

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 24th Newsletter, I want to give us a chance to consider the impact of Nature on our 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 and go back and watch them. You can also read all of the articles in full [HERE](#).

NATURE CAN TOTALLY TURBO-CHARGE YOUR HEALTH AND WELL-BEING TO MAGICAL NEW LEVELS

Nature can have a huge impact on you, if you only let it. Taking a hike, going to a park, a lake, spending time in a garden has proven healing effects. In this newsletter I want to focus on the perspective that we are not just coexisting with our natural surroundings. Nature has a totally natural anecdotal property that affects your mental physical, emotional, and spiritual health.

Have you ever considered why there are so many fabulous parks? Especially in the largest cities, you can find a park on every corner. Adding natural elements to our lives seems to be universal. Plants emit an airborne chemical known as phytoncides, which protects the plants from insects and decomposition. These chemicals prove beneficial to us humans as well.

There are studies that show that being among these plants produces lower concentrations of cortisol, lower blood pressure, and lower pulse rate among other things. Doctors have also noticed higher white blood cell counts in individuals who visit parks and forests. I can naturally advance my healing process with a 50 percent increase in levels of natural killer cells, simply by a two hour walk for two days.

During my health journey, I spent plenty of time at the beach, in the mountains, parks, anywhere outdoors. Nature gave me an experience that cannot be recreated anywhere else. I felt so much closer to Source/God/the Universe and it did wonders for my health; I was at peace and I was stress free. This totally paid off for me. My blood pressure went down, my mood was better, I slept better, and so much more.

There are studies that show that even indoor plants or pictures of nature have positive effects on your pain perception and health issues. I used indoor plants to not only make my home look awesome, but it made me feel better too. I would talk to my orchids and experience a sense of oneness with them; their energy is amazing. The reason is not known yet, but one study showed the presence of flowering plants has more of a positive effect on pain tolerance and distress. I even put my bed and desk in front of a glass wall overlooking the Atlantic ocean so that I could really get being one with nature.

When I was not in my house, I took every opportunity I could to go out-

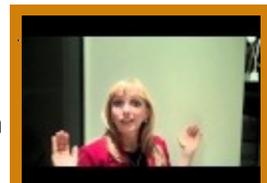


CAROLINA ARAMBURO

side. But, I had to be careful, I had to listen to my body so that I knew when, where, and how long to be in nature. Sometimes my body felt at peace under a tree, or on the beach, maybe even on a mountain; everyday was different but I learned to listen to my body. I would go outside in the morning and do yoga, or I would meditate waiting for the sun to rise. I learned very quickly that each and every thing, whether it was a tree or the ocean has life, and it was offering me energy to heal.

Within the growing generation of children we have already coined the term, "nature-deficit disorder". This concept comes from the fact that society is teaching children to avoid nature. We didn't intend for this to happen but it has become way too common. In children,

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NATURE CAN TOTALLY TURBO-CHARGE YOUR HEALTH AND WELL-BEING TO MAGICAL NEW LEVELS (Cont.)

nature can counteract issues such as cognitive functioning, creativity, ADHD, stress, and child obesity.

Did you know, that hospitals are now using therapy gardens and wilderness trips. Plants have so many **automatic properties** that can take your mood and enhance good feelings or completely turn negative ones around.

Spiritually, shamans have examined states of health and made a recommendation on plants that may **help you** in your daily diet and others that may have a more special approach.

I have been introduced to many **Peruvian medicinal plants** such as:

- Ginseng: used to increase energy and concentration
- Coca leaves: can be used to treat altitude sickness, digestive problems, and even for headaches
- Each plant possesses unique energetic characteristics, wisdom, sentience, purpose in the world and spiritual mission.

I made the decision to **cherish my body because of its imperfection**, so I listened to it so that I could really understand what my body needed. I learned over the years that I need to **find what works** for me and my

body, so I tried it all in order for me to heal and create a healthier me.

Our articles this week on our Fan Page teach you so much on the physical, mental, emotional, and spiritual effects that plants can have in your life. **Enjoying nature does not have to be a chore**. Pictures of nature, great views out of your window, and even walking to the mail box will all have tremendous impacts on your health.

I encourage you to introduce as much nature as you can into your life and **see everything** that it can do for you. Of course, try different things and listen to your body so that you too can enjoy the gift of nature.

RECONNECT WITH NATURE AND REAP THE HUGE MENTAL, EMOTIONAL AND SPIRITUAL TREASURES THAT COME FROM BONDING NEWLY

Nature can improve our psychological wellbeing. These benefits include **changes in emotion**, reduction of stress, cognition effectiveness and adaptive capacity, **increases of self-esteem** and boosts in concentration. Nature also has the capability to make us **less irritable** and provide us with lower levels of depression and anxiety,

Nature can benefit people of all ages, especially children. It has been proven that children who suffer from Attention Deficit Hyperactivity Disorder are able to **concentrate better** after contact with nature in their schoolyards. Children who interact with nature have higher scores on tests of **concentration and self-discipline**. They also show more advanced motor fitness, including coordination, balance and agility, and they are sick less often. **Nature buffers the impact of life stress** on children and helps them deal with adversity, including numerous other benefits.

How does nature have a direct effect on your mood and self-esteem? In a study done by

the American Chemical Society published in the Environmental Science & Technology magazine, researchers examined **1,252 people** and found that five minutes of physical activity in any location with a natural environment is enough to improve your **mood and self-esteem by 41% and 50%**, respectively. The largest health changes were observed in the young people and people with **mental health problems**, although the benefits were general.

Nature makes us less irritable. Researchers William Sullivan and Frances Kuo, from the University of Illinois (USA), analyzed the relationship between the **absence of a natural environment** and irritability and aggressiveness. To achieve a successful result they studied 145 women living in buildings with a **green view**, while others lived in places where they could only see buildings and concrete. The results showed significantly **lower levels of aggression and violence** among residents of apartments close to nature. The result was repeated on another research study, but with 169 girls living in the same neighborhood where

only some could see the square from the windows of their homes.

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The Second Health Proposal is about **listening** to your body. I am suggesting that there is a way to tune into or **become aware** of your body's natural prescriptions. During my health journey, I used the amazing healing energy of nature and it made a major difference in helping me get better. By listening to my body, I was able to choose which healing energy it needed most at that moment, whether it was from laying under a tree, going to the beach, or staying in the mountains. It varied over time but my body would let me know what it needed. **Listen to your body** to tell you how nature can support you physically, mentally, emotionally and spiritually. When you want a mood booster or some healing energy, take time to connect with nature. You will see the difference in your state of mind, your emotions, your physical health and maybe even spiritually.... Are you daring enough to tap into the unbelievable fruits that nature can give you???

RECONNECT WITH NATURE AND REAP THE HUGE MENTAL, EMOTIONAL AND SPIRITUAL TREASURES THAT COME FROM BONDING NEWLY (Cont.)

Those who had a "green" view not only had **better performance** than other girls on tasks related to discipline but also did better on tests of concentration and impulsivity.

Nature also has a huge effect on our spiritual lives. The sublimity of the wild

nature humbles us, minimizing the importance of our individual selves, yet comforting us with own grandeur. **Nature and spirituality are always connected.** Those who interact with nature as a living being, and not as a biological laboratory, understand the of basic **spiritual connection** that helps

us to transcend and balance the four fundamental aspects of human being: the **physical and emotional**, along with mental and spiritual. This balance is achieved by using all that Mother Nature lavishes on us.

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 **UNPRECEDENTED** transformational shift", for every group no mat-

ter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings, these included **mostly 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!!**

REUNITE WITH MOTHER NATURE AND COLLECT THE JUICY RICHES THAT YOUR PHYSICAL WELL-BEING WILL RECEIVE

The average person in North America spends **80 to 90% of their time indoors.** (This information was supported by Qubulus in 2010.) Most of us are unaware of the importance of **natural elements on our health.** These are fresh air, sunlight, view, temperature, and the presence of plants and wood. In 1960, architectural and environmental psychologists investigated and found that **environments have a positive effect on people's health and well-being.**

Nature facilitates the development of physical activity, improves immune system function, helps diabetics achieve **healthy levels of blood glucose** and improves functional health status and life skills of older people. Further, although the reasons given for the obesity epidemic in children are many, outdoor play may help **prevent** obesity and obesity-related illnesses including heart disease, type 2 diabetes, and high blood pressure.

Although there is only indirect evidence of a relationship between active play, physical fitness, and body fat in young children, preschool children seem to have the **highest physical activity** levels while engaged in play outdoors. In older children, physical activity improves fitness and reduces excess body fat.

Below are some **important benefits of nature** on children's health.

- Develops gross motor skills, e.g., running
- Develops fine motor skills, e.g., picking things up
- Strengthens bones and muscles
- Strengthens heart and lungs
- Builds endurance
- Stimulates Vitamin D production
- Aids in weight control

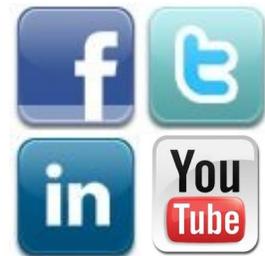
How long should you keep in touch with nature to feel the bene-

fits? Ideally, you can spend entire days. But if you find yourself unable to do that, **you'll be glad to know** that just a 5 minute walk in the park or the beach and 5 minutes being in your garden can have a positive effect on your health. So the next time you get a chance, pause, go to the park and **enjoy the green!**

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