

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 222nd Newsletter, I want to give us a chance to consider the world of our lungs, and the effects they 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 on lung health that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of the LUNGS, including how the lungs affect overall wellness, and the mental, emotional and spiritual benefits of creating optimal lung health so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain OPTIMAL physical well-being, emotional, mental and spiritual balance and vibrant energy.

### LUNG HEALTH IS ESSENTIAL FOR OPTIMAL WELLNESS!!!

Most of us have, all at some point, been short of breath, winded, or had trouble getting air into our system. While this can often be a simple factor of the environment around us, most people don't notice their capacity to breathe is diminishing until 70 percent of their lung capacity is gone. Most people do not do regular testing on their ability to hold their breath, or do regular breathing exercises that require inhaling or exhaling for certain periods of time, so the issues pass by unnoticed, and very few people actually even notice that their breathing is shallow. Shallow breathing has been linked with degenerative disease,

poor quality of life and early death.

Let's deal with NOT ONLY some of the most common Lung Afflictions, but with the NON-OBVIOUS threats to YOUR/our Lungs that you and I are being IMPACTED BY UNKNOWNLY and we can prevent and repair, so let's discover some together :

- **Non-organic and Synthetic Clothing** – Clothing can contain a variety of toxic dyes, including formaldehyde, which is a dangerous toxin that attacks the throat, lungs and respiratory tract. While formaldehyde is regulated in many countries, it is not in the United States.
- **Gluten** - As far back as the 1700's, bakers exposed to large amounts of flour dust developed respiratory symptoms that mirrored asthma. A 2011 study found that people who have celiac disease have a greater risk of developing COPD. In a recent study in the Journal of Allergy and Clinical Immunology, there was a strong correlation between gluten and asthma.
- **Alcohol** - Recent research conducted at Thomas Jefferson University suggests that excessive drinking can cause the lungs to collect excess fat, which gets stored on the surface of the lungs and in the lung macrophages (a kind of white blood cell). The research indicates that these immune cells consume the excess fat, and in the process they are weakened and less effective in protecting the lungs.
- **Household Products** - Many common household products can damage our lungs, including aerosol spray products, chlorine bleach, and rug and upholstery cleaners.



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- **Mold in our Homes** - "Health effects (of mold exposure) generally fall into four categories. These four categories are allergy, infection, irritation (mucous membrane and sensory), and toxicity," says Dr. Harriet Ammann of the Washington State Department of Health's Ecology Department. While some people are never affected by mold even in large amounts, others can have an attack of sneezing, watering eyes, headache, or dizziness just from opening a musty book. The most infamous "black mold," stachybotrys chartarum, is slow to develop and feeds off previous mold colonies. If you experience allergic symptoms in the home that dissipate when you leave the house, then it's appropriate to check for mold.
- **Refined Sugar** - High sucrose, another staple of the Western diet, is connected to increased risk of lung cancer.
- **Meat** - A study has (Cont. on next page)



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## LUNG HEALTH IS ESSENTIAL FOR OPTIMAL WELLNESS!! (Cont.)

discovered that eating red meat is correlated to an increased risk of lung cancer. Another study in Spain, published in the European Respiratory Journal, found that **nitrates** used as preservatives in cured meats raise the risk of hospitalization among COPD patients. All meats should be eliminated from your diet if you need to regulate respiratory issues.

- **Dairy** - There is a correlation between dairy and asthma, especially in children. The casein in cow's milk can **clog** and irritate the respiratory system. Dairy products are implicated in **almost all** respiratory problems including: Hay fever, asthma, bronchitis, sinusitis, colds, runny noses and ear infections.
- **Stress** can cause our bodies to tense, and can affect our breathing. High levels of stress can therefore exacerbate symptoms of **asthma**, or bring latent lung issues to the surface.
- **Asthma** - Over 25 million Americans have some form of asthma, with symptoms varying from extended asymptomatic periods to daily asthma attacks. Asthma can be triggered or developed due to environmental **toxins**, pollution, food sensitivities, celiac disease, food additives and dyes, antibiotics and medications, and processed foods. Asthma occurs in over 10% of elite **athletes**, and after the 1992 Olympics, 23% of the Olympians were shown to have exercise-induced asthma by sensitive lung function tests. In the United States, asthma is the leading cause of **absenteeism** for children, adding up to 14 million days of school missed PER YEAR.
- **Bronchitis** - This is an inflammation of the bronchi tubes, which are the tubes in the lungs that allow air to pass in and out. In bronchitis, these tubes are filled with **mucus**, causing inflammation. It also involves serious coughing in an attempt to

expel mucus from the bronchi tubes. Bronchitis can be either acute or chronic. In either case, mucus is the culprit. However, the **triggers** of bronchial chest spasms in cases of bronchitis may be viral, bacterial, or caused by fumes, including cigarette smoke. Raw **juice** therapy is powerful for this ailment, which usually passes in a few weeks.

- **Chronic bronchitis** - Symptoms are a mucus-producing cough most days of the month, three months of a year for two years in a row without other underlying disease to explain the cough, and is often **dismissed** as "smokers cough." Dr. Barry Make, MD, a pulmonologist and co-director of the COPD program at National Jewish Health, in Denver, says there is no such thing as "smokers cough," and that it is actually chronic bronchitis.
- **Chronic Obstructive Pulmonary Disease** (COPD) - This is any one of a group of lung disorders. While smoking is a huge factor in COPD, it can also be contracted due to **pollution**, genetics, or occupational exposure to toxins. COPD can cause high blood pressure and increase the risk of heart disease. This is the **fourth leading** cause of death in the U.S. after heart disease, cancer, and stroke.
- **Emphysema** - This type of COPD makes it hard for someone to catch their breath, and is characterized by a chronic **cough** and problems breathing during exercise.
- **Tuberculosis** - This severe bacterial infection inside the lungs can cause **fluid** to accumulate. CDC research suggests that over 2 billion people globally carry the TB virus, and that 9 million people develop symptoms of TB each year. New strains of TB are proving to be resistant to antibiotics.
- **Pneumonia** - Pneumonia is an infection of your lungs, with symptoms that are similar to a cold. The difference is a cold dissipates rather quickly, while the symptoms

of pneumonia continue get worse. Pneumonia kills more than 1 million **children** globally each year. New strains of pneumonia are proving to be resistant to antibiotics.

- **Lung cancer** - Lung cancer is the leading cause of cancer-related death globally, and it is true that the majority of people that contract lung cancer are ex-smokers. However, ten percent of people overall, and 20% of women with lung cancer are lifelong non-smokers. Some **uncommon** causes of lung cancer include radon and asbestos exposure, aerosols from oils, and diesel (Cont. on next page)



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).

## LUNG HEALTH IS ESSENTIAL FOR OPTIMAL WELLNESS!! (Cont.)

fumes. Some industrial careers raise the likelihood of developing lung cancer.

- **Mesothelioma** - This is cancer of the lining of the lungs caused by asbestos exposure, and is not the same as lung cancer. Exposure to microscopic **asbestos** fibers can cause permanent damage to the lungs and other body organs and lead to the development of cancer. The disease may stay **dormant** for decades after exposure. Thousands of products have been manufactured with asbestos fibers, and it may be found in insulation, drywall, ceiling and floor tiles, **paint**, and cement. Drywall tapers, electricians, firefighters, auto mechanics and many other occupations may be at risk.
- **Pollution** - Vehicles (land, sea and air), industrial production, chemtrails, and power plants are major sources of air pollution.
- **Radon** - This gas leaks into buildings from the ground and is the **second leading** cause of lung cancer in America after cigarettes. In some regions of the country, radon levels are the equivalent health hazard to smoking **twenty** packs of cigarettes a day. Radon can be a problem in homes of all types: old homes, new homes, drafty homes, homes with finished

basements, and homes without basements. **Geology**, construction materials used, and how a home was built all affect radon levels. The only way to know for sure if radon is a problem in your home is to test.

- **Pesticides** - Given that pesticides are highly toxic, they will damage our lungs if inhaled. Numerous studies have shown that farmers and those in agriculture tend to have higher asthma rates.
- **Food Additives** - In our Western Diet, the use of phosphates (for texture and water retention) in processed food has more than doubled in the last 20 years. At Seoul National University, Yung-Haing Cho, D.V.M., Ph.D. and a team of researchers discovered a **link** between inorganic phosphates and the development and growth of lung cancer in laboratory rats. These effects were found at levels that mimicked our intake on a typical American/**Westernized diet**. "This study demonstrates that high intake of inorganic phosphates may strongly stimulate lung cancer development by altering those (signaling) pathways."

In **Traditional Chinese Medicine**

(TCM), every organ is partnered with another. The lungs are partnered with the **large intestine**. Thus, lung issues like asthma are related to food sensitivities; allergies and asthma go hand in hand, and are generally connected.

A study by Fiona Cleutjens, Ph.D., and colleagues from the Center of Expertise for Chronic Organ Failure in The Netherlands discovered that people with **obstructive** lung disease "are more likely to experience domain-specific cognitive impairment, particularly in memory and information processing." In other words, lung issues can cause **brain damage**.

Ultimately, there are huge factors that we can control regarding our lung health, including our **diet**, the products we choose to expose ourselves to, and where we choose to live. Being **mindful** of our lifestyle choices and eating a Balanced Raw Vegan Living Foods Diet, Plus Specific Breathing Exercises, and a few EASY TO DO but easy NOT TO DO PRACTICES are critical choices that can make a WORLD of DIFFERENCE in your Lung and thus your HOLISTIC WELLNESS!!

## LUNG WELLNESS can be ENORMOUSLY IMPROVED by DIET and Lifestyle!!!

We can have huge **improvements** in our ability to breathe well and stay active through a variety of means, particularly what we put into our body. Spending time at the **ocean**, in environments with lots of greenery, forests or jungle, can all be beneficial for our lungs. We can also enrich the **oxygen** levels in our body with live, raw foods.

**Chlorophyll**, which is found in all green foods, is a rich oxygenator and releases carbon dioxide from our blood, making it a powerful detoxifier. Our brain and body tissue function at an optimal level in highly-oxygenated environments. It gets rid of **impurities** in our blood quickly, and is high in iron. Chlorophyll en-

riches the vascular system, the intestines, the uterus, and the lungs.

**Wheatgrass** is also high in chlorophyll, like all green plants. Wheatgrass juice can dissolve **scarring** in the lungs formed from breathing acid gasses. The effects of carbon monoxide are also minimized, since chlorophyll increases hemoglobin production.

In a **study** involving 1,551 men and 1,391 women with an average age of 66 conducted by Seif Shaheen, Professor of Respiratory Epidemiology at Barts and The London School of Medicine, it was found that people whose diet was largely

fresh fruit and **vegetables** and whole grain products had far better lung function than those who chose a diet high in fat, sugar and processed food (The Western Diet). (Cont. on next page)

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## LUNG WELLNESS can be ENORMOUSLY IMPROVED by DIET and Lifestyle!!! (Cont.)

Some lung friendly foods are:

- **Green leafy vegetables** - For oxygen, the darker the better, as it contains more chlorophyll. Particularly in **juice** form, these vegetables oxygenate the blood and whole body, including the lungs. Chard and collards are great choices.
- **Pineapple** - In a study published in "Der Pharma Chemica" in 2010, researchers discovered that a mixture of raw pineapple juice, pepper, salt and honey given to **tuberculosis** patients every day helped to dissolve the mucus in the lungs.
- **Garlic** - Eating raw garlic twice a week could potentially **halve** the risk of developing lung cancer, according to a study published in Cancer Prevention Research. The Jiangsu Provincial Center for Disease Control and Prevention in China undertook a study between 2003 and 2010 to analyze the **link** between raw garlic consumption and lung cancer. The study concluded that participants who consumed raw garlic on a **regular** basis as a part of their diet (two or more times a week), had a 44% decreased risk of developing lung cancer.
- **Chili Peppers** - Peppers are filled with capsaicin, the compound that gives them their spiciness. Capsaicin improves blood flow, **stimulates** mucus membranes, and fights infection
- **Cruciferous Vegetables** - Shown to halt the progression of lung cancer, and cut the risk of developing lung cancer in half. Rich in **chlorophyll** and antioxidants. Cabbage, cauliflower, broccoli, and kale are good choices.
- **Pomegranates** - Pomegranate juice can slow the growth of lung tumors. Pomegranates contain many **antioxidants** including ellagic acid, which is grabbing the attention of cancer researchers.
- **Ginger** - Has anti-inflammatory properties and promotes the elimination of pollutants from the lungs.
- **Turmeric** - Contains curcumin, a compound that encourages the self-destruction of cancer cells. It is also an anti-inflammatory.
- **Cayenne pepper** - Helps break up and move congested mucus, and is useful for colds and bronchitis.
- **Apples** - Rich in flavonoids, vitamin E, and vitamin C, all of which help the lungs function at their best. Apples lowered the risk of asthma and risk of lung cancer in numerous studies.
- **Beans, Seeds, and Nuts** - Full of magnesium, a mineral that contributes to healthy lung function. They also provide essential **fatty acids** that are good for the cardiovascular system.
- **Red Bell Pepper** - These mild peppers are rich in vitamin C and carotenoids, which have been shown to cut the risks of developing lung cancer
- **Grapefruit** - Naringin, a flavonoid in grapefruit, inhibits the activation of cancer causing **enzymes**. Grapefruit is particularly effective for cleansing the lungs after quitting smoking.
- **Oranges** - Citrus is rich in vitamin C and vitamin B6. These help the lungs transfer oxygen.
- **Radish, horseradish, and wasabi** can open lung passages.
- **Carrots** - Rich in beta carotene and antioxidants that affect lung health and lower the chances of contracting lung diseases.
- **Pumpkin** - Pumpkin is another food rich in beta carotene and vitamin C, like carrots.
- Horseradish and lemon is an effective home **remedy** for asthma.
- **Thyme** - A great herb for chest congestion, it is an antibiotic in the lungs and sinuses, can open breathing passageways, stops wheezing in asthma cases, and dries dampness and phlegm.
- **Oregano** - Anti-viral and antibiotic. It can open breathing passageways, and controls wheezing in cases of asthma and bronchitis. Aids in counteracting **histamine**, and has direct benefits for the respiratory tract, coughing reflex and nasal passage airflow
- **Eucalyptus** - Supports respiratory health and overall immune function. Great to put in a vaporizer for colds and lung congestion. Eucalyptus is a common ingredient in cough **lozenges** and syrups, is an expectorant, can ease coughs, fights congestion, and soothes irritated sinus passages.
- **Peppermint** - Helps relax the smooth muscles of the respiratory tract, and promotes free breathing. Contains **menthol**, which is a powerful decongestant. It is also an antioxidant.
- **Osha root** - Helps increase circulation to the lungs, and is a powerful antibacterial and antiviral herb. It is native to the **Rocky Mountain** area, and has historically been used by the Native Americans for respiratory support.
- **Licorice Root** - Relieves bronchial (Cont. on next page)

There are also many **herbs** that have been known for millennia as healing for the lungs:

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spasms, and blocks the free radical cells that produce inflammation and tightening of the airways. Its **antibacterial** and antiviral effects may help prevent lung cancer cells from forming.

- **Sea Buckthorn** - Contains 190 nutrients and phytonutrients and flavonoids, which prevent cancer cells from multiplying and reduce pain and **inflammation**. Asthma, chronic coughs, other breathing disorders, and skin conditions are a few of the traditional uses for sea buckthorn.
- **Elecampane** - Has a relaxing effect on smooth tracheal muscles. There are two active compounds in elecampane root that provide the beneficial effect — inulin, which **soothes** bronchial passage, and alantolactone, an expectorant with antitussive action. Greeks, Romans, Chinese, and Indian **Ayurvedic** medicine have all used this, and it has been used since the 1800's for lozenges and cough drops.
- **Ginkgo Biloba** – This herb is anti-inflammatory and relaxes the lungs. It has been used in Chinese medicine for **hundreds** of years. It can be taken as either a tincture, a tea or in capsule form.

Several recent clinical studies have discovered that the consumption of **probiotics** in the diet can be incredibly beneficial for the respiratory system. Partially due to the positive effect probiotics have on the immune system, these studies show that regular consumption of probiotics can **reduce** allergic reactions, clear mucus out, and that some strains of probiotics even reduced the effects of COPD.

**Minerals**, and specifically magnesium, is important for maintaining lung health.

**Essential Fatty Acids** (EFA's),

and specifically omega oils have been proven to reduce symptoms and severity of asthma. Recent studies from the EPA suggest that up to 85% of our daily exposure to airborne pesticides comes from breathing air **inside** our homes. Some things we can do to keep the air in our homes and offices clean are:

- **Open windows** to let fresh air in and toxins out.
- Get **house plants**. Wheatgrass, Boston fern, chrysanthemums, striped Dracaena, and the dwarf date palm are good for removing formaldehyde, and spider plants remove carbon dioxide.
- **Vacuum** carpets frequently and intensively.
- Get an **air purifier**.
- Use environmentally friendly **cleaners**.

Keep in mind that **optimal** air quality is when the air has a humidity level of 35% to 55% and a temperature of 65° to 85° F.

Some **alternative** methods for treating lung disorders are:

**Chiropractic** treatment can be beneficial for asthma, as it is sometimes a symptom of a misalignment of the spinal vertebrae.

**Acupuncture** treatments can correct many imbalances in vital life energy, such as the lung, spleen, or kidney system meridians that may be triggering the breathing problems.

When it comes to the act of **breathing**, most of us use less than 50 percent of our breathing capacity. In western culture, we're all **shallow** breathers as a tendency, which restricts the oxygen and energy to our blood and bodies. Breathing properly is one of the most powerful ways to **improve** emotional and physical health, decrease stress and minimize aging.

Shortness of breath is an early sign of diminishing health, weakness and depression. When we bring **attention** to our breathing, and remind ourselves periodically to take a couple of long deep meaningful breaths to **oxygenate** the body, we can flood our body with oxygen, thus giving it an overall **boost** in energy and vitality. Some of the major breathing **methods** are:

- **Chest breathing** - Does not shift the diaphragm, and does not engage the lower part of the lungs, which have a much greater **volume** than the upper part of the lungs. Chest breathing also tends to increase the respiration rate since it involves a quicker and **shallower** breath. It is associated with light-headedness, heart palpitations, weakness, numbness, tingling, agitation and overall shortness of breath. People with issues such as Post Traumatic Stress Disorder, anxiety disorders or **phobias** can have many of their symptoms exacerbated if they are chest breathers.
- **Mouth breathing** - Can be adverse to your health over long periods of time. This leads to higher levels of **inflammation** and mucus, which can lead to asthma, bronchitis and other respiratory illnesses. Mouth breathing at night can cause **snoring** and sleep apnea, which (Cont. on next page)

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## LUNG WELLNESS can be ENORMOUSLY IMPROVED by DIET and Lifestyle!!! (Cont.)

deprive the body of oxygen at night, resulting in low energy levels and possibly cause high blood cardiovascular disease, obesity, diabetes, inflammation in the gastrointestinal tract, psoriasis, and eczema. Breathing through the mouth during the day further exacerbates health problems.

- **Nose Breathing** – This form of breathing is highly recommended to warm and **filter** the air. It also makes the lungs work harder and more effectively, as compared to breathing through the mouth. Breathing through the nose can help to kill **micro-organisms** in the lungs and open blood vessels and internal organs, allowing more oxygen to enter. Overall, breathing through the nose can improve blood **oxygenation** by two times compared to mouth breathers. Nasal breathing can also reduce stress and calm the mind.

**Yoga** is especially valuable for the lungs. Pranayama, a form of yogic breathing, literally means “the expansion of life force through breath control.” It is the practice of

**conscious** and mindful breathing. The basic practice is based on a 4 part breathing cycle, and is recommended 3-4 times per week for 15 minutes:

- **Inhalation** (Puraka) – Controlling the intake of prana (air), keeping it smooth and efficient. Feel the **diaphragm** move down, allowing the lungs to expand and forcing the abdomen out.
- **Internal retention** of prana (antara kumbhaka) – Controlling the retention of air within the lungs after an inhalation. Feel your chest **expand** with your collar bones rising last.
- **Exhalation** (Recaka) – Controlling the expelling of used prana and other **wastes** from the lungs. Feel the collar bones dropping, chest deflating, and abdomen shrinking as the lungs collapse. This process of exhaling should be much **faster** than the process of inhaling -- almost like a rapid deflation.
- **External retention** (bahya kumbhaka) – Controlling the retention of empty lungs after an exhalation.

**Pranayama** practices can benefit

the lungs by increasing:

- **Efficiency** of each breath
- Lung **capacity**
- Abdominal and diaphragm **control** and strength
- **Flow** of oxygen to all parts of the body
- **Concentration**, creativity and cognitive brain functions
- **Relaxation** and calmness
- Emotional and tension **relief**

Another powerful breathing method is **Transformational Breathing**. This mindful breathing practice is used to generate self awareness for emotional and spiritual **healing**. This technique can cultivate inner peace, self empowerment, and a healthier view of life.

“Like circulation and digestion, breathing is a natural function, and the only way it can be improved is to create the right **conditions** in the whole organism by changing unnecessary tension patterns within the body that interfere with it.” Page 135 of Body Learning by Michael Gelb

## 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 **UNPRECE-**

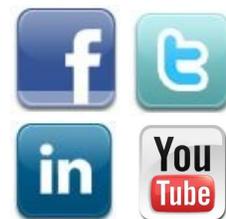
**DENTED** transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business 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 **FULFILLING ADVENTURE!!**

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## THE LUNGS ARE CONNECTED TO OUR MENTAL, EMOTIONAL, AND SPIRITUAL WELLNESS!!!

In **Traditional Chinese Medicine**, the lungs are responsible for self-defense on a physical and emotional level, and thus **sadness** and worry can challenge our lung health. TCM takes a whole body approach to wellness, and itchy skin, low energy and insomnia are signs that your lungs are compromised in this view.

**Qi breathing** is a practice where we enhance our ability to connect to universal life force energy (Qi), through a connected breathing **rhythm**. Use the following steps to begin Qi Breathing:

- **State an intention** for your breathing practice, such as to become energized, to create peace or to be focused.
- Inhale and exhale **deeply**, yet quickly through the nose, making sure that your inhalations and exhalations are the same length of time, approximately one second each. **Visualize** the breath moving in a circle, up the back of the spine and down the front of the spine. This **circular** rhythm will help your Qi circulate.
- Incorporate a **rocking** movement with your breathing. On the exhalation, rock forward (toward your knees). On the inhalation, rock backward (upright). Keep your focus on the inhalation and drawing in **energy** rather than on the exhalation.
- Bring your **awareness** fully to each breath, and allow your mind to quiet. This can bring you into a deeply **peaceful** and blissful state. Continue this practice for a total of three minutes for a shortened version of Qi Breathing.

"Our breathing reflects every emotional or physical effort and every disturbance." Moshe Feldenkrais

**Psychologically**, problems with breathing means that we do not feel freedom in our lives, or that we feel that other people do not give us the "fresh air" of **creativity** and decision-

making, thus feelings of being "suffocated" in our lives. Practices that connect us to our Major Life's Purpose, and the **activities** that are aligned with our values are powerful ways to free ourselves from these traps.

Our thoughts, **emotions**, and feelings have a powerful impact on our bodies. When we feel we are **trapped** among others, or cannot stand someone who is close to us, we can develop respiratory problems or respiratory allergies.

When it comes to **asthma**, stress from fear, anger, work, or issues at home can have a significant impact on the worsening of symptoms. In cases where asthma is **triggered** by psychological issues, traditional medicine may not be effective in treating it. In these cases, the most effective way to treat it is to deal with whatever emotional issues are **underneath** it. Practices of forgiveness and gratitude can make a huge difference.

Many therapies related to mind/body medicine can reduce asthma symptoms and even eliminate future attacks. Those **treatments** include:

- **Biofeedback** - This system uses electronic devices that feed information back to an individual to teach him or her to **control** body functions that normally happen automatically. For example, having someone **listen** to their heart rate while they run. Some small initial studies suggest that biofeedback can help reduce asthma problems. This is a powerful way to cultivate self-observation.
- **Guided imagery** and creative visualization - Picture the airways widening, air flowing easily in and out of the lungs, and envisioning the **dissipation** of allergens so they can no longer trigger an attack.
- **Hypnotherapy** - Can reduce anxiety, and bring a steadiness

to breathing

- **Meditation** - Clears the mind, and pushes out emotional "noise" that can contribute to an asthma attack

In TCM, the emotions of the lungs are **grief**, as the lungs are responsible for exhaling the old and bringing in the new. **Prolonged** grief can weaken the lungs, and cause lung and respiratory conditions. According to Louise Hay, the lungs relate to our capacity to take in life. The lungs become constricted when we are depressed, or not feeling worthy of living life fully. **Journaling** can be a great way to exhale these feelings, and allow us to breathe in new energy and dreams. Creating powerful **goals** for the future can also be a profound way to let go of grief.

Lung health is essential for living an **active** life, and lung health CAN BE maintained and IMPROVED EASIEST through a Balanced Raw Vegan Living Foods diet and practices that include **mindful breathing**, meditation and prayer, yoga, DAILY Pranayama, QiQong, exercise, connecting to nature, journaling, and time alone to nurture and love your self. These **practices** will give YOU the BIGGEST chance to CREATE not only OPTIMAL lung health, but also add Holistic balance to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!!

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