

# CAROLINA ARAMBURO

## CarolinaArambuoroAndFriends' TOPIC OF THE WEEK

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

In this 248th Newsletter, I want to talk to you about the impact of your emotions on your health and the impact of your health on your emotions.

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 and go back and watch them. You can also read all of the articles in full [HERE](#).

**Our EMOTIONS can totally MAKE US SICK and/or completely HELP US HEAL and be a CRUCIAL SOURCE OF OUR WELLNESS!!!**

Few of us **realize** the absolutely critical link between our emotions and our health. We live lives where we are highly stressed and often **experiencing** negative emotions without realizing just how much it is making our body sick! Please take the time to read this newsletter ... it could make the difference between you and those you love having a full healthy life and an unhealthy shortened life due to illness and disease.

It is scientifically proven that negative **emotions** such as stress, anger, guilt, frustration, overwhelm, pessimism, doubt, insecurity and fear impacts our physical systems including key systems like our cardiovascular system and our **immune** system. When we experience these emotions for longer than 90 seconds (that's right, I said 90 seconds), the **effects** on our body are

so severe that they outweigh things we do to stay healthy. It impacts your health so much that **no matter how much you exercise, or how much you consume vitamins and healthy food**, the impact of all of those negative emotions, experienced intensely and particularly if we repeat them over and over or even worse if we repress them, outweigh all of the good things that you do for your health.

At the same time, when we don't highly regard our health, we **deeply** impact our emotions. Being deprived of sleep, our blood sugar levels or being ill in any way affects our emotions and is likely to make us much more prone to feeling **irritable**, stressed, angry, or upset. This in turn impacts our body negatively and we feed into a toxic loop. Feeling such negative **emotions** is also likely to impact our loved ones and our coworkers creating a possible additional toxic loop for them.

**Some people don't know** this connection while some people are very aware of it. If you speak to someone that has diabetes they know that sometimes they can be **anxious**, upset, a little bit sad, and/or jittery because of the sugar level in their blood. The mood swings that go with hypoglycemia are also a perfect example of blood sugar levels and your emotions. Mind-body health professionals now are applying emotional diagnosis and healing as part of prevention, detection and healing everything from basic infections to cancer with success.

How does a fleeting feeling have lasting health effects? According to **Marcelle Pick, OB/GYN NP** scientific research has proven at least four paths we already scientifically



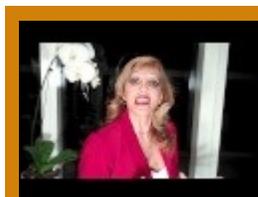
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know about:

First is the general effect of stress (a by product of negative emotions), which triggers the adrenals to produce cortisol and adrenaline. Cortisol is very helpful in small doses (as part of the fight or flight response) but sustained high cortisol levels (the result of unremitting stress) have very **destructive** effects on the body, including weight gain, digestion, circulation, high blood pressure, high cholesterol, suppression of immune function and acceleration of aging. Emotional stress always equals increased output by the **sympathetic nervous system**, which always equals accelerated aging and breakdown of your tissues.

The immune function of the **White Blood Cells**

(WBCs) transports oxygen and carbon dioxide, nutritional elements, ions, (Cont. on next page)



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## Our EMOTIONS can totally MAKE US SICK and/or completely HELP US HEAL and be a CRUCIAL SOURCE OF OUR WELLNESS!!! (Cont.)

waste, hormones and heat. They also defend the body against infections and other foreign materials. The latter function is performed by the WBCs (leukocytes), which fight the **pathogens**.

Emotions affect our **immune system** through neurotransmitters such as serotonin, dopamine, and nor-epinephrine, which are injected into the blood and act on white blood cells. Many cytokines (the chemicals that white blood cells release to **communicate** with each other) also affect the nervous system.

"Neuropeptides and receptors, the bio-chemicals of emotions are the messengers carrying information to link the major systems of the body into one unit that we call body-mind." (Molecules of Emotion by Candace B. Pert, PhD). Bottom line is that specific emotions produce a **predictable** chemistry in our bodies that have been tested and proven. Accordingly, our bodies may produce love chemistry, anger chemistry, hate chemistry and the like. **Love** chemistry (including joy, passion, gratitude, compassion, enthusiasm, optimism) affirms life by optimizing our immune system and the regulatory functions of the body. Conversely, anger chemistry (related to emotions such as guilt, hatred, jealousy, worry, frustration, blame and fear) may be expressed in a **suppressed** immune and regulatory response.

Second is the effect of unresolved and **repressed** emotional issues on systemic inflammation. Medical research has recently implicated inflammation as a contributing factor in a host of diseases, including cancer, heart disease and Alzheimer's.

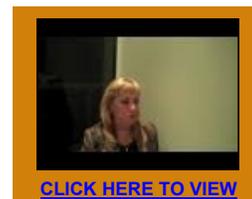
Third is the effect of emotions on **particular** organs. Many alternative practitioners attribute illness

in a specific organ to a specific cause. While this is controversial in Western medicine, it has been well documented in medical literature that "Type A" personalities have much **higher** rates of heart disease, and that women who suffered childhood sexual abuse have higher rates of dysmenorrhea (menstrual cramps) and pelvic pain. The **mechanism** of action may be peptide chains formed as part of the biochemistry of emotion that bind to receptor sites in specific organs, a concept pioneered by the renowned biochemist Dr. Candace Pert.

Fourth is the effect of emotions on **behavior**. Studies have revealed a cause and effect link between adverse childhood experience and negative health habits like drinking, smoking, overeating, and sexual promiscuity. The authors recognized these negative habits as **self-medication** for unresolved emotional pain. But over time the suppression of all that pain through these self-destructive habits has terrible consequences.

According to Gregg Braden author of *The Turning Point*, "In each moment of every day, a conversation is taking place inside us that's one of the most vital we will ever find ourselves engaged in. It's the silent, often subconscious, and never-ending **conversation** of emotion-based signals between the heart and the brain. The reason this conversation is so important is that the quality of the emotional signal the heart sends to the brain determines what kind of chemicals are released into our bodies. When we feel what we would typically call **negative** emotions (for instance, anger, hate, jealousy, and rage), the heart sends a signal to the brain that mirrors our feelings. Such emotions are irregular and chaotic, and this is precisely what the signal they send to the brain look like.

(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).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## Our EMOTIONS can totally MAKE US SICK and/or completely HELP US HEAL and be a CRUCIAL SOURCE OF OUR WELLNESS!!! (Cont.)

Just the way our hearts send our brains the signals of chaos when we feel negative emotions, positive emotions send another kind of signal to our brains that is more regular, more **rhythmic**, and orderly. In the presence of positive emotions, such as appreciation, gratitude, compassion, and caring, the brain releases a very different kind of chemistry into the body. When we feel a sense of well-being, the level of stress hormones in our bodies **decreases**, while the life-affirming chemistry of a powerful immune system with anti-aging properties **increases**. The shift between the stress response and a feeling of well-being can happen quickly.

Studies documented by the Institute of HeartMath (IHM), a pioneering research organization based in Boulder Creek, California, have shown that cortisol levels can decrease as much as **23 percent**, and levels of DHEA, a life-affirming precursor to other vital hormones in the body, can increase 100 percent if we spend as little as three minutes using **focused** techniques designed to produce positive responses.

Your body **responds** to the way you think, feel and act. This is often called the "mind/body connection." When you are stressed, anxious or upset, your body tries to tell you that something isn't right. For example, high blood pressure or a stomach ulcer might develop after a particularly stressful event, such as the death of a loved one. The following can be **physical** signs that your emotional health is out of balance:

- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure

- Insomnia (trouble sleeping)
- Lightheadedness
- Palpitations (the feeling that your heart is racing)
- Sexual problems
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or loss

That is **one half** of the equation that I want you to start thinking about. The other half of the equation is that when you are not healthy, your body produces a lot of negative emotions. So it is not only emotions impacting your health **it's also a matter of your health impacting your emotions**. For example, when you are not healthy you will be more upset, tenser, sadder, and angrier. This is not always because of the upsetting things that are happening in your life. You will **experience** those emotions even more than usual because your health is not great at that moment. So let's say you're going to be a little bit sad, a little bit upset, a little bit angry today; if your health is not good, **all of these emotions will be intensified**. It goes in both directions, whichever is first impacts the second one and then the second one turns around and impacts the first!

Emotions such as anger, fear, and heartbreak will always be prevalent within the human race. What we can change, however, is how we **deal** with these emotions. Chronic anger is associated with depression, insomnia, anxiety disorders and substance abuse plus an array of diseases including cancer. To get the best results, these conditions usually need **holistic** treatment including counseling or coaching for anger. People with these conditions tend to focus on the negative aspects of every situation and take others' **comments and behavior** personally. They tend to be critical of others and have low self-esteem.

If they are depressed (as are most people with chronic anger) they feel hopeless about the future and see little possibility that things will change or improve. This is the **typical thinking distortion** of an anger management problem.

**Fear is a root cause** for many of our negative and depressive thoughts. One study of five hundred people indicated that, all together, they had about **seven thousand** distinguishable fears. The group doing the research said that we are born with **two basic fears**: the fear of falling and the fear of loud noises. All the other fears seem to be acquired. This is **amazing proof** that what we feel is **all mental**. We should be cautious because fear and severe anxiety are well-known predictors of sudden death from heart attack. If we do not control our thoughts, our body is affected.

Did you know some doctors have found that in some cases we can even suffer from **broken heart syndrome**, an actual medical condition known as stress cardiomyopathy? It **physically affects** your body to the extent that you think you're having a heart attack. A number of factors are said to trigger this. Some include physical trauma like domestic abuse, an asthma attack, a car accident or even a major surgery. **Emotional trauma** like the unexpected death of a loved one, losing a lot of money or a job, a frightening medi (Cont. on net page)

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cal diagnosis or the loss of an important relationship could also trigger this syndrome.

First described medically by Japanese doctors in 1991, the condition (originally called takotsubo cardiomyopathy) is said to have an actual **effect on your heart**, enlarging the left ventricle from its standard shape. While physicians don't know the exact cause of broken heart syndrome, they think it may be brought on by a brief surge of stress hormones (such as adrenaline) that could **temporarily damage the heart**.

As always, it is critical to do your research, consult with your health care professionals or experts, and ***LISTEN to your body***.

Why do I want to share all of this? Because, **I am committed to really producing a shift in how you and I really cherish our emotions**. We live in the age of productivity and getting as much done as fast as possible. Sometimes we overlook our emotions and their **value**.

For instance, when somebody is upset we just say '**let it go, forget about it, and move on**.' When someone is sad we try to console them but we don't really cherish our own emotions and the emo-

tions of others to the point where we become aware that they can **produce illness**. They actually can.

I'm inviting you to cherish yourself, to listen to your body. Listen to your emotional balance and **give it the same importance** that you would give your blood pressure. Someone with high blood pressure will go to a hospital or talk to their doctor because they know it is **dangerous** and damaging to their health. They know the risk of a heart attack is closer and closer.

I want to create this new culture where we cherish, honor and 'process' our emotions in a way that promotes the **highest WELLNESS**, versus what we are, as a race, doing which is completely the opposite. So that when we feel upset, angry, or tense, you pay **attention** and honor that and you respond to yourself saying "Oh, my gosh, I am feeling all these negative emotions. Instead of BEING STRONG about THEM or ignoring them or exploiting them (etc, etc) let me LEARN whatever LESSONS these emotions are INTENDING to TEACH me. Let me FEEL them, LEARN from them, accept them and then KINDLY let them go. That is something I need to do right now!" I want you to know that it is more important than completing anything you

are working on. FEEL the emotions FREELY when you notice it, stop, breathe, and proceed with these 4 steps: 1) ACCEPT them 2) Breathe deeply 3) LEARN the lessons that the emotions bring 4) and then, with compassion let them go. This is as **important** as taking your medicine that you may have been given for a certain condition or stretching for your muscles. I have experimented with it. I learned the wrong way by being slowly sick and BEING STRONG about it and just making it WORSE and then learning these 4 steps to help my MIRACULOUS Healing. I invite you to learn the right way; learn to **prevent**, not like I did. Learn out of a **commitment** to your health and integral WELLNESS. Cherish yourself in all that it is to be YOU, including, and very much so, Your Emotional SELF.

A Raw VEGAN Living Foods DIET, with plenty of **Leafy** GREENs tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and feel better that you EVER did your ENTIRE LIFE!!!

## NUTRITION, Mindful Living and EXERCISE play KEY ROLES in Balancing Our EMOTIONAL Wellness!!!

There is no way to overemphasize the **importance** of your food choices when it comes to your mental and emotional health. Our bodies have TWO brains—one in your head, and one in your gut—both of which are created from the same tissue during fetal development.

These two systems are **connected** via your vagus nerve, the

tenth cranial nerve that runs from your brain stem down to your abdomen. It is now well established that the vagus nerve is the primary route your gut bacteria use to transmit information to your brain.

Maintaining optimal gut health is therefore **paramount** when trying to address your emotional and mental state. In this regard, the modern "Western" diet has several things

working against it:

- **Genetically modified foods** (GMOs) can significantly alter your gut flora, thereby promoting pathogens while decimating the beneficial microbes necessary for optimal mental, emotional and physical (Cont. on next page)

## NUTRITION, Mindful Living and EXERCISE play KEY ROLES in Balancing Our EMOTIONAL Wellness!!! (Cont.)

cal health. Avoid ALL processed food and artificial sweeteners. The artificial sweetener aspartame in particular, can wreak havoc with your brain function. Both depression and panic attacks are known potential side effects of aspartame consumption. Other additives, such as artificial colorings, are also known to impact mood.

- **Glyphosate** is the most widely used herbicide on food crops in the world with nearly 1 BILLION pounds applied every year—has been shown to cause both nutritional deficiencies, especially minerals (which are critical for brain function and mood control), and systemic toxicity. There are also thousands of other chemicals being injected into our food through pesticides and environmental pollutants.
- **High-fructose diets** also feed pathogens in your gut, allowing them to overtake beneficial bacteria. Furthermore, sugar suppresses activity of a key growth hormone in your brain called brain-derived neurotrophic factor (BDNF). BDNF levels are critically low in both depression and schizophrenia.
- Many foods are **stripped** of naturally occurring nutrients including vitamins, minerals, essential fatty acids and enzymes. There are emotional reactions that can be due to the deficiency of an enzyme needed to digest a food. Low levels of vitamins, minerals and essential fatty acids can affect mental health, with some **symptoms** associated with particular nutritional deficiencies. For example, links have been demonstrated between low levels of certain B-vitamins and symptoms of schizophrenia, low levels of the mineral zinc and eating disorders, and low levels of omega-3 oils and depression.
- **Animal fats** promote inflammation in the brain that can lead to mood disturbances, according to

a study published in the February 2012 issue of "Nutrition Journal." In many other studies omnivores report having worse moods than vegans with a balanced diet.

The typical omnivore diet is much higher in **arachidonic acid** (better known as Omega 6) than the typical vegetarian diet. Studies have found that Omega 6 causes changes to the brain, which impair mood. By contrast, Omega 3s are shown to have a positive impact on mood. Thus, health experts recommend balancing out Omega 6 to Omega 3 ratios, such as by consuming plant based Omega 3 rich food. The theory is that the Omega 3 will counter the negative effects of Omega 6.

- **Gluten**, a protein found in grains such as wheat, rye and barley, may negatively impact mood and brain health. In fact, a number of studies indicate that wheat can have a detrimental effect on emotions, promoting depression and even more serious mental health problems such as schizophrenia. One mechanism that can help explain the mysterious connection between wheat and mental health problems is the fact that wheat (which is almost completely genetically modified in the United States) inhibits production of **serotonin**.

**Neurotransmitters** like serotonin can be found not just in your brain, but also *in your gut*. In fact, the greatest concentration of serotonin, which is involved in mood control, depression and aggression, is found in your intestines, not your brain! Wheat in particular has also been implicated in psychiatric problems, from depression to schizophrenia, due to an array of brain-disruptive opioid peptides, and wheat germ lectin (WGA), which preliminary research indicates has neurotoxic activity.

A special note needs to be made about **Sugar**. Sugar can lead to fluctuations in blood sugar, which can bring on mood swings, but its role in poor mood actually goes much deeper than that. Entire books have been written on this topic, such as William Duffy's book, *Sugar Blues*. When we say sugar we are referring not only to white sugar but the hundreds of chemically created sugars that are packed in almost every kind of processed food available today. There are at least three potential **mechanisms** through which refined sugar intake could exert a toxic effect on your emotions and mental health:

- Sugar (particularly fructose) contributes to **insulin** and leptin resistance and impaired signaling, which play a significant role in your mental health
- Sugar suppresses activity of **BDNF**, which promotes the health of your brain neurons. BDNF levels are critically low in both depression and schizophrenia.
- Sugar consumption also triggers a cascade of chemical reactions in your body that promote **chronic inflammation**. In the long term, inflammation disrupts the normal functioning of your immune system, which is linked to a greater risk of depression.
- Sugar not only *lacks the essential minerals and B-vitamins for its metabolism*, the body has to (Cont. on next page)

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## NUTRITION, Mindful Living and EXERCISE play KEY ROLES in Balancing Our EMOTIONAL Wellness!!! (Cont.)

surrender its own minerals and B-vitamins for use in metabolizing refined sugar.

- The sugar-caused **depletion** of vitamins and minerals from the body upsets the body's nutritional balance and predisposes the individual to mental and emotional illnesses that have their roots in nutrient deficiencies.
- Sugar causes emotional **outbreaks**, especially in children and adolescents.
- Long-term sugar consumption, as indulged by the majority of the American population, leads to chronic **blood-sugar** level problems that may manifest as diabetes or hypoglycemia. People with such blood-sugar problems are prone to periods of depression, irritability and nervous attacks. Many times they actually experience "nervous shakes" as their blood-sugar level slides and rises.
- An abnormal plunge in blood-sugar levels is insidious—it sends shock waves through every cell in the body and affects the brain and **nervous system** most of all. An erratic mental state results, and some of the accompanying symptoms are: headaches, fatigue, insomnia, irritability, restlessness, crying spells, nervous breakdowns, excessive worry, inability to concentrate, depression, forgetfulness, suicidal thoughts, illogical fears, allergies and so on.

Since nutrition plays a very important role in our emotions what are the important things we need to know and include in our diets?

- To insure mental and emotional well-being, the diet needs to supply all needed nutrients in the form of **unprocessed** organic LIVE whole foods. Most nutritional supplements cannot

be effectively used by the body and cannot be used to fill in nutrient gaps caused by a poor diet.

A **whole food plant based** diet of organic vegetables; fruits, nuts and seeds will provide you with an amazing array of vitamins, nutrients, enzymes and essential fatty acids. Even better is to move to a RAW Vegan LIVING diet as raw foods are packed with live enzymes that are depleted in cooked food.

- All "**nonfoods**" that rob the body of nutrients must be eliminated in order to maintain the nutritional balance crucial to mental and emotional stability. These nonfoods include white sugar, white flour, alcohol, salt, condiments, and ALL **processed** foods. These foods alone are the major causes of mental and emotional illnesses, and they perform no positive function in the body whatsoever.
- Foods that leave heavy **toxic by-products** in the bloodstream should be avoided if we wish to avoid poisoning our body, our emotions and our mind. Even small amounts of these toxins are enough to induce negative emotions in most individuals and even depression in some individuals. This includes the hormones and chemicals found in all processed foods, meat, chicken, fish and all animal by-products.
- Foods should be eaten in a **harmonious** environment with a calm, relaxed disposition.
- Foods should be eaten out of true physiological need when hunger is present. They should not be eaten as emotional **substitutes**, for stimulation or as a means of "escape."
- The drug, caffeine, found in coffee, tea, cola drinks and non-raw organic chocolate, causes nervous **disturbances**, including anxiety. One cup of coffee daily contains enough caffeine to cause anxiety and other emotional disturbances.

Caffeine also stimulates insulin secretion, thereby disturbing the blood-sugar level in the body.

- Alcohol, too, disturbs the blood-sugar level. In fact, low blood sugar occurs in 70-90% of all alcoholics. As a result of studies, it was also discovered that most alcoholics suffer from a **niacin** (vitamin B3) deficiency that leads to periods of depression and feelings of lack of self-worth. Such emotional states may then lead to more alcohol drinking in an effort to escape these feelings.

In order to positively impact your emotions here is some information, that has been proven in various studies, to increase your emotional levels:

- Eating lots of **organic** fruits, vegetables, seeds, nuts, and grains helps open the door to your storehouse of memories. These foods contain powerful antioxidants, like vitamin C, vitamin E, beta carotene, and selenium. Research shows as the level of **antioxidant** nutrients in your blood rises, so does your emotional levels and mental function.
- **Anthocyanins** are the pigments that give purple colored berries like blueberries and blackberries their deep color. These antioxidants aid your brain in the production of dopamine, a chemical that is critical to coordination, memory function and your mood.
- **Pure Organic Raw Cacao** - This is real organic raw chocolate in its natural state without the sugar, dairy, hormone disruptive additives and chemicals. Cacao is one of the highest food sources of antioxidants and magnesium, and it also contains iron, fiber, chromium and manganese. It has been shown to help with cardiovascular health, boost energy levels, promote Ion (Cont. on next page)

## NUTRITION, Mindful Living and EXERCISE play KEY ROLES in Balancing Our EMOTIONAL Wellness!!! (Cont.)

gevity, increase libido and improve your mood.

- **Healthy Fats** - In particular those foods loaded with omega-3s, such as olives and extra virgin olive oil, flax seeds, flaxseed oil, hemp seeds and walnuts have been proven effective to help improve depressive symptoms. Omega-3 content helps maintain healthy chemical levels in the brain and increases the ability of the neurotransmitters in the brain to function at optimal levels.
- **Protein**- A high-quality source of plant based protein such as spinach, quinoa, hemp, beans, and nuts – helps to keep your blood sugar levels steady for enhanced energy and mood.
- **Lycopene** is a fat-soluble phytonutrient that helps protect vital brain fat, and a nutrient that actually stops the buildup of pro-inflammatory compounds linked to depression. Guava, tomatoes, papaya, sweet red peppers, asparagus, red cabbage and carrots contain lycopene. Because lycopene lives in tomato skins, the best way to get it is through cherry tomatoes, whose smaller surface area means you'll eat more skin than if you eat a full-size tomato.
- Foods high in **magnesium** content, such as spinach, swiss chard and other dark green leafy vegetables, artichokes, quinoa, lentils, walnuts and butternut squash. Magnesium relaxes muscles in the walls of blood vessels, including those running to the brain, which may help prevent migraines and improve emotional states.
- **Raw Sprouts** and wheatgrass juice are the highest concentrations of live **enzymes**, vitamins and minerals you can consume. These enzymes feed every system in our body including providing food to our mood-boosting neurotransmitters dopamine, adrenaline, and noradrenaline.
- **Vitamin D**: although not enough evidence exists to make any claims about the effectiveness of vitamin D as a mood enhancer, at least one study reported benefits from vitamin D in treating seasonal affective disorder, a form of depression that occurs during the winter months.
- **B vitamins** - By increasing the amount of B vitamins in your diet, you may begin to notice positive changes in your mood. Some excellent food sources that are rich in B vitamins are nutritional yeast, dark leafy greens, bananas, almonds, sprouts and avocados.
- **Thiamine** - According to one study by Benton and Donohoe (1999), insufficient amounts of thiamine or Vitamin B1 caused "introversion, inactivity, fatigue, decreased self-confidence and generally poorer mood". Thiamine is contained in foods such as cauliflower, beans, Jerusalem artichokes, lima beans, iceberg lettuce, spinach and beet greens and oranges and can influence mood states.
- **Iron status** - Iron deficiency anemia can result in depressed mood, lethargy and problems with attention. A low iron status is most common among women, children, and people who follow an unbalanced diet. Iron deficiency also results in a decreased ability to exercise. Foods rich in iron include vegetables such as broccoli, asparagus, quinoa, spirulina, and parsley, beans, lentils, peas, greens and nuts.
- **Folic acid** - Besides helping in the prevention of neural tube defects, folic acid also plays an important role in the brain. Folic acid deficiency is associated with depressed mood. Foods rich in folic acid include dark, leafy green vegetables, asparagus, broccoli, beets, oranges and grapefruits, beans, peas, lentils, avocados, nuts, cauliflower, sprouts, and whole wheat breads.
- Foods that aid **serotonin** production include spinach, raw pumpkin seeds, spirulina, raw spinach, sesame seeds, raw almonds, raw dried dates, raw oat groats, watercress, sunflower seeds, horseradish, pumpkin leaves, turnip greens, cacao, asparagus and bananas. Spinach and asparagus contains high concentrations of **folate**, a B-vitamin used in the serotonin creation process. Bananas pack lots of **tryptophan**, an amino acid that's converted into serotonin in the brain. Tryptophan manages to go directly to the brain by crossing the protective cellular barrier between the bloodstream and the brain. This makes tryptophan a rarity, since serotonin can't cross this blood-brain barrier.
- Another major neurotransmitter that helps regulate and stabilize mood is **gamma aminobutyric acid (GABA)**, commonly referred to as "nature's Valium" because of its tranquilizing effects on the body. GABA is produced during the **Krebs cycle**, a physiological process by which nutrients are converted to energy for cellular use. Foods don't contain GABA, but some contain the neurotransmitter's building block, an amino acid called **I-glutamine**. Fermented beets, sauerkraut or kimchi., raw spinach and parsley, and cabbage, sesame and sunflower seeds have high concentrations of glutamine. Since I-glutamine can also transcend the (Cont. on next page)

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blood-brain barrier and aids GABA production during the Krebs cycle, these foods can have an indirect but useful impact on your happiness.

- Add **probiotics** through fermented vegetables such as sauerkraut or kimchi or if you must find a very high quality plant-based probiotic supplement. This is a supplement that can be an exception if you don't eat **fermented** foods on a regular basis. Research has shown that certain probiotics may help alleviate anxiety by modulating the vagal pathways within the gut-brain, affecting GABA levels, and lowering the stress-induced hormone corticosterone.
- **Enzymes** are not only the catalyst of all life, but also the creator of continued healthy lives. Absorption of nutrients is a mutual attraction process between the enzyme activity in the living food and the **electromagnetic** frequency in the human cell, which was greatly created by life (electric) in our food to begin with. Cells' movement is attributed to enzyme activity and all working organs. As one example, the heart, requires strong, enzymatic interplay with minerals, trace minerals, etc.

Structurally protein vehicles, enzymes contain frequency, which sparks the ignition of all life's physical and **emotional** actions. Amazingly, it is an enzyme activity that creates a human when a sperm and an egg come together. Ironically, it is an enzyme activity that breaks down the human body beginning at the time of our demise, reintroducing us into the earth to provide further cycles of life. Enzymes are at the heart of all existing life and the evolution of the past and future of this life. Enzymes are abun-

dant in raw vegetables and **particularly** high in sprouts and wheatgrass.

- **Phyto-Nutrients** are significant natural chemistry that is contained in all plant based living food. Exploration into these **newfound** nutrients has filled in the missing pieces of how food is the ultimate physical healer. Not only protectors from potential disease but eroders of existing disease, **phyto-chemicals** work within the cell to vacuum clean any invaders out of the cell and shielding you from these unwanted intruders.

Microscopically observing phyto-nutrients attack of disease is no less than viewing nature's successful army of health **maintainers**. Uniquely, each sprout, fruit, vegetable, herb, grass, algae have their own community of phyto-chemicals. This earth-shaking truth has furthered our belief in the magnificence of nature's intricate pattern and wisdom.

- **Oxygen** is the food which allows the floating circular or oval cells to propel themselves throughout our bodies and at the same time create the perfect environment for nutrient absorption of vitamins, minerals, trace minerals, proteins, phyto-chemicals, etc. Additionally, this purified environment acts as an **anti-microbial** chamber, which expands the potential for electron activity, which generating life and permitting all organs and other cells to fully function.

Oxygen permits all life, as we know it, to exist on this planet. Needless to say, it is at the center of our human anatomy. Our current day understanding of oxygen in medical text is sadly, at best, only a small part of the story. Raw living vegan food in its **fresh** and peak moment is the most significant contributor to one's oxygen reservoir and only second to proper breathing of clean air.

HERBS and Spices that have been proven to assist with emotional regulation:

- **Ginger** - enhances dopamine levels.
- **Turmeric** - Curcumin, with its yellow-orange color, has neuroprotective properties and may enhance mood and possibly help with depression.
- **St. John's Wort** - assist with mood disorders and is one of the most widely studied and accepted herbs in the use of emotional maintenance.
- **Passionflower** -Passionflower may be useful in reducing insomnia, anxiety, ADHD and nervousness. Excellent news when it comes to boosting your overall mood and mental health.
- **Ginseng** -A stimulating herb known to increase energy levels and general vitality. It is also known to increase focus and improve your emotional state.
- **RhodiolaRosea**-This herb has been shown to be a powerful adaptogen. This means it normalizes body functions, including the functions of the brain. In this manner, it may help to decrease stress, improve appetite, decrease irritability, increasecognitive functions, memory, and performance under stress. By providing extra mental energy, this herb has helped some overcome sad feelings and other symptoms of depression.
- **Kava Kava** -It is said to calm the central nervous system, providing an overall sense of relaxation and relief to the body. It may even help reduce stress and anxiety in other ways.
- **Valerian** -an herbal remedy created from dried roots, often taken as a sleep aid and sometimes used for anxiety.
- **Lavender** -Can be used asaro (Cont. on next page)

## NUTRITION, Mindful Living and EXERCISE play KEY ROLES in Balancing Our EMOTIONAL Wellness!!! (Cont.)

matherapy, essential oils, and teas use lavender to enhance relaxation and possibly help relieve anxiety and depression.

- **Oat straw** - A soothing herb often used as a tea for cases of mild to moderate anxiety. May also be effective to combine with other nourishing herbs like Chamomile and Linden.

Organic Raw Vegetables, Fruits and nuts bring the light and energy they absorb and store through **photosynthesis** into your body. Grains, legumes, nuts, and seeds bring into your body the light, energy, and life force that can create a new living plant. This way of eating creates a whole new **experience** and lightness in your body. A healthy balanced vegan diet can be a powerful aid to your emotional regulation and healing process. The energy of a 100% organic whole food LIVING Raw diet literally changes the vibration of your **nervous system** so that it forces the lower vibration, negative thoughts out of your system and help you to face your life issues so you can more easily release repressed emotions and thoughts from your mind and body.

**Exercise is a big key in emotional balance.** In his book *Healthy at 100* John Robbins says exercise is the Magic Pill. Robbins tells us that exercise is equally as good for our brain and emotions as for our body; it makes us stronger, more confident and less **susceptible** to depression. **Get your daily dose of exercise.** Whether it's a formal session at the gym, a walk with the dog, engaging in a sport or just playing with your kids, getting up and moving will boost your mood and energy level.

By focusing on activities you enjoy and tailoring a regular mild to moderate exercise routine to your needs, you can experience the mental health benefits of exercise and improve your life by:

- **Easing stress and anxiety, reducing tension.** A twenty-minute bike ride won't sweep away all of life's troubles, but exercising regularly helps you take charge of anxiety and reduce stress, anger, and frustration. Exercise can also serve as a distraction to your worries, allowing you to find some quiet time and break out of the cycle of negative thoughts that feed anxiety, depression, and other mental and emotional problems.
- **Lifting your mood and relieving depression.** Exercise releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. In fact, exercise can treat mild to moderate depression as effectively as antidepressant medication—but without the side-effects, of course. As well as relieving depression, research has shown that maintaining an exercise schedule can prevent you from relapsing.
- **Sharpening brainpower.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- **Increasing self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.
- **Improving sleep.** Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.
- **Boosting energy.** Increasing

your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

- **Coping better.** When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress.

Stick to a **regular sleep** schedule—even on the weekends. Although most adults require between 7 and 9 hours of sleep per night, you might need slightly more or less to function optimally. The important thing is that you consistently get the sleep you need. When you are sleeping is when your body repairs itself and when all of your major chemicals like **neurotransmitters** and hormones are replenished. This is critical to not just your overall health but also to your emotional health.

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## CREATING our Mental, Spiritual and Physical BALANCE can totally PREVENT Emotional STRESS and all its HEALTH consequences!!

As we indicated in the previous article, when you become emotionally stressed, your body releases a stress hormone called cortisol. **Cortisol** is activated in our brain in response to emotional situations. It lasts a mere 90 seconds in our bodies after the brain releases it. If the emotion persists beyond 90 seconds, it is because we choose to hold on to it and make it last! If you can just wait out the 90 seconds, by **feeling the emotion fully and deeply**, and then releasing it, you can change your stress patterns. Remember the line: "Thought creates matter." The body knows **no difference** between your thoughts (emotions) and the stress hormone you released.

In order to lead happy, joyous and healthy lives, we must claim our emotions, **accept them without judgment** and learn how to fully feel them. Only in doing this can we **truly release** them so that they cannot block our energy and do not build up in our bodies. Disease, pain, injury and all manner of negative energy **will manifest itself** in the cells of your body.

Drs. Simonton and Hranicky of the Simonton Cancer Center who have developed an internationally respected model of emotional support for the treatment of cancer patients speak about how our power to change the way we view things gives us the ability to change your emotional state and our health.

Dr. Simonton said, "The quality of our emotional life is largely determined by our consistent thought patterns as well the quality of the questions we ask ourselves daily. If we ask ourselves questions that by definition will produce an **undesirable** or distressing answer, then we won't feel as good as if we were to ask ourselves ques-

tions that produce more empowering and optimistic answers. Knowing how to excite ourselves emotionally and then how to reinforce our desired emotional states is key to knowing how to influence our relationships in desired directions and how to **influence** the healing systems in our bodies. Changing your unhealthy beliefs is long-term emotional management and leads to long-lasting stress management, increased states of emotional well-being, and optimal health. Our beliefs are optional. To activate your healing system, activate healthy beliefs."

Simonson suggests we evaluate our thoughts and beliefs based on the following checklist:

- Does this thought/belief empower me?
- Does this thought/belief support my health, well-being, and longevity?
- Does this thought/belief protect my short-term survival and long-term survival?
- Does this thought/belief have good reality testing?
- Does this thought/belief energize me?
- Does this thought/belief engender my self love or long-term survival?
- Does this thought/belief lead to greater emotional pleasure and less emotional pain, anger, and fear?
- Does this thought/belief contribute to the welfare of others and the planet?

The energy work of Reiki and other healing energy modalities work synergistically with a healthy diet and lifestyle by **releasing** negative energy to support your emotional balance and healing process. As you work with healing energy to release blocked energy in your body, you often release dense, contracting, negative thoughts. Your body often **stores** negativity in excess fat as blocked energy. You release this negative, stored energy from your body when you let go of the negativ-

ity of anger, fear, hate, blame, and guilt.

Healing and personal development involves **changing** your attitudes and beliefs about yourself and what you bring into your life to create and sustain your health and well being. You learn how to live in a healthy and **harmonious** way that aligns you with the natural laws and ecology of your body, our planet, and the universe.

As you experience more joy and positive ways of being, you may recognize areas of negativity in your life that drain you and better understand what **nourishes**, satisfies, and supports you. You may decide to restructure your life and change your perspective, behavior, relationships, and situations so you experience life differently. You learn to honor yourself and support your growth by **choosing** food, relationships, experiences, thoughts, and behavior that nourish and heal your body.

You also can **transform** your body into a temple in which your spirit can live with integrity, in harmony with your mind and body. It's a question of how you want and choose to live. How do you deal with your emotions? How developed, evolved, and **integrated** is your mind-body-spirit? They need to work in harmony to support you and enable you to consciously make healthy choices. Are you making conscious choices about how you are living? Are you aware of the impact of these choices?

Research is indicating that mindfulness practices, (exercises that increase present-moment awareness), are **very beneficial to health and well-being**. These kinds of practices will influence a wide range of physiological and subjective states including: (Cont. on next page)

## CREATING our Mental, Spiritual and Physical BALANCE can totally PREVENT Emotional STRESS and all its HEALTH consequences!! (Cont.)

- Boosting the **immune response** in cancer and HIV patients.
- **Reducing pain** in chronic pain patients, including sufferers of arthritis, back pain, and headaches, among others.
- **Improving the effectiveness** of behavioral change programs like smoking reduction, weight loss, and substance abuse.
- Enhancing **heart health** when coupled with integrative health care.
- Reducing the risk for relapse in **clinical depression** by half compared to a standard treatment protocol.
- Reducing **anxiety and stress** across a wide range of physical and mental health disorders.

Here are some mindfulness practices that you can incorporate into your life to enable you to balance your emotions while still honoring them:

- **Express Yourself** - When you clear your head, good things happen to the rest of you. Journal or talk about your feelings.
- **Try Meditative Exercise** - Try Yoga or Tai Chi
- **Seek PROFESSIONAL Help If You Need It** - A therapist or a highly trained coach may be the perfect solution so you do not need to try work your way through it alone.
- **Lean on Your Friends** - create Social networks for yourself.
- **Become conscious of your thoughts.** Everything you think, say or feel becomes your reality. Every single thought that comes into your head has an impact on you. When you change those thoughts for the positive, your reality is likely to become positive too. Easier said than done in the face of adversity though right? How 'bout this, the next time a negative thought shows up in your head, take the time to acknowledge it, thank it for showing up,

and then dismiss it and turn it around for the positive.

- **Find something beautiful and appreciate it.** Beauty is all around us, yet so often we walk around with our blinkers on. Stop rushing for a moment and take the time to stand in the sun and appreciate your surroundings.
- **Meditate.** Sit in a comfortable position; close your eyes and breath in and out. Too often we rush through our days with a scattered brain leaving us in a state of anxiety and stress. Meditation helps to calm your spirit down and put you in a peaceful state of mind. Even 10 minutes of meditation a day can change your life forever.
- **Be grateful.** - Making a gratitude list or keeping a gratitude journal shifts your vibrations from focusing on what you don't have to what is already abundant in your life. There is more to be grateful for than you could possibly imagine.
- **Practice acts of kindness** - Giving to someone else (without expecting anything in return) shifts your thinking from "I don't have enough" or "Woe is me", to "I have more than enough to give to others." Abundance is a high vibration. In the same vein, being kind (as opposed to being mean) puts you at a high emotional vibration. Gossip or treat others badly and your vibration will suffer.
- **Go outside and breathe in the fresh air.** Take a break from your home or office to get some air and sunshine. Even stepping out into cold weather will wake you up and refresh your mind.
- **Listen to music you love.** When your mood is spiraling downhill and the little voice in your head is anything but positive, turn on your favorite tunes and sing along. Soon, sweet music will fill your mind instead of negative thoughts.
- **Indulge your senses.** Sights,

smells, sounds, tastes and tactile sensations can quickly change your mood. Light a scented candle that evokes memories of the pleasant times, buy your favorite flowers and revel in the smell (and sight) of them, or soak in a scented bubble bath while listening to soothing music.

- **Do something that brings you joy.** Whether it's going to a movie, reading a novel or having lunch with your best friend, take a well-deserved break from work or stressful situations and do something you love. The change in mood will lead to better concentration and efficiency once you return to the task at hand.
- **Play or cuddle up with your furry friend.** Just petting your dog or cat has been shown to lower blood pressure and evoke a sense of calmness, happiness and well-being. If you don't own a pet, volunteer at an animal shelter to get your furry fix.
- **Volunteer.** There is nothing like the act of giving to those in need to make you feel appreciative of the life you lead. Walk dogs at an animal shelter, feed the homeless at a food shelter, teach English at a literacy program, or assist in programs for special needs children. Do your research and you will surely find a group that can use your talents and skills. If time is an issue for you, contribute through donations and you could evoke the same feelings of happiness.
- **Create a list of natural mood enhancers that will work for you.** Feeling angry? Write in your journal. Stressed? Try a yoga class. If you're exhausted, take a 20-minute nap. And if you're feeling down, rent a funny movie. Remember, you have a choice and the ability to change your mood. With some trial and error, you will figure out the best strategy (Cont. on next page)

## CREATING our Mental, Spiritual and Physical BALANCE can totally PREVENT Emotional STRESS and all its HEALTH consequences!! (Cont.)

gies that work for you.

Studies have shown that doing yoga activates the **parasympathetic** nervous system, lowering the heart rate, respiratory rate, and blood pressure. Cortisol levels drop (the hormone secreted by the adrenal glands in response to stress) and the pituitary gland secretes oxytocin and prolactin (the "cuddle" hormones responsible for feelings of love). Certain yogic breathing practices also **stimulate** the vagus nerve, which is a known treatment for depression.

In the yogic model, two reasons exist for remaining stuck in negative emotions. The first is **samskaras**, or **karmic knots**, that develop in response to each trauma or loss. Performing asanas (poses) while focusing on the breath helps release the karmic knots, freeing our emotions and the related tension in our body.

The second is a lack of prana, or vital life force, in the system. When our **prana** is low due to stress, overwork, or simply living in a crowded area, we tend to feel sluggish and are a breeding ground for negative emotions. Doing yoga with attention to the breath expands the

lungs, bringing in more prana, creating a state of mental alertness, and calming the body. Studies have also shown that doing yoga regularly results in an intrinsic spiritual **experience**, which has been associated with better emotional and mental health.

Another important aspect to yoga practice is that everything is done **bilaterally**, thus balancing the right and left hemispheres of the brain. Nadishodhana, or alternate nostril breathing, is especially balancing; since breathing through the left nostril has a calming effect and right nostril breathing tends to be stimulating.

Here are some specific poses or asanas that can be useful for **release** and removal of negative emotions:

- To **increase the energy**, give courage and face life – Surya namaskar (sun salutation), preparatory movements and backward bends such as bhujangasan (cobra), dhanurasan (bow), chakrasan (wheel) and veerasan (warrior).
- To **calm the mind**, release anger, introvert, release the ego and surrender – vajrasanyogamudra

(child's pose), paschimottasana (forward bend), karnapedasana (folding leg plough), viparitarikarni (inverted pose).

- To **release pent up emotions** – simhasana (roaring lions pose)
- To bring **calmness, acceptance and relief** – restorative poses such as supported uttanpadasana (legs up the wall), tadagasana (pond pose), suptavajrasana (sleeping thunderbolt) sputa baddhakonasana (sleeping bound angle pose) and koormasana (tortoise).

Listening to your body is always the key. **Allow yourself** to try different things until you find the solutions that best fit your body. Ask questions. Do research. Talk to your healthcare provider or health coach if you are not able to handle your stress on your own.

In this culture of focusing on our productivity, please remember to **cherish** your self and your emotional balance above almost ALL, treasure your emotions for the impact it can have on your health. Cherish your body and be healthy to boost your good emotions and to keep the positive loop going. You **deserve** elite health, not drive through health, as I always say!

### 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: 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 their methodology: Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms of 150+ to 1200 people** and individual people who came to the microphone. In addition to this, I coached teams of people who worked with me in both group

and individual settings. These included managers among other individuals. This coaching was on **both personal and business topics**.

My experience, training and unspeakable privilege of coaching people prior to and since leading the Landmark Forum has allowed me to have access to the **utmost training and practices for years**. Also, it absolutely gives me the **confidence** to coach **anyone on anything**, under any circumstance, and that the person attributes this **success to my coaching**.

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