

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well Being, Partners!

On this 11th Newsletter we take a look at small details that make a huge difference in our health and well being while we travel, based on my 1st Health Proposal and my 2nd Health Proposal.

In order to put the rest of the newsletter in context: This conversation makes more sense if you watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and watch them. You can do that by [CLICKING HERE](#). You can also read all of the articles in full [HERE](#): (<http://www.facebook.com/CarolinaAramburoAndFriends>).

SMALL DETAILS THAT MAKE A HUGE DIFFERENCE IN OUR HEALTH AND WELL BEING WHILE WE TRAVEL

In this newsletter I want to cover the small details that make a huge difference for those of us that travel a lot so that we can take care of our health and well being while we travel.

If you're like me, and you travel a lot for work, you have learned that there are many things that you can do to support your health and well being while traveling. They may seem like very small details, but they impact your health in a very positive and profound way. With the commitment

of my 1st Health Proposal and my 2nd Health Proposal in mind, I want to discuss the influence of the climate on your health; not only in your mood but in the way your body will feel overall. There are many people that study and explain the influence of the weather on our mood, but I want to talk about the influence in our physical health and well being.

Let's look at some of those details. Most of us have confronted a lot of troubles with weather and sometimes we tell ourselves the weather is not going to affect us physically. People convince themselves that "If I make sure that I am warm enough in cold weather, and wearing appropriate clothing in warm weather it will be sufficient." That is not really the case.

If you want to support your health there are many things you can do. For example, if you're going to very warm weather or you currently live in warm weather; you could drink more lemon water. Lemon controls blood pressure, acts as a blood purifier and is good for your stomach to name a few benefits. Put drops of lemon in all of the water that you drink to support your body so that it can appropriately confront warm weather and humidity in a more healthy way.

You can also eat more live fruit (like oranges or grapefruit) and vegetables when you are in warm weather. They have little to no fat, no added sugars and are a source of essential vitamins and minerals needed for good health. Fruits and vegetables will support your body more than processed foods can in warm weather and their fiber and high water content will keep your body satisfied.



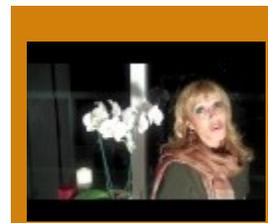
CAROLINA ARAMBURO

Make sure to hydrate yourself while you are in warm weather and / or too much humidity. Drinking a lot of water will support your body in a state of dehydration. Water is critical to maintain enough blood and other fluids to function properly, and to maintain our blood pressure amongst other functions.

Also, when you're in dry weather, one of our first reactions is to drink a lot of water. We've covered that and that's great, but, it will also make a difference if you pay attention to the kinds of foods that support your body when you are in dry weather. These foods will be very different from the food your body would need in humid weather.

Interestingly enough, most of us have not

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paid attention to being in cold weather even though we travel a lot. For example, those of us that like to travel to ski, during the winter months of the year, don't think about how the snow and very high altitudes has a completely different impact on our body than our **normal conditions**.

When you're in high altitudes and cold weather, I highly recommend **sleeping more**. This makes a difference because your body needs to restore itself. Notice also, for example, that in cold weather or in high altitude your body **doesn't process foods** as well. Drinking more water, **breathing deeply and slower**, eating less complicated foods, and being more

patient and careful with your body in cold weather will make a big difference.

So, really listen to your body and pay attention and you can **discover the best** way to support your body in different climates and altitudes.

STAYING HEALTHY DURING THE WINTER: A HOLISTIC APPROACH

Prevention of an illness before it strikes is always a better solution than fighting one off, so **take special care** to strengthen your immune system as much as possible. The emphasis is on prevention of problems by strengthening the body, and using **natural ways to heal**.

Holistic medicine addresses the **body, mind, and spirit** as a "whole" and stresses the importance of applying focus to the whole rather than just parts. Herbal medicine uses the natural healing components of plants that are said to be useful to **prevent and cure illnesses**. To effectively cure an illness, it is said by many that it is usually best to blend use of both antibiotics, if they are necessary, and herbal remedies where possible. Herbal medicines come in a

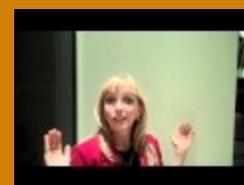
variety of forms:

- **Tinctures:** liquid herbal preparations
- **Extracts:** similar to tinctures
- **Capsules and tablets:** composed of ground-up or powdered raw herb.
- **Medicinal herbal teas**
- **Ointments, lotions, salves, and sprays:** help external skin problems.

In addition, some herbs are said to be particularly helpful in fighting common winter ailments. Herbalist suggest you look for products containing these healing herbs; **Andrographis paniculata, Astragalus, Ginseng**. Often, herbs are most effective in combination with each other, so do some research and see how to make your own herbal concoctions.

Aromatherapy is another form of holistic

medicine, in which certain **essential oils** are applied with the intention to help clear out stuffy sinuses, relieve headaches, and body pains. **Aromatherapy** is also said to offer therapeutic emotional results. In the holistic approach eating healthy is the first step and will keep you strong and more able to prevent and fight off potential illness.



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I invite you to start listening to yourself, your body, your intuition and your deep suppressed vast "**natural knowledge about your body and your health**". In my opinion we ALL have, for WAY too long, listened to everyone but ourselves. Maybe not long from now we will be able to heal ourselves in a more natural way, **help heal each other** and start getting more and more away from the artificial and un-natural ways. Maybe we will even **HONOR the natural SOURCE that sustains our existence** in every case we can.

I have a pact with myself to try every natural way, until it is really not an option any more!! I invite you to try moving in that direction and try giving a **voice to the most important person in your health: YOURSELF**. I don't mean your "little voice" (the one that is a collection of society imposed ways of thinking & feeling) I mean the real true, core YOU!!; it's my opinion that **YOU REALLY MATTER AND YOU REALLY KNOW MOST!!!**

PREVENTING ALTITUDE SICKNESS

All parts of our bodies need oxygen. At sea level a person gets **plenty of oxygen** from the air for his or her body to function. There our lungs function adequately, and **blood hemoglobin** is maintained at normal levels. At higher elevations, however, there is less oxygen in the air.

The problem comes when a person moves **quickly from a lower to a higher elevation**. The body doesn't have time to adapt. Hemoglobin levels drop dramatically, and the body begins starving for oxygen. The heart rate increases and the **breathing rate** increases to compensate. But, the compensation is not enough so the **blood pH gets out of balance**, making it difficult for hemoglobin to work..

There are also a number of other factors, caused by the drop in oxygen availability, that contribute to **altitude sickness**. One such factor is that in the environment of diminished atmospheric oxygen, the body, for **self-preservation**, shuts hemoglobin away from the stomach and other organs to try to maintain a **sufficient cardiopulmonary reserve**. Then the stomach is unable to properly digest the food that it is working on.

Ways of Preventing Altitude Sickness

1. LISTEN TO YOUR BODY
2. Acclimatize (adapt slowly to the environment)
3. Avoid overexerting yourself
4. Hydrate, hydrate, hydrate
5. Stay warm and dry
6. Avoid alcohol and other sedatives

DRINK WAY MORE WATER THAN MOST OF US ARE USED TO

Most people consume 80 percent of their water in beverages, and 20 percent in food, according to the **U.S. Department of Agriculture**. Many people allow their thirst to guide their daily water intake, but this may not be adequate.

Most doctors suggest you **drink 8 to 9 cups** of water each day. The Institute of Medicine recommends that active women drink 11 1/2 cups per day and

active men drink 15 3/4 cups per day. Water is an essential nutrient and makes up more than 60 percent of **adult body weight**. It is needed for all body functions and it aids in **body-temperature** maintenance. It is vital to electrolyte balance.

During very hot or very cold climates water is key in preventing complications from dehydration, such as headaches or fatigue. It may benefit people with **res-**

piratory diseases in high altitudes by thinning mucous secretions that worsen asthma.

Too little water can lead to dehydration; even mild dehydration **can make you tired**. Drinking too much water is uncommon, but it can lead to hyponatremia — a condition in which your excess water intake dilutes the normal amount of **sodium** in the blood.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook FanPage with these intentions:

1. To express **two passions** of mine that I have been ironically 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 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 to-

gether 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 life long "calling". A calling to: team up with leaders in our community/world , to **lead the way towards a Self-Realized Civilization**, creating/ waking up to a NEW GLOBAL VISION and maybe even question all our believes systems.

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

TRAVELING TIPS FOR YOUR HEALTH

Heat combined with humidity can result in loss of water and electrolytes (salts) and may lead to **heat exhaustion and heat stroke**. Heat combined with *dry* conditions makes one particularly susceptible to dehydration. Additionally, **ultraviolet radiation** from the sun can result in damage to the skin and eyes, including severe sunburn, sunstroke, and long-term conditions such as **skin cancer and cataracts**. To prevent heat and radiation problems:

- Consume **extra fluids**
- Consume salt-containing food and drink, or add a little table **salt**, after excessive sweating, or when initially adapting to a hot climate.
- Liberally apply **sunscreen** with sun protection factor (SPF) 15+ and reapply frequently.

When traveling to a higher altitude than your home, altitude illness can result. Though some symptoms of altitude illness may be unavoidable, avoiding severe problems is the goal

when traveling to **high altitudes**:

- Drink **extra water**.
- Avoid overexertion for the first 24 hours to allow your body to **acclimate**.
- Ideally, you should ascend to high altitude **slowly**.
- Ask your doctor about medications. Know the **early symptoms** of altitude illness.
- Acknowledge and verbalize **symptoms**.
- Refrain from further ascent until all symptoms of **altitude illness** have disappeared.
- Take a **pressurized bag** and foot pump in which a person can be zipped inside where the pressure can mimic descent pressure.

Seek immediate medical attention if you have symptoms that are severe or last more than two days such as **progressive shortness** of breath with cough or fatigue, inability to coordinate body movements, or any altered men-

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tal status.

Don't take risks with altitude – **descend**. Apply my 2nd Health Proposal and **LISTEN TO YOUR BODY**.

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

That will make a major difference for me/us. We are to 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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