

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 168th Newsletter, I want to give us a chance to consider the impact that Air has 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](#).

### AIR IS WILDLY POWERFUL!!! HOW CAN YOU BE BOUNDLESS IN ENJOYING AND PROTECTING IT???

When we breathe we may not consider the quality of air we are breathing in. We sometimes forget to cherish our lungs because it is an automatic process, but they are totally an enchanting part of us. In this newsletter I want to focus on the perspective that the air our body takes in can either absolutely help you or hurt you.

This week on our Fan Page we have articles that will offer you information about air that will amaze you. They talk about the physical, mental, emotional, and spiritual effects that air has on your body.

Did you know that certain technologies created to lower air pollutants may actually increase pollutants in the process? How about that indoor air can be more harmful than outdoor air? Indoor air pollution can come from things

such as new carpet, broken compact fluorescent lights, new electronics, plastic, glue, adhesive, in-home heating, paint, or even furniture!

Although, the Environmental Protection Agency (EPA) came up with the Clean Air Act to regulate our air quality, there are still way, way, too many polluted cities.

The air that we breathe can cause or worsen:

- Asthma attacks
- Respiratory infection
- Increased risk of cancer
- Increased risk of stroke
- Increased cardiovascular risk in people with diabetes
- Chronic diseases
- Allergies
- Premature birth

Neuroscientists at Ohio State University have linked fine-particle air pollution to slow thinking, bad memory and depressive-like behaviors. It is a proven fact that we cannot think as well with polluted air as we can when we are supplied with clean, filtered air.

With Cleaner Air we could prevent 11,000 heart attacks and 17,000 premature deaths per year! According to a study, clean air can add five months to your life. That blew my mind that I can enjoy my family and friends for almost half a year more, if I just pay attention to the air quality my lungs are taking in!

Spiritually, for Buddhists it is of high importance to be mindful and diminish their polluting to the minimum possible. Cleanliness is of



CAROLINA ARAMBURO

high priority within themselves and within the environment, not just themselves as in the majority of cultures. They even have rules to protect green grass, because grass is food for most animals and it is a person's duty to refrain from polluting it by his or her activities. When we are polluting the air we are not only affecting ourselves but also destroying the homes of so many fabulous creatures.

Breathing easier does not mean that you have to move into a bubble. There are plenty of things you can do starting in your own home. In my own life I adopted plant therapy. I did tons of research and found that adding a few potted plants around the house can take some of the toxic air in your house and reverse toxic effects.

Different (Cont. on next page)



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## AIR IS WILDLY POWERFUL!!! HOW CAN YOU BE BOUNDLESS IN ENJOYING AND PROTECTING IT??? (Cont.)

plants will fight different things in your home:

- Marginata contrasts gasoline
- Janet Craig is awesome for fighting synthetic fiber
- Gerbera Daisy combats ink and dry cleaning toxins
- Chrysanthemum fights household cleaner toxins
- Peace Lily deters paint toxins
- And there are so many more!

I also made small changes. For instance, if I wanted to do my yoga or meditate outside I would do it early in the morning or evening when the smog was the lowest. In **your own location**, You can buy furniture made of natural materials, use non-toxic cleaning products, use natural care products, and/or buy an air purifier. You can put an air purifier in every room. It has the power to **help your allergies**, you will get sick less, and

you will sleep better **at night**.

I invite you to take on the challenge of **becoming aware of the air you are breathing** and taking steps to change it.

Before I made these changes to my life, I did my research, I talked to my doctor and, most importantly, I **listened to my body** so that I really knew what was working for me.

## AIR POLLUTION CAN BE UNAPOLOGETIC AND TOTALLY IRREVERENT WITH YOUR PHYSICAL HEALTH!!! DO YOU DARE SURRENDER???

Polluted air can be incredibly harmful to us and the people we love. Lots of research has been done to determine the way our air is affected by most of our daily personal and industrial activities. How does the air get polluted? When pollution particles and gases are released into the atmosphere, they **dilute and interact with sunlight**. In the process they can change and sometimes even transform into new particles, which are the ones that cause a **negative impact to our health**.

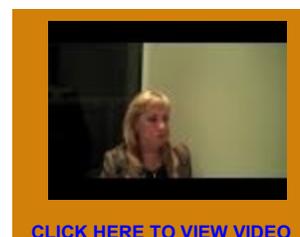
How does it affect you and me? Air pollution can affect our health in many ways. It can cause irritation to the eyes, nose, and throat, which can lead to **upper respiratory infections** such as bronchitis and pneumonia. Long term effects of being exposed to air pollution can have more negative effects such as chronic respiratory disease, lung cancer, heart disease, and even damage to the brain, nerves, liver, or kidneys. Busy highways are high risk zones. Not only may they **worsen diseases** but some evidence warns that years of breathing the pollution near busy roads may increase the risk of developing chronic diseases.

There has been little done to make the air inside our homes and offices less toxic, as well. Poor ventilation systems, sealed buildings and our use of synthetic products at home are the **main causes of our inner-**

**pollution** and, for most of us, these problems can't be reversed overnight. Some of the air clean technology we use to protect ourselves from the negative effects of pollution can actually be **harmful to our environment** at the same time. Air Clean technologies developed to reduce certain air pollutants may actually **increase other pollutants** in the process. EPA research has shown that there are alternative ways to control air particles and other emissions, including greenhouse gases.

Reducing air pollution helps people **live healthier and longer lives**. Just how many months of life is clean air worth? Five to be precise, according to a new study published today in the New England Journal of Medicine. The study shows that the average American now lives **five months longer** because of air pollution reductions over the past 20 years. Despite these encouraging improvements in air quality, the **fight for clean air is far from over**. The American Lung Association has also found that over half of Americans still reside in counties that have unhealthy levels of either ozone or particle pollution and 1 in 17 Americans live in places with dangerous levels of ozone, short term, and long term particle pollution.

Who does it affect the most? Children, senior citizens and people already **suffering** from asthma, chronic bronchitis and emphysema or cardiovascular disease, as well as our (Cont. on next page)



In nature, **negative ions** are generated by processes such as sunlight, lightening, waves from the ocean, and from waterfalls. **Pollution and indoor living** minimizes the natural production of negative ions.

Many **scientific studies** have been conducted in Europe (mostly in Russia) showing how exposure to high levels of negative ions drastically or significantly reduce asthma, allergy symptoms, **respiratory-related** illness, migraines, depression, fatigue, strokes, aneurysms, and heart attacks. It has also been proven that people sleep better, have a higher mental **performance**, concentration and clarity and it increases physical performance.

You can, **inexpensively**, give your air back the benefits of negative ions for your homes and offices. Do your research to make sure you get negative ion **generators** that do not also generate ozone as ozone can actually be a health hazard. Honor YOU by honoring the air you breath!! You deserve it!

## AIR POLLUTION CAN BE UNAPOLOGETIC AND TOTALLY IRREVERENT WITH YOUR PHYSICAL HEALTH!!! DO YOU DARE SURRENDER???

nation's poorest citizens. Cities around the world with **high exposure to air pollutants** may expose children living within them to develop

asthma, pneumonia and other lower respiratory **infections** as well as a low initial birth rate. So what can we do about this? Get busy, get active,

speaking up and demand more for your city, state, country and planet. You can be a **voice** in your air and the air for the planet!

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been 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 as 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 together 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"**.

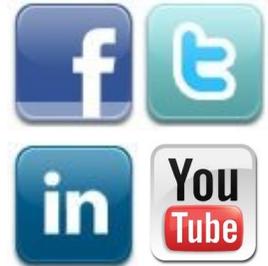
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

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

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### AIR CAN HAVE A COLOSSAL IMPACT ON YOUR MENTAL, EMOTIONAL AND SPIRITUAL HEALTH!!!

The atmosphere is a complex, dynamic, natural gaseous system that is essential to support life on planet Earth. It's well known that pollution causes environmental contamination, as well as **short and long term physical disabilities**, but air pollution can also cause psychological and behavioral disorders in people. So how does it affect our mental health?

According to Colleen Moore, a psychology professor at UW-Madison, children exposed to high levels of lead are at **greater risk of developing behavioral problems**, such as inattentiveness, restlessness, and performing less well academically, particularly in areas related to reading. Some evidence exists that lead exposure also **lowers scores on intelligence tests**. This kind of pollution puts certain children at a greater disadvantage in school and later on in life.

Air pollution exposure can also lead

to psychiatric symptoms in adults such as: **anxiety, changes in mood, cognition and behavior**. Increased levels of some air pollutants are accompanied by an increase in psychiatric admissions and emergency calls and, in some studies, by changes in behavior and a reduction in psychological well-being. Numerous toxic pollutants interfere with the development and adult **functioning of the nervous system**.

Air pollution is usually concentrated in densely populated, metropolitan areas, especially in developing **countries** where environmental regulations are relatively lax or non-existent. However, even **populated areas** in developed countries attain unhealthy levels of pollution with Los Angeles and Toronto being the two best examples despite such strict regulations.

Contributing to the reduction of air pollution is **our personal and spiri-**

**tual responsibility**. Spiritually, we are one with the environment. A healing environment and cleaner air nourishes our **spirituality** and our soul. Connect with the naturally intoxicating energy of the air and use it, through your breath, to connect to God/Source/the Universe. Improve the **air quality** around you to IMPROVE the QUALITY of your wellness and your LIFE. Don't let the air quality define YOUR **quality of life**.

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