurveda also promotes **mas-saging oils** to not only cause healthy skin, but also invokes feelings of being loved. For best results, you need a massage of 15 minutes per day of Almond or Sesame oil. Benefits include:

- Removes unwanted dirt and filth from the body, adding to hygiene.
- Nourishment to body tissues
- Optimal sleep patterns
- Improves blood circulation
- Soft and unctuous skin
- Improved blood circulation, encouraging quicker removal of metabolic wastes
- The skin absorbs the micronutrients that are present in massage oil and thus also helps improve muscle volume and bulk in cases of muscular atrophy like conditions.
- Massage also relaxes the body prior to more vigorous exercise
- Head massages are beneficial for hair, scalp, skull bones, and nourish sense organs and the brain
- Massaging the feet brings firmness, good sleep and improves vision. It alleviates numbness, fatigue, stiffness and cracking of feet.

### Bathing

Bathing, apart from serving the purpose of **cleansing and alleviation** of sweat, dirt, itching and exhaustion, also benefits a person in many different ways like:

- Stimulation of hunger
- Imparting freshness to the body, therefore enhancing a person's spirit
- Imparts aphrodisiac effects
- Alleviates burning sensations, excessive thirst and drowsiness

Ayurveda **advocates** the use of warm water for bathing, especially for lower portion of body and regular head bath with cold water. Use of hot water for hair bath is said to drain away the strength and luster of hair and eyes. Add organic Ep-

som salt or **Sea Salt** to your bath to pull out toxins. You can also add pure essential oils for their aromatic benefits

### Feet

"Caring for your feet in Maharishi Ayurveda goes beyond the cosmetic purposes: it benefits the whole body and **nervous system**," says Vaidya Nitin Agrawal of Maharishi Ayurveda Products International. An ayurvedic footbath and foot massage **relaxes the whole physiology** and provides a feeling of revitalization, increased energy, and improved circulation.

Melanie Sachs, an Ayurvedic lifestyle counselor and the author of Ayurvedic Beauty Care says "Foot massage can relieve eye strain, **relaxing and opening** the face and allowing our beauty to shine through easily," she says. Her words are supported by the classical Ayurvedic text: the **Ashtanga Hridaya**, which identifies four major nerves in the feet that connect to the eyes.

Holding and massaging your feet with your own hands can help reintegrate the subtle **energy pathways** flowing between the upper and lower body. And **well-massaged** feet connect more completely with the earth when you stand or sit with your feet on the ground, giving your whole being a more stable and relaxed **foundation**. Plus, says Sachs, "Well-oiled feet are also more protected from cracking and peeling, reducing chances for fungal and bacterial infections." Here are some suggestions for massaging your feet:

- First, create a foot soak that meets your current needs, using one of the following recipes:
  - **To Cool Down:** Fill a foot tub with cool water and mix in a tablespoon of honey and a handful each of dried lavender and fresh rose petals. You can also use lavender or rose essential oil. This will soothe the mind.

- **To Warm Up:** Fill a foot tub with lukewarm water and add 1 teaspoon of ginger powder. This will invigorate the body and increase circulation.
- **To Relax and Rejuvenate:** Fill a foot tub with very warm water and add 3 tablespoons per gallon of Epsom salt. This (Cont. on next page) will reduce any swelling and alleviate fatigue.
- Submerge your feet, relax for 10 minutes, then remove your feet and pat them dry. Next, give yourself a foot massage using sesame, olive, or coconut oil. Apply the oil generously throughout your massage.
- Starting with your right foot, massage in circles around the ankle. With your left hand, squeeze down from the base of the calf muscle all the way to the heel bone, 3 times. Holding the heel, pull back on the ball of the foot, flexing and stretching several times. With small circular movements, massage the spaces between all the toes, pinching the webbing between finger and thumb. Glide your thumbs up and down the grooves between the tendons on top of the foot.
- Now turn your foot over so the sole is facing you and hold it in both hands, with your thumbs just under the ball of the foot. Press your fingers into the top side of the foot, stretching the base of the toes apart. Then use your thumbs to "milk" each toe, sliding from the base over the tip of each toe several times.

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- Next, massage vigorously from heel to toe using the heel of your hand. Walk your thumbs along the outer edges of the foot, along the arch, and deeply into the edge of the heel. Use your knuckles to massage the arch to relieve back tension.
- Hold your ankle with your right hand and the top of your foot with the left, rotating the foot clockwise, then counterclockwise. ("It's a spinal twist for the foot!" says Sachs.)
- Grasp your big toe and rotate it fully, as if you were drawing a large circle with the tip of the toe. Then rub the toe between the palms of your hands to ease neck pain and tension, and the base of your little toe to ease shoulder tension. Finally, using the flat palm of your left hand, massage the entire sole of your foot in a figure-8 pattern.
- To finish, slap the sole of your foot a few times. Then press the palm of your hand to the center of the sole of your foot. Feeling the subtle energy at this marma (pressure point) encourages a healthy flow of apana vayu, the grounding, downward movement of vata, the Ayurvedic air principle. Repeat the entire sequence on the left foot.
- Finally, rinse your feet with warm water, dry thoroughly, and slip them into clean cotton socks, which will allow your feet to feel protected, soft, comfortable, and responsive. Let a smile drift upward to your face.

Smelly feet can result from perspiration, **dead skin cells** and bacteria. Synthetic shoes and socks increase the problem by not letting your feet breathe. The following recipe naturally **deodorizes** your feet:

- Boil 1 quart of water. Make a small pouch of any of the following herbs: lavender, sage, rosemary and one half to one teaspoon of salt to the water. Place the pouch in a large wash bowl or bucket and pour the boiling

water over it. Let it sit for twenty minutes.

- Add cold water, if necessary, to reach a comfortable temperature between 100 and 110 degrees Fahrenheit.
- Mix 1 part cornstarch, three parts of Indian Fullers Clay (sometimes called Multani Mitti) and three to four drops of peppermint essential oil or Neem oil.
- Make a paste by adding cold water to a small amount of the above mix. Apply paste on your feet for 20-30 minutes.
- Wash paste off with lukewarm water and dry thoroughly.
- Finally, rinse your feet with warm water, dry thoroughly, and slip them into clean cotton socks, which will allow your feet to feel protected, soft, comfortable, and responsive.

### Hair

Oil applications on the scalp **strengthen the nervous system** also and gives you good sleep. This gives strength to hair roots, prevents premature graying and baldness and balances you. They are also used to ward off colds and flu, **relieve headaches**, keep you cool in hot weather, and repair frayed nerves. Rubbing warm oil into the sensitive and receptive scalp area is a deliciously calming experience that helps protect the mind from the **overstimulation** of daily life. You can use plain coconut or sesame oil, or pick up a ready-made herbal oil. Here is the recommended process to use:

- First, brush your hair thoroughly and wash out any hair-care products. Then, warm 2 to 3 tablespoons of oil in a metal spoon over a flame or an aromatherapy diffuser. Your scalp is more sensitive to temperature than other areas of the body, so carefully test the oil temperature for safety and comfort by trying a few drops on your inner arm.
- Apply oil to the crown of your head, working downward and outward with your fingertips. Massage your scalp using a pinching motion,

bringing the fingertips and thumbs together, then releasing. Move hands forward and back, then side to side, covering the entire head.

- Next, make small circles on the scalp with your fingertips, maintaining an even, enjoyable pressure as you work from the hairline back to the base of the skull. To finish the massage, rub your open palm in wide circles all over your scalp.
- Finger-comb the oil through your hair and leave on for 15 minutes as you relax. Gently shampoo with a mild cleanser, towel dry, then let (Cont. on next page) your hair finish drying naturally. If you feel inspired, add ornaments or fresh flowers to it.

### Hands

Our hands are related to the sense of touch and are the **organs of action**. Here is a hygiene routine to take care of your hands:

- Wipe hands with witch hazel and soak them in a strong tea solution for fifteen minutes to reduce sweating.
- To soothe dry chapped hands, pour a half-cup of olive oil into a quart of warm water; soak hand for fifteen minutes and pat dry without rinsing.
- Mix two tablespoons of almond, sesame, olive or coconut oil with two of sea salt to scrub away calluses and dead skin from the hands.
- To strengthen fingernails, soak hands in a mixture made from eight ounces of water, a tablespoon of aloe vera juice, two ounces of lemon juice, and four ounces of olive oil for ten to fifteen minutes once a week.

Ayurveda tradition mentions specifically cleaning your hands with **clean and clear water** every time after passing stools or urine, having nails cut or shaving or haircutting, after cleansing feet, eyes, ears, nose, after having **directly touched** flesh or

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blood, and before taking meals, after the meals, after sneezing, before worshipping and after coming from a walk or from anywhere outside, on entering home, for hygiene purposes.

### Ears

Ayurvedic medicine has also known for centuries that the **energy points** in your ears connect to your organs and whole body. The Chinese have also used ear reflexology via acupressure and acupuncture for thousands of years to address **all kinds of health issues in the body**. Here are some suggestions for ear hygiene:

- **Massage** the outer area of your ear gently with your fingers and warmed sesame oil (organic almond or coconut oil can also be used). Next add a few drops of oil to your index fingers and gently massage the entrance to your ear canals with small, soft circular movements. It is very soothing to your sense of hearing and helps **alleviate tension** in your jaw and neck. Rubbing your ears sends happy feelings into your body by triggering the release of brain endorphins. The simple act of touch alone is very healing. It boosts the immune cells in your body, reduces feelings of **stress or anxiety** and helps you relax. When you rub, pull, gently twist, unroll or massage your ears you stimulate lots of energy points that run through the ears and then into your body.
- Put 5 drops **Sesame oil** in the ear each morning and you will prevent suffering from ear related problems like excess ear wax, poor hearing, deafness or partial deafness and tinnitus. This has also been known to prevent and **heal stiffness** of neck and Jaw symptoms of lock-jaw and TMJ.

Physical exercise is the act, which brings about exertion, fatigue or exhaustion in the body. Ayurveda suggests that **exercise is part of**

**normal hygiene** and should be performed with rhythmic breathing as it brings the *Prana* (life force) into the body and removes gaseous wastes from it.

- It promotes circulation and excretion of wastes - mainly through sweat and burns the fat.
- It improves appetite
- It improves muscle strength and compactness, and therefore improves endurance towards physical stress

Regular exercise even reduces anxiety and produces a sense of well being.

### Eating

- Eat in a calm and settled environment.
- Never eat and run—allow a few minutes after eating to relax or take a gentle walk.
- Sip warm water throughout your meal.
- Eat freshly prepared meals.
- Chew your food well and be mindful of its smells, tastes, and textures.
- Focus on eating, not on conversation, TV, reading, etc.
- Leave ½ of your stomach empty using your hands as your guide—cupping both hands together is a guide to the amount of food to ingest with an equal amount of liquid leaving an equal amount empty.
- Avoid ice-cold food or drink.
- Eat only when you feel hungry.
- Eat at a moderate pace.
- Allow a few hours between meals and bedtime.
- Try to eat the bulk of your food at mid-day and lighter amounts at night.
- Sip warm water or ginger tea throughout the day.
- Give thanks.

### Morning Evacuation

Drink a full glass of room temperature or warm water (can add lemon) upon rising. Do some gentle yoga or

stretching and twisting to stimulate the body and circulation. Take time and sit on the toilet (even if you don't yet have the urge). **Don't hurry through your morning routines.** Wake earlier if necessary to accommodate yourself.

## 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 em-

power 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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## EMOTIONAL, MENTAL AND SPIRITUAL HYGIENE PRESERVES OUR OVERALL HEALTH! (Cont.)

When we think of hygiene, we usually mean physical hygiene. In a holistic view, hygiene refers to many things, including mental, emotional and spiritual hygiene. According to the Dali Lama, "Just as we encourage physical hygiene to preserve our health, we also need a sense of emotional or mental hygiene too." The Dali Lama went on to say, "We need to be clear which emotions are harmful and which are helpful; then cultivate those that are conducive to peace of mind. Often, due to a lack of knowledge, we accept anger and hatred as natural parts of our minds. This is an example of ignorance being the source of our problems. To reduce our destructive emotions we strengthen the positive ones; such emotional hygiene can contribute to a healthier society."

Carl Simonton, M.D. who has worked with Janet Hranicky, Ph. D. for the last 30 years pioneering the field of PsychoNeuroimmunology and Cancer Studies, said "Choosing thoughts consciously that make us feel good becomes part of our daily hygiene when we make it a priority that nothing is more important for our health than feeling good."

Physical hygiene can definitely impact us in ways beyond just our physical well-being. In the same way that imbalances in our emotional, mental and spiritual wellness can lead us to neglect to our physical hygiene, if we allow our physical hygiene to go uncared for, even in small ways, it can serve as a trigger to our mind to "take on" the

symptoms of sadness, frustration, depression, empathy and even leave us emotionally, mentally and spiritually imbalanced.

Taking on a daily practice of "cleaning" our emotions and thoughts is an important part of holistic hygiene. One of the most powerful practices is to spend some time each day attending to, observing and replacing thoughts and emotions that are like germs and damage overall wellness. Our emotional state at any given moment reflects what we are paying attention to, and the quality of our thoughts about any given focus or topic we have been playing over in our minds. Find ways to begin and expand practices that shift any toxic or harmful thoughts or emotions and reduce harmful stress. We can create new emotional habits and condition ourselves to feel great through mindful observation of our thoughts.

Our spiritual practices also become enhanced when the vessel that is our body, along with our mind and our emotions, is purified and cleansed. Even the practice of cleaning ourselves can in itself become a spiritual practice. When we are mindful about what products we use on our body, and when we are mindful about our physical, mental and emotional hygiene, the flow of healing energy through our bodies is increased. This allows us to remain physically, mentally, and emotionally at our TOP level of WELLNESS, thus our connection to our Major Life's Purpose and

Spiritual Journey is amplified. A daily routine of mindful personal hygiene often includes activities like journaling, meditation or prayer, yoga, QiQong, exercise, connecting to nature and time alone to nurture and love yourSELF.

I INVITE YOU to listen to your body, kindly starting NOW and practice being holistically MINDFUL of cleaning yourself mentally, emotionally and spiritually so that you can have optimal HEALTH and PREVENT and HEAL from the causes of dis-ease. You DESERVE the utmost WELLNESS... the question is, will you be loving enough to GIVE it to your-SELF?

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