

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well Being, Partners!

On this 12th Newsletter I want to give us a chance to consider a **different and interesting part of our well being** that most us don't pay attention to: our mental / intellectual health.

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: \(http://www.facebook.com/CarolinaAramburoAndFriends\)](http://www.facebook.com/CarolinaAramburoAndFriends).

THE MOST STUNNING HEALTH & PERFORMANCE FOR OUR BRAIN—OUR MIND

I've found that the Health of Our Brain is very often **overlooked**. I too have made that mistake. You and I are used to thinking that our mental capacity is what it is; and that sometimes it diminishes. We're tired, or exhausted, or sick, because the years are going by. I am **very shameless** about my age; you don't have to guess - I'm 41 years old. I have friends that are exactly the same age I am and they are already having conversations about "**I'm not that young anymore**". I don't have those conversations. I'm out to make sure I can be as young as I can for as long as I can.

Here are a couple of things I have learned about our **mental / intellectual health**. First: our mental capacity has no limit. I'm not a doctor, so what I'm sharing with you are things that I have learned. You can read the articles and the books for yourself. I find both **fascinating** and very, very valuable all the research and work that has been done on **neuro-science**. Also, if you try out all the exercises that the researchers suggest you will find that they are very effective. So, if you look at the capacity of your mind/brain and you consider that there is **no 'set' capacity**, then there are many things that you can do to help your mental / intellectual health.

For example, there are many memory exercises that you can do to **improve your memory**. There are also exercises to improve concentration, more specifically mental health concentration, and/or mental capacity. There are very simple things you can do to make sure your brain, the **most important** part of your body, is being taken care of.

One such thing is that sometimes I, and maybe even you; work on one thing only. I would forget that there are all these other topics that I could be putting my **mental effort** into. For instance, as an architect; if you only read about architecture, you aren't giving your brain/mind the chance to open up and exercise many other parts of the brain. It **makes a difference** when you read about many different subjects, or even when you read things that you would normally not read. Some of us just read whatever books we're called into reading; whatever we find affinity with. Try, instead, **reading books** that you would not necessarily pick, that you wouldn't read. Consider a book that may not be your

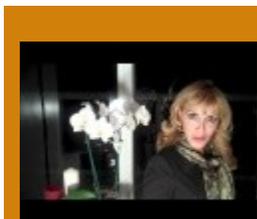


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'style', like we say. Try doing **mental exercises** (there are many out there) and learning about your brain patterns, so that you can support yourself and stay as present as possible.

There's a very **simple exercise** that one of my brilliant friends taught me. In this exercise you change things in your environment and that change allows you to go **back to being present** as much as possible. For example, if you wear a ring on a certain finger, change that ring to another finger. If you wear your watch on one hand, change it to another hand. Even shift things around in your office and / or shift things around in your house. You do this so that things are **not always the same**, eliminating the possibility of your mind running on automatic as often.

A friend of mine also



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taught me a (cont. on next page) very **simple technique**, that makes a huge difference, of setting up very light, friendly alarms. Not the kind of alarms that will stress you. But, the kind of **gentle alarm** that, during random times of the day (not exact times - not every hour, not every half hour) are set to bring you back to being present. The more **unexpected** the time, the most creative your

mind can be.

I **highly recommend** that you research, read, and learn. Give yourself the chance to use your mind/brain, to it's full capacity. You deserve it. Your brain deserves it. And why wouldn't you? Most of us say that we all know that we're not using our **full potential** as a human being and most of us think a lot of it is in our brain. So, why not give ourselves the chance to explore

and see how we can use as much of our **potential** as possible. Thank you so much for this opportunity and please take a moment to leave me your comments, your feedback, either below the video on YouTube or on our Community Fan Page (<http://www.facebook.com/CarolinaAramburoAndFriends>).

FOODS TO HELP YOU REACH YOUR MAXIMUM BRAIN POWER POTENTIAL

Add these foods to your diet, and AskMen.com says you'll be **smarter in no time!**

Salmon

On the protein front, one of the best sources is salmon, as it is a **good source of omega-3 fatty acids**, which are essential for brain function and development according to research. Studies have suggested that supplementing with DHA, which is found in fish oil, is **beneficial for the development** and maintenance of memory performance.

Beef

Including moderate portions of **lean beef** in your diet is beneficial to enhancing your memory because of its iron content according to some sources. People who are on any kind of a strict diet and are sticking mostly to chicken, egg whites and fish as sources of protein may be running a bit low in iron in this memory enhancement.

Iron deficiency can have a big impact on brain function and impair learning abilities, eventually putting you at an increased risk for developing Alzheimer's disease.

Brown Rice

Brown rice is high in magnesium and brain boosting **vitamins B1, B3 and B6**. Brown rice is also

higher in fiber and has a lower glycemic index than white rice.

Blueberries

While all berries provide a number of health-related benefits, blueberries in particular are said to be a **memory-boosting powerhouse**. They are considered a memory food because they contain a phytochemical that is especially important in reversing the **age-related** decline of memory, while having a positive influence on spatial working memory.

Choline

Another nutrient that helps to **boost memory** is choline, as it causes an increase in acetylcholine in the body, a substance that helps the brain **process and remember information**, according to studies. Eggs are a terrific source of choline, as long as you **consume the yolk** with the egg white.

So, when you have a mentally exhausting day coming up, try scrambling some eggs before heading off to work. Other foods that contain this **nutrient** are peanuts, potatoes, cauliflower, tomatoes, and bananas.

Almonds

The almond contains a number of **brain-boosting chemicals** including phenylalanine, nutrientriboflavin and L-carnitine.

Phenylalanine has been shown to boost with both **cognitive neurological function**, while L-carnitine helps

the brain process acetyl-L-carnitinetransferase, which supports choline metabolism. Nutrientriboflavin is a memory-boosting chemical.

Spinach

Dark green vegetables like spinach are high in the **antioxidants** that protect the brain from cell damage. Antioxidants have also been shown to **boost memory**.



I invite us all to not think of our brain/mental capacity as a part of our health that "**is what it is**". I invite us all to relate to our brain as we relate to our muscles - we all want to **look as stunning as possible, feel as young and energized as possible**. Why not have the greatest, most capable, brain capacity ever (always)??? It is not only brilliant as an undertaking, but also sexy. Don't you think? **You deserve it all - I say: take it!!!!**

TIPS FOR EXPANDING INTELLECTUAL HEALTH

Intellectual Health is not only about academic knowledge, but also **creativity, general knowledge, and common sense**. Our thoughts are influenced by each of these factors, which in turn influence our decisions.

Maintaining proper **nutritional habits** and exercising are essential components to our energy levels and willingness to develop **into healthy individuals**. Allowing ourselves to interact with

people of various backgrounds introduces us to other viewpoints and expands our creative **thought processes**. Exposure to diverse experiences also allows for an open-mind.

Tips for good intellectual health:

- Relax
- Use time management
- **Trust** your ability to make good decisions
- Challenge yourself

- Recognize and value leaning as a life long process
- Be creative and **resourceful**
- Think critically
- Learn from the people around you
- **Experience** new things
- Play games
- Read for pleasure
- Ask questions
- Test yourself

MASTERFUL BUSINESS & PERSONAL COACHING

Coaching people in large groups and one on one, is what I have done, in one methodology or another (including but not limited to: Silva, that of J. Rohn of Herbalife and my own) since 1991.

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 L. Forum I both coached **entire rooms of 150+ up to 1200 people** and individual people who came to the microphone. In addition to this I did both group and

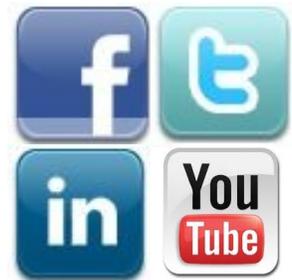
individual coaching of the teams of people who worked with me, mostly managers plus various other individuals. This coaching was on **both personal and business** topics.

My experience, training and unspeakable privilege of coaching people prior to and since leading the L. Forum has allowed for me to have access to the **utmost training and practice for years**. It also absolutely gives me the **confidence** to coach **anyone in anything**, under any circumstance and have his or her **success from my coaching a foregone conclusion**.

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10 WAYS TO BOOST YOUR BRAIN HEALTH

Although the science of brain health remains young, there is research that **clearly indicates** that there is much we can do to improve how well we multitask and remember details such as names. The following are 10 **brain-smart exercises** to boost your brain power.

1. **Rearrange your desk**. Clear some clutter from your life. Folks who are organized remember better.
2. **Read a poem**. Reading poetry gets us to think out of our workday "box" and is a wonderful source of intellectual challenge and pleasure.
3. **Take a 5-minute yoga break**. It supports aerobic workouts by building strength and stamina, trains our focus, and is a terrific resource for maintaining emotional balance.
4. **Doodle**. A recent study published in *Applied Cognitive Psychology* found that subjects assigned

a doodling task performed 29 percent better than their non-doodling counterparts on a surprise memory test covering the material they were learning simultaneously.

5. **Keep up your social network**. Harvard researchers found that persons with lower levels of social interaction were more likely to show memory problems after six years than their more social peers.
6. **Play online**. Play games against the clock, timed activities force us to focus, think fast and be nimble in our approach.
7. **Jump some jacks**. Aerobics rev up daily performance and reduces our long-term dementia risk.
8. **Wear your watch upside down**. This change will force your brain to think out of its comfort zone in making sense of time gone a bit topsy-turvy.
9. **Plan some brain healthy meals**. Giving some thought in advance to what you are going to eat will increase the chances that you will make brain healthy food choices.

10. **Learn how to remember a name**. Try repeating information as you hear it, or try connecting the name with something you already know.

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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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